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# UPDATE

October 1, 2014

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*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*

## **PERSONALIZED SCREEN TO ID SUICIDAL TEENS IN 14 EDS; AIMED TO HELP FRONT-LINE CLINICIANS SAVE LIVES**

Emergency Department Screen for Teens at Risk for Suicide (ED-STARS), a recently-launched study in a network of hospital emergency departments (EDs) across the country, funded by the National Institute of Mental Health (NIMH), will develop and test a personalized, computer-based suicide risk screening tool for teenagers.

**Press Release:** <http://www.nimh.nih.gov/news/science-news/2014/personalized-screen-to-id-suicidal-teens-in-14-ers.shtml>

## **NIH AWARDS INITIAL \$46 MILLION FOR BRAIN INITIATIVE RESEARCH; PROJECTS LAY THE GROUNDWORK FOR VISUALIZING THE BRAIN IN ACTION**

The National Institutes of Health (NIH) announced its first wave of investments totaling \$46 million in fiscal year 14 funds to support the goals of the Brain Research through Advancing Innovative Neurotechnologies (BRAIN) Initiative. More than 100 investigators in 15 states and several countries will work to develop new tools and technologies to understand neural circuit function and capture a dynamic view of the brain in action. These new tools and this deeper understanding will ultimately catalyze new treatments and cures for devastating brain disorders and diseases that are estimated by the World Health Organization to affect more than one billion people worldwide.

**Press Release:** <http://www.nih.gov/news/health/sep2014/od-30.htm>

## **NIH, VA ADDRESS NON-DRUG APPROACHES TO PAIN AND RELATED CONDITIONS IN U.S. MILITARY PERSONNEL, VETERANS, AND THEIR FAMILIES**

Thirteen research projects totaling approximately \$21.7 million over five years will explore non-drug approaches to managing pain and related health conditions such as post-traumatic stress disorder (PTSD), drug abuse, and sleep issues. The effort seeks to enhance options for the management of pain and associated problems in U.S. military personnel, Veterans, and their families. The NIH's National Center for Complementary and Alternative Medicine and National Institute on Drug Abuse (NIDA) and the U.S. Department of Veterans Affairs (VA) Health Services Research and Development Division provided funding for this initiative. The research projects are located at academic institutions and VA medical centers across the U.S.

**Press Release:** <http://www.nih.gov/news/health/sep2014/nccam-25.htm>

## **NIH AWARDS \$35 MILLION FOR CENTERS FOR COLLABORATIVE RESEARCH IN FRAGILE X; THREE RESEARCH TEAMS RECEIVE FUNDING OVER NEXT FIVE YEARS**

NIH is making funding awards of \$35 million over the next five years to support the Centers for Collaborative Research in Fragile X program. Investigators at these centers will seek to better understand Fragile X-associated disorders and work toward developing effective treatments. Fragile X syndrome, Fragile X-associated tremor/ataxia syndrome, and Fragile X-associated primary ovarian insufficiency, along with other related conditions, can cause major health problems of concern to individuals and families.

**Press Release:** <http://www.nichd.nih.gov/news/releases/Pages/092214-collab-research-fragileX.aspx>

## **HHS ANNOUNCES \$99 MILLION IN NEW GRANTS TO IMPROVE MENTAL HEALTH SERVICES FOR YOUNG PEOPLE**

The Department of Health and Human Services (HHS) announced \$99 million to train new mental health providers, help teachers and others recognize mental health issues in youth and connect them to help, and increase access to mental health services for young people. These funds were included in the President's *Now Is the Time* plan to reduce gun violence by keeping guns out of dangerous hands, increasing access to mental health services, and making schools safer. The awards include more than \$34 million to train just over 4,000 new mental health providers, including:

- \$30.3 million to expand the mental health workforce through 100 new grants to training programs to train new mental health and substance abuse health professionals who treat children, adolescents, and young adults with, or at risk for, a mental health or substance use disorder.
- \$2.7 million for five new grants to support youth Minority Fellowship Programs to increase access to mental health services for youth and young adults in America.
- \$1.6 million for two new grants to support addiction counselor Minority Fellowship Programs to increase access to substance abuse treatment services for youth in America.

In addition, more than \$48 million was awarded to support teachers, schools, and communities in recognizing and responding to mental health issues among youth, creating safe and secure schools, and promoting the mental health of students in communities across the country through 120 new Project AWARE (Advancing Wellness and Resilience in Education) grants to state and local educational agencies. Finally, \$16.7 million was awarded to support 17 new Healthy Transitions grants to improve access to treatment and support services for youth and young adults ages 16 to 25 that either have, or are at high risk of developing, a serious mental health condition.

**Press Release:** <http://www.hhs.gov/news/press/2014pres/09/20140922a.html>

## **WHITE HOUSE LAUNCHES "IT'S ON US" PUBLIC AWARENESS CAMPAIGN TO HELP PREVENT CAMPUS SEXUAL ASSAULT**

To advance the goal of preventing sexual assault, the President and Vice President unveiled a new public awareness and education campaign, *It's On Us*. The campaign seeks to engage college students and all members of campus communities in preventing sexual assault in the first place. The campaign is being launched in partnership with the Center for American Progress' Generation Progress, along with student body leadership from nearly 200 colleges and universities across the country, collegiate sports organizations such as the NCAA, and private companies that have strong connections with students at colleges and universities.

**Press Release:** <http://www.whitehouse.gov/the-press-office/2014/09/19/fact-sheet-launch-it-s-us-public-awareness-campaign-help-prevent-campus->

**Website:** <http://itsonus.org/>

## **NATIONAL SURVEY SHOWS LOWER RATE OF ILLICIT DRUG USE AMONG ADOLESCENTS AGES 12 TO 17; REPORT ALSO SHOWS CONTINUED LOWER RATES OF CURRENT DRINKING USE AND BINGE DRINKING AMONG THOSE AGED 12 TO 17**

The rate of current illicit drug use was lower among adolescents aged 12 to 17 in 2013 than in 2012 and 2002, according to the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Survey on Drug Use and Health (NSDUH) report. SAMHSA's NSDUH report also found that between 2002 and 2013, the level of youth aged 12 to 17 with substance dependence or abuse problems decreased from 8.9 percent to 5.2 percent.

**Press Release:** <http://www.samhsa.gov/newsroom/advisories/1409150311.aspx>

## **SAMHSA AWARDS \$936,000 IN FUNDING FOR THE NATIONAL DISASTER DISTRESS HELPLINE**

SAMHSA is providing \$936,000 in funding over the next year to sponsor the National Disaster Distress Helpline. The Helpline provides immediate counseling 24 hours-a-day, seven-days-a-week to people who need crisis counseling after experiencing a natural or human-caused disaster or tragedy. The toll-free and confidential Helpline immediately connects callers to trained and caring professionals from the closest crisis counseling center in the nationwide network of centers. The Helpline staff provides counseling, referrals, and other needed support services. The Helpline provides multilingual services.

**Press Release:** <http://www.samhsa.gov/newsroom/advisories/1409175643.aspx>

## **OVER \$8 MILLION IN FUNDING AWARDED TO IMPROVE EMPLOYMENT OPPORTUNITIES FOR PEOPLE WITH DISABILITIES**

The U.S. Department of Labor's Office of Disability Employment Policy (ODEP) has announced a total of \$8,422,574 in continued funding for organizations that improve employment opportunities for people with disabilities. Some of the projects that are receiving funding include the Add Us In initiative, the Job Accommodation Network, the National Collaborative on Workforce and Disability for Youth, and the National Center on Leadership for Employment and Advancement of Citizens with Disabilities. ODEP works to increase the number and quality of employment opportunities for people with disabilities by developing and influencing policies and practices.

**Press Release:** <http://www.dol.gov/opa/media/press/odep/ODEP20141699.htm>

## **JUSTICE DEPARTMENT ANNOUNCES \$2.6 MILLION IN GRANTS FOR DOMESTIC VIOLENCE HOMICIDE PREVENTION**

The Justice Department has selected four sites to receive a total of \$2.6 million in grants to implement promising models aimed at reducing domestic violence homicides. Over the next two years, these sites—Pitt County, North Carolina; Cuyahoga County, Ohio; Contra Costa County, California; and the Borough of Brooklyn, New York—will institute screening models and evidence-based strategies that will allow them to anticipate potentially lethal behavior, take steps to stop the escalation of violence, and – ultimately – save lives. The National Institute of Justice will conduct an evaluation of the models in each of the selected sites to identify the key components needed to successfully adapt the domestic violence homicide prevention models nationwide.

**Press Release:** <http://www.justice.gov/opa/pr/attorney-general-holder-announces-26-million-grants-domestic-violence-homicide-prevention>

## NEW FROM NIMH

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### DIRECTOR'S BLOG: FROM MY DATA TO MINED DATA

NIMH Director Thomas Insel discusses the importance of data sharing within the scientific community and highlights how NIMH is encouraging this process. <http://www.nimh.nih.gov/about/director/2014/from-my-data-to-mined-data.shtml>

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### LATEST ISSUE OF INSIDE NIMH

*Inside NIMH* is an e-mail newsletter alerting researchers to NIMH funding opportunities, trends, and plans. This issue includes an update on the NIMH Strategic Plan revision, efforts to promote data sharing through the development of new repositories, the Brain Research through Advancing Innovative Neurotechnologies (BRAIN) Initiative, and other Institute activities. <http://www.nimh.nih.gov/research-priorities/inside-nimh/2014-autumn-inside-nimh.shtml>

## NEW FROM NIDA

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### SCIENCE SPOTLIGHT: UNIQUE INTERACTION DISCOVERED BETWEEN BRAIN REGIONS INVOLVED IN ADDICTION, DEPRESSION

NIDA Intramural Research Program researchers have discovered a unique interaction between a nerve cell in the brain's ventral tegmental area and the lateral habenula - a pathway implicated in mental health disorders such as depression as well as addiction. This nerve cell releases both excitatory (glutamate) and inhibitory (GABA) chemicals, contrary to long-established theories assuming release of a single chemical (either glutamate or GABA). This previously undiscovered form of chemical communication allows for either increases or decreases in lateral habenula activity, which provides much more flexibility in modulating brain function compared to the single transmitter model. <http://www.drugabuse.gov/news-events/news-releases/2014/09/unique-interaction-discovered-between-brain-regions-involved-in-addiction-depression>

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### SCIENCE SPOTLIGHT: REVIEW SUMMARIZES RESEARCH ON HEALTH EFFECTS OF K2/SPICE

A new article, authored by scientists from NIDA and the University of Maryland, provides an overview of preclinical and clinical research on synthetic cannabinoids, often sold under brand names such as K2 or Spice. Areas covered by this review include who is using the drug and why; research on brain receptor binding and intensity of drug effects; symptoms reported during emergency room visits; psychiatric effects; withdrawal; effects on driving; and deaths associated with synthetic cannabinoid use.

<http://www.drugabuse.gov/news-events/news-releases/2014/09/review-summarizes-research-health-effects-k2spice>

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#### DIRECTOR'S BLOG: OPIOIDS AND CHRONIC PAIN—A GAP IN KNOWLEDGE

NIDA Director Nora Volkow discusses what is known about the role of opioids in the management of chronic pain. <http://www.drugabuse.gov/about-nida/noras-blog/2014/09/opioids-chronic-pain-gap-in-our-knowledge>

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#### DIRECTOR'S BLOG: SUBSTANCE USE IN AMERICAN INDIAN YOUTH

NIDA Director Nora Volkow discusses the results of a new study focusing on American Indian youth which reveals alarming substance use patterns, including patterns of drug use beginning much earlier than is typical for other Americans. <http://www.drugabuse.gov/about-nida/noras-blog/2014/09/substance-use-in-american-indian-youth-worse-than-we-thought>

### MENTAL HEALTH.GOV BLOG POSTS

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#### ADOLESCENTS PLAY A KEY ROLE IN THEIR OWN ADHD DIAGNOSIS AND TREATMENT

This blog post describes best practices for evaluating and treating adolescents for attention-deficit/hyperactivity disorder (ADHD). Once diagnosed mostly in elementary school-aged children, ADHD is now diagnosed more frequently among children of every age than it was 10 years ago, raising concern of over-diagnosis. In 2007–2008, adolescents aged 12–17, had the largest increase in the percentage of diagnosed ADHD compared to younger children.

<http://www.mentalhealth.gov/blog/2014/09/adolescents-and-adhd-diagnosis.html>

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#### PSYCHOLOGICAL FIRST AID KIT

This blog post describes *Psychological First Aid*, also known as PFA, is an intervention model to help people of all ages deal with trauma-related stress. *PFA-S*, which brings this model into schools to help students, staff, and family members, is also covered. <http://www.mentalhealth.gov/blog/2014/08/psychological-first-aid-kit.html>

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#### ADDRESSING MENTAL HEALTH IN AFRICAN AMERICAN COMMUNITIES

This blog post addresses the issue of help-seeking, environmental factors, and other barriers African American and African Heritage communities face that have an impact on mental health.

<http://www.mentalhealth.gov/blog/2014/08/addressing-mental-health-in-african-american-communities.html>

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## NEW FROM CDC

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### QUICKSTATS: PERCENTAGE OF SUICIDE DEATHS, BY MECHANISM AND AGE GROUP

This Centers for Disease Control and Prevention (CDC) Quick Stats shows the percentage of suicide deaths, by method and age group, in the U.S. during 2011. In 2011, firearm was the leading method for suicide deaths for all age groups, ranging from 44 percent of suicides among persons aged 5-24 years to 72 percent of suicides among persons aged 65 years and older. Suffocation was the second leading mechanism in the two younger age groups (41 percent of suicides among persons aged 5-24 years and 32 percent of suicides among persons aged 25-44 years). In contrast, poisoning (including drug overdose) was the second leading mechanism (22 percent) among adults aged 45-64 years and those aged 65 years and older (8 percent).

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6338a8.htm>

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### DRUG-POISONING DEATHS INVOLVING OPIOID ANALGESICS: UNITED STATES, 1999–2011

Poisoning is the leading cause of injury death in the U.S. Drugs—both illicit and pharmaceutical—are the major cause of poisoning deaths, accounting for 90% of poisoning deaths in 2011. Misuse or abuse of prescription drugs, including opioid-analgesic pain relievers, is responsible for much of the recent increase in drug-poisoning deaths. This report highlights trends in drug-poisoning deaths involving opioids.

<http://www.cdc.gov/nchs/data/databriefs/db166.htm>

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### CONNECTING THE DOTS: AN OVERVIEW OF THE LINKS AMONG MULTIPLE FORMS OF VIOLENCE

This new resource co-developed by CDC's Division of Violence Prevention and the Prevention Institute shares research on connections between different forms of violence and describes how these connections affect communities. The purpose is to support those working to prevent violence in thinking strategically and creatively about: preventing all types of violence from occurring in the first place, and coordinating and integrating responses to violence in a way that recognizes these connections and considers the individual in the context of their home environment, neighborhood, and larger community.

[http://www.cdc.gov/violenceprevention/pub/connecting\\_dots.html](http://www.cdc.gov/violenceprevention/pub/connecting_dots.html)

## FDA: DON'T LEAVE CHILDHOOD DEPRESSION UNTREATED

This Food and Drug Administration (FDA) Consumer Update describes steps for diagnosing and evaluating depression in children, including FDA-approved medications to treat this population.

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm413161.htm>

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## NEW FROM AHRQ

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### DESIGNING CARE MANAGEMENT ENTITIES FOR YOUTH WITH COMPLEX BEHAVIORAL HEALTH NEEDS: IMPLEMENTATION GUIDE

Youth with complex behavioral health needs face a range of challenges, and are at risk for poor health and education outcomes. They often receive services from multiple agencies, and these agencies may not always coordinate services and care plans for these youth. Care Management Entities (CMEs) are designed to coordinate services provided by the many state agencies that serve youth with complex behavioral health needs. By ensuring services are comprehensive but not duplicative, CMEs can improve outcomes for these youth and their families and lower costs to states. This Agency for Healthcare Research and Quality (AHRQ) Implementation Guide provides information about the CME design process based on experiences of the three Children's Health Insurance Program Reauthorization Act quality demonstration states that are using funds to implement or expand CMEs.

<http://www.ahrq.gov/policymakers/chipra/demoeval/what-we-learned/implementation-guides/implementation-guide2/index.html>

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### CONSUMER GUIDE: THERAPIES FOR CHILDREN WITH ASD

This guide describes research about the possible benefits and negative side effects of therapies for children up to the age of 12 with autism spectrum disorder (ASD). It was created to help parents talk with their doctor, school administrator, social worker, or health insurance representative about programs and therapies. <http://www.effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productID=1974>

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### CLINICIAN GUIDE: COMPARATIVE EFFECTIVENESS OF THERAPIES FOR CHILDREN WITH ASD

This guide for clinicians outlines the available evidence regarding the effectiveness, benefits, and harms of therapies used to address the core and associated symptoms seen among children up to age 12 with ASD. <http://www.effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productID=1975>

## NEW FROM SAMHSA

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### GAMBLING PROBLEMS: AN INTRODUCTION FOR BEHAVIORAL HEALTH SERVICES PROVIDERS

This resource provides an introduction to pathological gambling, gambling disorder, and problem gambling, and their link with substance use disorders. It describes tools available for screening and diagnosis, as well as strategies for treating people with gambling problems. <http://store.samhsa.gov/product/Gambling-Problems-An-Introduction-for-Behavioral-Health-Services-Providers/SMA14-4851>

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## CONTROLLED EXPENDITURES AND REVENUES FOR MENTAL HEALTH SERVICES, STATE FISCAL YEAR 2009

This document reports on the 2009 financial status of state mental health agencies. It reviews the impact of state budget shortages on mental health, and reports expenditures and revenue for each state and for community mental health services and state psychiatric hospitals.

<http://store.samhsa.gov/product/SMA14-4843>

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## BLOG POST: THE “B” IN LGBT: BISEXUAL PEOPLE AND BEHAVIORAL HEALTH

In observance of Bisexuality Awareness Week, this blog post addresses what is known about the mental health issues faced by bisexual people. According to data from the National Health Interview Survey and others, bisexual people face discrimination and higher rates of mental and/or substance use disorders compared to people who are not bisexual. <http://blog.samhsa.gov/2014/09/16/the-b-in-lgbt-bisexual-people-and-behavioral-health/>

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## ONLINE TRAUMA RESOURCES: SUBSTANCE ABUSE AND CHILD WELFARE

The SAMHSA-Administration for Children and Families (ACF) National Center on Substance Abuse and Child Welfare has added a new section to its website that focuses on trauma. Children and families involved in child welfare, substance abuse treatment, and court systems often have significant, prolonged, and generational exposure to traumatic environments and experiences. This new section offers links to resources that focus on trauma within the substance abuse treatment, child welfare, and court systems, and its impact on the children and families who enter those systems.

<https://www.ncsacw.samhsa.gov/resources/trauma/default.aspx>

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## IMPROVING CULTURAL COMPETENCE

This guide assists professional care providers and administrators in understanding the role of culture in the delivery of substance abuse and mental health services. It discusses racial, ethnic, and cultural considerations and the core elements of cultural competence. <http://store.samhsa.gov/product/SMA14-4849>

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## ADULT DRUG COURTS AND MEDICATION-ASSISTED TREATMENT FOR OPIOID DEPENDENCE

This fact sheet highlights the use of medication-assisted treatment (MAT) for opioid dependence in drug courts, reviews effective medications, including methadone, buprenorphine, and naltrexone, and provides strategies to increase the use of MAT in drug court programs. <http://store.samhsa.gov/product/SMA14-4852>

## SAMHSA RESOURCES FOR DISASTER RESPONSE

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### HELPING STAFF MANAGE STRESS WHEN RETURNING TO WORK: TIPS FOR SUPERVISORS OF DISASTER RESPONDERS

This guide offers tips supervisors can use to help ease the transition and manage stress for disaster response workers returning to work, recognize and reduce potential difficulties in the workplace, and enhance positive consequences for all staff. <http://store.samhsa.gov/product/SMA14-4871>

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### IDENTIFYING SUBSTANCE MISUSE IN THE RESPONDER COMMUNITY: TIPS FOR DISASTER RESPONDERS

This guide describes the warning signs of misuse of alcohol, prescription drugs, and other substances for disaster response workers. It reviews physical and emotional; social and behavioral; and mental indicators of possible substance abuse, and when to seek help. <http://store.samhsa.gov/product/SMA14-4874>

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### ADJUSTING TO LIFE AT HOME: TIPS FOR FAMILIES OF RETURNING DISASTER RESPONDERS

This guide offers tips and strategies families can use to help disaster response workers return home and adjust to daily life. It describes things to keep in mind while adjusting to the return of a loved one, signs of stress, and when to seek help. <http://store.samhsa.gov/product/SMA14-4872>

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### PREVENTING AND MANAGING STRESS: TIPS FOR DISASTER RESPONDERS

This guide provides tips to help disaster response workers prevent and manage stress. It includes strategies to help responders prepare for their assignment, use stress-reducing precautions during the assignment, and manage stress in the recovery phase of the assignment. <http://store.samhsa.gov/product/SMA14-4873>

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### RETURNING TO WORK: TIPS FOR DISASTER RESPONDERS

This guide offers tips to help disaster response workers transition back to routine work. It discusses stress management and how to overcome difficulties that may arise, such as fatigue, cynicism, dissatisfaction with routine work, and lack of control over emotions. <http://store.samhsa.gov/product/SMA14-4870>

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### UNDERSTANDING COMPASSION FATIGUE: TIPS FOR DISASTER RESPONDERS

This guide explains the causes and signs of compassion fatigue, the burnout and secondary trauma a disaster response worker can experience. It offers self-care tips for coping with compassion fatigue and discusses compassion satisfaction as a protective tool. <http://store.samhsa.gov/product/Understanding-Compassion-Fatigue/SMA14-4869>

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#### UNDERSTANDING HISTORICAL TRAUMA WHEN RESPONDING TO AN EVENT IN INDIAN COUNTRY: TIPS FOR DISASTER RESPONDERS

This guide helps disaster response workers better understand historical trauma in Native American communities and how it may affect disaster preparedness and response efforts, and offers strategies for providing disaster response assistance with cultural sensitivity. <http://store.samhsa.gov/product/SMA14-4866>

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#### CULTURAL AWARENESS WHEN WORKING IN INDIAN COUNTRY POST DISASTER: TIPS FOR DISASTER RESPONDERS

This guide offers information for disaster response workers to build cultural awareness for supporting Native Americans before, during, and after a traumatic event. It discusses cultural values, types of traumatic events, traditional teachings, and talking circles. <http://store.samhsa.gov/product/SMA14-4867>

### NEW FROM ADMINISTRATION FOR CHILDREN AND FAMILIES

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#### BLOG POST: PARENTAL DEPRESSION AND YOUNG CHILDREN

This blog post explores the rates of maternal depression, and its effects on developmental and health outcomes in young children. <http://www.acf.hhs.gov/blog/2014/09/parental-depression-and-young-children-0>

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#### BLOG POST: DOMESTIC VIOLENCE IS A PUBLIC HEALTH CRISIS

This blog post describes the need to address domestic violence as a public health crisis. Domestic violence is not only a National Football League problem; it is a widespread problem across America. One in four women and one in seven men have experienced severe physical violence from an intimate partner in their lifetime. Unfortunately, when it comes to the issue of domestic violence no community is exempt, and no community can afford to turn their backs on the victims of domestic violence who need their help. <http://www.acf.hhs.gov/blog/2014/09/domestic-violence-is-a-public-health-crisis>

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#### ADOLESCENT RELATIONSHIP ABUSE PREVENTION TOOLKIT

This new toolkit walks sexual health educators and other youth workers through the steps of making relationship violence prevention an integral part of their adolescent pregnancy prevention work. The link between teen pregnancy and violence has been documented by researchers for two decades. Understanding the dynamics of adolescent relationship abuse and working to prevent it can help adolescent pregnancy prevention projects meet their mission of promoting the sexual health and overall well-being of young people. <http://www.acf.hhs.gov/programs/fysb/news/ara-toolkit-released>

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## REFUGEES AND AFFORDABLE CARE ACT VIDEOS

This short YouTube video titled *Refugees and the Affordable Care Act* is available in six languages: Somali, Karen, Nepali, Arabic, Kinyarwanda, and English. The video features refugee speakers and narrators discussing the benefits of the Affordable Care Act (ACA). The video also describes the importance of primary care and health insurance, and highlights key health literacy words to help orient refugees to the healthcare system in the U.S. <http://www.acf.hhs.gov/programs/orr/health>

## BULLYING.GOV: TAKE ACTION TODAY: HOW FAMILIES AND STUDENTS CAN TAKE THE LEAD IN CREATING SAFER SCHOOL ENVIRONMENTS

This blog post describes new strategies developed by the National Parent Teacher Association for engaging parents and students as leaders in efforts to improve school climate to prevent bullying.

<http://www.stopbullying.gov/blog/2014/09/16/take-action-today-how-families-and-students-can-take-lead-creating-safer-school>

## LAW ENFORCEMENT RESPONSE TO CHILD ABUSE

This Office of Juvenile Justice and Delinquency Prevention guide provides information to help law enforcement personnel ensure consistency in child abuse investigations, understand their role on a multidisciplinary child protection team during a child abuse case, and establish procedures and protocols for working with other professionals to meet the needs of abused children. <http://www.ojjdp.gov/enews/14juvjust/140915.html>

## DIAGNOSES OF EATING DISORDERS AMONG ACTIVE COMPONENT SERVICE MEMBERS

This Medical Surveillance Monthly Report from the Armed Forces Health Surveillance Center reports on the prevalence and incidence of anorexia nervosa and bulimia nervosa among service member from 2004 to 2013. Higher rates were found among women; younger age groups; white, non-Hispanics; and Marines compared to their respective counterparts. Incidence rates and prevalence of these disorders in service members were lower than estimates from studies of civilian populations.

[http://www.afhsc.mil/documents/pubs/msmrs/2014/v21\\_n09.pdf#Page=8](http://www.afhsc.mil/documents/pubs/msmrs/2014/v21_n09.pdf#Page=8)

## NEW FROM REAL WARRIORS

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### UNDERSTANDING MORAL INJURY

Service members may encounter inner conflicts, ethical or moral challenges during deployments, special missions, or in the course of one's duty. They may be required to act in ways that go against their moral beliefs, or witness behaviors by others that make them feel uncomfortable. These experiences can lead to moral injury. This article explores the concept of moral injury, why a service member might experience it, and the resources available for care and support.

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

### ACCESSING CARE AT MILITARY TREATMENT FACILITIES

Military treatment facilities provide emergency and non-emergency care for both physical and invisible wounds covered by TRICARE. Service members experiencing stress, anxiety, depression, or any other psychological health concern can access services at military treatment facilities to help cope. This article will help active-duty service members and their families learn about the types of psychological healthcare offered at military treatment facilities and how to access them.

<http://www.realwarriors.net/active/afterdeployment/treatmentfacilities.php>

## EVENTS

### DOMESTIC VIOLENCE AWARENESS MONTH

OCTOBER 2014

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Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" held in October 1981 and conceived by the National Coalition Against Domestic Violence. The intent was to connect advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state, and national levels. The activities conducted were as varied and diverse as the program sponsors but had common themes: mourning those who have died because of domestic violence; celebrating those who have survived; and connecting those who work to end violence. <http://www.nrcdv.org/dvam/DVAM-history>

### NATIONAL BULLYING PREVENTION MONTH

OCTOBER 2014

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National Bullying Prevention Month is a time when communities can unite nationwide to raise awareness of bullying prevention through events, activities, outreach, and education.

<http://www.stopbullying.gov/blog/2014/10/01/working-together-provide-resources-prevent-bullying-month-and-every-month>

## TEXT, TALK, ACT TO IMPROVE MENTAL HEALTH

OCTOBER 6, 2014

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*What will you do when your friend needs help? Will you know what to say and how to respond?*

Gather friends for this one-hour national dialogue to talk about the importance of taking care of mental health - and how to help a friend in need - all through a fun and creative text-based dialogue!

<http://www.creatingcommunitysolutions.org/texttalkact>

## TWITTER CHAT: CAREGIVING ADVICE TO SUPPORT A LOVED ONE WITH SCHIZOPHRENIA

OCTOBER 7, 2014, 12:00 PM-1:00 PM ET

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In honor of Mental Illness Awareness Week, join NIMH and Everyday Health's Dr. Sanjay Gupta for a Twitter chat on caregiving advice to support people with schizophrenia. The chat will discuss the role of caregivers in the lives of people with schizophrenia, address the stigma of schizophrenia and how it affects the quality of life for people living with this mental illness, and share what types of resources, support groups, and therapies are available to patients and caregivers. Use the hashtag #HealthTalk to participate and follow the chat. <http://www.everydayhealth.com/columns/healthtalk/healthtalk-caregiving-advice-to-support-a-loved-one-with-schizophrenia/>

## WEBINAR: MOBILIZING PARTNERSHIPS AND RESOURCES TO ADDRESS SUBSTANCE ABUSE AND SUICIDE

OCTOBER 8, 2014, 12:30-2:00 PM ET

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Growing awareness of the connections between substance abuse and suicide has motivated many states and communities to begin looking for ways to better align their efforts to address these problems. But, effective collaboration—particularly across disciplines—takes planning and preparation. This SAMHSA webinar will explore the essential ingredients of effective collaboration between states and communities, and across disciplines, highlighting some of the innovative ways practitioners are working together to prevent substance abuse and suicide. [https://www.surveymonkey.com/s/suicide\\_sap2](https://www.surveymonkey.com/s/suicide_sap2)

## **WEBINAR: GOT COVERAGE? NEXT STEPS IN USING YOUR HEALTH INSURANCE**

OCTOBER 8, 2014, 1:00-2:00 PM ET

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The U.S. Department of Health and Human Services Partnership Center offers updated webinars on the healthcare law for faith and community organizations. These webinars are open to the public and include a question and answer session. Many people now have health insurance, but may not know how to use it. This webinar and conference call will discuss how to read an insurance card, how to find a doctor, what one needs to know in making an appointment, and what to do in case of a health emergency. Key terms will be discussed as well as recommended health screenings. To Join By Phone Only: Dial: +1 (415) 655-0055, Access Code: 419-247-290. For those joining by phone only, the Pin Number is the # key.

<https://www4.gotomeeting.com/register/164385279>

## **TWITTER CHAT: DEPRESSION AND THE DEVELOPMENT OF NOVEL MEDICATIONS**

OCTOBER 9, 2014, 11:00 AM-12:00 PM ET

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Hold the date for an NIMH chat on depression and the development of novel medications with NIMH scientist, Carlos Zarate M.D., Chief of the Section on Neurobiology and Treatment of Mood Disorders.

<http://www.nimh.nih.gov/health/twitter-chats/index.shtml>

## **WEBINAR: GETTING STARTED WITH SOCIAL MEDIA FOR INJURY AND VIOLENCE PREVENTION**

OCTOBER 15, 2014, 1:00-2:00 PM ET

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This webinar is the second in a "Getting Started with Social Media for Injury and Violence Prevention" series offered by the Safe States Alliance and CDC. Presenters will discuss choosing the right social media platform for your needs, developing your own goals and strategies, listening to online conversations, searching for topics, finding experts and partners, and other best practices to begin examining your role in social media.

[http://safestates.site-ym.com/events/event\\_details.asp?id=501905&group=](http://safestates.site-ym.com/events/event_details.asp?id=501905&group=)

## **TWITTER CHAT: YOGA FOR HEALTH AND WELL-BEING**

OCTOBER 20, 2014, 2:00 PM ET

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Hold the date for a National Center for Complementary and Alternative Medicine Twitter chat on yoga for health and well-being. NCCAM Director Dr. Josephine Briggs will be the chat expert.

<http://nccam.nih.gov/news/events/livechat?nav=upd>

## WEBINAR: SOCIAL MEDIA ENGAGEMENT AND CONTENT DEVELOPMENT FOR IVP

NOVEMBER 19, 2014, 1:00-2:00 PM ET

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This webinar is the third in a "Getting Started with Social Media for Injury and Violence Prevention" series offered by the Safe States Alliance and CDC, which will discuss developing credible social media content, building an audience, and learning how to engage with both individuals and organizations.

[http://safestates.site-ym.com/events/event\\_details.asp?id=501905&group=](http://safestates.site-ym.com/events/event_details.asp?id=501905&group=)

## NATIONAL DRUG FACTS WEEK 2015

JANUARY 26-FEBRUARY 1, 2015

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NIDA announced the dates for the fifth National Drug Facts Week, which brings together teens and scientific experts to shatter persistent myths about drug use and addiction. Ideas for community-based events, as well as success stories from previous years, are highlighted on the National Drug Facts Week Web portal. Last year, more than 1,000 events were held with teens throughout all states, and several internationally.

<http://teens.drugabuse.gov/national-drug-facts-week>

## CALLS FOR PUBLIC INPUT

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

The AHRQ 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:

STRATEGIES TO IMPROVE MENTAL HEALTH CARE FOR CHILDREN AND ADOLESCENTS (COMMENTS ACCEPTED THROUGH OCTOBER 6, 2014)

<http://effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displaytopic&topicid=599>

## **NATIONWIDE RECRUITMENT: BIPOLAR DISORDER (PEDIATRIC) RESEARCH STUDY**

TREATMENT OF SEVERE MOOD DYSREGULATION, SMD (INPATIENT: 12- TO 15 WEEKS)

This study tests the efficacy of different treatments for decreasing irritability in children with severe mood and behavioral problems. Participants have symptoms of severe irritability and are not doing well on their current medications. The child must be currently in treatment with a physician, medically healthy and not currently hospitalized, psychotic, or suicidal. The study includes day or full hospitalization to discontinue medication, followed by either methylphenidate plus citalopram, or methylphenidate plus placebo.

Recruiting ages 7-17. [09-M-0034]

<http://www.nimh.nih.gov/labs-at-nimh/join-a-study/trials/childrens-studies/citalopram-methylphenidate-bpd.shtml>

For more information on research conducted by the National Institute of Mental Health in Bethesda, MD click here [www.nimh.nih.gov/JoinAStudy](http://www.nimh.nih.gov/JoinAStudy).

## **FUNDING INFORMATION**

RURAL HEALTH CARE SERVICES OUTREACH GRANT PROGRAM

<http://www.hrsa.gov/ruralhealth/about/community/careservicesoutreach.html>

CONSORTIUM ON BIOMARKER AND OUTCOME MEASURES OF SOCIAL IMPAIRMENT FOR USE IN CLINICAL TRIALS IN AUTISM SPECTRUM DISORDER

<http://grants.nih.gov/grants/guide/rfa-files/RFA-MH-15-800.html>

SELF-MANAGEMENT FOR HEALTH IN CHRONIC CONDITIONS

<http://grants.nih.gov/grants/guide/pa-files/PA-14-343.html> (R21)

<http://grants.nih.gov/grants/guide/pa-files/PA-14-345.html> (R15)

<http://grants.nih.gov/grants/guide/pa-files/PA-14-344.html> (R01)

PREGNANCY IN WOMEN WITH DISABILITIES

<http://grants.nih.gov/grants/guide/pa-files/PAR-14-354.html>



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 increase the public's access to science-based mental health information through partnerships with national and state nonprofit organizations. 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.