In the News

Teen Opioid Prescriptions Raise Later Risk of Opioid Misuse

New research raises questions about the risks versus benefits of opioid medication in treating chronic pain. According to research, medicinal use of prescribed opioid medication may be a pathway to opioid misuse and opioid use disorders among adults. This study uses data from the NIDA-funded Monitoring the Future Survey of adolescent drug use and attitudes conducted annually by the University of Michigan. The data shows that teens who received a prescription for opioid medication by Grade 12 were at 33 percent increased risk of misusing an opioid between the ages of 19 and 25. The risk of opioid misuse was most concentrated among teens who would be expected to be at low risk of drug misuse; those with no illicit drug experience and those who reported that they disapprove of regular marijuana use. Researchers believe that for these individuals, an opioid prescription is likely to be their first exposure to an addictive substance and their perception of the danger may be lowered since it is a prescribed drug. These findings add to the number of current concerns regarding opioid prescriptions across the healthcare setting.


New Executive Actions to Reduce Gun Violence and Increase Community Safety

In America, more than 100,000 people have been killed as a result of gun violence over the past decade. Over the same period, hundreds of thousands of other people in American communities have committed suicide with a gun and nearly half a million people suffered from other gun-related injuries. Due to the astounding number of gun tragedies, the President and Vice President of the United States have implemented a number of tools at the Administration’s disposal to reduce gun violence. Tactics include keeping guns out of the wrong hands through background checks, making American communities safer from gun violence, increasing mental health treatment and reporting to the
background check system, and shaping the future of gun safety technology. More detailed information about protocols can be found at the link below.


## Education and Events

### Twitter Chat on Mind and Body Approaches for Stress

The National Institute of Mental Health (NIMH) and the National Center for Complementary Integrative Health (NCCIH) will join forces on Thursday, January 28, 2016 to host a twitter discussion. Topics covered will include the latest science on complementary approaches to manage stress such as meditation, yoga, and tai chi.

To follow this twitter chat, use the hashtag #ChatStress and follow both NIMH at @NIMHgove and NCCIH at @NIH_NCCIH

### Practical Strategies for Autism Meltdowns in Children and Adolescents

A seminar will be held to teach its participants how to implement practical strategies for dealing with meltdowns of children and adolescents with Autism. The seminar will take place at the Shilo Inn Conference Hotel in Idaho Falls on **Wednesday, February 24** from **8:00am-4:00pm**. Alternative locations include the Doubletree Salt Lake City Airport in **Salt Lake City on February 25** and at the Wyndham Garden Boise Airport in **Boise on February 26**. For registration details, please follow the link provided below.


## Clinical Trials

### Impact of Genetic Testing on Clinical Decision Making and Patient Care

Researchers from Proove Bioscience, Inc. are interested in evaluating the impact of genetic testing on healthcare decisions and patient outcomes for patients suffering from pain, cardiovascular problems, arthritis, type II diabetes, and/or mental health disorders. This experiment will compare results of genetic testing with the clinical outcome measures to discover novel genetic factors that may influence patient care. This study will take place at the Idaho Pain Clinic in Sandpoint, Idaho. For eligibility requirements and contact information see the link provided below.
Science Update

Social Memory Improved by Circuit Tweak in Mice

Researchers at the National Institute of Mental Health have discovered a way to boost the staying power of social memory at least 80-fold by stimulating a circuit they discovered in the brains of mice. By priming this precise circuit to respond to pulses of light, male mice were able to remember female mice a week after meeting rather than the typical memory of an hour. This enhancement worked when the male’s circuit was being formed and during its first encounter with a female. This new research may help scientists target pathways to help patients with declining social memories.


Speeding Up Brain’s Waste Disposal May Slow Down Neurodegenerative Diseases

A study new study of mice, published in Nature Medicine and supported by the National Institutes of Health, shows how proteasomes, a cell’s waste disposal system, may break down during Alzheimer’s disease. This breakdown causes a cycle in which increased levels of damaged proteins become toxic, clog proteasomes, and kill neurons. The study suggests that enhancing proteasome activity with drugs during the early stages of Alzheimer’s may prevent dementia and reduce damage to brain. This groundbreaking research offers researchers an understanding of the proteasomes in neurodegeneration and provides a potential way to alleviate symptoms of neurodegenerative disorders.

Useful Links

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For more mental health updates, follow us on twitter!
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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