

Behavioral Health Awareness Campaign

Publications



Study Pinpoints Substance Use Risk Factors among Teens with Bipolar Disorder - *An association between bipolar disorder (BD) and substance use disorders (SUDs) is well established. However, a team of University of Cincinnati (UC) researchers identified specific risk factors explaining the correlation.* [Read more](#)

6/2014

NARSAD Grantee Identifies How Genetic Disorder Disrupts Brain Development - *A mutation in a gene called Syngap1 is known to disrupt early brain development, resulting in various severe cognitive and behavioral disabilities. The damage to these developing cells creates an ongoing dysfunction that perpetuates disability into adulthood. The new finding opens the way to potential prenatal diagnosis and targeted treatment of Syngap1-induced abnormalities before permanent dysfunction is set into motion.* [Read more](#)

Bipolar Substance Abusers Twice As Likely to Attempt Suicide - *A new study has suggested that individuals who suffer from both bipolar disorder and alcohol or substance abuse issues are twice as likely to attempt suicide than patients who do not have a similar combination of problems.* [Read more](#)

5 Reasons Substance Abuse is Even More Dangerous for Young People - *The person you shape while growing up can be the person you're stuck with. So allowing drugs or alcohol to influence this young person can affect not just who you are today, but who you can be and will become. Here are five reasons why substance abuse is especially dangerous for young people.* [Read more](#)

That 'Trendy' Drug Your Kid Does Is the Same as Meth- *What's in a name? In this case, bath salts, crystal meth, baby powder, PCP and caffeine, to name a few. An old substance with a fancy new name has hit the streets and is quickly becoming one of the trendiest of the designer drugs to ever hit the market. Ingenious dealer marketing, helped along by misguided celebrities, have created a monster that is slowly devouring our teenagers. And it's a monster named Molly.* [Read more](#)

The Overdose Epidemic: Should We Revisit 'Harm Reduction'?- *"The number of people dying from heroin overdoses is the highest it's been in at least a decade. In small towns, suburbs, and rural communities all over America, an evolving epidemic of addiction and overdose is claiming new victims — part of a toxic cocktail of*

economic and social pressures that's fraying the social fabric and making it harder and harder for too many Americans to live the lives they dream about and deserve." [Read more](#)

Latest Addition to Heroin Treatment Arsenal: Recovery Coaches -

There is growing interest across the country in using recovery coaches to help people addicted to heroin, according to Robert Lubran, Director of the Division of Pharmacologic Therapies at the Substance Abuse and Mental Health Services Administration. New York state is paying for coaches to help treat addiction through its Medicaid program. [Read more](#)

Substance Abuse and the Elderly: The Forgotten Casualties - *The prescription drug epidemic that grips the United States has shown little discrimination when it comes to victims. However, the Centers for Disease Control have managed to identify several subgroups within that vast demographic that would qualify as "high risk patients" and therefore more susceptible to prescription drug overdoses. [Read more](#)*

Are Children Overmedicated - *A recent symposium at the Carter Center featured a report by the Centers for Disease Control and Prevention (CDC) that as many as 10,000 toddlers may be receiving psychostimulant medication, like methylphenidate (Ritalin). [Read more](#)*

Heroin Abuse: Dramatic Demographic Shift in Drug Use Over the Past 50 Years - *According to research led by Theodore Cicero of the Washington University School of Medicine, today's heroin users are older (average age of 22.9 years), live in nonurban areas, and are equally male and female. These findings are significant because back in the 1960s, the average age of heroin users was 16.5 years of age, the percentage of white people seeking treatment for their heroin use was 40% (it's now 90.3%), and 82.8% of heroin users were men. This has all drastically changed over the past 50 years. [Read more](#)*

Substance Abuse Intensive Outpatient Programs: Assessing the Evidence - *Substance abuse intensive outpatient programs (IOPs) are an important part of the continuum of care for substance use disorders. They are as effective as inpatient treatment for most individuals. Public and commercial health plans should consider IOP services as a covered health benefit. Standardization of the elements included in IOPs may improve their quality and effectiveness. [Read more](#)*

City of Chicago Sues Big Pharma for Deceptively Marketing Highly Addictive Prescription Painkillers - *the City of Chicago has filed a lawsuit in Illinois state court against five pharmaceutical manufacturers for misrepresenting the*

benefits of opioids, a class of highly addictive narcotic painkillers, and concealing the serious health risks associated with these drugs. [Read more](#)

5/2014

Childhood Bullying Causes Abnormal Inflammation with Long-Term Adverse Impact on Health - *Research explains why children who are bullied experience long-lasting impairments in both emotional and physical health. [Read more](#)*

Clinical Report: Testing for Drugs of Abuse in Children and Adolescents- *Drug testing is often used as part of an assessment for substance use in children and adolescents. However, the indications for drug testing and guidance on how to use this procedure effectively are not clear. This clinical report will provide guidance to pediatricians and other clinicians on the efficacy and efficient use of drug testing on the basis of a review of the nascent scientific literature, policy guidelines, and published clinical recommendations. [Read more](#)*

Natural Regeneration in the Brain Clears Out Old, Makes Way for New - *How do we continue to learn and make new memories throughout life? This age-old question is being explored with 21st century technology. The study found that neurogenesis in the hippocampus, a region in the brain involved in memory formation, may be helping the brain overwrite old memories with new ones. [Read more](#)*

Emergency departments see increased visits involving the nonmedical use of sedative alprazolam - *The number of emergency department visits involving non-medical use of the sedative alprazolam doubled from 57,419 to 124,902 during the years 2005 to 2010, and then remained stable at 123,744 in 2011, according to a new report issued today. [Read more](#)*

Predicting Suicide Risk - Identifying Biological Factors that Interact with Environmental Stressors - *The article presents a case for suicide being the result of environmental stressors that activate a biological predisposition (or “diathesis”) to suicide. This is called the “stress-diathesis theory.” [Read more](#)*

4/25/14

New screening test identifies substance use in adolescents - *A new modification of the National Institute on Alcohol Abuse and Alcoholism (NIAAA) alcohol screening tool accurately identifies adolescent tobacco, alcohol, and other drug use, researchers say. [Read more](#)*

3/27/14

Reclaiming One's Dignity: Overcoming the Prejudice and

Discrimination of Mental Illness - *Individuals with psychiatric disabilities have a dual challenge when it comes to their recovery; that is, recovery from a mental illness and the challenge of recovering from the negative attitudes toward people with psychiatric disabilities that are commonly known as stigma. It is well established that the stigma of mental illness is prevalent in our society among even the most educated and, surprisingly, including mental health practitioners as well.* [Read more](#)

2/2014

What You Need to Know About Heroin Addiction- *Philip Seymour Hoffman's tragic death has focused attention on heroin addiction. Unfortunately, heroin addiction is on the rise from teens to older adults. Heroin addiction doesn't discriminate. Individuals from every socioeconomic background have access to the drug because it's cheap and easy to get. According to SAMHSA, in 2011, 4.2 million people age 12 and older used heroin at least once in their lifetime, and 23 percent became dependent.*

[Read more](#)

Government Officials Urge Increased Use of Naloxone to Reverse

Heroin Overdoses- *Government officials Tuesday urged first responders to increase their use of the drug naloxone to reverse overdoses of heroin and prescription opioids. Heroin overdoses kill 100 people every day, Director of National Drug Control Policy R. Gil Kerlikowske said at a White House press conference Tuesday. "Naloxone has very few side effects and can be safely administered in many different settings, so there is some hope for its expanded use," he said.* [Read more](#)

Use of Heroin and Prescription Painkillers Have Become Integrated, Experts Say- *"The old-school user, pre-1990s, mostly used just heroin, and if there was none around, went through withdrawal," said Stephen E. Lankenau, a sociologist at Drexel University. Today, he said, "users switch back and forth, to pills then back to heroin when it's available, and back again. The two have become integrated."* [Read more](#)

Study: Deadly Motor Vehicle Crashes Involving Marijuana Tripled in

Last Decade- *Fatal car crashes that involved marijuana tripled in the past decade, a new study concludes. One in nine drivers involved in a fatal crash tests positive for marijuana, according to the Columbia University researchers.* [Read more](#)

The PTSD Crisis That's Being Ignored: Americans Wounded in Their Own Neighborhoods- *So when researchers started screening patients there for post-traumatic stress disorder in 2011; they assumed they would find cases. They just didn't know how many: Fully 43 percent of the patients they examined – and more than half of gunshot-wound victims – had signs of PTSD. [Read more](#)*

1/20/2014

ADHD experts re-evaluate 1999's study's zeal for drugs- *Is the best long-term treatment medication, behavioral therapy or both? [Read more](#)*

1/03/2014

Severe Mental Illness Tied to Higher Rates of Substance Use- *New NIH study shows that certain protective factors do not exist in those with severe mental illness. People with severe mental illness such as schizophrenia or bipolar disorder have a higher risk for substance use, especially cigarette smoking, and protective factors usually associated with lower rates of substance use do not exist in severe mental illness, according to a new study funded by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. [Read more](#)*

De-Stigmatizing Depression by Understanding How It Is a Brain Disease - *[Cameron Craddock, Ph.D.](#) and [Helen Mayberg, M.D.](#) discuss how different efforts to identify how depression is linked to malfunctioning in the brain's network will change how people think about depression. [Read more](#)*

12/2013

A Pill to Cure Addiction?

New research is identifying the molecular reasons why alcohol and drug habits are so difficult to break, which could point the way to new medicines to help addicts go cold turkey. [Read more](#)

Impulsive Personality Linked to Food Addiction

People with an impulsive personality may be more likely to have a food addiction, according to a new study by researchers at the University of Georgia. Furthermore, those with higher levels of food addiction are more likely to have a higher body mass index (BMI). [Read more.](#)

FDA Approves Sovaldi for Chronic Hepatitis C – FDA approved form of drug treatment for hepatitis C virus, Solvadi, which has been reported to be safe to use without the co-administration of interferon, click on the attached link. [Read more](#)

43.7 Million Americans Experienced Mental Illness in 2012

Nearly one in five American adults, or 43.7 million people, experienced a diagnosable mental illness in 2012 according to the Substance Abuse and Mental Health Services Administration (SAMHSA). These results are consistent with 2011 findings.

SAMHSA also reported that, consistent with 2011, less than half (41 percent) of these adults received any mental health services in the past year. Among those who had serious mental illness, 62.9 percent received treatment. Among adults with mental illness who reported an unmet need for treatment, the top three reasons given for not receiving help were that they could not afford the cost, thought they could handle the problem without treatment, or did not know where to go for services. [Read more](#)

How Emotionally Intelligent Are You? Here's How To Tell

What makes some people more successful in work and life than others? IQ and work ethic are important, but they don't tell the whole story. [Read more](#)

11/14/13

How You Can Help Prevent Discrimination Against People with Mental Illness

[we] whisper about mental health issues and avoid asking too many questions. ... And there should be no shame in discussing or seeking help for treatable illnesses that affect too many people that we love. We've got to get rid of that embarrassment. We've got to get rid of that stigma. [Read more](#)

11/07/2013

Depression: The Second Leading Cause of Disability Worldwide

Depression can have a profound impact on a person's life, work, and relationships. But a new study shows the true toll of mental health conditions on a global scale. New research found that depression is the second leading cause of the global disability burden. [Read more](#)

Many U.S. veterans given psychiatric drugs without diagnosis:

Researchers found that nearly one-third of vets who are prescribed psychotropic medicine by their doctors haven't been formally diagnoses with a mental illness. This was the most common in older veterans between ages 65 and 85. Older vets between

ages 65 and 85 were the ones most commonly prescribed psychotropic drugs without a formal diagnosis, and were least likely to be receiving mental health treatment, researchers report in the American Journal of Geriatric Psychiatry. The findings are important because such drugs can pose serious health risks. [Read more](#)

With Rise Of Painkiller Abuse, A Closer Look At Heroin - *The number of people reporting heroin use in the previous year increased between 2007 and 2012. Meanwhile, federal data from 2011 finds that of people who had used heroin in the past year had also previously abused prescription painkillers classified as opioids.* [Read more](#)

10/4/2013

The Experience of Symptoms of Depression in Men vs. Women

– *Study shows that men as just as likely to have symptoms of depression as women*
Read the [abstract](#)

10/2013

Early and Periodic Screening, Diagnosis and Treatment (EPSDT) – If undetected and left untreated, even minor health issues in children can turn into major concerns, possibly with lifelong consequences. [Read more](#)

8/26/2013

Back to School Tips – *Going back to school can be exciting and yet stressful for children. Learn important steps you can take to support your child as he or she heads back to school.* [Back to School Tips](#)

Back to Campus – *Mental health issues are on the rise on college campuses across the country. College students can greatly benefit from understanding that a certain amount of stress is normal, but that too much stress can be unhealthy and unproductive. Knowing the signs of stress, its causes and how to manage it can be a great tool in promoting and preserving good mental health.* [Back to Campus](#)

8/25/2013

Teachers Taught to Look for Mental Illness in Kids- *One program aims to prepare teachers to recognize students who may exhibit signs of a mental illness, but detractors say the pupils could get detrimental labels. NBC's Mark Potter reports.*
[Teachers Taught to Look for Mental Illness in Kids](#)

8/10/2013

When Doctors Discriminate – *The first time it was an ear, nose and throat doctor. I had an emergency visit for an ear infection, which was causing a level of pain I hadn't experienced since giving birth. He looked at the list of drugs I was taking for my bipolar disorder and closed my chart. "I don't feel comfortable prescribing anything," he said. "Not with everything else you're on." He said it was probably safe to take Tylenol and politely but firmly indicated it was time for me to go.* [**When Doctors Discriminate**](#)

7/19/2013

Getting Past Stigma - *How can we get past the stigma and ensure that our loved ones and everyone affected by addiction receives the appropriate care?* [**Read more**](#)

7/15/ 2013

New Program to Help Teens - *A four-week stress-reduction program that includes yoga-based breathing techniques can help teens gain better control of their impulsive behavior, a new study suggests.* [**Yoga-Based Breathing Techniques Can Help Reduce Teen Impulsive Behavior: Study**](#)

6/24/2013

Changing your mood - *University of Notre Dame study suggests that some internal traits are malleable and, with time and effort, people can teach themselves new 'languages' to improve their mental health.* [**Gloomy Thinking Can Be Contagious**](#)

6/11/2013

Harvard researcher studies secondary prevention - *At the recent American Psychiatric Association's annual meeting, Ronald C. Kessler, PhD, the McNeil Family Professor of Health Care Policy at Harvard Medical School, discussed his goal of reaching people with mental health issues before they develop alcohol or drug disorders, known as secondary prevention.* [**Preventing Substance Use Disorders in People With Mental Illness**](#)

Red Ribbon Week Article

6/5/2013

Prevention Program Proves Effective for Substance Abuse – *Emerging evidence shows that a proactive approach works to reduce substance abuse among young adults* [Prevention Program Proves Effective for Substance Abuse](#)

5/24/2013

Receptor May Underlie Gender Differences in Response to Smoking Cessation - *Men benefit more than women from nicotine replacement therapy (NRT) for smoking cessation because nicotine affects a key neuroreceptor differently in the two sexes, a NIDA-sponsored study suggests. The findings highlight the need for alternative therapies for women smokers.* [Read more >>](#)

5/23/2013

The Centers for Disease Control and Prevention's (CDC) first-ever study of mental disorders among children ages 3 to 17 - *an effort by CDC to show mental health is a health issue.* [Mental disorders in children: CDC releases first-ever report](#)

4/23/2013

2012 Partnership Attitude Tracking Study - *One in four teens has misused or abused an Rx drug at least once in their lifetime.* [Read the full report on Drugfree.org now >](#)