



# UPDATE

February 15, 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*

## SCIENCE AND SERVICE NEWS UPDATES

**GENE REGULATOR IN BRAIN'S EXECUTIVE HUB TRACKED ACROSS LIFESPAN; MENTAL ILLNESS SUSPECT GENES ARE AMONG THE MOST ENVIRONMENTALLY RESPONSIVE**

For the first time, scientists have tracked the activity, across the lifespan, of an environmentally responsive regulatory mechanism that turns genes on and off in the brain's executive hub. Among key findings of the study by National Institutes of Health (NIH) scientists: genes implicated in schizophrenia and autism turn out to be members of a select club of genes in which regulatory activity peaks during an environmentally-sensitive critical period in development. The mechanism, called DNA methylation, abruptly switches from off to on within the human brain's prefrontal cortex during this pivotal transition from fetal to postnatal life. As methylation increases, gene expression slows down after birth.

**Press Release:** <http://www.nimh.nih.gov/science-news/2012/gene-regulator-in-brains-executive-hub-tracked-across-lifespan-nih-study.shtml>

**NIH CLINICAL RESEARCH TRIALS AND YOU: AGENCY-WIDE RESOURCE PROVIDES IMPORTANT INFORMATION FOR THE PUBLIC AND HEALTH CARE PROVIDERS**

The NIH has created a new website, *NIH Clinical Research Trials and You*, to help people learn more about clinical trials, why they matter, and how to participate. From the first cure of a solid tumor with chemotherapy to the use of nitroglycerin in response to heart attacks, clinical research trials — or research studies involving people — have played a vital role in improving health and quality of life for people around the globe.

**Press Release:** <http://www.nih.gov/news/health/feb2012/od-06.htm>

**Website:** <http://www.nih.gov/health/clinicaltrials/>

**NEW YORK-BASED EMPLOYMENT PROGRAM HELPS EX-PRISONERS TRANSITION SUCCESSFULLY**

The Center for Employment Opportunities (CEO) Transitional Jobs program significantly reduces recidivism, according to a report released by the U.S. Department of Health and Human Services' Administration for Children and Families (ACF). Ex-prisoners who had access to CEO's services were less likely to be convicted of a crime and re-incarcerated. The reductions were particularly large for those ex-prisoners who enrolled in the program shortly after release; they experienced reductions in recidivism up to 26 percent.

**Press Release:** <http://www.acf.hhs.gov/news/press/2012/NYEmployExPrisoner.html>

## CHILD ABUSE AND NEGLECT COST THE UNITED STATES \$124 BILLION; RIVALS COST OF OTHER HIGH PROFILE PUBLIC HEALTH PROBLEMS

The total lifetime estimated financial costs associated with just one year of confirmed cases of child maltreatment (physical abuse, sexual abuse, psychological abuse, and neglect) is approximately \$124 billion, according to a report released by the Centers for Disease Control and Prevention (CDC), published in *Child Abuse and Neglect, The International Journal*. This study looked at confirmed child maltreatment cases, 1,740 fatal and 579,000 non-fatal, for a 12-month period. The lifetime cost for each victim of child maltreatment who lived was \$210,012, which is comparable to other costly health conditions, such as stroke with a lifetime cost per person estimated at \$159,846 or type 2 diabetes, with an estimated cost of \$181,000 to \$253,000. The costs of each death due to child maltreatment are even higher.

Press Release: [http://www.cdc.gov/media/releases/2012/p0201\\_child\\_abuse.html](http://www.cdc.gov/media/releases/2012/p0201_child_abuse.html)

## NEARLY HALF OF ALL SUBSTANCE ABUSE TREATMENT ADMISSIONS INVOLVING COLLEGE STUDENTS WERE PRIMARILY FOR TREATING ALCOHOL DISORDERS

This new report by the Substance Abuse and Mental Health Services Administration (SAMHSA) shows college students have a significantly higher rate of treatment admissions for alcohol problems than their non-student counterparts. The report shows that nearly half of all substance abuse treatment admissions involving college or other post-secondary school students ages 18 to 24 were primarily related to alcohol disorders. The rate of primary alcohol-related treatment admissions is far higher among college students than for non-college students in the same age bracket, according to this new report.

Press Release: <http://www.samhsa.gov/newsroom/advisories/1202071917.aspx>

Report: <http://www.samhsa.gov/data/spotlight/Spotlight054College2012.pdf>

### RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

## NIMH DIRECTOR BLOG POSTINGS

### THE LONG PATHS TO BREAKTHROUGHS

National Institute of Mental Health (NIMH) Director Thomas Insel describes two examples of scientific advances on neurodevelopmental disorders which might show where the unpredictable paths of gradual, incremental advances in brain science can lead. In both of these cases, NIMH-supported research on fundamental questions about how genes shape brain function and behaviors led to clinical trials that could alter outcomes for conditions that currently lack effective treatment.

<http://www.nimh.nih.gov/about/director/2012/the-long-paths-to-breakthroughs.shtml>

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#### AN EMERGING ERA OF BIG DATA

NIMH Director Thomas Insel discusses the emergence of “big data” and how open sharing of data could impact mental health research. <http://www.nimh.nih.gov/about/director/2012/an-emerging-era-of-big-data.shtml>

#### NEW ON NIMH WEBSITE

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#### NEW WEBSITE SECTION: EDUCATIONAL RESOURCES

NIMH recently launched an Educational Resources section its website. This section has materials for teachers, students, researchers, and the public. <http://www.nimh.nih.gov/educational-resources/index.shtml>

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#### NEUROSCIENCE AND PSYCHIATRY VIDEO: FEAR/SAFETY, ANXIETY, AND ANXIETY DISORDERS

This neuroscience and psychiatry module explores the relationship between fear and safety, anxiety, and anxiety disorders. <http://www.nimh.nih.gov/educational-resources/neuroscience-and-psychiatry/neuroscience-and-psychiatry-module-2-fear-safety-anxiety-and-anxiety-disorders.shtml>

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#### INSIDE NIMH: FUNDING NEWS FOR CURRENT AND FUTURE AWARDEES

The Winter 2012 edition of this newsletter discusses recent funding opportunities and some new initiatives the Institute is considering for the future. NIMH e-publishes *Inside NIMH* after each meeting of the National Advisory Mental Health Council, which advises the Secretary of Health and Human Services, the NIH Director, and the Director of NIMH on all policies and activities relating to the conduct and support of mental health research, research training, and other programs of the Institute. <http://www.nimh.nih.gov/research-funding/inside-nimh/2012-winter-inside-nimh.shtml>

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#### NIMH NEW ITEMS WIDGET

NIMH has created this widget to allow others to stream the latest content from the NIMH website directly on their own websites. Users can embed this widget on their own website to display the latest NIMH news and resources. <http://www.nimh.nih.gov/widgets/index.shtml>

#### NEW REAL WARRIORS WEEKLY PODCAST SERIES

*Real Warriors, Real Advice* is a new weekly podcast series in which service members, veterans, and military families highlight the importance of seeking care for invisible wounds, and offer tools and tips on building and maintaining psychological resilience. The first podcast, *Reaching Out for Support*, discusses how challenges coping with traumatic experiences can impact mission readiness. <http://www.realwarriors.net/podcasts>

## SAMHSA: NEW RESOURCES

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### MANAGING CHRONIC PAIN IN ADULTS WITH OR IN RECOVERY FROM SUBSTANCE USE DISORDERS

This guide equips clinicians with practical guidance and tools for treating chronic pain in adults with a history of substance abuse. It discusses chronic pain management, including treatment with opioids, and offers information about substance abuse assessments and referrals. <http://store.samhsa.gov/product/SMA12-4671>

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### COPING IN HARD TIMES: FACT SHEET FOR COMMUNITY ORGANIZATIONS AND LEADERS

This National Child Traumatic Stress Network (NCTSN) fact sheet discusses how challenging financial circumstances affect communities, their organizations, and their members' sense of safety, ability to calm, self- and community- efficacy, connectedness, and hope. It provides practical ways to help community members address their problems, stay connected, network, and cope better during economic downturns. <http://www.nctsn.org/products/coping-hard-times-fact-sheet-community-organizations-and-leaders>

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### NEWSLETTER ADDRESSING ALCOHOL AND DRUG ABUSE IN INDIAN COUNTRY

SAMHSA, in collaboration with the Office of Justice Programs and other organizations, has released the first issue of its new quarterly newsletter, *Prevention and Recovery*. This publication highlights successful practices and stories related to alcohol and drug abuse in Indian Country.

<http://www.samhsa.gov/tloa/docs/newsletter/pq-v1-122111.pdf>

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### SUBSTANCE USE DISORDERS IN PEOPLE WITH PHYSICAL AND SENSORY DISABILITIES

This resource provides healthcare professionals who work with people with physical and sensory disabilities with information about substance use disorders, including risk factors and warning signs; screening; types of substance abuse services; and strategies for helping clients. <http://store.samhsa.gov/product/Substance-Use-Disorders-in-People-with-Physical-and-Sensory-Disabilities/SMA11-4648>

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### EFFECTIVE CHARACTERISTICS OF WELLNESS PROGRAMS FOR PEOPLE WITH MENTAL ILLNESS

The SAMHSA- Health Resources Services Administration Center for Integrated Health Solutions has completed a review of published research literature analyzing non-pharmacological wellness programs aimed at reducing obesity and improving fitness for people with serious mental illness. The review found that lifestyle interventions inconsistently achieve clinically significant weight loss for overweight people with serious mental illness (SMI), and that programs that last at least six months and include education and activity-based approaches are most effective in promoting weight loss and better health.

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

## CDC: ARTICLES FROM JOURNAL, PREVENTING CHRONIC DISEASE

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### INVESTIGATION OF THE DISPARITY BETWEEN NEW YORK CITY AND NATIONAL PREVALENCE OF NONSPECIFIC PSYCHOLOGICAL DISTRESS AMONG HISPANICS

In New York City, the age-adjusted prevalence of nonspecific psychological distress among Hispanics is twice that of non-Hispanic whites; nationally, there is little Hispanic-white disparity. This study aimed to explain the pattern of disparity in New York City. [http://www.cdc.gov/pcd/issues/2012/11\\_0104.htm](http://www.cdc.gov/pcd/issues/2012/11_0104.htm)

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### BENEFITS OF A PRIMARY CARE CLINIC CO-LOCATED AND INTEGRATED IN A MENTAL HEALTH SETTING FOR VETERANS WITH SMI

Efficacy trials have shown that primary care co-located in the mental health setting improves the receipt of high-quality medical care among people with SMI. Researchers tested whether implementation of such a program affected health service use and cardiovascular risk factor control among veterans with SMI who had previously demonstrated limited primary care engagement.

[http://www.cdc.gov/pcd/issues/2012/11\\_0113.htm](http://www.cdc.gov/pcd/issues/2012/11_0113.htm)

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### TRAINING FOR STAFF OF AN EMPLOYMENT TRAINING PROGRAM TO PROMOTE MENTAL HEALTH DISCUSSIONS AND REFERRALS WITH OUT-OF-SCHOOL YOUTH, BALTIMORE, MD, 2007

This study examined whether mental health training for staff of an employment training program for out-of-school youth aged 16 to 22 years would increase mental health discussions and referrals. Researchers reviewed case files of participants at a Baltimore program who enrolled six months before and after a two-day training program. Analyses indicated increases in the percentage of participants with discussions and referrals. Brief, intensive training increased mental health discussions and referrals among job training staff.

[http://www.cdc.gov/pcd/issues/2012/11\\_0164.htm](http://www.cdc.gov/pcd/issues/2012/11_0164.htm)

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### PREVALENCE AND RISK OF HOMELESSNESS AMONG US VETERANS

This study obtained data on demographic characteristics and veteran status for 130,554 homeless people from seven jurisdictions that provide homelessness services, and for the population living in poverty and the general population from the American Community Survey for those same jurisdictions. Researchers calculated prevalence of veterans in the homeless, poverty, and general populations, and risk ratios for veteran status in these populations. The study's findings confirm previous research associating veteran status with higher risk for homelessness and imply that there will be specific health needs among the aging homeless population. [http://www.cdc.gov/pcd/issues/2012/11\\_0112.htm](http://www.cdc.gov/pcd/issues/2012/11_0112.htm)

## NEW CDC RESOURCES

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### PARENT ENGAGEMENT: STRATEGIES FOR INVOLVING PARENTS IN SCHOOL HEALTH

This new resource defines and describes parent engagement, and identifies specific strategies and actions that schools can take to increase parent engagement in school health activities. This document was developed in collaboration with expert researchers, public health practitioners, and educators.

[http://www.cdc.gov/healthyyouth/adolescenthealth/pdf/parent\\_engagement\\_factsheet.pdf](http://www.cdc.gov/healthyyouth/adolescenthealth/pdf/parent_engagement_factsheet.pdf)

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### CDC RELEASES ITS FIRST IPAD “APP”

More and more people are using smart phones and tablets to find health information. To meet this need, CDC announced its first application (or “app”) for the Apple iPad platform. The CDC App is free for anyone to download. Users can use tabs to immediately access health articles, popular journals, fast-breaking health updates, blogs, and podcasts. <http://www.cdc.gov/Features/iPadApp/>

## CONTINUING EDUCATION MODULE: COMPARING PHARMACOLOGIC, BEHAVIORAL, AND PSYCHOSOCIAL INTERVENTIONS FOR ATTENTION DEFICIT HYPERACTIVITY DISORDER IN CHILDREN

In October 2011, the Agency for Healthcare Research and Quality (AHRQ) published a comparative effectiveness review on pharmacologic, psychosocial, and behavioral interventions for Attention Deficit Hyperactivity Disorder (ADHD) in preschool and primary school children. In this online continuing education activity, two leading clinicians in the field of ADHD discuss applications of the AHRQ review findings to improve outcomes for children with the disorder. <http://ce.effectivehealthcare.ahrq.gov/continuing-education/CER22/Comparing-Pharmacologic,-Behavioral,-and-Psychosocial-Interventions-for-Attention-Deficit-Hyperactivity-Disorder-in-Children>

## ADHD: NOT JUST FOR KIDS

The latest *Special Feature* from the Food and Drug Administration provides an overview of ADHD medication issues. Special Features are timely and easy-to-read articles covering medication-related issues.

<http://www.fda.gov/Drugs/ResourcesForYou/SpecialFeatures/ucm289089.htm>

## ACF: SPOTLIGHT ON TRAUMA-INFORMED CARE

The latest issue of ACF’s *Children’s Bureau Express* newsletter looks at trauma-informed child welfare practice, including related resources and studies.

<http://cbexpress.acf.hhs.gov/index.cfm?event=website.viewSection&issueID=132&subsectionID=36>

## CALENDAR OF EVENTS

### WEBINAR: IMPLICATIONS FOR IMPLEMENTING AND SUSTAINING INTERVENTIONS IN CHILD WELFARE AND CHILD MENTAL HEALTH SERVICE SYSTEMS

FEBRUARY 22, 2012, 12:00 PM ET

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This NCTSN Implementing and Sustaining Evidence-Based Practice Speaker Series webinar will continue the series' goal of raising awareness and understanding of issues arising from the use of evidence-based practices within child welfare and mental health organizations. <http://learn.nctsn.org/>

### WEBINAR: TREATING SLEEP PROBLEMS IN POST-TRAUMATIC STRESS DISORDER AND TRAUMATIC BRAIN INJURY

FEBRUARY 23, 2012, 1:00-2:30 PM ET

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This Defense Centers of Excellence (DCoE) webinar will focus on evidence-based and empirically-supported treatments for sleep problems (e.g., trouble getting to sleep, trouble staying asleep, nightmares, and excessive daytime sleepiness) that are common in patients with post-traumatic stress disorder (PTSD) and/or traumatic brain injury (TBI). Both behavioral and pharmacological treatments will be presented, with a special emphasis on prazosin. Prazosin is a medication that has been found to be effective in reducing combat-related nightmares. <http://www.dcoe.health.mil/Training/MonthlyWebinars.aspx>

### PCORI NATIONAL PATIENT AND STAKEHOLDER DIALOGUE

FEBRUARY 27, 2012, WASHINGTON, DC

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The Patient-Centered Outcomes Research Institute (PCORI) will hold a National Patient and Stakeholder Dialogue on its first draft report, *National Priorities for Research and Research Agenda*. The event will dedicate three and a half hours to receiving public comment, and include presentations by PCORI and a roundtable discussion involving patient advocates, clinicians, and others from the healthcare community. A webcast and teleconference will be provided. Individuals can register to attend and provide public comment on this webpage: <http://www.pcori.org/dialogue-registration/>

## **WEBINAR: BREAKING THE POVERTY CYCLE: CREATING SOCIAL AND ECONOMIC OPPORTUNITIES**

FEBRUARY 28, 2012, 3:00-4:30PM ET

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This SAMHSA Resource Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health webinar will provide an opportunity for participants to learn about innovative, multifaceted interventions that assist people along the path to breaking the poverty cycle by addressing a number of intersecting determinants of health. Registration will close at 5:00 PM ET, on Monday, February 27, 2012.

<http://www.promoteacceptance.samhsa.gov/teleconferences/archive/training/teleconference02282012.aspx>

## **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/>

## CALLS FOR PUBLIC INPUT

### REQUEST FOR INFORMATION (RFI): UPDATING THE NATIONAL INSTITUTES OF HEALTH RESEARCH PLAN ON FRAGILE X SYNDROME AND ASSOCIATED DISORDERS

In order to maintain the momentum of discovery and further develop research relevant to Fragile X associated disorders, the NIH, with input from scientific experts, representatives for affected individuals and family members, and other federal agencies, is updating the current research plan. The NIH Fragile X Research Coordinating Group invites all interested stakeholders to comment on the current *NIH Research Plan on Fragile X syndrome and Associated Disorders*. Responses are being accepted through March 2, 2012. <http://grants.nih.gov/grants/guide/notice-files/NOT-HD-12-012.html>

### HELP SAMHSA HIGHLIGHT ADVANCES IN THE BEHAVIORAL HEALTH FIELD

To recognize the progress in prevention, treatment, and recovery, SAMHSA wants to highlight the important milestones that have occurred in behavioral health over the past 20 years. SAMHSA is asking for help from the public to answer the question, "What are some of the most noteworthy accomplishments and changes over the past several years?" Comments and suggestions will be used to help plan a celebration of behavioral health accomplishments over the next year. The SAMHSA Stakeholder Feedback Forum is currently open and will close Monday, March 5, at 9:00 AM ET.

<http://feedback.samhsa.gov/forums/148531-help-samhsa-highlight-advances-of-the-behavioral-h>

### NATIONAL PRIORITIES FOR RESEARCH AND RESEARCH AGENDA

PCORI 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/>

### RFI: INPUT INTO THE SCIENTIFIC STRATEGIC PLAN FOR THE PROPOSED NATIONAL INSTITUTE OF SUBSTANCE USE AND ADDICTION DISORDERS

NIH is soliciting input into the Scientific Strategic Plan for the proposed new Institute, the National Institute of Substance Use and Addiction Disorders. This new Institute would result from the proposed reorganization of substance use, abuse, and addiction-related research at the NIH. Responses are being accepted until May 11, 2012. <http://grants.nih.gov/grants/guide/notice-files/NOT-OD-12-045.html>

## FUNDING INFORMATION

GRAND CHALLENGES IN GLOBAL MENTAL HEALTH: INTEGRATING MENTAL HEALTH INTO CHRONIC DISEASE CARE PROVISION IN LOW- AND MIDDLE-INCOME COUNTRIES

<http://grants.nih.gov/grants/guide/rfa-files/RFA-MH-13-040.html>

MODELING SOCIAL BEHAVIOR

<http://grants.nih.gov/grants/guide/rfa-files/RFA-GM-13-006.html>

PHS 2012-02 OMNIBUS SOLICITATION OF THE NIH, CDC, FDA AND ACF FOR SMALL BUSINESS INNOVATION RESEARCH GRANT APPLICATIONS (PARENT SBIR [R43/R44])

<http://grants.nih.gov/grants/guide/pa-files/PA-12-088.html>

PHS 2012-02 OMNIBUS SOLICITATION OF THE NIH FOR SMALL BUSINESS TECHNOLOGY TRANSFER GRANT APPLICATIONS (PARENT STTR [R41/R42])

<http://grants.nih.gov/grants/guide/pa-files/PA-12-089.html>

RESOURCE ACCESS FOR THE BRIDGING INTERVENTIONAL DEVELOPMENT GAPS PROGRAM

<http://grants.nih.gov/grants/guide/pa-files/PAR-12-092.html>

ACADEMIC-COMMUNITY PARTNERSHIP CONFERENCE SERIES

<http://grants.nih.gov/grants/guide/pa-files/PAR-12-102.html>

SOBER TRUTH ON PREVENTING UNDERAGE DRINKING ACT GRANTS

[http://www.samhsa.gov/grants/2012/sp\\_12\\_003.aspx](http://www.samhsa.gov/grants/2012/sp_12_003.aspx)

BIOMEDICAL AND BEHAVIORAL RESEARCH INNOVATIONS TO ENSURE EQUITY IN MATERNAL AND CHILD HEALTH

<http://grants.nih.gov/grants/guide/pa-files/PAR-12-093.html>

SAMHSA'S BRINGING RECOVERY SUPPORTS TO SCALE TECHNICAL ASSISTANCE CENTER STRATEGY 2012 PEER-RUN ORGANIZATION/RECOVERY COMMUNITY ORGANIZATION AWARDS

[http://brsstacs.center4si.com/peer\\_run\\_recovery\\_awards.doc](http://brsstacs.center4si.com/peer_run_recovery_awards.doc)



February 15, 2012

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.