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# UPDATE

February 1, 2013

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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*

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## SCIENCE AND SERVICE NEWS UPDATES

### BRAIN IMAGING PREDICTS PSYCHOTHERAPY SUCCESS IN PATIENTS WITH SOCIAL ANXIETY DISORDER

Treatment for social anxiety disorder or social phobia has entered the personalized medicine arena—brain imaging can provide neuromarkers to predict whether traditional options such as cognitive behavioral therapy will work for a particular patient, reported a NIMH-funded study that was published in the January 2013 issue of *JAMA Psychiatry*.

**Science Update:** <http://www.nimh.nih.gov/science-news/2013/brain-imaging-predicts-psychotherapy-success-in-patients-with-social-anxiety-disorder.shtml>

### LEADING NEUROBIOLOGIST APPOINTED NIMH SCIENTIFIC DIRECTOR

The NIMH recently appointed Susan G. Amara, Ph.D., an award-winning and internationally recognized neurobiologist, as the scientific director for the Division of Intramural Research Programs.

**Press Release:** <http://www.nimh.nih.gov/science-news/2013/leading-neurobiologist-appointed-nimh-scientific-director.shtml>

### 50 YEARS AGO, PRESIDENT JOHN F. KENNEDY SENT A SPECIAL MESSAGE TO CONGRESS ABOUT THE STATE OF MENTAL HEALTH

Fifty years ago, on February 5, 1963, President John F. Kennedy sent a special message to Congress about the state of mental health. His statement led to meaningful change in the way Americans view mental health care. Reflecting on President Kennedy's words, NIMH Director Dr. Thomas Insel said at the recent Senate committee hearing, *Assessing the State of America's Mental Health System*, "We've made tremendous strides over the past 50 years. A lot has happened in that time, but we have a long way to go."

**Science Update:** <http://www.nimh.nih.gov/science-news/2013/50-years-ago-president-john-f-kennedy-sent-a-special-message-to-congress-about-the-state-of-mental-health.shtml>

### PRENATAL INFLAMMATION LINKED TO AUTISM RISK

Maternal inflammation during early pregnancy may be related to an increased risk of autism in children, according to new findings from a study supported by the National Institute of Environmental Health Sciences. Researchers found this in children of mothers with elevated C-reactive protein (CRP), a well-established marker of systemic inflammation. The risk of autism among children in the study was increased by 43 percent among mothers with CRP levels in the top 20th percentile, and by 80 percent for maternal CRP in the top 10th percentile. The findings appear in the journal *Molecular Psychiatry* and add to mounting evidence that an overactive immune response can alter the development of the central nervous system in the fetus.

**Press release:** <http://www.nih.gov/news/health/jan2013/niehs-24.htm>

## **STATEMENT FROM HHS SECRETARY SEBELIUS ON PRESIDENT'S SANDY HOOK RESPONSE PLAN**

The Department of Health and Human Services (HHS) will mobilize its medical and scientific expertise in support of the agenda announced by the President to prevent tragedies like the one that occurred at Sandy Hook Elementary School.

**Statement:** <http://www.hhs.gov/news/press/2013pres/01/20130116a.html>

## **SHARP RISE IN EMERGENCY DEPARTMENT VISITS INVOLVING ADHD MEDICATIONS; RISE ALSO SEEN IN EMERGENCY DEPARTMENT VISITS INVOLVING THE NON-MEDICAL USE OF THESE MEDICATIONS**

A new report shows that the number of emergency department (ED) visits involving attention deficit /hyperactivity disorder (ADHD) stimulant medications more than doubled from 13,379 visits in 2005 to 31,244 in 2010. The study by the Substance Abuse and Mental Health Services Administration (SAMHSA) finds that the greatest rates of increase in ED visits involving ADHD stimulant medications occurred among those aged 18 and older, while the level among those under 18 remained largely unchanged during this period.

**Press Release:** <http://www.samhsa.gov/newsroom/advisories/1301241230.aspx>

## **SHARP RISE IN BUPRENORPHINE-RELATED ED VISITS FROM 2005 TO 2010; VISITS INVOLVING NON-MEDICAL USE OF BUPRENORPHINE ALSO INCREASE**

Hospital ED visits linked to buprenorphine, a medication to treat opioid addiction, increased substantially – from 3,161 visits in 2005 to 30,135 visits in 2010 with 52 percent in 2010 involving non-medical use – according to a new SAMHSA report. Of the buprenorphine-related, non-medical use related visits in 2010, 41 percent involved just the use of buprenorphine. The remaining 59 percent of these non-medical visits involved the use of other substances such as pharmaceuticals, including benzodiazepines, narcotic pain relievers, and illicit drugs like marijuana, heroin, and cocaine.

**Press Release:** <http://www.samhsa.gov/newsroom/advisories/1301293122.aspx>

## **HHS ISSUES LETTER TO PROVIDERS ON DISCLOSURES TO AVERT THREATS TO HEALTH OR SAFETY**

HHS has issued a letter to healthcare providers to ensure that they are aware of their ability under the Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule to take action, consistent with their ethical standards or other legal obligations, to disclose necessary information about a patient to law enforcement, family members of the patient, or other persons, when they believe the patient presents a serious danger to himself or other people.

**Letter:** <http://www.hhs.gov/ocr/office/lettertonationhcp.pdf>

## RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

### NEW ON NIMH WEBSITE

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#### DIRECTOR'S BLOG: THE CASE FOR PREEMPTION

NIMH Director Thomas Insel talks about the importance of developing ways to identify individuals at high risk of mental disorders before they develop symptoms, making it possible to intervene early and prevent serious illness. <http://www.nimh.nih.gov/about/director/2013/the-case-for-preemption.shtml>

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#### TWITTER CHAT ON OBSESSIVE-COMPULSIVE DISORDER

On January 29, 2013, NIMH joined ABC News for a Twitter chat about the latest findings on obsessive-compulsive disorder. Topics in the chat ranged from who gets the disorder, how the diagnosis is made, what life is like with the disorder, and which treatments are most effective.

<http://www.nimh.nih.gov/health/twitter-chats/twitter-chat-on-obsessive-compulsive-disorder.shtml>

### NIH'S OFFICE OF BEHAVIORAL AND SOCIAL SCIENCES RESEARCH LAUNCHES NEW BLOG

*The Connector*, a new blog featuring the Director of the NIH Office of Behavioral and Social Sciences Research will explore a broad range of topics such as mHealth, systems science, and dissemination and implementation research. It will also explore achieving better population health through improved dissemination of evidence-based interventions. <http://connector.obssr.od.nih.gov>

### NIH RESEARCH MATTERS: EARLY AUTISM MAY NOT LAST A LIFETIME

A new study found that some children correctly diagnosed with autism spectrum disorders at an early age may lose symptoms as they grow older. Further research may help scientists understand this change and point the way to more effective interventions.

<http://www.nih.gov/researchmatters/january2013/01282013autism.htm>

### NATIONAL DRUG IQ CHALLENGE

This National Institute on Drug Abuse publication encourages people to test their knowledge about drug abuse and addiction by asking them to take a 12-question quiz. Accompanying answers shed light on the science of drug abuse. [http://www.drugabuse.gov/sites/default/files/drugiqflyer\\_english\\_122812\\_0.pdf](http://www.drugabuse.gov/sites/default/files/drugiqflyer_english_122812_0.pdf)

## LATEST NIH ALZHEIMER'S RESEARCH PROGRESS REPORT AVAILABLE

A new online report prepared annually by the National Institute on Aging highlights recent progress in NIH-supported Alzheimer's disease research. The report describes new investments and summarizes research in several areas including: the prevalence of Alzheimer's disease; biology of Alzheimer's and the aging brain; genes that may play a role in the disease; risk factors for cognitive decline and dementia; neuroimaging and biomarkers that detect and track the disease; translational research to identify and test new drugs; potential new therapies to treat, delay, or prevent Alzheimer's; caregiving; gender and racial differences in the impact of Alzheimer's.

<http://www.nia.nih.gov/alzheimers/publication/2011-2012-alzheimers-disease-progress-report/>

## NEW FROM SAMHSA

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### SAMHSA BLOG: Q&A: MENTAL HEALTH AND PUBLIC HEALTH LAW WITH PAMELA HYDE

This SAMHSA blog points to the keynote address by SAMHSA administrator Pamela Hyde, JD, at the recent 2013 Public Health Law research annual meeting. <http://blog.samhsa.gov/2013/01/25/qa-mental-health-and-public-health-law-with-pamela-hyde/>

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### THINK TRAUMA: A TRAINING FOR STAFF IN JUVENILE JUSTICE RESIDENTIAL SETTINGS

This training provides an overview for juvenile justice (JJ) staff of how to work towards creating a trauma-informed JJ residential setting. It contains six case studies of representative youth who've been involved with the JJ system. <http://www.nctsn.org/products/think-trauma-training-staff-juvenile-justice-residential-settings>

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### FACILITATING CROSS-SYSTEM COLLABORATION: A PRIMER ON CHILD WELFARE, ALCOHOL AND OTHER DRUG SERVICES, AND COURTS

This resource reviews characteristics of child welfare, substance abuse services, and courts to support cross-system coordination within state, county, and tribal jurisdictions. It considers the framework, population, legislation and funding sources, and services for each system. <http://store.samhsa.gov/product/SMA13-4735>

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### SHOULD YOU TALK TO SOMEONE ABOUT A DRUG, ALCOHOL, OR MENTAL HEALTH PROBLEM? (SPANISH VERSION)

This resource lists questions consumers can ask themselves to help them decide whether to seek help for a substance abuse problem, a mental health issue, or both. It urges those who answered "yes" to any of the questions to seek help and lists resources for more information. <http://store.samhsa.gov/product/SMA12-4731>

## NEW FROM CDC

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### TOBACCO CONTROL STATE HIGHLIGHTS 2012 RELEASED

The Centers for Disease Control and Prevention (CDC) released the *Tobacco Control State Highlights 2012* report, which provides an overview of the implementation of strategies that reduce tobacco use in each of the 50 states and the District of Columbia.

[http://www.cdc.gov/media/releases/2013/a0125\\_tobacco\\_control.html](http://www.cdc.gov/media/releases/2013/a0125_tobacco_control.html)

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### CDC RELEASES DATA ON INTERPERSONAL AND SEXUAL VIOLENCE BY SEXUAL ORIENTATION

The first set of national prevalence data on intimate partner violence (IPV), sexual violence (SV), and stalking victimization by sexual orientation was released by the CDC. The study found that lesbians and gay men reported IPV and SV over their lifetimes at levels equal to or higher than those of heterosexuals.

[http://www.cdc.gov/media/releases/2013/p0125\\_NISVS.html](http://www.cdc.gov/media/releases/2013/p0125_NISVS.html)

## NEW FROM THE NATIONAL CENTER FOR PTSD

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### DOGS AND PTSD

This online article describes dogs as pets, service animals, and emotional support animals and discusses what is known about the role of dogs in the recovery of posttraumatic stress disorder (PTSD). Some people with PTSD find that service dogs or emotional support dogs help them manage PTSD symptoms. Research to support these claims is still at an early stage. [http://www.ptsd.va.gov/public/pages/dogs\\_and\\_ptsd.asp](http://www.ptsd.va.gov/public/pages/dogs_and_ptsd.asp)

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### ACTS OF VIOLENCE, TERRORISM, OR WAR: TRIGGERS FOR VETERANS

This online article describes how events such as the recent school shootings can serve as triggers for those who have been through trauma. <http://www.ptsd.va.gov/public/pages/terrorism-war-affect-vets.asp>

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### A GUIDE TO THE 10-YEAR RETROSPECTIVES OF THE SEPTEMBER 11TH TERRORIST ATTACKS

The latest issue of *PTSD Research Quarterly* is a review of research articles from commemorative journal issues on the 10-year anniversary of 9/11, including the potential effects of the attacks on children.

<http://www.ptsd.va.gov/professional/newsletters/research-quarterly/v23n3.pdf>

## HHS RE-LAUNCH OF HEALTH CARE WEBSITE

HHS re-launched its HealthCare.gov website with a "Health Insurance Marketplace" section. Every health insurance plan in the new "Marketplace" will offer comprehensive coverage, from doctors to medications to hospital visits. People can compare all of their insurance options based on price, benefits, quality, and other features that may be important, in plain language that makes sense.

<http://www.healthcare.gov/marketplace/index.html>

## STOPBULLYING.GOV LAUNCHES SPANISH WEBSITE

StopBullying.gov has launched a new Spanish website. Like the English-language version, the new site provides teachers, parents, and community leaders with the resources they need to prevent bullying. Users can explore the new site for research and best practices on cyberbullying, prevention, and response.

<http://espanol.stopbullying.gov/>

## DCOE BLOG

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### COULD PSYCHOTHERAPY HELP YOU?

In this Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) blog post, Dr. James Bender, a former Army psychologist who deployed to Iraq as the brigade psychologist for the 1st Cavalry Division 4th Brigade Combat Team out of Fort Hood, Texas, shares real-life examples of how psychotherapy improved the quality of life for service members. [http://www.dcoe.health.mil/blog/13-01-24/Frontline\\_Psych\\_with\\_Doc\\_Bender\\_Could\\_Psychotherapy\\_Help\\_You.aspx](http://www.dcoe.health.mil/blog/13-01-24/Frontline_Psych_with_Doc_Bender_Could_Psychotherapy_Help_You.aspx)

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### READY TO SEEK PSYCHOLOGICAL HEALTH CARE? FIND THE RIGHT RESOURCES

This DCoE blog post describes a new fact sheet for service members looking for information about psychological healthcare, but who are unsure what resources are available or which ones are confidential. The fact sheet lists resources ranging from hotlines to self-assessments to one-on-one counseling sessions.

[http://www.dcoe.health.mil/blog/13-01-16/Ready\\_to\\_Seek\\_Psychological\\_Health\\_Care\\_Find\\_the\\_Right\\_Resources.aspx](http://www.dcoe.health.mil/blog/13-01-16/Ready_to_Seek_Psychological_Health_Care_Find_the_Right_Resources.aspx)

## NEW REAL WARRIORS VIDEO PROFILE: SGT. MAJ. OF THE ARMY RAYMOND CHANDLER

Service members of any rank or service may experience combat stress or other invisible wounds as a result of deployment. By reaching out for care, warriors can maintain successful careers and learn important coping tools. For example, watch Sgt. Maj. Chandler, the senior-most enlisted service member in the U.S. Army, tell his story of experiencing combat stress following deployment to Iraq. With the support of his command, Chandler reached out for the care he needed and continues to excel in his career.

<http://www.realwarriors.net/multimedia/profiles/chandler.php>

## EVENTS

### TEEN DATING VIOLENCE AWARENESS MONTH

FEBRUARY 2013

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February is Teen Dating Violence Awareness Month. This health observance is an opportunity to call attention to the issue of dating violence.

<http://www.whitehouse.gov/the-press-office/2013/01/31/presidential-proclamation-national-teen-dating-violence-awareness-and-pr>

### SAMHSA'S 9TH PREVENTION DAY

FEBRUARY 4, 2013, NATIONAL HARBOR, MARYLAND

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SAMHSA will convene its 9th Annual Prevention Day in conjunction with the Community Anti-Drug Coalitions of America National Leadership Forum. This one-day event provides a forum for prevention practitioners, community leaders, researchers, scientists, consumers, and advocates in the behavioral health field to learn about effective programs and the latest developments in the areas of substance abuse prevention, substance abuse treatment, and mental health. <http://forum.cadca.org/?q=node/59>

### INJURY CONTROL RESEARCH CENTER WEBINAR: SUICIDE AND THE MILITARY

FEBRUARY 13, 2013, 2:00PM-3:00PM EST

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This Injury Control Research Center webinar is designed for researchers and state or local practitioners in injury or suicide prevention. It will feature discussion of the scope of the problem of suicide among our nation's Veterans and approaches that the Veterans Administration is taking to reduce suicide. The webinar will also provide information about the Statewide Advocacy for Veterans' Empowerment (SAVE) program of the Massachusetts Department of Veterans' Services. [https://events-na1.adobeconnect.com/content/connect/c1/1002235226/en/events/event/shared/default\\_template/event\\_landing.html?sco-id=1326806707](https://events-na1.adobeconnect.com/content/connect/c1/1002235226/en/events/event/shared/default_template/event_landing.html?sco-id=1326806707)



## **WEBINAR: THE SUICIDAL PATIENT IN PRIMARY CARE--PREVENTION RESOURCES FOR PROVIDERS**

FEBRUARY 20, 2013, 2:00-3:00PM ET

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This webinar sponsored by the Health Resources and Services Administration will feature staff from the Suicide Prevention Resource Center. They will present on resources and tools available for primary care providers and their staff to better recognize and manage patients at risk for suicide, with a focus on military personnel, Veterans, and their families.

<http://bhpr.hrsa.gov/grants/areahealtheducationcenters/ta/trainings/>

## **DCOE WEBINAR: CHRONIC PAIN**

FEBRUARY 28, 2013, 1:00-2:30PM ET

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Save the date for the next DCoE webinar which will address chronic pain.

[http://www.dcoe.health.mil/Training/Monthly\\_Webinars.aspx](http://www.dcoe.health.mil/Training/Monthly_Webinars.aspx)

## **CLINICAL TRIAL PARTICIPATION NEWS**

### **NATIONWIDE RECRUITMENT**

#### **BIPOLAR DISORDER (ADULT) RESEARCH STUDY: GENETICS & BIPOLAR DISORDER**

(Outpatient: 2-3 hour interview) This study looks to identify genes that may affect a person's chances of developing bipolar disorder and related conditions. Participation includes those diagnosed with bipolar disorder, or a person with two or more family members diagnosed with bipolar disorder or depression. Recruiting ages 18 and over. [80-M-0083]

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>

## CALLS FOR PUBLIC INPUT

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

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:

OUTPATIENT CASE MANAGEMENT FOR ADULTS WITH MEDICAL ILLNESSES AND COMPLEX CARE NEEDS: FUTURE RESEARCH NEEDS (COMMENTS ACCEPTED THROUGH FEBRUARY 7, 2013)

<http://www.effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displayProduct&productID=1378>

MULTIDISCIPLINARY REHABILITATION PROGRAMS FOR MODERATE TO SEVERE TRAUMATIC BRAIN INJURY IN ADULTS: FUTURE RESEARCH NEEDS (COMMENTS ACCEPTED THROUGH FEBRUARY 21, 2013)

<http://effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displayProduct&productID=1388&ECem=130124>

### 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](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](http://www.samhsa.gov/children/images/ecco/2013_EntryForm_508_Reader.pdf)

## FUNDING INFORMATION

CENTERS FOR DISEASE CONTROL AND PREVENTION: RESEARCH GRANTS FOR PREVENTING VIOLENCE AND VIOLENCE RELATED INJURY

<http://www07.grants.gov/search/search.do?&mode=VIEW&oppld=215234>

CLINICAL NEUROSCIENCE AND ENTERTAINMENT SOFTWARE PILOT PARTNERSHIP PROGRAM TO DEVELOP NEUROPSYCHIATRIC INTERVENTIONS

<http://grants.nih.gov/grants/guide/rfa-files/RFA-MH-14-010.html>

FY 2013 TARGETED CAPACITY EXPANSION-PEER-TO-PEER

<http://www.samhsa.gov/grants/2013/ti-13-001.aspx>

DRUG-FREE COMMUNITIES (DFC) SUPPORT PROGRAM

<http://www.samhsa.gov/grants/2013/sp-13-002.aspx>

BEHAVIORAL AND SOCIAL SCIENCE RESEARCH ON UNDERSTANDING AND REDUCING HEALTH DISPARITIES

<http://grants.nih.gov/grants/guide/pa-files/PAR-10-136.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.