

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

Russel Spearman,
Director

In the News

Link between Vascular Health Risk Factors and Dementia

A study funded by the National Institutes of Health (NIH) has discovered connections between vascular health risk factors in middle-aged individuals and later onset of dementia. Vascular health risk factors considered include diabetes, high blood pressure, and smoking, all of which were found to increase an individual's chances of developing dementia later in life.

<https://www.nih.gov/news-events/news-releases/midlife-cardiovascular-risk-factors-may-increase-chances-dementia>

Energy Drink Consumption Increases Risk of Future Substance Abuse

New research conducted by the National Institute on Drug Abuse (NIDA) shows that college age students who regularly consume energy drinks are at a greater risk of developing a future alcohol use disorder, cocaine use, or nonmedical use of prescription stimulants. College students around age 21 completed questionnaires about their energy drink consumption and were then given questionnaires about their substance use three years later. Results showed that individuals who consistently or were increasingly consuming energy drinks had higher rates of cocaine use, prescription stimulant misuse, and alcohol use disorder, however, there was no correlation with either tobacco or marijuana use.

<https://www.drugabuse.gov/news-events/news-releases/2017/08/energy-drinks-risk-to-future-substance-use>

Education and Events

Videocast Lecture: A Nation Under Pressure: The Public Health Consequences of Stress in America

In a videocast held on September 7, 2017 from 9:00 a.m. – 10:00 a.m. MT in Bethesda, MD the 19th U.S. Surgeon General Dr. Vivek Murthy will share his perspectives on stress and stress-related illness in America. For more information follow the link below:

<https://nccih.nih.gov/news/events/lectures/SES17>

Webinar: Creating Inclusive Higher Education Work Environments for People with Mental Health Disabilities

The Department of Labor's Employer Assistance and Resource Network on Disability Inclusion will hold a webinar discussing effective approaches for ensuring employees with mental health conditions can succeed in the workplace. This webinar will take place on September 14, 2017 from 11:00 a.m. – 1:00 p.m. MT. For more information and to register follow the link below:

<http://www.askearn.org/event/creating-inclusive-higher-education-work-environments-people-mental-health-disabilities/>

Clinical Trials

Assessing Online Interventions for Men's Mental Health and Wellbeing

An online interventional study conducted by the University of Maryland in cooperation with Florida State University will test a comprehensive, male-oriented, online screening and referral and male-oriented online information and referral intervention program to improve mental health and wellbeing with a focus on prevention of suicide and help-seeking behaviors for men. For more information and to find out if you are eligible for the study follow the link provided below:

<https://clinicaltrials.gov/ct2/show/NCT02785471?recrs=a&cond=mental+health&draw=1&rank=1>

Science Update

Mood Stabilizing Medications an Effective Option for Older Adults with

Bipolar Disorder

A recent clinical trial testing medications for bipolar disorder have proven to be effective in controlling symptoms in doses tailored to individuals over age 60. Bipolar disorder affects 2.6 percent of Americans, many of which are older adults whose symptoms and dosages may need to be changed as they age and have co-occurring illnesses. This study provides great information which can be used to improve treatment of bipolar disorder in older adults.

<https://www.nimh.nih.gov/news/science-news/2017/mood-stabilizing-medications-an-effective-option-for-older-adults-with-bipolar-disorder.shtml>

Pain Relief Most Reported Reason for Misuse of Opioid Pain Relievers

A recent study based on data from the 2015 National Survey on Drug Use and Health showed that 38 percent of Americans used prescription opioids in the prior year. Of these participants, 11.5 million individuals reported misusing the drugs and 1.9 million reported having an opioid use disorder. Results also showed that 63.4 percent of individuals who misused these medications did so in order to relieve physical pain. These results suggest a need to decrease the excessive prescription of opioids as well as the need to improve evidence-based pain management.

<https://www.drugabuse.gov/news-events/news-releases/2017/07/pain-relief-most-reported-reason-misuse-opioid-pain-relievers>

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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