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

Study Shows African Americans and Latinos More Likely to be At Risk for Depression

A research study designed to compare the relationship between unhealthy behaviors, chronic stress, and risk of depression based on race and ethnicity has found that Latinos and African Americans have more chronic stress, unhealthy behaviors, and chance for depression compared to other races and ethnicities. However, the study found that engaging in unhealthy behaviors was strongly associated with a greater chance of depression for only Whites and African Americans. Researchers believe the understanding of behaviors that can be linked to increased risk of depression, especially when considering specific populations, can lead to optimized healthcare treatment options.


FDA Approves First Non-Opioid Treatment for Management of Opioid Withdrawal Symptoms

The U.S. Food and Drug Administration has recently approved a new non-opioid medication, Lucemyra, which helps to alleviate the symptoms of opioid withdrawal. This new drug may help allow individuals to more safely use prescribed opioids without fear of withdrawal symptoms. Additionally, individuals who do suffer from an opioid use disorder may be prescribed this medication to alleviate opioid withdrawal symptoms in an effort to end an opioid addiction cycle.

https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm607884.htm
Education and Events

NIMH Mental Health Services Research Conference

In August 2018 the National Institutes of Mental Health will host its 24th annual Mental Health Services Research Conference with the theme of What's the Next Big Thing? This conference provides the opportunity for professionals who work in areas related to mental health services research to collaborate and discuss opportunities to positively impact individuals with mental health disorders. For more information follow the link below.


Clinical Trials

Memory Improvement Through Nicotine Dosing (MIND) Study

A research project sponsored by the University of Southern California is conducting a clinical trial to determine if daily transdermal nicotine dosing is able to produce a significant cognitive, clinical, and functional improvement in participants with MCI. Individuals may be eligible if they are between the ages of 55 and 90 years old, have concerns about memory problems, have the ability to fluently speak English, and more. For more information about the clinical trial, including inclusion and exclusion criteria, please follow the link below.

https://www.clinicaltrials.gov/ct2/show/NCT02720445?term=Behaviors+and+Mental+Disorders%5BCONDITION-BROWSE-BRANCH%5D&recrs=abc&map_cntry=US&map_state=US%3AID&fund=01

Science Update

Variance in Paternally Inherited Noncoding DNA Sections Associated with Autism Spectrum Disorder

A new study, which was funded in part by the National Institutes of Mental Health has identified a link between paternally-inherited rare structural variants in noncoding segments of genes and the development of autism spectrum disorder. This new development reveals key information that contributes to the study behind genetic
inheritance of autism spectrum disorder.


**Study Reveals that Opioid Treatment is Not the Most Ideal Treatment Option for Chronic Pain**

New research has revealed that chronic pain is the cause of a decreased number of opioid receptors in the brain, indicating that opioids may not be an effective treatment option for chronic pain. This same study also provided the valuable insight that chronic pain was linked to an increased risk of depression, emphasizing the limited effectiveness of opioid therapy due to the possible result of comorbid depression.


**Useful Links**

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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/