In the News

**SAMHSA Announces New Initiative to Address Serious Mental Illness in US**

Almost 10 million Americans experience a serious mental health illness each year. To address this significant issue, the Substance Abuse and Mental Health Services Administration (SAMHSA) has announced a federal interagency initiative to better address serious mental illness in America. Comprised of both government agency members and professionals from the general public, this committee will help to better address mental illness across the nation.


**NIAA Study Shows Americans Drink Alcohol at Dangerously High Levels**

Recent study results obtained by the National Institute on Alcohol Abuse and Alcoholism (NIAA) shows that nearly 13% of the US population aged 18 and older consumed more than twice the number of alcoholic drinks considered to be binge drinking on at least one occasion per year. Individuals who drink at various binge levels are more likely to experience an alcohol-related emergency department visit, have an alcohol use disorder, be injured due to drinking, and many other negative risk factors.


Education and Events

**June: PTSD Awareness Month**

The United States Department of Veterans Affairs supports June as
PTSD awareness month. Individuals who are affected by and/or interested in the subject of PTSD are encouraged to use VA resources to learn about PTSD, connect with individuals who have PTSD, and to share information about the campaign. For more information, follow the link provided below:

https://www.ptsd.va.gov/about/ptsd-awareness/

Webinar: Cognitive Behavior Therapy for Suicide in Veterans with Substance Use Disorders

A webinar will be held on Monday, June 12, from 1:00-2:00 MT to discuss the elevated risk of suicide for veterans with substance use disorders (SUDs). The webinar will discuss literature relating to the topic as well as techniques to target suicidal thoughts and behaviors among individuals with SUDs. For more information and to register, follow the link provided below:

https://register.gotowebinar.com/register/237064970666400898

Clinical Trials

Breast Cancer MRI Clinical Trial

A clinical trial performed by the Alliance for Clinical Trials in Oncology will test whether patients undergoing a breast MRI before breast surgery will have better results after surgery. Adult females (age 18 and older) with breast cancer are eligible for this study. There are many study locations, including sites in Idaho. For more information visit the website provided below:

https://www.clinicaltrials.gov/ct2/show/NCT01805076?term=Behaviors+and+Mental+Disorders%5BCONDITION-BROWSE-BRANCH%5D&rec=Open&state1=NA%3AUS%3AId&fund=01&rank=2

Science Update

New Molecule May Play a Role in Metabolic Functioning

Scientists from the National Insitutes of Health and other institutions have discovered a molecule, N-acetylttryptamine, that may work with the hormone melatonin to regulate 24 our changes in metabolism, including sleep and wake cycles. Researchers found that, like melatonin, the new molecule increases during the night and decreases during the day. Further research is planned to discover more about this molecule and its role in biological functioning.
Baby Teeth Link Autism and Heavy Metals

Research conducted by the National Institute of Environmental Health Sciences (NIEHS) shows that baby teeth from children with autism contain more toxic lead and less zinc and manganese compared to teeth from children without autism. Scientists used twins to control for genetic factors and in order to focus on environmental contributors which may be linked to the disease. This important discovery that may help to identify causes and risk factors for autism.


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/