



## National Institute of Mental Health Monthly Update

MAMH is proud to partner with the National Institute of Mental Health to disseminate knowledge about science-based mental health each month. With each update, we offer emerging research, important dates and publications to be aware of, and opportunities to get involved in research.

Contact for a copy of the full update

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### Emerging Research and Updates

- Three [collaborative research hubs](#) funded by **NIMH** are exploring the factors behind the high suicide rates among American Indian (AI) and Alaska Native (AN) youth, and designing and testing approaches to preventing suicide.
- **SAMHSA** announced that it will [award additional grant funding](#) to three states that have been hit especially hard by the national opioid crisis. The grant money is targeted towards expanding and enhancing prevention, treatment, and recovery-support efforts.
- Researchers at **NIH** released [a study](#) in *Pediatrics* on sexual minority youth that found that cyberbullying, dissatisfaction with family relationships, and unmet medical needs are major contributors to the high rates of depressive symptoms seen among adolescents who are gay, lesbian, bisexual, or questioning their sexual orientation.
- **SAMHSA** has launched an [Evidence-Based Practices Resource Center](#) that aims to provide communities, clinicians, policy-makers, and others in the field with the information and tools they need to incorporate evidence-based practices into their communities and clinical settings.

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### New Publications and Resources

- In his latest [Director's Message](#), **NIMH** Director Joshua Gordon reviews the recent recommendations of the Genomic Working Group of the *National Advisory Mental Health Council*.
  - In a **NIDA** blog [post](#), Director Dr. Nora Volkow discusses the importance of referring to addiction as a "brain disorder," as it acknowledges that addiction is a chronic, but treatable medical condition involving changes to circuits involved in reward, stress, and self-control.
  - **SAMHSA** has released a [short report](#) based on data from the *National Survey of Drug Use and Health* that estimates data on suicidal thought, suicide planning, and suicide attempts among those 18 or older who were residing in 33 metropolitan statistical areas.
  - This [fact sheet](#) from [stopbully.gov](#) describes adverse childhood experiences (ACEs), bullying as an ACE, and strategies on how to address ACEs and prevent bullying.
  - This [newsletter](#) from the **National Center on Post-Traumatic Stress Disorder** provides a comprehensive guide to the emerging literature on engaging patients in shared decision-making regarding effective treatment options.
  - This *News in Health* [article](#) describes **NIH**-funded research exploring the causes of unhealthy relationship behavior and finding ways to help people learn to have healthier relationships.
  - This [article](#) from **SAMHSA's GAINS Center** highlights research on supported employment programs which have been shown to improve employment outcomes, behavioral health symptoms, quality of life, self-esteem, and social functioning for individuals with serious mental illness.
  - The **U.S. Department of Health and Human Services (HHS)** has created a [new website](#) that provides help, resources, and information on the national opioid crisis. Visit the site for tools that will aid in prevention, treatment, and recovery.
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## Get Involved

- On May 3 **NIMH** will be hosting a Twitter chat on adolescent depression featuring **NIMH** scientists Argyris Stringaris, M.D., Ph.D., and Kenneth Towbin, M.D. from the **NIMH Mood Brain and Development Unit**. For how to join, click [here](#).
- The **NIH** is hosting a seminar on program funding and grants administration May 2-4. To learn more, click [here](#).
- May 10 is **National Children's Mental Health Awareness Day**. The day is meant to shine a national spotlight on the importance of caring for every child's mental health and reinforces that positive mental health is essential to a child's healthy development. This year's theme is "Partnering for Health and Hope Following Trauma." To read more and see how you can participate, click [here](#).
- May 13-19 is **National Prevention Week**. This year's theme is "Action Today. Healthier Tomorrow." Communities and organizations around the country will come together to raise awareness about the importance of substance use prevention and positive mental health. Read more about how to get involved [here](#).
- **NIMH** is seeking participants for a study seeking to find causes and treatments of depression in teenagers. They are recruiting participants ages 11-17 who are depressed and have a pediatrician or medical provider. For more information and eligibility criteria, click [here](#), call 1-301-827-1350 or email [depressedkids@mail.nih.gov](mailto:depressedkids@mail.nih.gov)

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