



# UPDATE

November 15, 2013

- I. [Science and Service News Updates](#)
- II. [Resources: Publications, Toolkits, Other Resources](#)
- III. [Calendar of Events](#)
- IV. [Calls for Public Input](#)
- V. [Clinical Trial Participation News](#)
- VI. [Funding Information](#)

## Subscribe to Receive the Update

<http://www.nimh.nih.gov/outreach/partnership-program/news-and-updates-from-the-program.shtml>

## Follow NIMH on Social Media

<http://twitter.com/nimhgov>  
<http://www.facebook.com/nimhgov>  
<http://www.youtube.com/nimhgov>

*Prepared by the U.S. Department of Health and Human Services,  
National Institutes of Health, National Institute of Mental Health,  
Office of Constituency Relations and Public Liaison*

## ADMINISTRATION ISSUES FINAL MENTAL HEALTH AND SUBSTANCE USE DISORDER PARITY RULE; FINAL RULES BREAK DOWN FINANCIAL BARRIERS AND PROVIDE CONSUMER PROTECTIONS

The Departments of Health and Human Services (HHS), Labor, and the Treasury jointly issued a final rule increasing parity between mental health and substance use disorder benefits and medical and surgical benefits in group and individual health plans. The final rule issued implements the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act, and ensures that health plan features like co-pays, deductibles, and visit limits are generally not more restrictive for mental health and substance abuse disorders benefits than they are for medical and surgical benefits. This action also includes specific additional consumer protections such as: ensuring that parity applies to intermediate levels of care received in residential treatment or intensive outpatient settings; clarifying the scope of the transparency required by health plans, including the disclosure rights of plan participants, to ensure compliance with the law; clarifying that parity applies to all plan standards, including geographic limits, facility-type limits and network adequacy; and eliminating the provision that allowed insurance companies to make an exception to parity requirements for certain benefits based on “clinically appropriate standards of care,” which clinical experts advised was not necessary.

**Press Release:** <http://www.hhs.gov/news/press/2013pres/11/20131108b.html>

**Fact Sheet on Rules:** [http://cms.hhs.gov/CCIIO/Programs-and-Initiatives/Other-Insurance-Protections/mhpaea\\_factsheet.html](http://cms.hhs.gov/CCIIO/Programs-and-Initiatives/Other-Insurance-Protections/mhpaea_factsheet.html)

**Constituency Briefing:** <http://www.youtube.com/watch?v=tSiPQH4WYDA&feature=youtu.be>

## EARLIEST MARKER FOR AUTISM FOUND IN INFANTS; NIH-FUNDED STUDY FINDS ATTENTION TO OTHERS' EYES DECLINES IN 2- TO 6-MONTH-OLD INFANTS LATER DIAGNOSED WITH AUTISM

Eye contact during early infancy may be a key to early identification of autism, according to a study funded by the National Institute of Mental Health (NIMH), part of the National Institutes of Health (NIH). Published this week in the journal *Nature*, the study reveals the earliest sign of developing autism ever observed—a steady decline in attention to others' eyes within the first two to six months of life.

**Press Release:** <http://www.nimh.nih.gov/news/science-news/2013/earliest-marker-for-autism-found-in-young-infants.shtml>

## **NIH-FUNDED STUDY FINDS THAT GABAPENTIN MAY TREAT ALCOHOL DEPENDENCE; PROMISING RESULTS FROM A RANDOMIZED, CONTROLLED CLINICAL TRIAL OF THE MEDICATION**

The generic anticonvulsant medication gabapentin shows promise as an effective treatment for alcohol dependence, based on the results of a 150-patient clinical trial of the medication. Conducted by scientists supported by the National Institute on Alcohol Abuse and Alcoholism, the study found that alcohol dependent patients using gabapentin were more likely to stop drinking or refrain from heavy drinking than those taking placebo. Gabapentin is already widely prescribed to treat pain conditions and epilepsy.

**Press Release:** <http://www.nih.gov/news/health/nov2013/niaaa-04.htm>

## **VA MEETS PRESIDENT'S MENTAL HEALTH EXECUTIVE ORDER HIRING GOAL; MORE THAN 800 VETERANS HIRED AS MENTAL HEALTH PEER SPECIALISTS AND PEER APPRENTICES**

The Department of Veterans Affairs (VA) has hired 815 Peer Specialists and Peer Apprentices, exceeding the hiring goal set in President Obama's August 31, 2012 Executive Order aimed at improving access to mental health services for Veterans, service members, and military families. On June 3, the VA announced the department met another goal established by the Executive Order by hiring 1,600 additional mental health professionals.

**Press Release:** <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2487>

## **VA APPROVES \$8.8 MILLION IN GRANTS TO PROVIDE TRANSPORTATION AND RENOVATED HOUSING FOR HOMELESS VETERANS**

The VA has approved \$8.8 million in grants to fund 164 projects in 37 states, the District of Columbia, and Puerto Rico to rehabilitate currently operational transitional housing projects and acquire vans to facilitate the transportation needs of homeless Veterans. The grants awarded through the Grant and Per Diem Program are for currently operational grantees, who will use this funding to rehabilitate their current project locations to enhance safety, security, and privacy for the homeless Veterans they serve. Additionally, funding for these organizations to acquire vans will assist homeless Veterans with transportation to medical appointments and employment opportunities, as well as enable grantees to conduct outreach within their communities.

**Press Release:** <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2492>

## NEW ON NIMH WEBSITE

---

### DIRECTOR'S BLOG: ONE PERSON, MANY GENOMES

NIMH Director Thomas Insel blogs about the discovery that mutations unique to an individual are common in the brain changes, and complicates, the search for genes underlying brain disorders.

<http://www.nimh.nih.gov/about/director/2013/one-person-many-genomes.shtml>

---

### P4C: TIME = LIVES

NIMH Director Thomas Insel recaps the annual Partners for Cure (P4C) meeting, where the theme is to speed the delivery of new cures through innovative research models.

<http://www.nimh.nih.gov/about/director/2013/p4c-time-lives.shtml>

## NEW FROM NIH

---

### FACT SHEET: MOURNING THE DEATH OF A SPOUSE

The National Institute of Aging has released a newly translated “AgePage” fact sheet, *Mourning the Death of a Spouse*, in Spanish. It discusses: how grief may affect health; tips for how to cope with being alone; and paperwork and practical matters after a spouse’s death.

<http://www.nia.nih.gov/espanol/publicaciones/el-duelo-por-la-muerte-de-un-conyuge>

---

### NIH RESEARCH MATTERS: NEW GENES TIED TO ALZHEIMER'S DISEASE

Researchers identified 11 new genes that affect the risk for Alzheimer’s disease. The findings point to novel targets for preventing or delaying the disease.

<http://www.nih.gov/researchmatters/november2013/11042013alzheimer.htm>

---

### NLM MAGAZINE: GENETICS 101

This issue of the National Library of Medicine’s magazine features “Genetics 101.” The articles describe DNA, genetic code, and gene therapy as well available educational resources about genetics research.

<http://www.nlm.nih.gov/medlineplus/magazine/issues/summer13/articles/summer13pg11-12.html>

## NEW ON NIDA WEBSITE

---

### DIRECTOR'S BLOG: TOBACCO-RELATED MORTALITY AND MENTAL ILLNESS

National Institute on Drug Abuse (NIDA) Director Nora Volkow discusses new research that reveals the mortality toll caused by the elevated smoking rates in psychiatric patients.

<http://www.drugabuse.gov/about-nida/noras-blog/2013/11/tobacco-related-mortality-mental-illness>

---

### DIRECTOR'S BLOG: TALKING TO THE DALAI LAMA ABOUT ADDICTION SCIENCE

NIDA Director Nora Volkow discusses her recent visit to Dharamsala, India, for a dialogue with His Holiness the Dalai Lama about addiction science, as part of a five-day conference at his Mind and Life Institute.

<http://www.drugabuse.gov/about-nida/noras-blog/2013/11/talking-to-dalai-lama-about-addiction-science>

---

### NIDA NOTES: WOMEN BENEFIT FROM POLICIES TO PREVENT TEENS FROM BUYING TOBACCO

State laws to keep tobacco products out of the hands of minors have prevented many people, particularly women, from becoming smokers well into adulthood, NIDA-supported researchers have found. The authors estimated that four such policies, when implemented together, could reduce smoking prevalence by 14 percent among 18- to 34-year-old women.

<http://www.drugabuse.gov/news-events/nida-notes/2013/10/women-benefit-policies-to-prevent-teens-buying-tobacco>

---

### NIDA NOTES: STUDY PARSES COMORBIDITY OF CANNABIS USE AND SOCIAL ANXIETY

A recent large-scale epidemiological study sheds light on the relationship between cannabis use disorder (CUD) and social anxiety disorder (SAD). The findings affirmed that a significant portion of individuals with CUD also have SAD, and showed that comorbid SAD is associated with greater severity of cannabis-related problems. The researchers say that their findings highlight the importance of assessing CUD patients for SAD. Their evidence suggests that SAD can be both a contributing cause and a consequence of CUD, and that treating both disorders may be a key to helping patients recover from each.

<http://www.drugabuse.gov/news-events/nida-notes/2013/10/study-parses-comorbidity-cannabis-use-social-anxiety>

## SAMHSA RESOURCES

---

### SAMHSA ADMINISTRATOR: CONTINUING THE CONVERSATION

In this MentalHealth.gov blog post, SAMHSA Administrator Pamela Hyde discusses the need to continue the conversation about how to help people understand the importance of mental health and how to help people with mental illness heal and recover.

<http://www.mentalhealth.gov/blog/2013/11/continuing-the-conversation.html>

---

#### VIDEO: BRINGING FAMILIES TOGETHER: MODELS OF HOPE AND RECOVERY

This video features the *10-Element Framework: Elements of System Linkages*, developed by the National Center on Substance Abuse and Child Welfare (NCSACW) to help states, tribal, and local communities overcome barriers and identify strategies to facilitate effective partnerships between mental health services, substance use treatment, child welfare, and family courts. NCSACW is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Administration on Children, Youth, and Families. <http://www.ncsacw.samhsa.gov/resources/improving-video.aspx>

---

#### NEW CHILD WELFARE RESOURCES FOR SUBSTANCE ABUSE TREATMENT AGENCIES

In-depth technical assistance products have been developed by states working to meet the needs of families who are affected by substance use disorders and who are involved or at risk of involvement with the child welfare system. <http://www.ncsacw.samhsa.gov/technical/idta.aspx>

---

#### ARCHIVED WEBCAST: RETURN ON INVESTMENT OF SYSTEMS OF CARE

If systems of care are to continue to effectively serve children and families with mental health challenges, they must be able to show a return on the investment of time and resources. In this KSOC-TV Special Report, SAMHSA's Dr. Gary Blau, Chief of the Child, Adolescent, and Family Branch, discusses how community-based systems of care can achieve this goal through resilience, opportunities, and innovation. <http://fda.yorkcast.com/webcast/Viewer/?peid=fefdc9f655224041978bde6c5c1792831d>

---

#### MANAGING CHRONIC PAIN IN ADULTS WITH OR IN RECOVERY FROM SUBSTANCE USE DISORDERS

This resource summarizes guidelines for clinicians treating chronic pain in adults with a history of substance abuse. It covers patient assessment, chronic pain management, managing addiction risk in patients treated with opioids, and patient education. <http://store.samhsa.gov/product/Managing-Chronic-Pain-in-Adults-With-or-in-Recovery-From-Substance-Use-Disorders/All-New-Products/SMA13-4792>

#### **CMS GUIDANCE ON SAME DAY BILLING FOR MENTAL HEALTH SERVICES AND PRIMARY CARE SERVICES**

The Centers for Medicare and Medicaid Services (CMS) recently released new guidance on same day billing in Medicare. The guidance strengthens support for integrated primary and behavioral healthcare because Medicare Part B pays for reasonable and necessary integrated health care services when they are furnished on the same day, to the same patient, by the same professional or a different professional. <http://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/MLN-Publications-Items/ICN908978.html>

## ED BLOG: PREVENTING DRUG ABUSE TO PREVENT DROPOUTS

This Department of Education (ED) blog post describes a recent ED briefing with researchers, policy experts, and White House officials to discuss new research on the role drug use plays in America's dropout crisis. The new report found that researchers and educators who study adolescent substance abuse often recognize the link between substance use and academic failure, but that the link is rarely acknowledged among state and Federal policymakers. <http://www.ed.gov/blog/2013/11/preventing-drug-abuse-to-prevent-dropouts/>

## CHILD WELFARE RESOURCES FROM THE ADMINISTRATION FOR CHILDREN AND FAMILIES

---

### PREVENTING CHILD ABUSE AND NEGLECT FACT SHEET—AVAILABLE IN SPANISH

This fact sheet, now available in Spanish, provides information on how communities and individual citizens can strengthen families, protect children, and prevent child abuse and neglect.

[https://www.childwelfare.gov/pubs/factsheets/preventingcan\\_sp.cfm](https://www.childwelfare.gov/pubs/factsheets/preventingcan_sp.cfm)

---

### PARENT EDUCATION TO STRENGTHEN FAMILIES AND REDUCE THE RISK OF MALTREATMENT

This issue brief summarizes key research surrounding the strategies of successful parent education programs for strengthening families and preventing child maltreatment. Information about selected evidence-based and evidence-informed parent education programs, including a list of registries that evaluate programs, also is provided. [https://www.childwelfare.gov/pubs/issue\\_briefs/parented/](https://www.childwelfare.gov/pubs/issue_briefs/parented/)

---

### FAMILY ENGAGEMENT IN CHILD WELFARE VIDEO SERIES

This video series showcases the experiences of two Systems of Care communities that worked with birth parents and kin caregivers in paraprofessional roles. The videos offer insight into the key elements needed to make peer-to-peer family engagement programs successful.

<https://www.childwelfare.gov/management/reform/soc/communicate/initiative/familyvideos/>

## DEPARTMENT OF JUSTICE RESOURCES

---

### PUBLICATION DISCUSSES CHILDREN'S EXPOSURE TO VIOLENCE

This Office of Juvenile Justice and Delinquency Prevention report, *Children's Exposure to Violence and the Intersection Between Delinquency and Victimization*, presents results from the National Survey of Children's Exposure to Violence regarding the co-occurrence of victimization and delinquency among children who are exposed to violence. <http://www.ojjdp.gov/pubs/240555.pdf>

---

## SHARING IDEAS AND RESOURCES TO KEEP SCHOOLS SAFE

The National Law Enforcement and Corrections Technology Center, a program of the National Institute of Justice, has published this new report which examines new products and apps to gauge and prevent potential school crises. The report also identifies new uses for familiar, standard-bearing technologies in school settings, and highlights successful safety programs in urban and rural schools nationwide.

<http://www.ojjdp.gov/enews/13juvjust/131031.html>

## REAL WARRIORS: GAIN WORK EXPERIENCE WITH OPERATION WARFIGHTER

This Real Warriors article describes Operation Warfighter, a Federal internship program that places recovering active-duty service members and National Guard and reservists currently in a medical hold status in supportive work settings. By focusing on new opportunities and strengthening job skills, service members can bolster their recovery while gaining valuable work experience.

<http://www.realwarriors.net/active/treatment/operationwarfighter.php>

## DCOE BLOG POSTS

---

### DEPLOYMENT GUIDE BENEFITS FAMILIES, FRIENDS OF SERVICE MEMBERS

This Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) blog post describes a new resource designed to help military family members and friends navigate the deployment life cycle as it unfolds. *Everyone Serves: A Handbook for Family and Friends of Service Members During Pre-Deployment, Deployment and Reintegration* helps individuals better understand what to expect from the deployment process and cope with the emotional toll of deployments and reintegration.

[http://dcoe.mil/blog/13-11-12/Deployment\\_Guide\\_Benefits\\_Families\\_Friends\\_of\\_Service\\_Members.aspx](http://dcoe.mil/blog/13-11-12/Deployment_Guide_Benefits_Families_Friends_of_Service_Members.aspx)

---

### HEALTH SURVEILLANCE CENTER INFORMS MILITARY ON MENTAL HEALTH TRENDS

The Armed Forces Health Surveillance Center (AFHSC) is the central source for Defense Department health surveillance information. It provides routine and customized analyses and reports to Defense policymakers, military commanders, service surgeons, general and public health centers, researchers, and preventive medicine professionals. This DCoE blog post highlights mental health trends reported by the AFHSC *Medical Surveillance Monthly Report*. [http://dcoe.mil/blog/13-11-](http://dcoe.mil/blog/13-11-05/Health_Surveillance_Center_Informs_Military_on_Mental_Health_Trends.aspx)

[05/Health\\_Surveillance\\_Center\\_Informs\\_Military\\_on\\_Mental\\_Health\\_Trends.aspx](http://dcoe.mil/blog/13-11-05/Health_Surveillance_Center_Informs_Military_on_Mental_Health_Trends.aspx)

## EVENTS

### WEBINAR: HEALTH REFORM AND BEHAVIORAL HEALTH: READY... SET... WHERE DO I GO?

NOVEMBER 21, 2013, 2:00 -3:30 PM ET

---

SAMHSA's Addiction Technology Transfer Center Network Coordinating Office is offering this webcast on the Health Reform Readiness Index (HRRI), and how it can be used to determine an organization's strengths and weaknesses in preparing for the full implementation of healthcare reform. The HRRI is a web-based survey that addiction treatment organizations can take to assess their ability to undertake the changes resulting from healthcare reform, parity legislation, changes in funding, and increased requirements for performance accountability. <https://www2.gotomeeting.com/register/867704202>

### WEBINAR: AFFORDABLE CARE ACT 101 – THE HEALTH INSURANCE MARKETPLACE

NOVEMBER 25, 2013, 4:00-5:00 PM ET

---

The HHS Partnership Center is offering this webinar on the main provisions of the Affordable Care Act, the healthcare law. Information on the Health Insurance Marketplace, how to enroll in health insurance, and key websites with resources on the law will be shared. All webinars are open to the public and include a question and answer session. Please send any questions to [ACA101@hhs.gov](mailto:ACA101@hhs.gov) prior to November 25 at noon ET. <https://www4.gotomeeting.com/register/683238871>

### NATIONAL DRUG FACTS WEEK 2014

JANUARY 27-FEBRUARY 2, 2014

---

Coordinated by NIDA, National Drug Facts Week encourages and stimulates community-based events where teens ask questions of addiction scientists or health experts. Events can be sponsored by a variety of organizations, including schools, community groups, sports clubs, and hospitals. Topics for discussion include the science behind illicit drug use, prescription drug abuse, and use of alcohol and tobacco. Event holders who register will receive free booklets with science-based facts about drugs, designed specifically for teens. <http://drugfactsweek.drugabuse.gov/>

## SAVE THE DATE: 22ND NIMH CONFERENCE ON MENTAL HEALTH SERVICES RESEARCH

APRIL 23-25, 2014, BETHESDA, MARYLAND

---

Join NIMH for the 22nd NIMH Conference on Mental Health Services Research (MHSR 2014) on the NIH campus April 23-25, 2014. This is a biennial national conference featuring state-of-the-art mental health services research presented via keynote speakers, thematic panels, pre-conference workshops, and paper and poster presentations of findings from recent research studies. MHSR 2014 will solicit original research papers, posters and symposia that advance the principles of a learning mental healthcare system. Call for abstracts coming soon! For further information, please contact Janet Sorrells at [jsorrell@mail.nih.gov](mailto:jsorrell@mail.nih.gov)

### CALLS FOR PUBLIC INPUT

#### COMMENTS SOUGHT FOR AHRQ EFFECTIVE HEALTH CARE PROGRAM REPORT

The Agency for Healthcare Research and Quality's Effective Health Care Program encourages the public to participate in the development of its research projects. The Program uses these comments to help focus its research and ensure that the final comparative effectiveness reviews answer the most important questions that clinicians, patients, consumers, and policymakers have about a given treatment, test, or procedure. The Program is currently seeking comments for:

PHARMACOTHERAPY FOR ADULTS WITH ALCOHOL-USE DISORDERS IN OUTPATIENT SETTINGS  
(COMMENTS DUE 11/20/13)

<http://effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displayProduct&productID=1729>

### FUNDING INFORMATION

NEW COMPUTATIONAL METHODS FOR UNDERSTANDING THE FUNCTIONAL ROLE OF DNA  
VARIANTS THAT ARE ASSOCIATED WITH MENTAL DISORDERS

<http://grants.nih.gov/grants/guide/pa-files/PAR-13-391.html> (Collaborative R01)

<http://grants.nih.gov/grants/guide/pa-files/PAR-13-392.html> (R01)



National Institute  
of Mental Health

The **Outreach Partnership Program** is a nationwide outreach initiative of the National Institute of Mental Health (NIMH) that enlists state and national organizations in a partnership to help close the gap between mental health research and clinical practice, inform the public about mental illnesses, and reduce the stigma and discrimination associated with mental illness. For more information about the program please visit: <http://www.nimh.nih.gov/outreach/partnership-program/index.shtml>. To subscribe to receive the **Update** every two weeks, go to: <http://www.nimh.nih.gov/outreach/partnership-program/news-and-updates-from-the-program.shtml>.

The information provided in the **Update** is intended for use by NIMH Outreach Partners, National Partners and their associates for the express purpose of exchanging information that may be useful in the development of state and local mental health outreach, information, education and partnership programs.