



MAMMH

Massachusetts Association
for Mental Health

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The **Massachusetts Association for Mental Health** is pleased to be a National Institute of Mental Health (NIMH) Outreach Partner. We disseminate science-based behavioral health information and are eager to grow partnerships that advance the health of individuals and families throughout our Commonwealth.

*Please feel welcome to forward this newsletter to your networks.

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For a full copy of the update

Psychosis Research

- 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)**.
 - 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.
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Bipolar Illness & Depression Research

- A new [study](#) suggests 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 **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.
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Adolescent Behavioral Health

- 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.
- This **NIDA** Drugs and Health [Blog](#) on the **NIDA** for Teens website focuses on the **2018 MTW** survey findings about teen vaping and includes links to other related tools and content such as an infographic and a YouTube video.
- 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.

- *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](#).

Research Policy

- 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.
- 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.
- 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 **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: January 31, 2019, 9am ET.

Stress and Trauma Research

- This **Department of Veterans Affairs (VA)** [article](#) highlights resources available to help women veterans manage readjustment stress post-deployment.
- 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: January 25, 2019, 10am-12:15pm ET.

We look forward to continuing to work together for change!

