



UPDATE

November 15, 2015

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

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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*

BRIEF TRAINING INCREASES PEDIATRICIANS' USE OF SUBSTANCE ABUSE AND MENTAL HEALTH INTERVENTIONS

Two to three brief training sessions can significantly increase pediatricians' use of techniques for identifying and treating young people with potential alcohol, substance use, and mental health problems, according to a new study in a large pediatric primary care clinic. Collectively known as screening, brief intervention, and referral to treatment (SBIRT), such techniques could be important tools for preventing and treating these common problems among young people. The study also found that pediatric practices can improve support for patients who need these services by adding behavioral health clinicians to their teams. A report of the study, which was funded by the National Institute on Alcohol Abuse and Alcoholism is now online in *JAMA Pediatrics*.

Press Release: <http://www.nih.gov/news-events/news-releases/brief-training-increases-pediatricians-use-substance-abuse-mental-health-interventions>

AMERICANS WHO PRACTICE YOGA REPORT BETTER WELLNESS, HEALTH BEHAVIORS; ANALYSIS REVEALS REASONS FOR USE OF YOGA, SUPPLEMENTS, AND SPINAL MANIPULATION

People who practiced yoga or took natural products (dietary supplements other than vitamins and minerals) were more likely to do so for wellness reasons than to treat a specific health condition, according to analysis of data from the 2012 National Health Interview Survey. Yoga users reported the most positive health benefits, compared to users of natural products and spinal manipulation. The analysis by the National Center for Complementary and Integrative Health was published by the Centers for Disease Control and Prevention's (CDC) National Center for Health Statistics.

Press release: <http://www.nih.gov/news-events/news-releases/americans-who-practice-yoga-report-better-wellness-health-behaviors>

CONSUMERS WILL CONTINUE TO FIND AFFORDABLE OPTIONS IN THE HEALTH INSURANCE MARKETPLACE IN 2016

A new report from the U.S. Department of Health and Human Services (HHS) detailing affordability and plan choice in the Health Insurance Marketplace finds that with applicable tax credits, more than 7 in 10 current Marketplace enrollees could find plans for \$75 a month in premiums or less, and almost 8 in 10 could find plans for \$100 a month in premiums or less. Consumers who return to the Marketplace to comparison shop could save money. According to the report, more than 8 in 10 returning Marketplace consumers could save an average of about \$50 per month and \$610 annually in premiums before tax credits for the same level of coverage by returning to shop.

Press Release: <http://www.hhs.gov/about/news/2015/10/30/consumers-will-continue-find-affordable-options-health-insurance-marketplace-2016.html>

NEW FROM NIMH

COMBATING EARLY DEATH IN PEOPLE WITH SERIOUS MENTAL ILLNESS

Early death among people with serious mental illness has been recognized for some time. It is also known that unhealthy lifestyle behaviors such as poor diet, lack of exercise, and smoking contribute to many of their physical problems. This science update highlights what the National Institute on Mental Health (NIMH) is doing about this issue. <http://www.nimh.nih.gov/news/science-news/2015/combating-early-death-in-people-with-serious-mental-illness.shtml>

ARCHIVED LECTURE: RELIEF FROM SEVERE DEPRESSION AND SUICIDAL IDEATION WITHIN HOURS: FROM SYNAPSES TO SYMPTOMS

In this videocast lecture, NIMH scientist Carlos Zarate discusses his research on developing novel medications for treatment-resistant depression and bipolar disorder.

<http://videocast.nih.gov/Summary.asp?File=19295&bhcp=1>

NEW FROM NIH

PORTAL DE INFORMACIÓN DE SALUD DE NIH

This new Spanish-language health information website offers free health information on topics ranging from child health to aging. The new site also features a monthly column, designed as an opportunity for readers to learn about Spanish-language resources available from the NIH. <http://salud.nih.gov/>

NIH RESEARCH MATTERS: MAPPING BRAIN CIRCUITS INVOLVED IN ATTENTION

Researchers have determined how a set of brain regions influences attention in mice. The findings suggest that problems with this neural circuit may lead to the concentration difficulties seen in numerous neurological conditions. The brain receives lots of sensory information and must choose what to focus on and what to ignore. Many neurological disorders—including schizophrenia, autism, and attention deficit hyperactivity disorder—involve problems concentrating and ignoring distractions.

<http://www.nih.gov/news-events/nih-research-matters/mapping-brain-circuits-involved-attention>

NIH RESEARCH MATTERS: LINK BETWEEN “GREEN” OFFICE ENVIRONMENTS AND COGNITIVE FUNCTION

Office workers scored higher on performance measures when working in “green” environments with low indoor pollutants and low carbon dioxide levels. The findings suggest that improving indoor air quality in office environments may increase the performance of office workers. <http://www.nih.gov/news-events/nih-research-matters/link-between-green-office-environments-cognitive-function>

NEW FROM SAMHSA

ARCHIVED WEBISODE: BEHAVIORAL HEALTH CONCERNS IN CLASSROOMS

This webisode of the Substance Abuse and Mental Health Service's (SAMHSA) Knowledge Network for Systems of Care TV addressed the topic of identifying and managing behavioral health concerns in elementary school classrooms. The panelists provide specific strategies on how students, parents, teachers, and administrators can work together to support positive mental health among elementary school students.

https://www.youtube.com/watch?v=_uMHn_E5cR4

ROLE OF MUNICIPAL COURTS IN DIVERTING PEOPLE WITH BEHAVIORAL HEALTH CONDITIONS

This new guide provides information on the role of municipal courts as an early intervention point for diverting persons with behavioral health conditions from the criminal justice system and into treatment. This guide describes the benefits and challenges as well as four essential elements necessary to implement diversion programs in municipal courts: identification and screening; court-based clinicians; recovery-based engagement strategies; and proportional response. <http://store.samhsa.gov/product/Municipal-Courts-An-Effective-Tool-for-Diverting-People-with-Mental-and-Substance-Use-Disorders-from-the-Criminal-Justice-System/All-New-Products/SMA15-4929>

SERVING VETERANS: A RESOURCE GUIDE

This updated guide includes key sources of information, trainings, and clinical tools to support primary and behavioral health care providers in the delivery of culturally competent, quality care to Veterans.

http://www.integration.samhsa.gov/clinical-practice/Veterans_Guide_2015.pdf

DEVELOPING AN EFFECTIVE ELEVATOR PITCH

This tool is designed to help prevention practitioners develop a compelling argument, or "elevator pitch," in order to engage potential partners in collaboration. <http://www.samhsa.gov/capt/tools-learning-resources/developing-effective-elevator-pitch>

PATIENT ENGAGEMENT AND SHARED DECISION MAKING

This article reviews the state of the literature related to shared-decision making and patient engagement as they relate to the treatment of substance use disorders.

<http://www.attcnetwork.org/find/news/attcnews/epubs/addmsg/November2015article.asp>

NEW POCKET GUIDE: MEDICATION FOR THE TREATMENT OF ALCOHOL USE DISORDER

This new pocket guide for health professionals offers a checklist for prescribing medication, approved medications for use in the treatment of alcohol use disorder, standard drink sizes and amounts, and recommended limits.

http://store.samhsa.gov/product/SMA15-4907POCKETGUID?WT.mc_id=EB_20151102_PocketGuide

NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY 2015 FINAL REPORT

This report summarizes the more than 1,100 2015 Awareness Day activities held across the country, including SAMHSA's national event in Washington, DC. <http://www.joomag.com/magazine/2015-awareness-day-final-report/0045335001445288678?short>

SAMHSA NEWS: ALCOHOL AND TOBACCO USE BY ADOLESCENTS ON THE DECLINE

This SAMHSA News article summarizes the latest National Survey on Drug Use and Health, which indicates that fewer adolescents aged 12 to 17 are smoking or using alcohol than at any time since 2002. The annual report, which is based on a scientific survey of about 67,500 people aged 12 and older, reveals a number of encouraging trends about the behavioral health of adolescents and older teens. It also points to some troubling results — particularly regarding the use of illicit drugs.

<http://newsletter.samhsa.gov/2015/09/22/alcohol-and-tobacco-use-by-adolescents-on-the-decline-samhsa-study-finds/>

HHS RESOURCES

COMPENDIUM OF EVIDENCED-BASED PARENTING INTERVENTIONS

The Administration for Children and Families (ACF) released two new resources for states, schools, and early childhood programs to find and implement parenting interventions that have a research base and are responsive to families' and communities' needs. The *Compendium of Parenting Interventions* profiles parenting interventions for families of children birth to age five that are research-based. It includes information on the cost, training requirements, duration, and intended outcomes of each intervention. A complementary guidebook outlines the steps to successfully implement a parenting intervention in an early childhood program, including how to assess an organization's readiness, assess families' needs, choose the appropriate intervention, carry out an intervention, and evaluate progress.

<http://www.acf.hhs.gov/blog/2015/11/introducing-a-compendium-of-evidenced-based-parenting-interventions>

DISADVANTAGED YOUTH: ONGOING RESEARCH AND PROGRAM EVALUATION EFFORTS

This brief report highlights ACF research and program evaluation efforts related to disadvantaged youth. It features research projects across ACF related to youth employment and self-sufficiency, child welfare, teen relationships, teen pregnancy and parenthood, and youth development.

<http://www.acf.hhs.gov/programs/opre/resource/disadvantaged-youth-ongoing-research-and-program-evaluation-efforts>

PARENTS FOR HEALTHY SCHOOLS' WEBSITE

CDC in collaboration with Federal, professional, and non-profit organizations, has developed a set of resources called *Parents for Healthy Schools*. School groups such as parent-teacher associations and school wellness committees can use the materials to engage parents in creating healthy school environments.

<http://www.cdc.gov/media/releases/2015/a1105-healthy-schools.html>

MARKETPLACE ASSISTER TOOLKIT: THE ASSISTER'S ROADMAP TO RESOURCES

This Centers for Medicare and Medicaid Services resource introduces the Healthcare Marketplace and other health coverage topics, provides links to helpful resources, and contains information that assisters “Need to Know” when helping consumers apply for and enroll in Marketplace and other health coverage.

<https://marketplace.cms.gov/technical-assistance-resources/assisters-roadmap-to-resources.pdf>

DCOE BLOG POSTS

PROVIDERS: STAY PRESENT, REDUCE BURNOUT WITH MINDFULNESS

This blog post from the Defense Centers of Excellence in Psychological Health and Traumatic Brain Injury (DCoE) describes how providers can develop a mindfulness practice to build resilience.

http://www.dcoe.mil/blog/15-10-21/Providers_Stay_Present_Reduce_Burnout_with_Mindfulness.aspx

DCOE: WARRIOR CARE: PREVENTIVE MAINTENANCE FOR BETTER MENTAL HEALTH

This blog post describes how service members can use a preventive maintenance routine to keep psychologically healthy. [http://www.dcoe.mil/blog/15-11-](http://www.dcoe.mil/blog/15-11-03/Warrior_Care_How_to_PMCS_Yourself_to_Better_Mental_Health.aspx)

[03/Warrior_Care_How_to_PMCS_Yourself_to_Better_Mental_Health.aspx](http://www.dcoe.mil/blog/15-11-03/Warrior_Care_How_to_PMCS_Yourself_to_Better_Mental_Health.aspx)

NEW FROM REAL WARRIORS

TIPS FOR TRANSITIONING PSYCHOLOGICAL HEALTH CARE TO A NEW PROVIDER

This article shares five tips to use when transitioning to a new health care provider and highlights the inTransition program. <http://www.realwarriors.net/active/afterdeployment/new-health-provider.php>

RESOURCES FOR MILITARY CAREGIVERS

This article lists resources and programs for military caregivers.

<http://www.realwarriors.net/family/support/caregiver-resources.php>

HEALTH OBSERVANCE: NATIONAL HOMELESS YOUTH AWARENESS MONTH

NOVEMBER 2015

In support of National Homeless Youth Awareness Month, SAMHSA's National Child Traumatic Stress Network (NCTSN) is providing resources to help communities, families, educators, mental health, and child welfare professionals, and policy makers and advocates better understand and deal with homeless youth.

<http://nctsn.org/resources/public-awareness/national-homeless-youth-awareness-month>

WEBINAR: RECONNECTING YOUTH TO THE CIRCLE: THE IMPORTANCE OF TRADITIONAL PRACTICES FOR PREVENTION

NOVEMBER 17, 2015, 2:00-3:00 PM ET

The SAMHSA Tribal Training and Technical Assistance Center is hosting this webinar that will provide an opportunity for youth to discuss their cultural connectedness, and the impact it has on their healing and overall wellness. Participants will have an opportunity to discuss strategies of engagement to reconnect tribal youth to the circle. As tribal and urban American Indian and Alaska Native communities strive to address the issue of youth suicide, it is critical to connect with and seek a better understanding of youth perspectives. <http://documents.kauffmaninc.com/projects/3tac/Generational-Resilience-20151117.pdf>

WEBINAR: IMPACT OF SLEEP ON TREATMENT AND RECOVERY IN VETERANS WITH TBI AND PTSD

NOVEMBER 17, 2015, 2:00-3:00 PM ET

This Veterans Affairs' (VA) webinar will provide an overview of the quality of sleep in returning Veterans with traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD); discuss how sleep disturbance affects every day functioning and outcome in Veterans with TBI and PTSD; and review current treatment options for sleep disturbance in TBI and PTSD.

<https://attendee.gotowebinar.com/register/5392804735763544833>

WEBINAR: STATE POLICY INNOVATIONS IN CHILD TRAUMA: LESSONS FROM NORTH CAROLINA AND ARKANSAS

NOVEMBER 17, 2015, 2:30 PM ET

Many states are playing a leadership role in enacting and implementing policies to support trauma-informed services for children and families. This NCTSN webinar will highlight two examples of such state-based child trauma policy innovations. <http://learn.nctsn.org/>

NIMH FACEBOOK Q&A: BIPOLAR DISORDER

NOVEMBER 17, 2015, 3:00-4:00 PM ET

Do you have questions about adult bipolar disorder? Ask them during NIMH's Facebook Q&A with NIMH expert Dr. Matthew Rudorfer. <https://www.facebook.com/events/533466316819040/>

WEBINAR: PTSD CONSULTATION: OVERVIEW OF PTSD DIAGNOSIS AND TREATMENT

NOVEMBER 18, 2015, 2:00 PM ET

This VA lecture will provide an overview of PTSD including diagnostic criteria and symptoms, prevalence, course, comorbidities, and risk factors for civilian and Veteran populations. It will review VA/Department of Defense clinical practice guidelines for treating PTSD, describe how the guidelines are set and how treatments are reviewed, and give an overview of several evidence-based treatments for PTSD. Continuing education credits available with advance registration.

<https://vha.train.org/DesktopModules/eLearning/CourseDetails/CourseDetailsForm.aspx?tabid=62&courseid=1059783>

TWITTER CHAT: COMPLEX TRAUMA AND HOMELESS YOUTH

NOVEMBER 20, 2015, 2:00 PM ET

The NCTSN (@NCTSN) is partnering with the National Clearinghouse on Families and Youth (@NCFY) for a Twitter chat on complex trauma in adolescence, and particularly how it can contribute to—and may result from—youth homelessness. The chat will include a discussion on strategies for identifying and treating complex trauma, with an emphasis on how professionals working with youth can be more trauma-informed. Join the conversation at #NCFYtalk. <http://ncfy.acf.hhs.gov/news/2015/11/ncfytalk-complex-trauma-and-homeless-youth>

REDESIGNED NATIONAL REGISTRY OF EVIDENCE-BASED PROGRAMS AND ANNOUNCES OPEN SUBMISSION PERIOD

SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP) has announced that its next open submission period will take place from November 23, 2015 to January 26, 2016. NREPP has been redesigned, including changes to (1) the process for identifying new programs and practices for review, (2) the minimum requirements to be considered for NREPP review, and (3) the review process, including what materials are reviewed. <http://www.nrepp.samhsa.gov/OpenSubmission2015.aspx>

HHS SEEKS NEW MEMBERS FOR AMERICAN INDIAN AND ALASKA NATIVE HEALTH RESEARCH ADVISORY COUNCIL

The HHS Office of Minority Health is currently recruiting to fill several vacancies on the HHS American Indian and Alaska Native Health Research Advisory Council (HRAC) which addresses health disparities in Indian Country. The HRAC supports collaborative research efforts between HHS and tribal partners by providing input and guidance on policies, strategies, and programmatic issues affecting Indian tribes. The HRAC consists of 16 delegates: one delegate from each of the 12 Indian Health Service Areas; and four national-at-large delegates. Nominations for council members will be accepted through November 30, 2015. <http://www.minorityhealth.hhs.gov/hrac/>

FEDERAL POLICY FOR THE PROTECTION OF HUMAN SUBJECTS: COMMENTS SOUGHT ON PROPOSED RULE

HHS and other Federal agencies propose revisions to modernize, strengthen, and make more effective the *Federal Policy for the Protection of Human Subjects* that was promulgated as a *Common Rule* in 1991. Comments are sought on proposals to better protect human subjects involved in research, while facilitating valuable research and reducing burden, delay, and ambiguity for investigators. This proposed rule is an effort to modernize, simplify, and enhance the current system of oversight. The participating departments and agencies propose these revisions to the human subjects regulations because they believe these changes would strengthen protections for research subjects while facilitating important research. Comments accepted through 5:00 PM ET on December 7, 2015.

<http://www.hhs.gov/ohrp/humansubjects/regulations/nprmhome.html>

FUNDING INFORMATION

SBIRT HEALTH PROFESSIONS STUDENT TRAINING

<http://www.samhsa.gov/grants/grant-announcements/ti-16-002>

GRANTS TO EXPAND CARE COORDINATION TARGETED CAPACITY EXPANSION THROUGH THE USE OF TECHNOLOGY ASSISTED CARE IN TARGETED AREAS OF NEED

<http://www.samhsa.gov/grants/grant-announcements/ti-16-001>

COOPERATIVE AGREEMENT FOR THE PROVIDER'S CLINICAL SUPPORT SYSTEM - MEDICATION ASSISTED TREATMENT

<http://www.samhsa.gov/grants/grant-announcements/ti-16-003>



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 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.