



UPDATE

September 1, 2018

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<http://www.nimh.nih.gov/outreach/partnership-program/news-and-updates-from-the-program.shtml>

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*Prepared by the U.S. Department of Health and Human Services,
National Institutes of Health, National Institute of Mental Health*

RESEARCHERS IDENTIFY KEY BRAIN CIRCUITS FOR REWARD-SEEKING AND AVOIDANCE BEHAVIOR; PREVIOUSLY UNRECOGNIZED PATHWAYS IN MICE HAVE RELEVANCE FOR MENTAL HEALTH AND ADDICTION RESEARCH

Researchers have identified connections between neurons in brain systems associated with reward, stress, and emotion. Conducted in mice, the new study may help untangle multiple psychiatric conditions, including alcohol use disorder, anxiety disorders, insomnia, and depression in humans. A report of the study, funded by National Institute on Alcohol Abuse and Alcoholism and the National Institute of Mental Health (NIMH), appears in the August 2018 issue of *Nature Neuroscience*. <https://www.nih.gov/news-events/news-releases/researchers-identify-key-brain-circuits-reward-seeking-avoidance-behavior>

HHS AWARDS \$125 MILLION TO SUPPORT COMMUNITY HEALTH CENTER QUALITY IMPROVEMENT

The U.S. Department of Health and Human Services (HHS) announced \$125 million in Quality Improvement grant awards to 1,352 community health centers across all U.S. states, territories, and the District of Columbia. Funded by the Health Resources and Services Administration (HRSA), health centers will use these funds to continue to improve quality, efficiency, and the effectiveness of healthcare delivery in the communities they serve. <https://www.hhs.gov/about/news/2018/08/15/hhs-awards-125-million-support-community-health-center-quality-improvement.html>

ONE IN FOUR U.S. ADULTS LIVE WITH A DISABILITY; COGNITIVE DISABILITY MOST COMMON IN YOUNGER ADULTS; MOBILITY DISABILITY MOST COMMON FOR OTHERS

One in four U.S. adults – 61 million Americans – have a disability that impacts major life activities, according to a report in the Centers for Disease Control and Prevention's *Morbidity and Mortality Weekly Report*. The most common disability type, mobility, affects one in seven adults. With age, disability becomes more common, affecting about two in five adults age 65 and older. Among young adults, cognitive disability (10.6%) was the most prevalent type.

<https://www.cdc.gov/media/releases/2018/p0816-disability.html>

CMS ANNOUNCES NEW MODEL TO ADDRESS IMPACT OF THE OPIOID CRISIS FOR CHILDREN

The Centers for Medicare and Medicaid Services (CMS) announced a new Innovation Center payment and service delivery model as part of a multi-pronged strategy to combat the nation's opioid crisis. The Integrated Care for Kids Model aims to reduce expenditures and improve the quality of care for children under 21 years of age covered by Medicaid and the Children's Health Insurance Program through prevention, early identification, and treatment of behavioral and physical health needs. The model will empower states and local providers to better address these needs through care integration across all types of healthcare providers. The CMS Innovation Center anticipates releasing a detailed Notice of Funding Opportunity in Fall 2018 with additional details on how state Medicaid agencies and local health and community-based organizations can apply to participate in the model.

<https://www.cms.gov/newsroom/press-releases/cms-announces-new-model-address-impact-opioid-crisis-children>

RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

NEW FROM NIMH

DIRECTOR'S MESSAGE: FROM STUDENT TO SCIENTIST: NIMH TRAINING AND CAREER DEVELOPMENT

NIMH is committed to research training and career development of young researchers. As students across the country head back to school, NIMH Director Dr. Gordon discusses some of the ways NIMH supports and trains the next generation of researchers.

<https://www.nimh.nih.gov/about/director/messages/2018/from-student-to-scientist-nimh-training-and-career-development.shtml>

NEW FROM NIH

CLINICAL DIGEST: ANXIETY AND COMPLEMENTARY HEALTH APPROACHES

This digest from the National Center for Complementary and Integrative Health provides a summary of current research on several complementary health approaches for anxiety, including mind and body practices and natural products. There is some evidence that mindfulness and other forms of meditation, music, relaxation techniques, and melatonin may be efficacious for anxiety, especially anxiety associated with medical procedures or chronic medical problems. However, there is not enough evidence on other complementary health approaches for anxiety to draw definitive conclusions about their efficacy.

<https://nccih.nih.gov/health/providers/digest/anxiety>

PREVALENCE AND PROFILE OF HIGH IMPACT CHRONIC PAIN

Almost 11 million U.S. adults have “High Impact Chronic Pain.” That is, pain that has lasted three months or longer and is accompanied by at least one major activity restriction, such as being unable to work outside the home, go to school, or do household chores. These people report more severe pain, more mental health problems and cognitive impairments, more difficulty taking care of themselves, and higher health care use than those who have chronic pain without these activity restrictions, according to an analysis of national survey data by NCCIH researchers. <https://nccih.nih.gov/research/results/spotlight/Prevalence-Profile-High-Impact-Chronic-Pain>

INFOGRAPHIC: COMORBIDITY: SUBSTANCE USE AND OTHER MENTAL DISORDERS

This infographic from the National Institute on Drug Abuse summarizes data on the comorbidity between substance use and mental disorders and the rates at which people get treatment for these conditions. <https://www.drugabuse.gov/related-topics/trends-statistics/infographics/comorbidity-substance-use-other-mental-disorders>

NEW FROM SAMHSA

ONLINE TRAINING: SERVICE TO SELF: BEHAVIORAL HEALTH FOR FIRE AND EMS PERSONNEL

This new, online one-hour training course is specifically for fire and emergency medical services personnel. Accredited by the Commission on Accreditation for Pre-hospital Continuing Education credit, the course addresses occupational stressors; mental health and substance use issues including depression, posttraumatic stress disorder, suicidality, and alcohol use; individual and organizational resilience; and healthy coping mechanisms including demonstrations of stress management techniques. <https://content.govdelivery.com/accounts/USSAMHSA/bulletins/20629dd>

CULTURAL AND POPULATION SENSITIVITY IN DISASTER BEHAVIORAL HEALTH PROGRAMS

This resource highlights the process of working with special populations before, during, and after a disaster as well as building culturally sensitive disaster behavioral health programs. Authors share their experiences working with different cultures, the importance of being culturally sensitive, and the concerns of populations with access and functional needs. <https://content.govdelivery.com/accounts/USSAMHSA/bulletins/2016eda>

EFFECTS OF NATURAL DISASTERS ON CHILDREN AND YOUTH

This resource reviews existing literature on behavioral health symptoms in children and youth after natural disasters, including symptoms of depression, anxiety, and posttraumatic stress. It also discusses risk and protective factors that make children more or less vulnerable to the behavioral health effects of disasters. Lastly, it describes a wide range of interventions and methodologies for supporting children and youth after natural disasters, helping to reduce negative mental health outcomes and teaching skills to increase resilience. <https://www.samhsa.gov/sites/default/files/srb-childrenyouth-8-22-18.pdf>

NEW FROM CDC

OCCUPATIONAL PATTERNS IN UNINTENTIONAL AND UNDETERMINED DRUG-INVOLVED AND OPIOID-INVOLVED OVERDOSE DEATHS — U.S., 2007-2012

This study broadens our understanding of the effect a job can have on a person's health and well-being outside of work, including the potential for increased risk for drug and opioid-related deaths. <https://www.cdc.gov/mmwr/volumes/67/wr/mm6733a3.htm>

VA PODCASTS

NEVER WORRY ALONE: THE VA SUICIDE RISK MANAGEMENT CONSULTATION PROGRAM

This podcast highlights the U.S. Department of Veterans Affairs (VA) Suicide Risk Management Consultation Program. The program has recently expanded so that anyone working with a Veteran and concerned about suicide can contact them for a free consultation. https://www.mirecc.va.gov/visn19/education/media/podcasts/6_6_2018.asp

MILITARY SEXUAL TRAUMA AND TRAUMA INFORMED CARE

This podcast features the work of VA Psychology Fellow Dr. Ryan Holliday about the research he is doing related to military sexual trauma. https://www.mirecc.va.gov/visn19/education/media/podcasts/8_22_2018.asp

NATIONAL SUICIDE PREVENTION MONTH

SEPTEMBER 2018

During the month of September, mental health advocates, prevention organizations, survivors, and community members unite to promote suicide prevention awareness. Throughout the month of September, NIMH will post social media messages across [Twitter](#), [Facebook](#), [YouTube](#), [Google+](#), and [LinkedIn](#) to promote educational suicide prevention resources and the Suicide Prevention Lifeline. In addition, NIMH is promoting its [publications](#) and hosting a [Facebook Live event](#) on Friday, September 14 to inform the public about the latest on suicide prevention research.

Lifeline: <https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/>

Suicide Prevention Resource Center Ideas for Action: <http://www.sprc.org/sites/default/files/resource-program/SuicidePreventionMonthIdeasAction2018.pdf>

NATIONAL RECOVERY MONTH

SEPTEMBER 2018

Each September, SAMHSA sponsors National Recovery Month (Recovery Month) to increase awareness and understanding of mental and substance use disorders, and to celebrate individuals living in recovery. This year's theme is "Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community." The 2018 Recovery Month Toolkit and television and radio public service announcements are available to view and download. Communities across the country use these materials to organize events, issue proclamations, increase public awareness, and encourage individuals in need of services and their friends and families to seek help. <https://recoverymonth.gov/>

WEBINAR: CMS INTEGRATED CARE FOR KIDS MODEL - OVERVIEW

SEPTEMBER 5, 2018, 12:00-1:00 PM ET AND SEPTEMBER 6, 2018, 3:00-4:00 PM ET

The CMS Integrated Care for Kids Model team will hold an overview webinar on Wednesday, September 5, 2018 to present information about the model and reserve time to answer questions. A repeat overview webinar will be held on Thursday, September 6. <https://innovation.cms.gov/resources/inck-overview.html>

NATIONAL RECOVERY MONTH 2018 AND SAMHSA'S KICK-OFF EVENT

SEPTEMBER 6, 2018, 10:00-11:00 AM ET

Join SAMHSA's kick-off for Recovery Month through a livestream event. Panelists will discuss the benefits that their SAMHSA-funded treatment and recovery programs bring to their community.

<https://www.hhs.gov/live/index.html>

WEBINAR: ADDRESSING THE NEEDS OF YOUNG PEOPLE WITH SERIOUS EMOTIONAL DISTURBANCE THROUGH A COMPREHENSIVE CONTINUUM OF SERVICES AND SUPPORTS

SEPTEMBER 6, 2018, 3:00-4:30 PM ET

This SAMHSA-sponsored webinar will focus on discussing strategies to expand the adoption of comprehensive mental health support of youth with serious emotional disturbances in rural schools and communities. During the webinar, a system of care approach will be discussed to highlight the importance of interagency collaboration, individualized and strength-based practices, and cultural competence for implementation of comprehensive mental health supports. This webinar will also provide examples of strategies for families and youth to work in partnership with public and private organizations, ensuring supports are effective and build on the individual's strengths and needs.

<https://www.eiseverywhere.com/ehome/index.php?eventid=337434&>

WEBINAR: BEST PRACTICES FOR SERVING AND SUPPORTING TRANSGENDER PATIENTS IN INTEGRATED CARE SETTINGS: PERSPECTIVES FROM THE NATION'S LARGEST MEDICAL SYSTEM

SEPTEMBER 11, 2018, 3:00-4:00 PM ET

Join this SAMHSA-HRSA Center for Integrated Health Solutions webinar to hear about one of the largest national initiatives to improve care for transgender patients in the VA and to participate in a discussion of how to apply similar changes in community settings.

https://goto.webcasts.com/starthere.jsp?ei=1205979&tp_key=c7467de32b

WEBINAR: USING SIMULATION TO EVALUATE SOCIAL DETERMINANTS OF HEALTH IN PEOPLE WITH MENTAL ILLNESS: POTENTIAL USE OF FINDINGS IN DISCUSSIONS WITH POLICYMAKERS, COMMUNITY GROUPS, CONSUMERS, AND ADVOCATES

SEPTEMBER 11, 2018, 4:00-5:30 PM ET

Improving the efficacy of treatment among socioeconomically diverse populations with mental illness requires tackling the myriad of social determinants of health, including education, income, and employment. Modern research techniques, like simulation testing, can lead to efficient and effective intervention design among people with mental illness by giving an indication of what might work. This webinar in the 2018 NIMH Office for Research on Disparities and Global Mental Health Webinar Series will cover evidence for addressing social determinants; the use of simulations to test the potential of improving income, education, and employment to improve mental health outcomes using two data sets; illustrate the reactions from policymakers, community groups, consumers and advocates on the research results; and demonstrate how research results can inform policy. <http://nimhordgmh2018.thebizzellgroup.com/september-11-webinar>

NIMH DIRECTOR TO HOST FACEBOOK LIVE EVENT ON SUICIDE PREVENTION

SEPTEMBER 14, 2018, 1:00-2:00 PM ET

In recognition of Suicide Prevention week, NIMH is hosting a Facebook live event with NIMH Director Dr. Joshua Gordon and Dr. Jane Pearson, chair of the Suicide Research Consortium in NIMH's Division of Services and Intervention Research. During this event, some of the most recent suicide prevention research findings from NIMH, warning signs, and prevention strategies will be discussed.

<https://www.nimh.nih.gov/news/events/announcements/nimh-director-to-host-facebook-live-on-suicide-prevention.shtml>

WEBINAR: CREATING SUPPORTIVE SYSTEMS TO IMPROVE MENTAL HEALTH OUTCOMES FOR AFRICAN AMERICAN BOYS

SEPTEMBER 20, 2018, 2:00-3:30 PM ET

SAMHSA is hosting a virtual roundtable on creating supportive systems to improve mental health outcomes for African American boys. It will be hosted in collaboration with the HHS Office of Minority Health for the National Network to Eliminate Disparities in Behavioral Health. Panelists will share ways emerging data is influencing work in early childhood settings, family and community systems, policy, and research.

https://nned.net/NNED_content/news_announcement/creating-supportive-systems-to-improve-mental-health-outcomes-for-young-afr

CONFERENCE: OPIOID AND NICOTINE USE, DEPENDENCE, AND RECOVERY: INFLUENCES OF SEX AND GENDER

SEPTEMBER 27-28, 2018, SILVER SPRING, MD; WEBCAST AVAILABLE

The U.S. Food and Drug Administration is hosting this public meeting, which will include presentations by experts in the field of opioid and tobacco research, professional education, and clinical care on the biological (sex) and sociological (gender) influences on use, misuse, and recovery.

<https://www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm610847.htm>

2018 RESEARCH CONFERENCE ON SLEEP AND THE HEALTH OF WOMEN

OCTOBER 16-17, 2018, BETHESDA, MD

This NIH conference is intended to sound a wakeup call throughout society about the importance of sleep for the health of women. It will showcase a decade of federally funded research advances in understanding health risks, societal burden, and treatment options associated with sleep deficiency and sleep disorders in women. <https://www.nhlbi.nih.gov/events/2018/2018-research-conference-sleep-and-health-women>

CALLS FOR PUBLIC INPUT

CALL FOR NOMINATIONS FOR FUTURE AHRQ EVIDENCE-BASED PRACTICE CENTER REPORTS

What health care decisions are you struggling with? Would a review of the scientific evidence help inform this decision? Share your ideas with the Agency for Healthcare Research and Quality's (AHRQ) Evidence-based Practice Center (EPC) Program. AHRQ will use these ideas to determine the focus of its evidence reports for next fiscal year. The AHRQ EPC Program reviews and summarizes the available evidence on current health care issues, which can help: clinicians and policymakers understand the benefits and harms of different tests and treatments; health systems and policymakers understand the best options for implementing a new program or intervention; and patients make better decisions about their health care options. Propose your evidence report topics by September 21, 2018.

<https://effectivehealthcare.ahrq.gov/get-involved/suggest-topic>

NATIONWIDE RECRUITMENT: MAJOR DEPRESSION AND AV101

The primary purpose of this research study is to evaluate the safety and effectiveness of the oral drug AV-101 (an antagonist of the glycine receptor) versus placebo. The study aims to determine if this experimental drug has antidepressant effects and fewer side effects than other novel treatments for depression.

NIMH is enrolling moderately depressed individuals between the ages of 18 and 65 with hard-to-treat major depressive disorder. This inpatient study lasts up to 14 weeks and procedures include a medication taper, taking the research drug, taking placebo, and four brain imaging scans. Optional procedures include a lumbar puncture and a catheter placement in the spine two times. After completing the study, participants receive short-term follow-up care at the NIH while transitioning back to a provider.

The study is conducted at the NIH Clinical Center in Bethesda, Maryland and enrolls eligible participants from across the USA. Travel arrangements are provided, and costs are covered by NIMH (arrangements vary by distance). There is no cost to participate and compensation is provided.

First steps to participate include calling NIMH, learning specifics about the study, asking about your eligibility, and consenting to participate.

To find out if you qualify, email moodresearch@mail.nih.gov or call 1-877-646-3644 (1-877-MIND-NIH) [TTY: 1-866-411-1010].

- Protocol Number: 15-M-0151
- Principal Investigator: Carlos Zarate Jr, M.D.

<https://www.nimh.nih.gov/labs-at-nimh/join-a-study/trials/adult-studies/major-depression-and-av101.shtml>

FUNDING INFORMATION

NLM INFORMATION RESOURCE GRANTS TO REDUCE HEALTH DISPARITIES

<https://grants.nih.gov/grants/guide/rfa-files/RFA-LM-19-001.html>

LEVERAGING ELECTRONIC MEDICAL RECORDS FOR PSYCHIATRIC GENETIC RESEARCH

<https://grants.nih.gov/grants/guide/pa-files/PAR-18-904.html> (R01 Clinical Trial Not Allowed)

<https://grants.nih.gov/grants/guide/pa-files/PAR-18-905.html> (R01 (Collab) Clinical Trial Not Allowed)



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. 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.