

The latest science, practice and public information updates from Idaho, NIMH, SAMHSA, and more.

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# Mental Health ENews

*A service of Idaho State University Institute of Rural Health*

The Idaho State University Institute of Rural Health provides this twice-monthly ENews under our partnership with the National Institute of Mental Health.

The latest science, practice, and public information updates are available to you through ENews.

Sections in this ENews include:

- In the News
- Education & Events
- Clinical Trials
- Science Update
- Useful Links

Russell Spearman,  
Director

## In the News

### Preteen Suicide Risk Screening during ER Visits

A recent study conducted by researchers at the NIMH has found that approximately one third of children from ages 10-12 have screened positive for suicide risk in an emergency department setting. Additionally, 7 percent of the children who came to the ER and screened positive for suicide risk had arrived seeking help for physical ailments, not psychiatric concerns. Statistics show that suicide is the third leading cause of death in this age group, further indicating the importance of suicide prevention efforts in children.

<https://www.nimh.nih.gov/news/science-news/2019/nih-study-shows-many-preteens-screen-positive-for-suicide-risk-during-er-visits.shtml>

### VA Provides New Approach for Treating Veterans with Mental Illness

A study conducted by the U.S. Department of Veterans Affairs (VA) has outlined steps through which Veterans, their clinicians, and the VA system can work together to improve the mental health of Veterans. The new approach outlined in this study was proven to reduce the rate of mental health hospitalizations, improve mental health for Veterans with multiple mental health conditions, and to improve healthcare team functioning. Due to such positive results, the VA plans to implement these practices nationally in the upcoming years.

<https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5217>

## Education and Events

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### **NIMH Facebook Live Event: How Does Puberty Affect Brain Development**

NIMH is hosting a Facebook Live event on Thursday, May 9, 2019 from 12:00 – 12:30 p.m. MST. This event is in recognition of National Children's Mental Health Awareness Day and will discuss how puberty affects brain development, what changes parents might expect in their children, what NIMH hopes to learn from the research, and more. For more information, follow the link below.

<https://www.nimh.nih.gov/news/events/announcements/nimh-facebook-live-how-does-puberty-affect-brain-development.shtml>

## Clinical Trials

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### **A Study of CAD106 and CNP520 vs. Placebo in Participants at Risk for Alzheimer's Disease**

A clinical trial sponsored by Novartis Pharmaceuticals aims to test the effectiveness of two investigational drugs, CAD106 and CNP520, in slowing the onset and progression of symptoms associated with Alzheimer's disease. Participants must have two APOE4 genes and be between the ages of 60 and 75. For more information about the study, including additional inclusion criteria and study practices, follow the link below.

[https://www.clinicaltrials.gov/ct2/show/NCT02565511?term=Behaviors+and+Mental+Disorders%5BCONDITION-BROWSE-BRANCH%5D&recrs=abc&map\\_cntry=US&map\\_state=US%3AID&fund=01&draw=1&rank=7](https://www.clinicaltrials.gov/ct2/show/NCT02565511?term=Behaviors+and+Mental+Disorders%5BCONDITION-BROWSE-BRANCH%5D&recrs=abc&map_cntry=US&map_state=US%3AID&fund=01&draw=1&rank=7)

## Science Update

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### **NIH Study Identifies Areas of Brain Connectivity Differences in Children with Anhedonia**

Recent research conducted in an NIH study used fMRI data from over 2,800 children to learn more behind the causes of anhedonia, a disease in which individuals lose interest in activities they previously enjoyed. This fMRI data identified key differences in brain connectivity in centers involved with reward and arousal when comparing children with and

without anhedonia. This discovery may help to create more specific treatments for children affected by this condition.

<https://www.nimh.nih.gov/news/science-news/2019/nih-study-reveals-differences-in-brain-activity-in-children-with-anhedonia.shtml>

## **Scientists Find Molecular Link between Adolescent Alcohol Use and Adult Anxiety**

A new study funded by the NIH has found that there is a molecular relationship between adolescent alcohol use and adult anxiety. Scientists discovered these findings in rats who were exposed to alcohol during adolescence, and were later observed to have increased levels of anxiety-like behavior in adulthood. This behavior was attributed to molecular interaction with eRNAs specific to a gene titled Arc, which scientists believe to be the molecular basis for this finding.

<https://www.niaaa.nih.gov/news-events/news-releases/nih-funded-rodent-study-finds-molecular-link-between-adolescent-alcohol>

## **Useful Links**

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### **Follow Us on Twitter**

For more mental health updates, follow us on twitter!

[https://twitter.com/ID\\_MentalHealth](https://twitter.com/ID_MentalHealth)

### **Clinical Trial Participation**

Information regarding clinical trials, how to participate in a study, and study records can be found using the link provided below.

<https://clinicaltrials.gov/>



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