



UPDATE

December 1, 2012

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

Subscribe to Receive the Update

<http://www.nimh.nih.gov/outreach/partnership-program/subscribe-to-the-update.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*

SCIENCE AND SERVICE NEWS UPDATES

SWITCHING OFF A SPECIFIC BRAIN REGION CAN ALTER INGRAINED HABITS IN RATS

Ingrained habits in rats can be quickly broken—and reestablished—by targeting and switching off a specific site in the brain’s prefrontal cortex using a technique known as optogenetics, according to a study funded by the National Institute of Mental Health (NIMH) published November 13, 2012, in the *Proceedings of the National Academy of Sciences (PNAS)*.

Science Update: <http://www.nimh.nih.gov/science-news/2012/switching-off-a-specific-brain-region-can-alter-ingrained-habits-in-rats.shtml>

20 PERCENT OF US ADULTS EXPERIENCED MENTAL ILLNESS IN THE PAST YEAR, REPORT SAYS

One in five American adults aged 18 or older, or 45.6 million people, had mental illness in the past year, according to a report from the Substance Abuse and Mental Health Services Administration (SAMHSA). *The 2011 National Survey on Drug Use and Health (NSDUH): Mental Health Findings* report presents results pertaining to mental health from the 2011 NSDUH, the primary source of statistical information on the use of illegal drugs, alcohol, and tobacco by the civilian, non-institutionalized population of the United States aged 12 years or older. The rate of mental illness was more than twice as high among those aged 18 to 25 than among those aged 50 and older, the report said. Adult women also were more likely than men to have had mental illness in the past year, it said.

Press Release: <http://www.samhsa.gov/newsroom/advisories/1211273220.aspx>

NEW REPORT SHOWS A SIGNIFICANT DECREASE IN ADOLESCENT SMOKING IN MOST STATES DURING THE PAST DECADE

Current cigarette smoking among 12- to 17-year-olds fell significantly from 2002 to 2010 in 41 states, according to a SAMHSA report. The report also showed that during the same period, adolescents’ perception of risk from cigarette smoking has remained unchanged in most states. Adolescent cigarette use nationwide declined from 12.6 percent to 8.7 percent, but significant differences remained among states. For example, Wyoming had the nation’s highest rate of 13.5 percent – more than double the rate of 5.9 percent for Utah, the state with the nation’s lowest rate.

Press Release: <http://www.samhsa.gov/newsroom/advisories/1211150007.aspx>

UNDERAGE DRINKING STILL SERIOUS PROBLEM IN ALL STATES ACCORDING TO NEW NATIONAL REPORT

More than a quarter of the American population who are too young to drink are doing so anyway according to a new SAMHSA report. Although there has been progress in reducing the extent of underage drinking in recent years, particularly among those aged 17 and younger, the rates of underage drinking are still unacceptably high. Not only did 26.6 percent of 12-20 year-olds report drinking in the month before they were surveyed, 8.7 percent of them purchased their own alcohol the last time they drank. The study used combined data from SAMHSA's 2008 to 2010 NSDUH.

Press Release: <http://www.samhsa.gov/newsroom/advisories/1211193154.aspx>

HHS TO IMPLEMENT HEALTH CARE LAW, BAN DISCRIMINATION AGAINST PEOPLE WITH PRE-EXISTING CONDITIONS

The U.S. Department of Health and Human Services (HHS) has moved forward to implement provisions in the health care law that would make it illegal for insurance companies to discriminate against people with pre-existing conditions. The provisions of the Affordable Care Act (ACA) also would make it easier for consumers to compare health plans and employers to promote and encourage employee wellness.

Press Release: <http://www.hhs.gov/news/press/2012pres/11/20121120a.html>

PROPOSED RULE ON MARKET REFORMS

This proposed rule, beginning in 2014, prohibits health insurance companies from discriminating against individuals because of a pre-existing or chronic condition.

Proposed Rule: http://www.ofr.gov/OFRUpload/OFRData/2012-28428_PI.pdf

Fact Sheet: <http://www.healthcare.gov/news/factsheets/2012/11/market-reforms11202012a.html>

STANDARDS AND POLICES FOR ESSENTIAL HEALTH BENEFITS

This proposed rule outlines policies and standards for coverage of essential health benefits, while giving states more flexibility to implement the ACA. Essential health benefits are a core set of benefits that would give consumers a consistent way to compare health plans in the individual and small group markets.

Proposed Rule: http://www.ofr.gov/OFRUpload/OFRData/2012-28362_PI.pdf

Fact Sheet: <http://www.healthcare.gov/news/factsheets/2012/11/ehb11202012a.html>

EMPLOYMENT-BASED WELLNESS PROGRAMS

This proposed rule implements and expands employment-based wellness programs to promote health and help control healthcare spending, while ensuring that individuals are protected from unfair underwriting practices that could otherwise reduce benefits based on health status.

Proposed Rule: http://www.ofr.gov/OFRUpload/OFRData/2012-28361_PI.pdf

Fact Sheet: <http://www.healthcare.gov/news/factsheets/2012/11/wellness11202012a.html>

SAMHSA ADS CENTER: 2012 CAMPAIGN FOR SOCIAL INCLUSION STATE AWARD WINNERS ANNOUNCED

The SAMHSA's Resource Center to Promote Acceptance, Dignity, and Social Inclusion Associated with Mental Health (ADS Center) has announced recipients of the 2012 Campaign for Social Inclusion State Awards. SAMHSA's Campaign for Social Inclusion is a comprehensive national campaign with multiple components to promote recovery from mental and substance use disorders, and educate the general public about social inclusion for individuals with behavioral health problems. The awards are designed to support and enhance state outreach and community-based efforts that promote social inclusion. The focus of the 2012 Campaign for Social Inclusion State Awards is to increase awareness of behavioral health and of mental health and/or addiction recovery among young adults who have experienced trauma; among Hispanic/Latino, African-American, Asian American/Pacific Islander, or American Indian young adults; and/or among general population young adults. The funded projects will involve consumer and peer leaders engaging their communities through speaking engagements, dialogues, poetry competitions, public service announcements (PSAs), and social networking to promote the *What a Difference a Friend Makes* campaign, and social inclusion for individuals with mental health and substance use disorders.

Press Release: <http://www.promoteacceptance.samhsa.gov/CSI/awards/2012awardees.aspx>

HHS LAUNCHES BETOBACCOFREE.GOV

HHS announced the launch of BeTobaccoFree.gov, a comprehensive website providing one-stop access to the best and most up-to-date tobacco-related information from across its agencies. This consolidated resource includes general information on tobacco, Federal and state laws and policies, health statistics, and evidence-based methods on how to quit.

Press Release: <http://www.hhs.gov/news/press/2012pres/11/20121115b.html>

"THE RIGHT PLACE" ASSURES FEMALE VETS OF HIGH-QUALITY VA CARE

The Department of Veterans Affairs (VA) has developed a new PSA to let women Veterans know they have come to "The Right Place" when seeking VA healthcare. The number of women using VA healthcare has doubled in the past decade and that number is expected to double again soon. The 30-second video PSA, produced by VA's Women's Health Services office, addresses key themes: assuring women Veterans that VA is ready to serve them; encouraging viewers to rethink assumptions that all Veterans are male; and reminding Americans that women Veterans are coming home, separating from service, or returning to Guard or Reserve status.

Press Release: <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2403>

RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NIMH DIRECTOR'S BLOG: ROADS NOT TAKEN

NIMH Director Thomas Insel talks about the need for research that explores the frontiers of science and funding efforts to encourage innovative research. <http://www.nimh.nih.gov/about/director/2012/roads-not-taken.shtml>

NIDA: DIRECTOR'S PAGE

MARIJUANA'S LASTING EFFECTS ON THE BRAIN

National Institute of Drug Abuse (NIDA) Director Nora Volkow discusses new research funded partly by NIDA and other National Institutes of Health institutes that provides evidence that marijuana is harmful to the brain. <http://www.drugabuse.gov/about-nida/directors-page/messages-director/2012/09/marijuanas-lasting-effects-brain>

ADDRESSING DRUG ABUSE IN THE ARMED FORCES

NIDA Director Nora Volkow discusses a new Institute of Medicine report examining the state of substance use in the armed forces, and making recommendations for how the military can enhance its prevention and treatment efforts. <http://www.drugabuse.gov/about-nida/directors-page/messages-director/2012/11/addressing-drug-abuse-in-armed-forces>

SAMHSA RESOURCES

EMERGENCY DEPARTMENT VISITS FOR DRUG-RELATED SUICIDE ATTEMPTS INVOLVING ANTIDEPRESSANTS MORE LIKELY TO RESULT IN FOLLOW-UP CARE AMONG ADOLESCENTS

Emergency departments (EDs) are a key access point to the healthcare system for youths who attempt suicide where timely intervention and follow-up care can help address associated mental health and substance abuse problems. Data from the 2008 to 2010 Drug Abuse Warning Network showed that an annual average of 22,434 drug-related ED visits involving suicide attempts were made by adolescents aged 12 to 17. Most of these visits had evidence of referral for follow-up care, and visits involving antidepressants were more likely to result in referral for follow-up care than visits not involving antidepressants. <http://www.samhsa.gov/data/spotlight/Spot092AdolSuicideAntidep2012.pdf>

NEW PEER SUPPORT CURRICULUM

The SAMHA-HRSA (Health Services and Resources Administration) Center for Integrated Health Solutions has developed a new peer support curriculum, *Whole Health Action Management (WHAM)*, to promote whole health self-management and strengthen the peer workforce's role in integrated healthcare delivery. WHAM prepares the peer workforce to use person-centered planning to set achievable whole health goals and weekly action plans to create new health behaviors by engaging in weekly WHAM groups. It also teaches basic health screens for prevention and shared decision-making with health professionals.

<http://www.integration.samhsa.gov/health-wellness/wham>

COLLEGE STUDENTS: COPING AFTER THE HURRICANE

This National Child Traumatic Stress Network fact sheet for college students provides tips for coping after a hurricane. http://www.nctsn.org/sites/default/files/assets/pdfs/coping_college_hurricane.pdf

MENTAL HEALTH AND TRAUMA AMONG WOMEN IN JAILS

This SAMHSA GAINS Center fact sheet summarizes results from a multi-site study about women incarcerated in jails and their experiences with serious mental illness and trauma. <http://gainscenter.samhsa.gov/cms-assets/documents/84399-636500.womens-pathways-to-jail-factsheet.pdf>

GUIDE TO CLINICAL PREVENTIVE SERVICES, 2012: RECOMMENDATIONS OF THE U.S. PREVENTIVE SERVICES TASK FORCE

The Guide to Clinical Preventive Services includes U.S. Preventive Services Task Force recommendations on screening, counseling, and preventive medication topics and includes clinical considerations for each topic. This new pocket guide is an authoritative source for making decisions about preventive services.

<http://www.ahrq.gov/clinic/pocketgd.htm>

MOBILE APPLICATIONS AND INTERNET-BASED APPROACHES FOR SUPPORTING NON-PROFESSIONAL CAREGIVERS

The VA is currently developing mobile applications intended for use by seriously injured post-9/11 Veterans and their family caregivers enrolled in the Comprehensive Assistance for Family Caregivers program. This VA report reviews literature on the use of consumer health information technology interventions that could help inform the development of health-related mobile applications.

http://www.hsrp.research.va.gov/publications/esp/mobile_apps.cfm

ADMINISTRATION FOR CHILDREN AND FAMILIES: NEW RESOURCES

TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY FOR CHILDREN AFFECTED BY SEXUAL ABUSE OR TRAUMA

This resource explores research and practice on trauma-focused cognitive behavioral therapy, which is an evidence-based treatment approach shown to help children, adolescents, and their caregivers overcome trauma-related difficulties. <http://www.childwelfare.gov/pubs/trauma>

ACTS OF OMISSION: AN OVERVIEW OF CHILD NEGLECT

This bulletin for child welfare professionals addresses the scope of the problem of child neglect as well as its consequences, reviews definitions and strategies for assessing neglect, and presents lessons learned about prevention and intervention. <http://www.childwelfare.gov/pubs/focus/acts/index.cfm>

DCOE BLOG POSTS

VETERAN SHARES PERSONAL STORIES TO HELP OTHERS WITH BRAIN INJURIES

This Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) blog post describes a video blog by a former Army sergeant and VA employee. This service-disabled Veteran with a brain injury shares his story and practical tips via his video blog, “Adam at Ease,” with the hope of helping fellow Veterans with a traumatic brain injury (TBI) on their own journey of recovery.

<http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=429>

PREPARE YOUR FAMILY FOR THE HOLIDAYS APART

This DCoE blog post provides tips to service members and their families during the holidays.

<http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=428>

WHY COGNITIVE FATIGUE MATTERS

This DCoE blog post provides an overview of cognitive fatigue, including the science behind mental fatigue, effects of the fatigue, and ways to address it.

<http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=427>

TOP 5 REASONS TO SEEK VA CARE

This DCoE blog post, written by a psychology postdoctoral fellow at the VA Maryland Health Care Systems, outlines five reasons why service members, reservists, National Guard members, or Veterans should consider seeking VA care. <http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=426>

EVENTS

WEBINAR: TELEBEHAVIORAL PAIN MANAGEMENT: BRINGING SPECIALTY PAIN SERVICES TO THE VETERAN

DECEMBER 4, 2012, 11:00 AM ET

This VA Health Research Services and Development webinar will provide an overview on telemental health within VA, as well as details about the Telebehavioral Pain Program.

<https://www3.gotomeeting.com/register/924821710>

WEBCAST: TRAINING RESOURCES FOR BULLYING PREVENTION

DECEMBER 5, 2012, 3:00-4:00 PM ET

This HRSA webinar will explore how local communities can activate partnerships to create positive change in bullying prevention. HRSA's new *Bullying Prevention Training Module* and *Community Action Toolkit* will be showcased, along with an overview of the vision behind this train-the-trainer resource for community members of all different backgrounds: elected officials, faith leaders, youth leaders, and professionals in education, health and safety, law enforcement, child care and out-of-school care, mental health and social services, local recreation offices, as well as leaders of the local business community.

<http://www.learning.mchb.hrsa.gov/LiveWebcastDetail.asp?leid=317>

WEBINAR: SUSTAINABILITY: A COLLABORATIVE APPROACH

DECEMBER 6, 2012, 2:30-4:00PM ET

This Office of Juvenile Justice and Delinquency Prevention webinar extends the sustainability discussion to include the important role of evaluation and performance measurement. Panelists will address sustainability issues specific to both funding agencies and service providers, including how grantors and grantees can work together to support effective programs.

https://www.nttac.org/media/trainingCenter/Sustainability_Flyer_12_6_12_508%20C%20F.pdf

WEBINAR: SUBSTANCE ABUSE AND TRAUMATIC BRAIN INJURY

JANUARY 24, 2013, 1:00-2:30 PM ET

Save the date for the next DCoE webinar focusing on substance abuse and TBI.

<http://www.dcoe.health.mil/Training/MonthlyWebinars.aspx>

GET INVOLVED IN NATIONAL DRUG FACTS WEEK

JANUARY 28-FEBRUARY 3, 2013

National Drug Facts Week is an opportunity for teens to interact with scientists and other experts about drug abuse. Help teens shatter the myths about drugs by hosting and promoting an event during the week. NIDA provides a toolkit with step-by-step suggestions for planning and promoting a community event. Register an event today and help provide our nation's youth with the facts they need to succeed and make healthy decisions. Registrants will have access to NIDA staff who can offer advice about successful events and information on how to get free NIDA materials designed for teens. Be a part of this health observance that offers teens essential, science-based information about drug abuse and addiction!

<http://drugfactsweek.drugabuse.gov>

CALLS FOR PUBLIC INPUT

SUBMISSIONS WANTED FOR GRAMMY FOUNDATION® AND MUSICARES® TEENS! MAKE MUSIC CONTEST

NIDA encourages young musicians 14 to 18 years old to participate in the 3rd annual GRAMMY Foundation® and MusiCares®Teens! Make Music Contest, now being coordinated by The Partnership at Drugfree.org. Winners will be announced during National Drug Facts Week. This contest provides a great opportunity for teens to share their thoughts about healthy choices and the dangers of drug abuse through original music and/or music videos. Winners receive cash and a backstage experience at the GRAMMY Awards rehearsal in Los Angeles. Submissions must be postmarked by December 3, 2012.

<http://www.drugfree.org/give-get-involved/events/teens-make-music-contest>

2013 TRAUMA TRAINING SOLICITATION FOR APPLICATIONS

The SAMHSA GAINS Center will offer trauma training delivery and train-the-trainer events free of charge to up to eight selected communities between February 2013 and September 2013. The target audiences for this training are community-based criminal justice system professionals, including police, community corrections (probation, parole, and pre-trial services officers), court personnel, and other human service providers. Since the purpose of this training initiative is to offer targeted technical assistance and training to prepare communities in the field, there are no fees for registration, tuition, or materials associated with these trainings. Submit completed application form to the GAINS Center no later than January 14, 2013.

http://gainscenter.samhsa.gov/trauma/trauma_training.asp#solicit

SAMHSA'S SYSTEM OF CARE EXCELLENCE IN COMMUNITY COMMUNICATIONS AND OUTREACH PROGRAM

SAMHSA's Caring for Every Child's Mental Health Campaign wants to showcase and celebrate system of care achievements in communications and social marketing through its Excellence in Community Communications and Outreach (ECCO) Recognition Program. Communications and social marketing initiatives created and/or implemented between January 1, 2012, and December 31, 2012, can be entered. Each ECCO submission must be postmarked by March 22, 2013.

Call for Entries: http://www.samhsa.gov/children/images/ecco/CallforEntries_2013_508.pdf

Entry Form: http://www.samhsa.gov/children/images/ecco/2013_EntryForm_508_Reader.pdf

"WHAT'S YOUR CONNECTION" INITIATIVE

Disability.gov has launched the "What's Your Connection?" initiative to celebrate the website's 10th anniversary. As most people either know someone who has a disability or have a disability themselves, this initiative aims to promote inclusion and highlight disability as a natural part of life. People are asked to submit a captioned photograph or video that answers the question, "What's your connection with disability?" Submission deadline is July 31, 2013.

https://www.disability.gov/home/newsroom/what%27s_your_connection

CLINICAL TRIAL RECRUITMENT

NATIONWIDE RECRUITMENT: BIPOLAR DISORDER PEDIATRIC RESEARCH STUDY-- CLINICAL TRIAL OF CITALOPRAM AND METHYLPHENIDATE IN SEVERE MOOD DYSREGULATION

This study is testing the effectiveness of methylphenidate plus citalopram versus methylphenidate plus placebo for decreasing irritability in children with severe mood dysregulation (SMD). Children with SMD display chronic anger, sadness, or irritability, as well as hyperarousal (such as insomnia, distractibility, hyperactivity) and extreme responses to frustration (such as frequent, severe temper tantrums).

Children ages seven to 17 with SMD may be eligible to participate in this 12- to 15-week inpatient or outpatient study. This study has four phases. During Phase I participants are gradually withdrawn from all current psychotropic medications. Phase II is a one-week psychotropic medication-free period. During Phase III, which lasts two weeks, participants are treated with methylphenidate alone. Phase IV lasts for eight weeks. During this time, participants continue methylphenidate treatment and are randomly assigned to also receive either citalopram or placebo.

At the end of the study, those who received methylphenidate plus placebo will have the opportunity to receive methylphenidate plus active citalopram if clinically appropriate.

All procedures and medications associated with the research are provided at no cost to participants, and transportation expenses are reimbursed by NIMH. Schooling will be provided while on the inpatient unit or in day treatment.

To find out more, call (301) 496-8381 or email irritablekids@mail.nih.gov.

National Institute of Mental Health, National Institutes of Health, Department of Health and Human Services.

For more information on research conducted by the National Institute of Mental Health in Bethesda, MD: <http://patientinfo.nimh.nih.gov>.

FUNDING INFORMATION

MEDICAL HOME IMPLEMENTATION FOR CHILDREN WITH SPECIAL HEALTH CARE NEEDS

<https://grants.hrsa.gov/webExternal/SFO.asp?ID=37401ff8-09e6-4547-808e-9dd63a8b9a58>

DETERMINANTS AND CONSEQUENCES OF PERSONALIZED HEALTH CARE AND PREVENTION

<http://grants.nih.gov/grants/guide/rfa-files/RFA-RM-12-024.html>



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/partners>. To subscribe to receive the **Update** every two weeks, go to: <http://www.nimh.nih.gov/outreach/partnership-program/subscribe-to-the-update.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.