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# UPDATE

March 1, 2012

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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

**VARIATION IN BRAIN DEVELOPMENT SEEN IN INFANTS WITH AUTISM; NIH RESEARCH NETWORK IDENTIFIES DIFFERENCES IN BRAIN STRUCTURE AS EARLY AS SIX MONTHS**

Patterns of brain development in the first two years of life are distinct in children who are later diagnosed with autism spectrum disorders (ASDs), according to researchers in a network funded by the National Institutes of Health (NIH). The study results show differences in brain structure at six months of age, the earliest such structural changes recorded in ASDs.

**Press Release:** <http://www.nih.gov/news/health/feb2012/nichd-21.htm>

**VA INTRODUCES TEXT MESSAGING TO EXPAND EFFORTS TO PREVENT SUICIDE**

The Department of Veterans Affairs (VA) is expanding its efforts to prevent suicide through several new initiatives that increase the availability of services for Veterans, service members, and their families. The new initiatives include a free, confidential text-messaging service in the existing Veterans Crisis Line, introduction of toll-free access from Europe, and collaboration with Vets Prevail and Vets4Warriors, two groups providing crisis help to Veterans, service members, and their families.

**Press Release:** <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2266>

**REPORT SHOWS 7.5 MILLION CHILDREN LIVE WITH A PARENT WITH AN ALCOHOL USE DISORDER**

A new report shows 7.5 million children under age 18 (10.5 percent of this population) lived with a parent who has experienced an alcohol use disorder in the past year. According to the report by the Substance Abuse and Mental Health Services Administration (SAMHSA), 6.1 million of these children live with two parents—with either one or both parents experiencing an alcohol use disorder in the past year.

**Press Release:** <http://www.samhsa.gov/newsroom/advisories/1202151415.aspx>

**NIDA CREATES EASY-TO-READ WEBSITE ON DRUG ABUSE**

A new, easy-to-read website on drug abuse designed for adults with a low reading literacy level was launched by the National Institute on Drug Abuse (NIDA). The site, which provides plain language information on neuroscience, drug abuse prevention, and treatment, is also a resource for adult literacy educators. It has a simple design with a large default text size, motion graphic videos, and other features that make it easy to read and use.

**Press Release:** <http://www.drugabuse.gov/news-events/news-releases/2012/02/nida-creates-easy-to-read-website-drug-abuse>

**Website:** <http://www.easyread.drugabuse.gov>

## RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

### NEW ON NIMH WEBSITE

#### DIRECTOR'S BLOG: SPOTLIGHT ON EATING DISORDERS

NIMH Director, Thomas Insel, blogs about what is known from research about eating disorders in observance of National Eating Disorders Awareness Week.

<http://www.nimh.nih.gov/about/director/2012/spotlight-on-eating-disorders.shtml>

#### VIDEO: GLOBAL MENTAL HEALTH CHALLENGES

Dr. Pamela Collins, Director of the NIMH Office for Research on Disparities and Global Mental Health, discusses global mental health challenges and NIMH initiatives.

<http://www.nimh.nih.gov/news/media/video/dr-pamela-collins-on-global-mental-health-challenges.shtml>

### NEW SAMHSA RESOURCES

#### EXTENDED-RELEASE INJECTABLE NALTREXONE FOR THE TREATMENT OF PEOPLE WITH OPIOID DEPENDENCE

This resource gives an overview of extended-release injectable naltrexone (Vivitrol), a treatment for people with opioid dependence. It discusses how it differs from other medication-assisted treatments, safety concerns, and patients most likely to benefit from this treatment.

<http://store.samhsa.gov/product/SMA12-4682>

#### SAMHSA'S GAINS CENTER FOR BEHAVIORAL HEALTH AND JUSTICE TRANSFORMATION: NEW WEBSITE

The new website for the GAINS Center for Behavioral Health and Justice Transformation is a vehicle for disseminating information and tools that transform behavioral health and justice systems. Users can search for GAINS-supported programs, download tools and resources like the *Brief Jail Mental Health Screen*, and connect with peers through social networking tools. <http://gainscenter.samhsa.gov>

#### ADDRESSING VIRAL HEPATITIS IN PEOPLE WITH SUBSTANCE USE DISORDERS

This resource assists behavioral health professionals who treat people with substance use disorders in understanding the implications of a diagnosis of hepatitis. It discusses screening, diagnosis, and referrals and explains how to evaluate a program's hepatitis practices. <http://store.samhsa.gov/product/SMA11-4656>

## CDC: IDENTIFYING EMOTIONAL AND BEHAVIORAL PROBLEMS IN CHILDREN AGED 4–17 YEARS: UNITED STATES, 2001–2007

This Centers for Disease Control and Prevention (CDC) report examines two measures that identify children with emotional and behavioral problems: high scores based on questions in the brief version of the Strengths and Difficulties Questionnaire (SDQ), and a single question about serious overall emotional and behavioral difficulties. Children were classified into four groups, those with: only high scores on the brief SDQ; only serious overall difficulties; both high scores on the brief SDQ and serious overall difficulties; and neither high scores on the brief SDQ nor serious overall difficulties. Children's characteristics, conditions, and service use in these four groups were compared. <http://www.cdc.gov/nchs/data/nhsr/nhsr048.pdf>

## AGENCY FOR HEALTHCARE RESEARCH AND QUALITY RESOURCES

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### INNOVATIONS EXCHANGE FOCUSES ON MENTAL HEALTH CARE FOR UNDERSERVED POPULATIONS

The latest issue of the Agency for Healthcare Research and Quality's (AHRQ) *Health Care Innovations Exchange* features profiles of three programs that enhanced access to mental health services and provided care coordination to improve outcomes among underserved populations.

<http://www.innovations.ahrq.gov/issue.aspx?id=122>

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### FIRST- AND SECOND-GENERATION ANTIPSYCHOTICS FOR CHILDREN AND YOUNG ADULTS

The purpose of this study was to review and synthesize the evidence on first-generation antipsychotics and second-generation antipsychotics for the treatment of various psychiatric and behavioral conditions in children, adolescents, and young adults.

<http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productid=835&ECem=120220>

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### RESEARCH PROTOCOL: MEDITATION PROGRAMS FOR STRESS AND WELL-BEING

This AHRQ Effective Health Care study proposes a rigorous systematic review of meditation in addressing the effects on positive and negative affect, attention, well-being, health-related behaviors affected by stress, pain, and weight. <http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productid=981>

## SURVEY OF SOLDIER HEALTH AND BEHAVIORAL ISSUES

The Army has released the *Army 2020 Generating Health and Discipline in the Force, Report 2012*, which summarizes the progress made in enhancing the health, discipline, and readiness of the force. It represents the next phase in the Army's ongoing campaign to counter the stress associated with more than a decade of war. <http://www.army.mil/article/72086/>

## U.S. DEPARTMENT OF JUSTICE: NEW RESOURCE FOR AT-RISK AND DELINQUENT GIRLS

The U.S. Department of Justice announces a new resource—the National Girls Institute website—to better meet the needs of at-risk and delinquent girls, their families, and the agencies and organizations that serve them. The institute was established to develop and provide a range of training, technical assistance, and other resources to local, tribal, and private organizations serving girls and young women in, or at risk of entering, the juvenile justice system. Through this website, professionals can submit requests for training and technical assistance, as well as find current information about best practices, gender-responsive tools, research, and related events. <http://ojp.gov/newsroom/pressreleases/2012/ojppr020812.pdf>

## LATEST ALZHEIMER'S RESEARCH PROGRESS REPORT RELEASED

The *2010 Alzheimer's Disease Progress Report: A Deeper Understanding*, the latest annual Alzheimer's research report, is now available online. Prepared by the National Institute on Aging, which leads the NIH effort conducting and supporting research on age-related cognitive decline and Alzheimer's disease, the report highlights important developments and directions in NIH-funded research.

<http://www.nia.nih.gov/alzheimers/publication/2010-alzheimers-disease-progress-report-deeper-understanding>

## NEW ONLINE RESOURCES FROM REAL WARRIORS CAMPAIGN

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### BREATHING, MEDITATION, AND RELAXATION TECHNIQUES

This online resource describes mind and body skills. Breathing, meditation, and relaxation techniques are part of complementary and alternative medicine and integrative health practices that focus on the interactions among the brain, mind, body, and behavior, in order to use the mind to strengthen physical functioning and promote health. <http://www.realwarriors.net/active/treatment/relaxation.php>

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### PSYCHOLOGICAL FITNESS – KEEPING THE MIND FIT

This online resource describes psychological fitness and how developing a healthier mental state can improve readiness to confront the challenges of life – both in the military and in civilian life.

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

## DEFENSE CENTERS OF EXCELLENCE BLOG POSTINGS

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### TIPS TO HELP KICK START EMOTIONS

For most people, tapping into emotions and expressing them doesn't involve much struggle. But individuals coping with post-traumatic stress disorder (PTSD) or depression may find such a task very hard to do. Feeling emotionally numb or disconnected from close friends and family or life in general, is a common symptom of both psychological health conditions. This Defense Centers of Excellence (DCoE) blog post provides tips for individuals who feel emotional numbness to improve emotional well-being and psychological health.

<http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=338>

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### EASING REINTEGRATION FOR GUARD AND RESERVE MEMBERS

Among the thousands of service members returning from the battlefield and adjusting to life back at home, there's one group who will have unique challenges: reserve component members. This blog post provides some suggestions and resources for Guard and Reserve service members after deployment.

<http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=341>

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## CALENDAR OF EVENTS

### WEBINAR: USING NEW STUDENT ORIENTATION TO PREVENT VIOLENCE AGAINST WOMEN ON COLLEGE CAMPUSES

MARCH 8, 2012, 1:00–2:30 PM ET

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The U.S. Department of Education's Higher Education Center for Alcohol, Drug Abuse, and Violence Prevention announces this upcoming webinar. The webinar will provide examples of how campuses can use new student orientation as an entry point to a linked series of prevention efforts addressing violence against women throughout the school year and college experience. Two campus prevention practitioners will provide an overview of their overall violence against women programs, describe how their orientation programs serve as an initial kickoff, and discuss how they overcame barriers to coordinating orientation with other violence against women programs.

<http://www.higheredcenter.org/services/training/webinars/using-new-student-orientation-to-prevent-violence-against-women>

## **5TH ANNUAL NIH CONFERENCE ON THE SCIENCE OF DISSEMINATION AND IMPLEMENTATION: RESEARCH AT THE CROSSROADS**

MARCH 19-20, 2012, BETHESDA, MARYLAND

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The goal of the annual NIH Conference on the Science of Dissemination and Implementation is to facilitate growth in the research base by providing a forum for communicating and networking about the science of dissemination and implementation. <http://conferences.thehillgroup.com/obsr/di2012/index.html>

## **WARRIOR RESILIENCE CONFERENCE IV: RESTORING READINESS: INDIVIDUAL, UNIT, COMMUNITY, AND FAMILY**

MARCH 29-30, 2012, WASHINGTON, DC

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The mission of this DCoE conference is to restore readiness and enhance resilience within the individual, unit, family, and community. Conference attendees will engage in plenary, panel, and breakout sessions, where presenters will provide information and share experiences that augment and build readiness skills. Attendees will receive tools and resources that can be used by service members, units, families, and communities to enhance resilience whether at home or in the field.

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

## **ADOLESCENT TREATMENT EFFECTIVENESS CONFERENCE**

APRIL 10-12, 2012, WASHINGTON, DC

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The Office of Juvenile Justice and Delinquency Prevention will cosponsor the Joint Meeting on Adolescent Treatment Effectiveness. Conference sessions will include presentations on juvenile justice, school-based services, recovery services, treatment and recovery systems collaboration and integration, youth and families, evidence-based practices, and special topics. <http://www.jmate.org/jmate2012/>

## **2012 DOD/VA SUICIDE PREVENTION CONFERENCE**

JUNE 20– 22, 2012

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The theme for this year's Department of Defense (DoD) and VA conference is "Back to Basics: Enhancing the Well-Being of our Service Members, Veterans, and their Families."

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

## CALLS FOR PUBLIC INPUT

### NATIONAL PRIORITIES FOR RESEARCH AND RESEARCH AGENDA

The Patient-Centered Outcomes Research Institute released for public comment a first draft of its *National Priorities for Research and Research Agenda*, which will be used to guide funding announcements for comparative clinical effectiveness research that will give patients and those who care for them the ability to make better-informed health decisions. Comments are being accepted until March 15, 2012.

<http://www.pcori.org/provide-input/priorities-agenda/>

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

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:

FUTURE RESEARCH NEEDS FOR FIRST- AND SECOND-GENERATION ANTIPSYCHOTICS FOR CHILDREN AND YOUNG ADULTS (COMMENTS DUE MARCH 19, 2012)

<http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productid=967>

### A CALL TO IDENTIFY KEY METHODOLOGICAL ROADBLOCKS AND PROPOSE NEW PARADIGMS IN SUICIDE PREVENTION RESEARCH

The NIMH, NIDA, and National Institute on Alcohol Abuse and Alcoholism (NIAAA) are seeking input to identify the types of research tools needed to support rapid advancement in suicide prevention research. Specifically, this request asks interested parties to provide input on the following topics: a) the key methodological roadblocks that currently exist in suicide prevention research, and b) new paradigms and theoretical models with the potential to spark innovative research. A methodological roadblock is defined as a critical, unresolved challenge that is clearly limiting progress along an important suicide prevention research pathway. New research paradigms and theoretical models are novel ways of thinking about suicidal behavior and avenues for its prevention.

This Request for Information (RFI) is issued as an invitation to interested parties to contribute these specific methodological challenges and new conceptual paradigms for inclusion in a compendium of ways to facilitate suicide prevention research progress. Responses are being accepted through April 27, 2012.

<http://grants.nih.gov/grants/guide/notice-files/NOT-MH-12-017.html>



## CLINICAL TRIAL PARTICIPATION NEWS

### **NATIONWIDE RECRUITMENT: BIPOLAR DISORDER ADULT RESEARCH STUDY BIPOLAR DISORDER GENETICS: A COLLABORATIVE STUDY**

Individuals diagnosed with bipolar disorder may be eligible to participate in a research study at the NIH Clinical Center. The purpose of this study is to identify genes that may contribute to the development of bipolar disorder (manic depression), and related conditions. Bipolar disorder is a common and potentially life-threatening mood disorder. The tendency to develop bipolar disorder can be inherited, but this is poorly understood and probably involves multiple genes. This study will use genetic markers to map and identify genes that contribute to bipolar disorder.

Families and individuals who have the disorder are asked to contribute personal information and a blood sample to an anonymous national database. This information will aid scientists around the world who are working together to develop better treatments for this serious mood disorder.

To find out more information, please call 1-866-644-4363 or email [kazubad@mail.nih.gov](mailto:kazubad@mail.nih.gov).

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

## FUNDING INFORMATION

MENTAL HEALTH RESEARCH DISSERTATION GRANT TO INCREASE DIVERSITY

<http://grants.nih.gov/grants/guide/pa-files/PAR-12-103.html>

JUSTICE AND MENTAL HEALTH COLLABORATION STATE-BASED CAPACITY BUILDING PROGRAM FY 2012  
COMPETITIVE GRANT ANNOUNCEMENT

<http://www.ojp.usdoj.gov/BJA/grant/12JMHCPCapacityBuildingSol.pdf>

RESEARCH ON THE HEALTH OF LGBTI POPULATIONS

<http://grants.nih.gov/grants/guide/pa-files/PA-12-111.html> (R01)

<http://grants.nih.gov/grants/guide/pa-files/PA-12-112.html> (R03)

<http://grants.nih.gov/grants/guide/pa-files/PA-12-113.html> (R21)

TELEHEALTH NETWORK GRANT PROGRAM

<https://grants.hrsa.gov/webExternal/SFO.asp?ID=0C69E86C-E512-4D6D-A3B2-3577990590A6>



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.