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# UPDATE

June 15, 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*

## SHINING A LIGHT ON MEMORY; IT'S ALL ABOUT STRENGTHENED CONNECTIONS BETWEEN NEURONS, NIH-FUNDED STUDY CONFIRMS

Using a flash of light, scientists have inactivated and then reactivated a memory in genetically engineered rats. The study, supported by the National Institutes of Health (NIH), is the first cause-and-effect evidence that strengthened connections between neurons are the stuff of memory.

**Press Release:** <http://www.nimh.nih.gov/news/science-news/2014/shining-a-light-on-memory.shtml>

## NIH EMBRACES BOLD, 12-YEAR SCIENTIFIC VISION FOR BRAIN INITIATIVE; NEW REPORT OUTLINES INITIATIVE GOALS, BUDGET, AND TIMELINE

A Federal report calls for \$4.5 billion in funding for brain research over the next 12 years. The long-term scientific vision of the Brain Research through Advancing Innovative Neurotechnologies (BRAIN) Initiative was presented to NIH Director Francis S. Collins, M.D., Ph.D., by his Advisory Committee to the Director. Dr. Collins accepted the recommendations, calling the report bold and game changing.

**Press Release:** <http://www.nih.gov/news/health/jun2014/od-05.htm>

**NIH Director Statement:** [http://www.nih.gov/about/director/06052014\\_statement\\_brain.htm](http://www.nih.gov/about/director/06052014_statement_brain.htm)

## NIDA REVIEW SUMMARIZES RESEARCH ON MARIJUANA'S NEGATIVE HEALTH EFFECTS

The current state of science on the adverse health effects of marijuana use links the drug to several significant adverse effects including addiction, a review reports. The article, published in the *New England Journal of Medicine*, is authored by scientists from the National Institute on Drug Abuse (NIDA). The review describes the science establishing that marijuana can be addictive and that this risk for addiction increases for daily or young users. It also offers insights into research on the gateway theory indicating that marijuana use, similar to nicotine and alcohol use, may be associated with an increased vulnerability to other drugs.

**Press Release:** <http://www.nih.gov/news/health/jun2014/nida-04.htm>

## MDMA CAN BE FATAL IN WARM ENVIRONMENTS; NIH PRECLINICAL STUDY SUGGESTS HIGHER RISK OF DEATH IS ASSOCIATED WITH WARMER BRAIN TEMPERATURE

A moderate dose of MDMA, commonly known as Ecstasy or Molly, that is typically nonfatal in cool, quiet environments can be lethal in rats exposed to conditions that mimic the hot, crowded, social settings where the drug is often used by people, a study finds. Scientists have identified the therapeutically-relevant cooling mechanism to enable effective interventions when faced with MDMA-induced hyperthermia. The study, published in the *Journal of Neuroscience*, was conducted by researchers at the NIDA's Intramural Research Program.

**Press Release:** <http://www.nih.gov/news/health/jun2014/nida-03.htm>

## REPORT REVEALS MILLIONS OF YOUNG ADULTS USE ILLICIT SUBSTANCES EVERY DAY

According to data from the Substance Abuse and Mental Health Services Administration (SAMHSA), on an average day, 3.2 million young adults used marijuana, 57,304 used heroin, 51,319 used cocaine, 46,179 used hallucinogens, and 17,868 used inhalants. Drinking was also prevalent among this age group. In the past year, 27 million young adults consumed alcohol.

Press Release: <http://www.samhsa.gov/newsroom/advisories/1406104142.aspx>

### RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

#### NEW ON NIMH WEBSITE

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##### DIRECTOR'S BLOG POST: ARE CHILDREN OVERMEDICATED?

Despite common assumptions about why more children are being treated with medications for mental disorders, the reasons remain unclear; NIMH Director Thomas Insel discusses the possibilities in his blog.

<http://www.nimh.nih.gov/about/director/2014/are-children-overmedicated.shtml>

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##### DIRECTOR'S BLOG POST: BRAIN – CREATING THE NEXT GENERATION OF TOOLS

The BRAIN Working Group recently unveiled an extraordinary report, providing a 12-year roadmap for the development of a new generation of neuroscience tools. NIMH Director Thomas Insel discusses how their vision provides hope for preventing and treating brain diseases and disorders.

<http://www.nimh.nih.gov/about/director/2014/brain-creating-the-next-generation-of-tools.shtml>

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##### MEETING SUMMARY: ALLIANCE FOR RESEARCH PROGRESS - FEBRUARY 7, 2014 MEETING

The meeting summary is available from twentieth meeting of the NIMH Alliance for Research Progress (Alliance). At Alliance meetings, participants hear about NIH and NIMH research advances, projects, and activities. The meetings also provide an opportunity for Alliance members to network with colleagues in person, and interact directly with NIMH leadership. <http://www.nimh.nih.gov/outreach/alliance/alliance-report-february-2014/index.shtml>

#### NIDA OFFERS TOOLS FOR TALKING TO TEENS ABOUT MARIJUANA

Two updated booklets about marijuana for teens and their parents will help families sort out marijuana myths from science-based facts. <http://www.drugabuse.gov/news-events/news-releases/2014/05/nida-offers-tools-talking-to-teens-about-marijuana>

## NIAAA SPECTRUM MAGAZINE: ALCOHOL BLACKOUTS AND TREATMENT OPTIONS FOR PROBLEM DRINKING

*NIAAA Spectrum* is an online Webzine published by the National Institute on Alcohol Abuse and Alcoholism (NIAAA). It features the latest news from the alcohol research field, storytelling graphics, and interviews with NIAAA staff and researchers from the field. The latest issue addresses alcohol blackouts and treatment options for problem drinking. <http://www.spectrum.niaaa.nih.gov/Default.aspx>

## NEW FROM CDC

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### YOUTH RISK BEHAVIOR SURVEILLANCE — UNITED STATES, 2013

Certain health-risk behaviors are among the leading causes of morbidity and mortality among youth and adults in the United States. To compare the prevalence of these behaviors among subpopulations of students, the Youth Risk Behavior Surveillance System monitors six categories of risk behaviors among youth and young adults, including behaviors that contribute to unintentional injuries and violence. This Centers for Disease Control and Prevention (CDC) report presents findings for 2013.

<http://www.cdc.gov/mmwr/preview/mmwrhtml/ss6304a1.htm>

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### CDC MOBILE APP

The CDC mobile application puts health information at the user's fingertips. It features important health articles, disease of the week, popular journals, prevention tips, and updates timed with important health concerns and events throughout the year. The app provides easy access to social media so anyone can share stories, links, podcasts, and videos with friends and family. The app is available on iOS, Android, and Windows 8 tablets. <http://www.cdc.gov/mobile/applications/cdcgeneral/promos/cdcmobileapp.html>

## NUMBERS AND PROPORTIONS OF U.S. MILITARY MEMBERS IN TREATMENT FOR MENTAL DISORDERS OVER TIME, ACTIVE COMPONENT, JANUARY 2000-SEPTEMBER 2013

This report in the latest recent issue of the Armed Forces Health Surveillance Center's *Medical Surveillance Monthly Report* examines the health record documentation of the treatment for mental disorders of active component U.S. military service members from January 2000 to September 2013. Annual numbers of service members who received treatment for mental disorders and the annual numbers of treatment courses have steadily increased from 2004 to 2012.

[http://phc.amedd.army.mil/PHC%20Resource%20Library/MSMRv21\\_n05.pdf](http://phc.amedd.army.mil/PHC%20Resource%20Library/MSMRv21_n05.pdf)

## MENTALHEALTH.GOV BLOG

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### STRESS AND THE MENTAL HEALTH OF CHILDREN

Children's mental health and well-being are affected by things that happen to them when they are very young and how they react to them. In this blog post, Dr. George Askew the chief medical officer at the U.S. Department of Health and Human Service (HHS) Administration for Children and Families discusses findings from the Adverse Childhood Experiences Study, collaborative research between the CDC and Kaiser Permanente in San Diego, which provides proof of the health, social, and economic risks that result from childhood trauma. <http://www.mentalhealth.gov/blog/2014/06/stress-and-mental-health-children.html>

### INFORMATION IS POWERFUL MEDICINE: UNDERSTANDING YOUR HIPAA RIGHTS

In this blog post, Leon Rodriguez, director of the HHS Office for Civil Rights explains the background and recent changes to Americans' legal right to access their health records and to keep those records private. <http://www.mentalhealth.gov/blog/2014/06/understanding-hipaa-rights.html>

## SAMHSA RESOURCES

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### CRISIS SERVICES: EFFECTIVENESS, COST-EFFECTIVENESS, AND FUNDING STRATEGIES

This guide summarizes the evidence base on the clinical and cost effectiveness of different types of crisis services, and presents cases studies of different approaches states are using to coordinate, consolidate, and blend funding sources to provide robust crisis services. <http://store.samhsa.gov//product/SMA14-4848>

### NEW WEBPAGES ON FAMILIES AND TRAUMA

These new webpages on the National Child Traumatic Stress Network (NCTSN) website defines the impact of trauma from a family systems perspective and links to a wide range of resources to create family-informed responses to trauma exposure and intervention. <http://www.nctsn.org/resources/topics/families-and-trauma>

### SAMHSA BLOG POST: EXPLORING ALTERNATIVES TO DETENTION FOR AMERICAN INDIAN/ALASKA NATIVE YOUTH

This SAMHSA blog post describes the efforts of the Juvenile Justice Tribal Policy Academy in which tribes sent teams made up of eight community leaders to attend an intensive training with Federal staff, and experts in the areas of juvenile justice, mental health, and substance use disorders. This gathering was the result of a partnership between SAMHSA and the MacArthur Foundation, allowing tribal member teams to discuss approaches to developing culturally-relevant, community-based mental health and substance abuse programs. <http://blog.samhsa.gov/2014/06/05/exploring-alternatives-to-detention-for-american-indianalaska-native-youth/>

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## ADDRESSING FETAL ALCOHOL SPECTRUM DISORDERS

This guide provides strategies and recommendations for expanding Fetal Alcohol Spectrum Disorder (FASD) prevention and treatment efforts across behavioral health settings. It also provides guidance for program administrators, as well as a variety of checklists and tools to assist service implementation.

<http://store.samhsa.gov/product/TIP-58-Addressing-Fetal-Alcohol-Spectrum-Disorders-FASD-/SMA13-4803>

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## ARCHIVED WEBINAR: USING TECHNOLOGY TO INCREASE ACCESS TO BEHAVIORAL HEALTH SERVICES FOR SERVICE MEMBERS, VETERANS, AND THEIR FAMILIES

Sponsored by SAMHSA's Service Members, Veterans, and their Families (SMVF) Technical Assistance Center, the presenters of this archived webinar provided an overview of the technological resources available to support SMVF behavioral health. They explored how current technologies can help overcome barriers and address some of the unique behavioral health needs of SMVF. The webinar also included an overview of best and promising technologies being used to better serve SMVF.

<https://goto.webcasts.com/viewer/event.jsp?ei=1036030>

## DCOE BLOG POSTS

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### PTSD MYTHS HURT YOU, CAREER

Some myths carry greater consequences than others. Myths about what post-traumatic stress disorder (PTSD) is, who it affects, why one might have it, and what can be done are unfortunately, common and harmful. Not being able to distinguish between fact and fiction can be the difference between living with hope and promise and living with despair for someone with the diagnosis. This Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) blog post dispels common myths about PTSD. [http://www.dcoe.mil/blog/14-06-03/Busted\\_PTSD\\_Myths\\_Hurt\\_You\\_Career.aspx](http://www.dcoe.mil/blog/14-06-03/Busted_PTSD_Myths_Hurt_You_Career.aspx)

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### IS THIS BEHAVIOR NORMAL? 5 TIPS FOR THE CONCERNED MILITARY SPOUSE

This DCoE blog post provides tips for military spouses concerned about a loved one's mental health.

[http://www.dcoe.mil/blog/14-05-30/Is\\_This\\_Behavior\\_Normal\\_5\\_Tips\\_for\\_the\\_Concerned\\_Military\\_Spouse.aspx](http://www.dcoe.mil/blog/14-05-30/Is_This_Behavior_Normal_5_Tips_for_the_Concerned_Military_Spouse.aspx)

## **BULLETIN EXAMINES BEHAVIORAL HEALTH PROBLEMS, TREATMENT, AND OUTCOMES IN YOUTH OFFENDERS**

This Office of Juvenile Justice and Delinquency Prevention bulletin assesses the overlap between behavioral health problems and the risk of offending behavior in a sample of serious youthful offenders, the delivery of mental health and substance abuse treatment in juvenile justice settings, and continuation of care in the community after release. The authors also discuss the implications for juvenile justice policy and practice and recommend ways to direct mental health and treatment services to reduce future offending.

<http://ojjdp.gov/enews/14juvjust/140603b.html>

## **MY BROTHER'S KEEPER TASK FORCE: REPORT TO THE PRESIDENT**

The President's Task Force on My Brother's Keeper, a White House initiative to expand opportunity for boys and young men of color, has released a blueprint for action. The report provides a set of initial recommendations to the White House, such as making the status and progress of boys and young men of color and other populations more visible by improving data collection and transparency, and launching a public-private campaign to recruit mentors for youth.

<http://www.whitehouse.gov/blog/2014/05/30/my-brothers-keeper-90-days>

### **EVENTS**

## **WEBINAR: CHILDHOOD TRAUMATIC EXPERIENCES, THE BODY, AND THE ROLE OF INTEGRATED HEALTHCARE**

JUNE 18, 2014, 1:00 PM ET

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In this NCTSN Trauma-Informed Integrated Healthcare webinar, presenters will provide an understanding of trauma, traumatic stress, and toxic stress within the context of integrated healthcare, and will specifically address the neurobiological impact of stress on early brain development, long-term health, illness, and disease. <http://learn.nctsn.org/enrol/index.php?id=114>

## WEBINAR: INNOVATIVE STATE AND LOCAL CRISIS RESPONSE SYSTEMS WEBINAR

JUNE 18, 2014, 2:00-3:30 PM ET

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This is the fourth webinar in SAMHSA's series on how to expand community-based crisis response services and systems. These webinars describe new and emerging crisis response practices across a continuum of need that includes pre-crisis planning, early intervention, crisis stabilization, and post-crisis support. This webinar will highlight the statewide response system of Delaware and the crisis response model, The Living Room. Presenters will describe these innovative responses to crises, how they are financed, and what outcomes are achieved. <http://wciconferences.com/2014-CRSwebinars/index.html>

## WEBINAR: OPTIMAL AGING FOR OLDER ADULTS: PROMOTING HEALTH AND ADDRESSING DEMENTIAS, INCLUDING ALZHEIMER'S DISEASE

JUNE 19, 2014, 12:30-2:00 PM ET

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This Healthy People 2020 webinar will explore optimal aging for older adults, with a focus on daily function and quality of life, including living with Alzheimer's disease and other dementias.

[https://hhs-hp.webex.com/mw03071/mywebex/default.do?nomenu=true&siteurl=hhs-hp&service=6&rnd=0.7099539222789693&main\\_url=https://hhs-hp.webex.com/ec06061/eventcenter/event/eventAction.do%3FtheAction%3Ddetail%26confViewID%3D1749143792%26%26%26%26siteurl%3Dhhs-hp](https://hhs-hp.webex.com/mw03071/mywebex/default.do?nomenu=true&siteurl=hhs-hp&service=6&rnd=0.7099539222789693&main_url=https://hhs-hp.webex.com/ec06061/eventcenter/event/eventAction.do%3FtheAction%3Ddetail%26confViewID%3D1749143792%26%26%26%26siteurl%3Dhhs-hp)

## WEBINAR: BEST PRACTICES IN MILITARY-INFORMED CARE: INNOVATIVE MODELS OF CARE

JUNE 19, 2014, 1:00 PM ET

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In this NCTSN Military and Veteran Families webinar, presenters will discuss practices designed and adapted to create a welcoming environment that minimizes barriers to engagement in treatment. They will share examples of how organizations can incorporate military-informed procedures and practices, beginning with asking about service member status and affiliations, and will present service members' viewpoints about family needs and perspectives on ways to increase engagement and participation in services.

<http://learn.nctsn.org/enrol/index.php?id=39>



## WEBINAR: HEALTH INSURANCE LITERACY AND THE MARKETPLACE

JUNE 19, 2014, 4:00 PM ET

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The HHS Office of Minority Health and the Centers for Medicare and Medicaid Services are sponsoring this webinar on health insurance literacy and the Health Insurance Marketplace. The webinar will provide basic information on how health insurance works, how to use health insurance, and where to find consumer-friendly resources. A brief update on the Marketplace will also be provided. No registration is required.

<https://www.mymeetings.com/nc/join.php?i=PW6650566&p=9529414&t=c>

**Conference number: PW6650566**

**Passcode: 9529414**

**Dial-in number: 1-888-455-1840**

## WEBINAR: THE LIMITS OF ADAPTIVE COPING: NEUROBIOLOGY OF EXTREME STRESS

JUNE 26, 2014, 1:00-2:30 PM ET

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This DCoE webinar will examine the evidence that stress disorders are fundamentally neurobiological as well as psychosocial, and will provide an overview of select CNS neurotransmitter systems and neuronal pathways implicated in normal and pathological stress states. Discussion will include biologically informed approaches for psychoeducation to reduce stigma and for prevention and treatment in both clinical and non-clinical settings. During this webinar, participants will learn to: identify CNS neurotransmitter systems and pathways implicated in persistent adverse stress outcomes such as PTSD; correlate acute and chronic stress-induced changes in the functioning of CNS neurotransmitter systems with persistent changes in cognition, emotions, and behavior; and summarize clinical and non-clinical approaches to addressing stress-induced neurobiological dysfunction. <https://continuingeducation.dcri.duke.edu/limits-adaptive-coping-neurobiology-extreme-stress>

## NIH 2014 REGIONAL SEMINAR ON PROGRAM FUNDING AND GRANTS ADMINISTRATION

JUNE 26-27, 2014, BALTIMORE, MARYLAND

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This NIH Regional Seminar provides education and training for the next generation of biomedical and behavioral scientists. The seminar is intended to demystify the application and review process as well as clarify Federal regulations and policies. <http://grants.nih.gov/grants/regionalseminars/2014/index.html>

## WEBINAR: STRATEGIES AND INNOVATIONS IN USING CANS-TRAUMA AND FANS-TRAUMA IN PRACTICE

JULY 24, 2014, 1:00 PM ET

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In this NCTSN Using Trauma Assessment Tools to Guide Practice webinar, presenters will discuss how to implement the assessment tools, Child and Adolescent Needs and Strengths (CANS) and Family Assessment of Needs and Strength (FANS), into a provider's everyday practice.

<http://learn.nctsn.org/enrol/index.php?id=110>

## WEBINAR: THE POWER OF YOUTH DEVELOPMENT AND RECOVERY SUPPORTS

JULY 24, 2014, 3:00-4:30 PM ET

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This final webinar in SAMHSA *Girls Matter!* series on girls' behavioral health will explore the principles of youth development and what girls say they need for ongoing recovery. Participants will gain new ideas and resources for empowering and supporting girls in their recovery.

<http://womenandchildren.treatment.org/HERR%20page.asp>

## NATIONAL CONFERENCE ON ENGAGING PATIENTS, FAMILIES, AND COMMUNITIES IN ALL PHASES OF TRANSLATIONAL RESEARCH TO IMPROVE HEALTH

AUGUST 21-22, 2014, BETHESDA, MARYLAND

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The goal of this conference sponsored by the National Center for Advancing Translational Science is to present and compare perspectives and examples of methods of engagement in research that include individuals, including patients and families, to community organizations and disease advocates, as well as clinicians and other health professionals. Attendees for this conference will include community groups, patient advocacy groups, funders and foundations that are interested in research design and outcomes, and the researchers who presently work with these groups or wish to do so in the future.

<http://www.ncats.nih.gov/news-and-events/events/events.html#community-engagement>

## RECOVERY MONTH

SEPTEMBER 2014

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The theme of the 25th anniversary of Recovery Month highlights the theme "Join the Voices for Recovery: Speak Up, Reach Out" and encourages people to openly discuss—or speak up about—mental and substance use disorders and the reality of recovery. The observance also promotes ways first responders, faith leaders, youth and young adults, and policymakers can recognize these issues and intervene—or reach out to help others, as well as themselves. <http://www.recoverymonth.gov/Recovery-Month-Kit.aspx>

## FUNDING INFORMATION

STATEWIDE PEER NETWORK DEVELOPMENT PROGRAM FOR RECOVERY AND RESILIENCY GRANTS

<http://beta.samhsa.gov/grants/grant-announcements/sm-14-023>

JUSTICE COLLABORATION PROGRAM: KEEPING KIDS IN SCHOOL AND OUT OF COURT

<http://www.ojjdp.gov/grants/solicitations/FY2014/SJCPKeepingKidsinSchool.pdf>

COOPERATIVE AGREEMENTS TO IMPLEMENT THE NATIONAL STRATEGY FOR SUICIDE PREVENTION

<http://beta.samhsa.gov/grants/grant-announcements/sm-14-016>

LAB TO MARKETPLACE: TOOLS FOR BRAIN AND BEHAVIORAL RESEARCH

<http://grants.nih.gov/grants/guide/pa-files/PA-14-250.html>

YOUTH VIOLENCE PREVENTION TECHNICAL ASSISTANCE PROGRAM

<http://ojjdp.gov/funding/FundingDetail.asp?fi=335>

2014 RACIAL AND ETHNIC APPROACHES TO COMMUNITY HEALTH

<http://www.grants.gov/web/grants/view-opportunity.html?oppld=255899>

NIMH BIOBEHAVIORAL RESEARCH AWARDS FOR INNOVATIVE NEW SCIENTISTS (NIMH BRAINS)

<http://grants.nih.gov/grants/guide/rfa-files/RFA-MH-15-600.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 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/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.