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# UPDATE

January 2019

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## Subscribe to Receive the Update

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

## Follow NIMH on Social Media

<http://twitter.com/nimhgov>  
<http://www.facebook.com/nimhgov>  
<https://www.linkedin.com/company/national-institute-of-mental-health-nimh>  
<http://www.youtube.com/nimhgov>

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

## HYPERCONNECTIVITY IN A BRAIN CIRCUIT MAY PREDICT PSYCHOSIS

Scientists have discovered a pattern in the way a brain circuit works that may help predict the onset of psychosis in a study funded by the National Institute of Mental Health (NIMH). High levels of chatter, or “hyperconnectivity,” in a circuit involving the cerebellum, thalamus, and cortex emerged as a potential “neural signature” in a functional magnetic resonance imaging study. The degree of hyperconnectivity within this circuit predicted the length of time it took for an individual to convert from a state of risk to full psychosis – hallucinations, delusions, and disorganized thought and behavior. The researchers also found this same pattern of hyperactivity in a separate group of individuals with schizophrenia.

<https://www.nimh.nih.gov/news/science-news/2018/hyperconnectivity-in-a-brain-circuit-may-predict-psychosis.shtml>

## STUDIES SUPPORT USE OF TEAM-BASED CARE FOR EARLY PSYCHOSIS

Two recent studies add to the evidence from NIMH’s Recovery After an Initial Schizophrenia Episode program that team-based early intervention services are feasible in real-world health care settings and result in improved outcomes for patients experiencing first episode psychosis.

<https://www.nimh.nih.gov/news/science-news/2018/studies-support-use-of-team-based-care-for-early-psychosis.shtml>

## DYNAMIC ASSOCIATIONS AMONG MOTOR ACTIVITY, SLEEP, ENERGY, AND MOOD COULD SUGGEST NEW FOCUS FOR DEPRESSION TREATMENT

Current theories of depression suggest that sleep problems, low energy, and low activity levels result from depressed mood, but a new study looking at interactions among these factors in people with bipolar disorder or depression suggests that the opposite may be true—that instability in activity and sleep systems could lead to mood changes. The study, conducted by researchers in the NIMH Intramural Research Program, suggests new targets for depression treatment. The study findings were published online December 12 in the journal *JAMA Psychiatry*. A podcast with lead investigator Kathleen Merikangas, Ph.D., Chief of the NIMH Genetic Epidemiology Research Branch, also is available.

<https://www.nimh.nih.gov/news/science-news/2018/dynamic-associations-among-motor-activity-sleep-energy-and-mood-could-suggest-new-focus-for-depression-treatment.shtml>

## **2,000 HUMAN BRAINS YIELD CLUES TO HOW GENES RAISE RISK FOR MENTAL ILLNESSES: AI MODEL IMPROVES PREDICTION 6-FOLD**

Scientists from 15 collaborating research teams of the National Institutes of Health- (NIH-) funded PsychENCODE Consortium, applying newly uncovered secrets of the brain's molecular architecture, have developed an artificial intelligence model that's six times better than previous ones at predicting risk for mental disorders. They also pinpointed several hundred previously unknown risk genes for mental illnesses and linked many known risk variants to specific genes.

<https://www.nimh.nih.gov/news/science-news/2018/2-000-human-brains-yield-clues-to-how-genes-raise-risk-for-mental-illnesses.shtml>

## **NEW PATHWAYS FOR IMPLEMENTING UNIVERSAL SUICIDE RISK SCREENING IN HEALTHCARE SETTINGS: MODEL COULD HELP HOSPITALS BETTER IDENTIFY AND AID YOUTH AT RISK FOR SUICIDE**

A new report, authored in part by researchers at the NIMH, provides guidance on how to implement universal suicide risk screening of youth in medical settings. The report describes a way for hospitals to address the rising suicide rate in a way that is flexible and mindful of limited resources.

<https://www.nimh.nih.gov/news/science-news/2018/new-pathways-for-implementing-universal-suicide-risk-screening-in-healthcare-settings.shtml>

## **ABCD STUDY COMPLETES ENROLLMENT, ANNOUNCES OPPORTUNITIES FOR SCIENTIFIC ENGAGEMENT**

Enrollment for the Adolescent Brain Cognitive Development (ABCD) Study, funded by the NIH, is now complete. In early 2019, scientists will have access to baseline data from all ABCD Study participants. The ABCD Study is a landmark study on brain development and child health that will increase understanding of environmental, social, genetic, and other biological factors that affect brain and cognitive development and can enhance or disrupt a young person's life trajectory.

<https://www.nih.gov/news-events/news-releases/abcd-study-completes-enrollment-announces-opportunities-scientific-engagement>

## FDA CLEARS MOBILE MEDICAL APP TO HELP THOSE WITH OPIOID USE DISORDER STAY IN RECOVERY PROGRAMS

The Food and Drug Administration (FDA) cleared a mobile medical application (app) to help increase retention (the amount of time a patient participates) in an outpatient treatment program for individuals with opioid use disorder. The reSET-O app is a prescription cognitive behavioral therapy intended to be used in addition to outpatient treatment under the care of a health care professional.

<https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm628091.htm>

## NEW DATA SHOW GROWING COMPLEXITY OF DRUG OVERDOSE DEATHS IN AMERICA

The Centers for Disease Control and Prevention (CDC) has released a new report of final 2017 data detailing the growing number of drug overdose deaths in the United States. The Morbidity and Mortality Weekly Report, Drug and Opioid-Involved Overdose Deaths – United States, 2013-2017 examines increases in drug overdoses and deaths involving opioids across prescription opioids, heroin, and synthetic opioids other than methadone by demographic and geographic characteristics.

[https://www.cdc.gov/mmwr/volumes/67/wr/mm675152e1.htm?s\\_cid=mm675152e1\\_w](https://www.cdc.gov/mmwr/volumes/67/wr/mm675152e1.htm?s_cid=mm675152e1_w)

## RESOURCES: PUBLICATIONS, TOOLKITS, OTHER RESOURCES

### NEW FROM NIMH

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#### DIRECTOR'S MESSAGE: TRANSLATIONAL RESEARCH: FROM RESEARCH FINDINGS TO TRANSFORMATIVE TREATMENTS

In his latest Director's Message, NIMH Director Dr. Joshua Gordon discusses some of the exciting work presented at the 2018 American College of Neuropsychopharmacology meeting, which is focused on research that translates basic neuroscience findings into novel treatments.

<https://www.nimh.nih.gov/about/director/messages/2018/translational-research-from-research-findings-to-transformative-treatments.shtml>

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#### FALL 2018 OUTREACH CONNECTION

This latest issue of the NIMH's *Outreach Connection* e-newsletter shares how partners are educating the public about mental illnesses and using NIMH information and resources in their outreach activities.

<https://content.govdelivery.com/accounts/USNIMH/bulletins/223b50b>

## NEW FROM NIH

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### THE DISH: NIH *ALL OF US* RESEARCH GENOMIC UPDATE

All of Us Director Eric Dishman shares information about the program's work with Illumina and its Genome Centers and a recently-released funding opportunity for a Genomic Counseling Resource to sequence one million genomes and responsibly return the information to research participants.

<https://allofus.nih.gov/news-events-and-media/videos/dish-all-us-research-genomic-update-2018>

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### NIDA DIRECTOR'S BLOG: MONITORING THE FUTURE SURVEY RESULTS SHOW ALARMING RISE IN TEEN VAPING

In this blog, National Institute on Drug Abuse (NIDA) Director Dr. Nora Volkow discusses the troubling finding from the NIDA-funded 2018 Monitoring the Future (MTF) survey that use of nicotine in vaping devices among teenage high school students in the United States doubled between January 2017 and January 2018. <https://www.drugabuse.gov/about-nida/noras-blog/2018/12/monitoring-future-survey-results-show-alarming-rise-in-teen-vaping>

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### NIDA DRUGS AND HEALTH BLOG

This NIDA Drugs and Health Blog on the NIDA for Teens website focuses on the 2018 MTF survey findings about teen vaping and includes links to other related tools and content such as an infographic and a YouTube video. <https://teens.drugabuse.gov/blog/post/survey-results-sending-smoke-signals-teens-are-vaping-increasing-rates>

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### NIDA BLOG: NEW FUNDING OPPORTUNITIES IN RESPONSE TO THE OPIOID CRISIS

This NIDA Director's blog describes several new funding opportunity announcements released by the Institute that are related to the NIH HEAL (Helping to End Addiction Long-term) Initiative<sup>SM</sup>.

<https://www.drugabuse.gov/about-nida/noras-blog/2018/12/new-funding-opportunities-in-response-to-opioid-crisis>

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### NIDA DRUGS AND HEALTH BLOG: ADDICTION AND THE IMPORTANCE OF SOCIAL CONNECTIONS

This NIDA blog post for teenagers highlights research about the role of social connectedness in preventing or overcoming some of the negative effects caused by drug use.

<https://teens.drugabuse.gov/blog/post/addiction-and-importance-social-connections>

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## NEW FROM SAMHSA

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### UPDATED AND REDESIGNED LETHAL MEANS ACCESS COUNSELING COURSE NOW AVAILABLE

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Suicide Prevention Resource Center (SPRC) has launched an updated and redesigned Counseling on Access to Lethal Means (CALM) course, a free, self-paced course designed to help mental health professionals identify clients who could benefit from lethal means counseling and work with them--and their families--to reduce access. The new version of CALM features a variety of real-world case studies and a mobile-friendly design.

<https://training.sprc.org/enrol/index.php?id=20>

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### STUDY FINDS EMT PROFESSIONALS AT INCREASED RISK OF SUICIDE

This SPRC article highlights new study findings from the 2009 to 2015 Arizona Vital Statistics Information Management System Electronic Death Registry showing that emergency medical technicians are at a higher risk of suicide death than the general population.

<http://www.sprc.org/news/suicide-among-emergency-medical-technicians-compared-general-public>

## NEW FROM AHRQ

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### STATISTICAL BRIEF #514: REPORTED DIAGNOSIS AND PRESCRIPTION UTILIZATION RELATED TO ATTENTION DEFICIT HYPERACTIVITY DISORDER IN CHILDREN AGES 5-17, 2008-2015

This Agency for Healthcare Research and Quality (AHRQ) statistical brief uses data from the Medical Expenditure Panel Survey Household Component for 2008 to 2015 to analyze reported attention deficit hyperactivity disorder (ADHD) diagnosis and purchases of prescription drugs to treat ADHD.

[https://meps.ahrq.gov/data\\_files/publications/st514/stat514.shtml?utm\\_source=ahrq&utm\\_medium=en-1&utm\\_term=AHRQStats&utm\\_content=1&utm\\_campaign=AHRQ\\_EN12\\_18\\_2018](https://meps.ahrq.gov/data_files/publications/st514/stat514.shtml?utm_source=ahrq&utm_medium=en-1&utm_term=AHRQStats&utm_content=1&utm_campaign=AHRQ_EN12_18_2018)

## NEW FROM FDA

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### FDA VOICES: OUR DOOR IS OPEN: FDA PUTS PATIENTS FIRST

This article describes the FDA's efforts to build upon and further improve its more than 30 years of engagement with patient communities, including establishing Patient Affairs Staff in the Office of the Commissioner one year ago. The article provides examples of how FDA is fulfilling an agency-wide priority to support and understand the patient experience and incorporate patient feedback into its work. <https://www.fda.gov/NewsEvents/Newsroom/FDAVoices/ucm628487.htm>

## NEW FROM VA

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### WOMEN VETERANS: MANAGING POST-DEPLOYMENT STRESS

This Department of Veterans Affairs (VA) article highlights resources available to help women veterans manage readjustment stress post-deployment. <https://www.blogs.va.gov/VAntage/54980/women-veterans-managing-post-deployment-stress/>

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### SHORT TAKES ON SUICIDE PREVENTION PODCAST: ON MORAL INJURY – A TREATMENT PERSPECTIVE WITH DR. CHRIS CORONA

This VA Rocky Mountain Mental Illness Research, Education and Clinical Centers for Suicide Prevention podcast addresses moral injury. Dr. Chris Corona from the Veterans Integrated Service Network 2 Center of Excellence for Suicide Prevention provides an overview of moral injury and ways providers can assess and treat moral injury. He also shares findings from current research on moral injury and suicide risk in a population of veterans with substance use disorders and ideas for future research. [https://www.mirecc.va.gov/visn19/education/media/podcasts/12\\_12\\_2018.asp](https://www.mirecc.va.gov/visn19/education/media/podcasts/12_12_2018.asp)

## NEW FROM PSYCHOLOGICAL HEALTH CENTER OF EXCELLENCE

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### CLINICIAN'S CORNER BLOG: HOW IS THIS WORKING? THERAPEUTIC ALLIANCE AND IMPLICATIONS FOR EVIDENCE-BASED TREATMENT DELIVERY IN MILITARY SETTINGS

This Psychological Health Center of Excellence (PHCoE) blog post describes therapeutic alliance, one of the most thoroughly researched factors that is common among all forms of effective psychotherapy for mental disorders or behavioral concerns. <https://www.pdhealth.mil/news/blog/how-working-therapeutic-alliance-and-implications-evidence-based-treatment-delivery-military-settings>

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## CLINICIAN'S CORNER BLOG: DATA DASHBOARDS HELP FINE TUNE MENTAL HEALTH CARE DELIVERY IN THE MHS

This PHCoE blog post describes new updates to the Psychological Health by the Numbers section of the Center's website that include data dashboards on inpatient and outpatient mental health care utilization among active duty service members in the Military Health System.

<https://www.pdhealth.mil/news/blog/data-dashboards-help-fine-tune-mental-health-care-delivery-mhs>

## EVENTS

### 2019 NATIONAL DRUG AND ALCOHOL FACTS WEEK®

JANUARY 22-27, 2019

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National Drug and Alcohol Facts Week® (NDAFW) is a week-long series of events that links teens to science-based facts to shatter the myths about drugs. Health care professionals can participate in NDAFW by providing teens with free resources about drugs. For other event ideas and toolkits and to register your event, go to the NDAFW webpage. <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

### NATIONAL INSTITUTE OF JUSTICE SEMINAR: PROTECTING AGAINST STRESS AND TRAUMA: RESEARCH LESSONS FOR LAW ENFORCEMENT

JANUARY 25, 2019, 10:00 AM-12:15 PM ET

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At this Research for the Real-World seminar, the Department of Justice's National Institute of Justice will bring together law enforcement practitioners and leading researchers in the field of stress to discuss the current evidence and practical benefits of targeted stress-management interventions and how they can promote officer mental wellness. Attend in person or register to attend virtually.

[https://nij.gov/events/Pages/research-real-world.aspx?utm\\_source=eblast-justinfo&utm\\_medium=email&utm\\_campaign=rfrw](https://nij.gov/events/Pages/research-real-world.aspx?utm_source=eblast-justinfo&utm_medium=email&utm_campaign=rfrw)

## NATIONAL ADVISORY MENTAL HEALTH COUNCIL MEETING

JANUARY 31, 2019, 9:00 AM ET

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The National Advisory Mental Health Council (NAMHC) advises the Secretary of Health and Human Services, the NIH Director, and the NIMH Director on all policies and activities relating to the conduct and support of mental health research, research training, and other NIMH programs. An open session of the January 2019 NAMHC meeting will be available live via videocast and will be archived for future viewing.

<https://videocast.nih.gov/summary.asp?live=29103&bhcp=1>

### CLINICAL TRIAL PARTICIPATION NEWS

#### NATIONWIDE RECRUITMENT

##### DEPRESSION AND BRAIN FUNCTION

(Inpatient and/or Outpatient study: 8 weeks, and 3 once-a-month follow up visits or phone calls.)

This depression research study tests the effects of the combination of transcranial magnetic stimulation (TMS) and psychotherapy on brain function. Participation includes research evaluations, brain scans, and active TMS and psychotherapy, or inactive TMS and psychotherapy. Recruiting ages 18-65 with major depressive disorder, who are free of other serious medical conditions. If you are currently taking antidepressants, you may still be eligible. (17-M-0147). Call: 1-877-MIND-NIH, (1-877-646-3644), TTY: 1-877-411-1010, email [moodresearch@mail.nih.gov](mailto:moodresearch@mail.nih.gov), National Institutes of Health, National Institute of Mental Health, Protocol #17-M-0147. <https://www.nimh.nih.gov/labs-at-nimh/join-a-study/trials/adult-studies/depression-tms-psychotherapy-and-brain-function.shtml>

##### Social Media Messages:

- **Facebook Post**

NIH Research Study: Depression and Brain Function

This research study seeks depressed participants to test the effects of the combination of repetitive transcranial magnetic stimulation (TMS) and psychotherapy on brain function. Learn more, find out if you are eligible. 1-877-646-3644, TTY: 1-877-411-1010, email [moodresearch@mail.nih.gov](mailto:moodresearch@mail.nih.gov), No cost to participate, compensation provided. Protocol #17-M-0147, <https://www.nimh.nih.gov/labs-at-nimh/join-a-study/trials/adult-studies/depression-tms-psychotherapy-and-brain-function.shtml>

- **Twitter**

Seeking adults 18-65 to participate in a depression and brain function research study.

<https://www.nimh.nih.gov/labs-at-nimh/join-a-study/trials/adult-studies/depression-tms-psychotherapy-and-brain-function.shtml>

**Webinar:** [https://www.youtube.com/watch?v=9kdn6\\_DNx0k&feature=youtu.be](https://www.youtube.com/watch?v=9kdn6_DNx0k&feature=youtu.be)

## FUNDING INFORMATION

CDC: RESEARCH GRANTS FOR PREVENTING VIOLENCE AND VIOLENCE RELATED INJURY  
<https://www.grants.gov/web/grants/view-opportunity.html?oppld=308948>

CDC: PREVENTING MATERNAL DEATHS: SUPPORTING MATERNAL MORTALITY REVIEW COMMITTEES  
<https://www.grants.gov/web/grants/view-opportunity.html?oppld=311065>

HRSA: U3D MATERNAL AND CHILD HEALTH MEASUREMENT RESEARCH NETWORK  
<https://www.grants.gov/web/grants/view-opportunity.html?oppld307925>



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**, 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.