2013 Activities

• Conducted webinars
  ■ Social Media (June 2013)
  ■ Use of Psychotropic Medications and Children (September 2013)
  ■ Depression Treatment Engagement (December 2013)

• Launched online proposal system
  ■ New question format
  ■ Minor changes to Tasks 3 and 4
    ■ Task 3: Merged “Children/Adolescents” into “Mental Health Disparities”
    ■ Task 4: Working with researchers rather than Research Collaborator

• Issued solicitation for 24 Outreach Partner positions
New Outreach Partners

- Alaska: Alaska Youth and Family Network
- District of Columbia: D.C. Behavioral Health Association
- Indiana: NAMI Indiana
- Michigan: NAMI Michigan
- Missouri: NAMI Southwest Missouri and Burrell Healthcare
- Washington: Consumer Voices are Born and PRO Alliance
2013 Activities

- Outreach Connection e-newsletter (published 3x/year)

GREETINGS

NIMH Director Thomas Insel, MD

Despite immense efforts to understand how to identify those at risk and prevent suicide, the answers have remained largely elusive and suicide continues to be an intractable problem. Suicide claims the lives of over 38,000 people in America every year, and in 2010, there were more than 650,000 hospital visits related to suicide attempts. We need a response that matches the magnitude of the problem and one that is informed by the best science. That's why three years ago, the National Action Alliance for Suicide Prevention established the Research Prioritization Task Force (RPTF) in an effort to identify what we know works, and what research needs to be prioritized, if we are to make a dent in this country’s suicide rate. The RPTF, co-chaired by the Jedfoundation, released, A Prioritized Research Agenda for Suicide Prevention: An Action Plan to Save Lives with the expressed goal of reducing suicides in this country by 20 percent in five years.

Winter 2014

- Getting Research Out
- Extending the Reach
- Tackling Disparities
- Promoting Research Opportunities
- Collaborating with Researchers
- Taking Research to the Community
- New from NIMH
- Upcoming Observances & Resources
- Studies Seeking Participants
- National Partner Activities
- About the Program
- Comments

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PARTNER SPOTLIGHT

Getting Research Out

Outreach Partners disseminate NIMH materials and research findings throughout their state.

NAMI Connecticut incorporated NIMH statistics and information into a presentation about children and adolescents with a co-occurrence of mental illness and autism.

Mental Health America of Illinois in partnership with Illinois Safe School Alliance, participated in a summer camp serving LGBTQ youth. They presented NIMH materials, including the NIMH depression video, in educational activities about mental illness, suicide prevention, and depression.

Mental Health Association of Southeast Florida distributed NIMH Spanish-language brochures at a gathering of over 900 people to support a local health clinic serving the Hispanic community.
2013 Activities

- Outreach Partner Activity Map
Idaho State University, Institute of Rural Health

921 S 8th Avenue, Stop 8046
Pocatello, ID 83209
http://www.isu.edu

The Idaho State University Institute of Rural Health (IRH) seeks to improve the health of rural communities in Idaho as a research, education and service organization. Idaho has one of the highest suicide rates in the nation. IRH conducts activities to address suicide and mental health among adolescents and at-risk rural and minority populations. IRH collaborates with partners on programs to school staff and students, projects to reduce mental illness stigma and issues regarding health disparity populations. IRH's Better Todays/Better Tomorrows adult gatekeeper education program focuses on children's mental health and suicide prevention. IRH has launched new online learning for continuing education after individuals participate in Better Todays face-to-face teaching. ISU-IRH partners with the Idaho National Guard, U.S. Veterans Affairs and advocates on programs to address the unique needs of Idaho's military.
2013 Activities

• Outreach Partner Visits
  ■ Mississippi – May
  ■ Indiana – June
  ■ Oklahoma – September

2013 Community Wellness Conference – The Art of Active Healthy Living
MS Coast Interfaith Disaster Task Force
(Interfaith Partnerships)
2013 Activities

- OPP National Partner Button
2013 Activities

- Outreach Partnership Program Video
  
  http://youtu.be/lvKcS2a5Adg
Additional Partner Resources
Revised brochures: ADHD, Depression, Depression in Women, Depression in Men, Panic Disorder, GAD, OCD, Social Phobia, Helping Children and Adolescents Cope with Violence and Disasters
Statistics Webpage: New Burden of Mental Illness Data

Top 10 Leading Disease/Disorder Categories Contributing to U.S. DALYs (2010)

1. Neuropsychiatric Disorders
   Mental and Behavioral Disorders 13.6
   Neurological Disorders 5.1

2. Cardiovascular and Circulatory Diseases

3. Neoplasms

4. Musculoskeletal Disorders

5. Diabetes, Urogenital, Blood, and Endocrine Diseases

6. Chronic Respiratory Diseases

7. Other Non-communicable Diseases

8. Unintentional Injuries (Non-transport)

9. Self-harm and Interpersonal Violence

10. Transport Injuries

Percent of Total U.S. DALYs

Data courtesy of WHO
Online Science Education Resources

Science of Mental Illness: Grades 6-8 Curriculum

Brains Inner Workings: High School Curriculum Supplement

Brain Basics Webpage
Video and Audio

Myths about Eating Disorders

NIMH Bullying Video

NIMH Depression Video
Latest Research Findings & Science News

**Ketamine Cousin Rapidly Lifts Depression Without Side Effects**

- **Recent News**
  - A New Look at the Web: June 07, 2013
  - Improving Military Mental Health Services: May 29, 2013
  - Rapid Antidepressant: Early Clinical Trials: May 29, 2013
  - NMH Hosts Twitter Chat on Schizophrenia: Personality Disorder: May 29, 2013
  - Gene a Schizophrenia Treatment Target?: May 29, 2013

- **Science Update**:
  - GLXY-13, a molecular cousin to ketamine, induces similar antidepressant results without the street drug side effects, reported a preclinical study funded by the National Institute of Mental Health (NIMH) that was published last month.

- **Contact(s)**
  - Jolene C. Goff
  - NMH Press Office
  - 301-443-4536
  - MJGoff@nih.gov

- **More Science News about**:
  - Bipolar Disorder
  - Clinical Research & Treatments
  - Depression
  - Medications

**Flu in Pregnancy May Quadruple Child’s Risk for Bipolar Disorder**

- **Recent News**
  - A New Look at the Web: June 07, 2013
  - Improving Military Mental Health Services: May 29, 2013
  - Rapid Antidepressant: Early Clinical Trials: May 29, 2013
  - NMH Hosts Twitter Chat on Schizophrenia: Personality Disorder: May 29, 2013
  - Gene a Schizophrenia Treatment Target?: May 29, 2013

- **NIH-funded Study Adds to Evidence of Overlap with Schizophrenia**
  - Press Release: May 13, 2013
  - Pregnant mothers’ exposure to flu was associated with a nearly fourfold increased risk that their child would develop bipolar disorder in adulthood, in a study funded by the National Institutes of Health. The findings add to mounting evidence of possible shared underlying causes and illness processes with schizophrenia, when some studies have also hinted to potential exposure to flu.

- **Contact the Press Office**
  - Phone: 301-443-4536
  - Email: MJGoff@nih.gov

- **Press Resources**

**Press Releases & Science Updates**

**Director’s Blog**

**Director’s Blog: A National Dialogue**

- **Recent Posts**
  - A National Dialogue: August 2013
  - Transforming Diagnoses: April 30, 2013
  - New Views into the Brain: April 10, 2013
  - Schizophrenia as a Health Epidemic: March 20, 2013

- **By Thomas Insel on June 04, 2013**
  - June 3 marked the first White House Conference on Mental Health in 14 years. President Obama opened the event by describing how many people “suffer in silence” rather than seeking help.
  - We see in the veterans who come home from the battlefield with invisible wounds of war that who feel like seeking treatment is somehow a sign of weakness. It is not.
NIMH News

Sign up for the latest mental health news, research advances, upcoming events, publications, clinical trials, meeting summaries, and more.

Inside NIMH: Funding News for Current and Future NIMH Awardees

Sign up for Inside NIMH, which provides funding news for current and future NIMH awardees. NIMH publishes Inside NIMH through the following link to view the latest funding opportunities:

NIMH Funding Opportunities

Sign up for the latest information regarding funding opportunities and procedures. The resources list includes announcements. Visit the following link to view the latest funding opportunities:
Clinical Research Studies (Clinical Trials) are of primary importance to the NIMH mission.

The NIMH Intramural Research Programs (IRP) conducts clinical research at the NIH Clinical Center, in Bethesda, Maryland. The research is designed to expedite the exchange of information between scientists and clinicians so that basic findings can be moved quickly from the laboratory setting to the treatment of patients at the bedside. NIMH’s Office of the Clinical Director
Program Update

• Bi-weekly Update
  ■ Across Federal Agencies
  ■ News
  ■ Resources
  ■ Upcoming Events
  ■ Funding Announcements
Partners-only Website

- Order NIMH publications
- Find information from previous Annual Meetings
- Identify Partners to create networking and collaborating opportunities
- Link to additional Federal Government resources
Mental Health America of Los Angeles (MHA) is dedicated to promoting mental health recovery and wellness. Our purpose is to help everyone reach healthy lives – whether the need is recovery from mental illness or is occasional and caused by everyday life. Our message is simple – good mental health is fundamental to the health and well-being of everyone in Los Angeles County.

NIMH Outreach Partnership Program

MHA is pleased to be part of the National Institute of Mental Health’s Outreach Partnership Program, through which we help disseminate information and distribute materials on a variety of mental health topics.

We invite you to receive regular mental health education updates from us. Send an email to development@mhala.org, and we’ll be sure to include you on our list.
Select Progress Report Data & Examples
3rd Quarter 2013
Audience Reach (Tasks 2-4) = Nearly 2.2 million people (underestimate)
Task 2: Disseminate NIMH Research & Science-based Materials

- Broadly disseminate NIMH research findings and educational materials throughout the state
  - Listserv
  - Traditional and online media
  - Website and social networking sites
  - Conferences and meetings
  - Community events
  - Online and print newsletters/publications
Task 2: Progress Report Data

- Top 3 topics: Depression, anxiety disorders, PTSD/trauma
- Top 3 audiences reached: Consumers, families, general public
- 46% of Partners reached a significant number of individuals from diverse racial/ethnic groups
  - African Americans, 64%
  - Hispanics/Latinos, 60%
  - Asian Americans/Pacific Islanders, 16%
- Top 3 methods: Website postings, health fairs, presentations/trainings
Task 2 Examples: NIMH Research Incorporated into Materials

NIMH statistics and facts incorporated in PPT presentations, factsheets, blog postings, etc.

2. Thomas Insel: Toward a new understanding of mental illness

"Today, thanks to better early detection, there are 60% fewer deaths from heart disease than there were just a few decades ago," according to the TED website. "Thomas Insel, Director of the National Institute of Mental Health, wonders: Could we do the same for depression and schizophrenia? The first step in this new avenue of research, he says, is a crucial reframing: for us to stop thinking about 'mental disorders' and start understanding them as 'brain disorders.'"

Early Intervention in Psychosis

The RAISE Study

Can Schizophrenia Be Stopped?

By intervening right after patients have a break from reality, an NIMH project hopes to offer people with severe mental illnesses a chance at recovery.

Several weeks before Aaron Alexis killed 12 people at Washington Navy Yard in September, he told police in Rhode Island that he heard voices emanating from hotel walls. Years earlier, he accused strangers in public places of laughing at him and randomly shot at the tires of a car owned by construction workers near his home. "All of a sudden, they are wrapped up in delusions that are just so frightening."

One of the most tragic and frustrating aspects of Alexis’ case, and that of many other mass shooters, is how their earliest symptoms of mental illness seemed to slip through the system.

Untreated mental illness doesn’t usually erupt in violence, of course. More commonly, delusions, manias, and paranoia simply emerge in adolescence and quietly build, potentially making it hard for their host to function normally in later years.

Often, people with schizophrenia or bipolar disorder don’t recognize their symptoms until it’s too late, causing them to depend on treatment with aggressive doses of anti-psychotic medications, which themselves can cause mental fogginess and extreme lethargy, for their entire lives.

Read more HERE

The Teenage Brain grows unevenly.

- The limbic system which is in charge of fear and emotional impulses and the amygdala which is in charge of quick emotional reactions mature before the prefrontal cortex which is in charge of planning ahead and emotional regulation.
- For more than twenty years, National Institute of Mental Health (NIMH) neuroscientist Dr. Jay Giedd has studied the development of the adolescent brain. Decades of imaging work have led to remarkable insight and more than a few surprises.
  http://www.youtube.com/watch?v=Xelvxt6HHi-g
- The prefrontal cortex is still growing and "immature" in adolescents which may allow for troublesome or erratic behavior and poor impulse control.
- Steinberg (2004) reported adolescents engage in dangerous behaviors despite knowing the consequences involved. Adolescents do not rationally weigh the risks and consequences of their behavior, their actions are largely influenced by their feelings and social influences.
- These factors also increase adolescents risk of suicide
Task 2 Examples: NIMH News in Newsletters (print & electronic)

NIMH Update

Click here to read the latest Update from NIMH.

We also want to call your attention to NIMH Director Dr. Thomas Insel's latest blog, where explores the numerous ways in which devices like computers and smartphones could be used to diagnose and treat. In explaining this new medium Dr. Insel states, "the bigger challenge will be to consider how technology will alter treatment. eHealth technologies like electronic medical records, electronic decision support tools, and the use of teledicine are applicable to all of medicine and pose relatively little disruption to mental health care. But so-called "behavioral intervention technologies" or BITs are a potential game changer, especially for the delivery of psychotherapy." The blog goes on to provide a summary of BITs.

In addition, mark your calendars for a NIMH Twitter Chat for Friday, February 28 at 3:00 PM ET about eating disorders. Look out for more details on NIMH Facebook and Twitter.
Task 2 Examples: Social Media

Co-Occurring Collaborative Serving Maine shared a link.
December 10, 2013

Eye contact during early infancy may be a key to early identification of autism, according to a study funded by NIMH. Check out the article!

Interfaith Partnerships shared a link.
December 16, 2013

Each year about 6.7% of U.S. adults experience depression. Depression is a serious illness that's difficult to cope with all year long, but the holidays are especially hard. Please join NIMH on Dec. 20 from 2-3 pm ET for a Twitter chat discussing depression and older adults. NIMH expert Dr. Jovier Evans will be answering your questions live. Get the details here: http://1.usa.gov/19CKRHe

NAMI Virginia shared a link.
December 17, 2013

NIMH Ten Best of 2013

NIMH – Ten Best of 2013
www.nimh.nih.gov

Dr. Insel reviews his "top ten" selections for 2013, including research advances and historic policy changes affecting mental health care.
Task 2 Examples: NIMH Resources
Promoted

Chances are, your organization has some of our NIMH brochures with NAMI contact information. These are a great outreach tool for us, and many people find out about NAMI and how to get help because of them. A big thank you to our stellar volunteer Susan, who labels thousands of these for us each year.

Retweeted by Texas AHEC East
Mental Health NIMH @NIMHgov · Jul 11
Are you a high school teacher looking for educational neuroscience resources? Here's a teacher's manual abt the brain:1.usa.gov/12GuVQl

COPING WITH TRAUMATIC EVENTS

Lately it seems that we hear of mass shootings on a regular basis. Each time one occurs, it brings back memories of other frightening events of recent years, and the feelings of vulnerability and sadness that follow such tragedies. Our hearts go out to all the victims and their families affected by these devastating events. Read what the National Institute of Mental Health tells us about coping with traumatic events.
Task 3: Special Outreach Project(s)

- Conduct science-based education and outreach addressing one of the following:
  - Mental disorders among children and adolescents
  - Mental health disparities
Task 3: Progress Report Data

• Focus of special project
  ▪ Mental disorders among children/adolescents, 71%
  ▪ Mental health disparities, 64%

• 48% of Partners reached a significant number of individuals from diverse racial/ethnic groups
  ▪ African Americans, 43%
  ▪ Hispanics/Latinos, 71%
  ▪ Asian Americans/Pacific Islanders, 14%
• MHA of Los Angeles in partnership with the Southern California Clinical and Translational Science Institute led educational workshops on mental health at an annual conference for promotoras, highlighting the importance of research involvement. Copies of the Spanish-language NIMH publication, *Participant's Guide to Mental Health Clinical Research* were distributed.

• Interfaith Partnerships (IP) educated elementary school teachers about mental health disparities and gave them NIMH information on children's mental health. IP was invited back to work with the students, who live in an area with high rates of crime and poverty, in October during anti-bullying month. Every child (kindergarten - 5th grade) was trained on anti-bullying methods. IP subsequently began a project with the 5th grade girls on conflict resolution. It meets weekly with 16 5th grade girls.
Task 4: Study/Trial Promotion

• State and local promotion of NIMH/NIH studies
  ■ Provide link on Outreach Partner website to NIMH and NIH clinical trials webpages
  ■ Distribute NIMH/NIH materials on participation in clinical research
  ■ Inform constituents about clinical trials currently recruiting volunteers
Task 4: Research Collaboration

• Collaborate with researcher(s)
  ■ Serve in an advisory role
  ■ Plan a joint research project
  ■ Promote clinical trial participation
  ■ Jointly disseminate research findings
Task 4: Progress Report Data

- 41% of Partners reported working with researchers
- 77% of Partners reported they promoted NIMH-supported clinical trials
- 85% of Partners reported they disseminated NIMH’s *A Participant’s Guide to Mental Health Clinical Research* print publication
- Number of referrals to trials: 72
Task 4 Examples: Clinical Trials
Promotion Via Social Media

Mental Health America of Louisiana
October 25, 2013

Bipolar Disorder (Pediatric) Research Study http://t.co/RdXhttnS1d

Bipolar Disorder (Manic-Depression and Mood Dysregulation) - Evaluation, Treatment and Research...

The National Institute of Mental Health is actively...

NAMI New Jersey @NAMI_NJ - Feb 10
rt @NIMHgov Research Opportunities: Participants needed for study on conduct disorder: bit.ly/p70JHs

Texas AHEC East @txahec - Jul 16
Does your child have Disruptive Behavior Problems? NIH researchers are seeking participants in a clinical trial.kidsbehavior@mail.nih.gov.
• Mental Health America of Louisiana promoted NIMH clinical trial opportunities at 8 statewide community forums designed to facilitate dialogue with consumers, families, and mental health providers about mental health services issues in Louisiana.

• NAMI New York State invited the NIMH Intramural Schizophrenia Research Department to its recent educational conference to lead a workshop about participation in NIMH research trials.

• The Mental Health Association of Maryland promoted an NIH-funded study about stress and parenting conducted by the University of Maryland ADHD Center by distributing study fliers at a Maryland Coalition of Families conference and posting the study announcement to its website.
The Mental Health Association in Tulsa (MHAT) partnered with the Laureate Institute for Brain Research to educate its community about brain research. To kick off its "Scan Your Brain" campaign and encourage community members to participate in research, MHAT's Executive Director, Mike Brose, volunteered to participate in a brain scan for a research project, and share his experiences through his blog and other educational events.

The MHA of Montana teamed up with the University of Montana-Helena's Dr. Nathan Munn and Montana’s Peer Network to train peer recovery support coaches for people recovering from mental and substance use disorders. The team is collecting data to assess the effectiveness of the training.
What’s Next?

• 1st Quarter 2014 Progress Report
• New invoicing procedures; modified purchase orders
• RAISE Implementation Materials
• OPP Webinars
• Summer & Fall Outreach Connection
• Welcome Kit
• Solicitation – Summer 2014
• 2015 OPP Annual Meeting Planning
Steering Committee

• Members
  ■ Dan Aune, MHA of Montana
  ■ Wanda Laird, NAMI AL
  ■ Tim O’Leary, Massachusetts Association for Mental Health
  ■ Marcia Pink, MHA of Southeast Florida
  ■ Amanda Scarbrough, East Texas Area Health Education Center
  ■ Millie Sweeney, Tennessee Voices for Children
Comments/Questions/Suggestions

• Invoicing
• Progress Reports
• 2014 Webinar Topics
• 2015 Annual Meeting Topics
• Other
Contacting Your NIMH OPP Team

Director:
Diana Morales: diana.morales@nih.gov

Outreach Liaisons:
• Rajni Agarwal: rajniagarwal@mail.nih.gov
• Samantha Helfert: shelfert@mail.nih.gov

Email: NIMHPartners@mail.nih.gov

Partners-only website: http://www.nimh.nih.gov/partners