



## NIMH Briefing: Mental Health Liaison Group

Joshua A. Gordon, M.D., Ph.D.  
Director, NIMH

June 7, 2019

Follow me on Twitter: [@NIMHDirector](https://twitter.com/NIMHDirector)



National Institute  
of Mental Health

# Welcome and Agenda

- About NIMH
- Suicide Prevention
- Recent Treatment Advances
- First Episode Psychosis
- Children's Mental Health

# Agenda

- **About NIMH**
- Suicide Prevention
- Recent Treatment Advances
- First Episode Psychosis
- Children's Mental Health

# NIMH Vision & Mission

## VISION

NIMH envisions a world in which mental illnesses are prevented and cured.

## MISSION

To transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

# About the NIMH

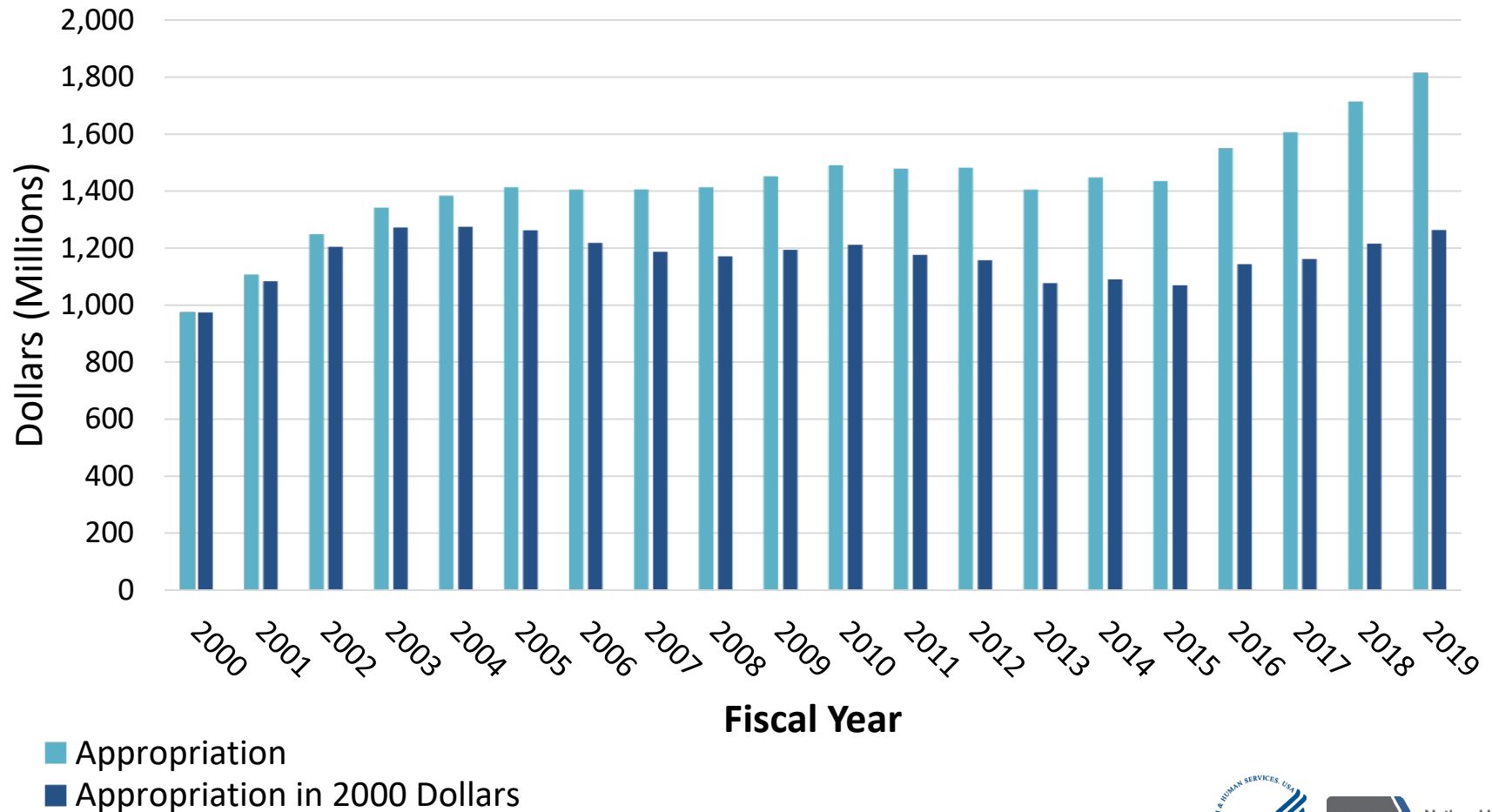


- The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental illnesses.
- NIMH supports more than 3,000 research grants and contracts at universities and other institutions across the country and overseas.
- NIMH intramural research programs support approximately 600 scientists working on the NIH campuses.



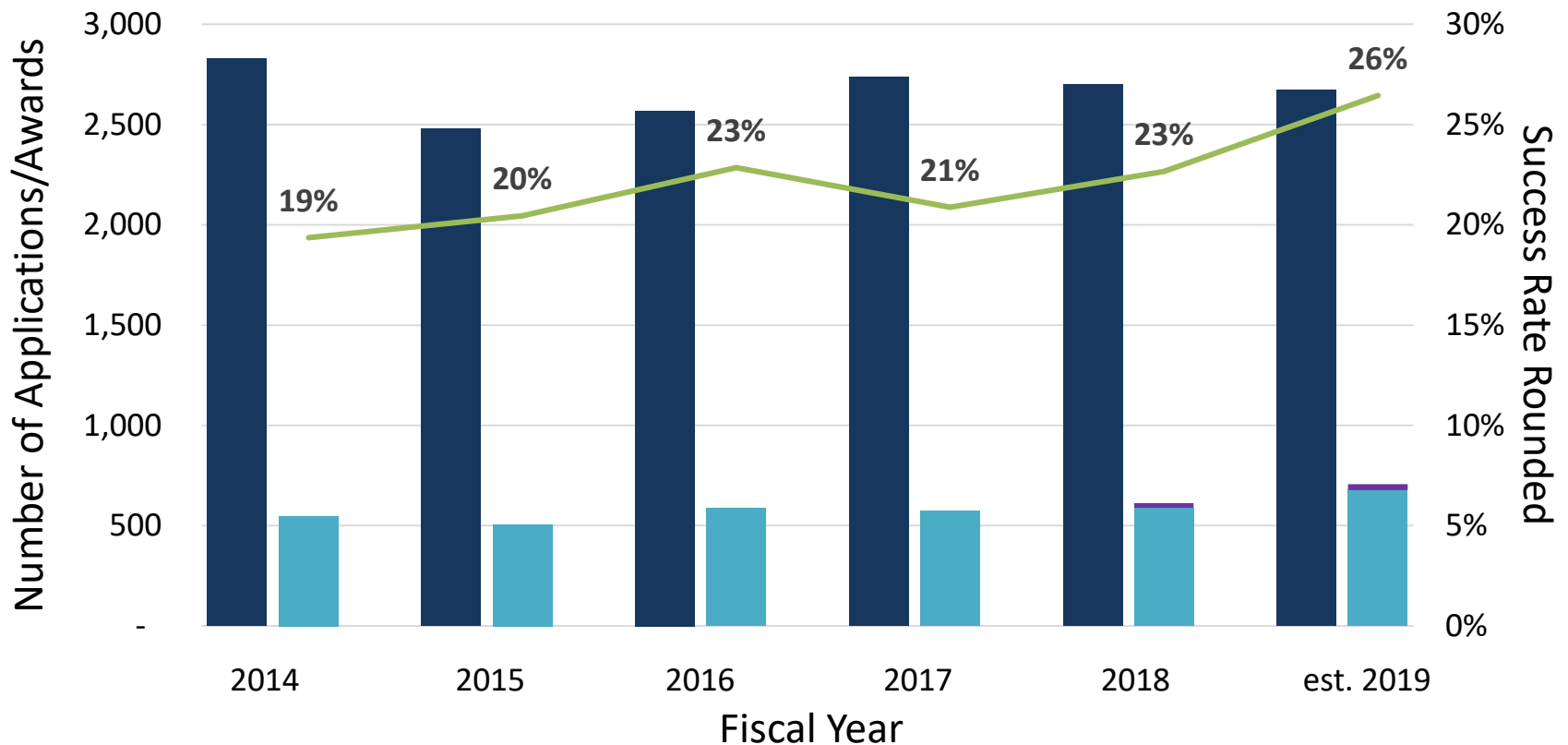
# NIMH Budget Update

## NIMH Budget in Appropriated Dollars and FY 2000 Dollars



# NIMH Budget Update

## NIMH Applications, Awards, and Success Rates for Research Project Grants



■ Application ■ Direct Awards ■ Cures Awards — Success Rate



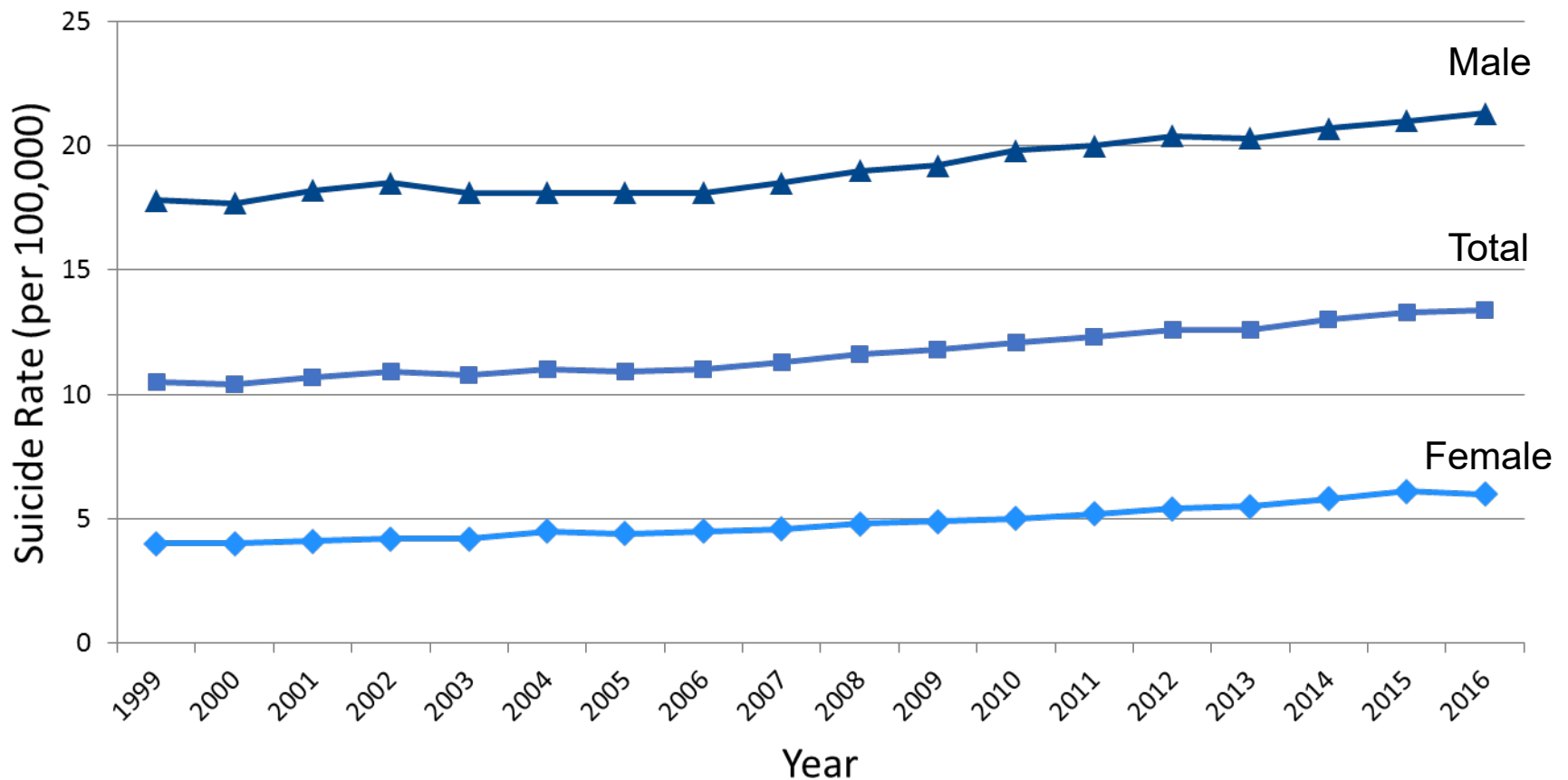
# Agenda

- About NIMH
- **Suicide Prevention**
- Recent Treatment Advances
- Serious Mental Illness and First Episode Psychosis
- Children's Mental Health



# Suicide Prevention

Age-Adjusted Suicide Rates in the United States  
(1999-2016)



# Screening Youth for Suicide Risk in the Medical Setting



1. In the past few weeks, have you wished you were dead?

☐ Yes

☐ No

2. In the past few weeks, have you felt that you or your family would be better off if you were dead?

☐ Yes

☐ No

3. In the past week, have you been having thoughts about killing yourself?

☐ Yes

☐ No

4. Have you ever tried to kill yourself?

☐ Yes

☐ No

If Yes, how?

When?

**If the patient answers yes to any of the above...**

5. Are you having thoughts of killing yourself now?

☐ Yes

☐ No



# Harness Evidence-Based Practices

## JAMA Psychiatry

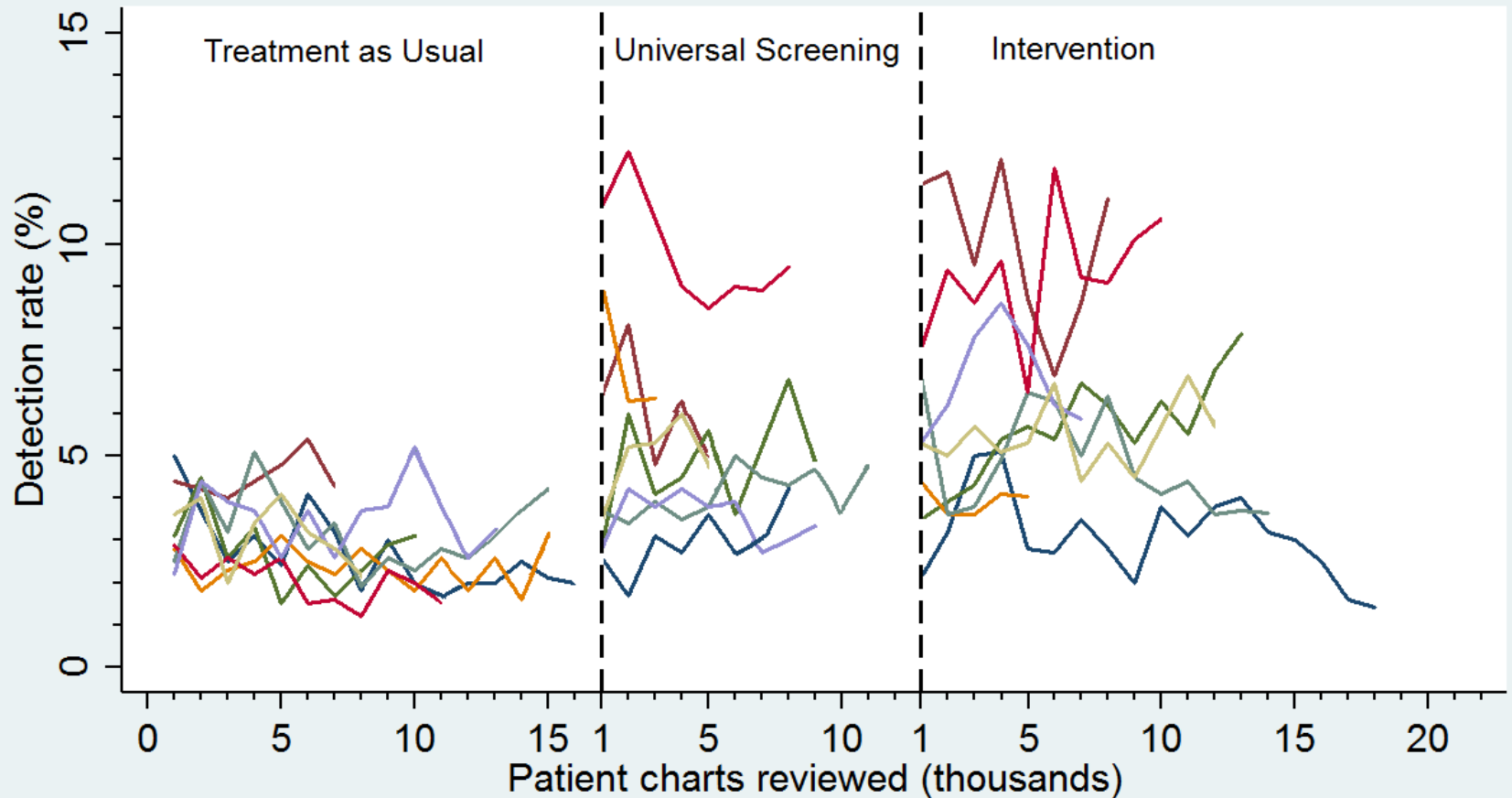
### Suicide Prevention in an Emergency Department Population The ED-SAFE Study

Ivan W. Miller, PhD; Carlos A. Camargo Jr, MD, DrPH; Sarah A. Arias, PhD; Ashley F. Sullivan, MS, MPH;  
Michael H. Allen, MD; Amy B. Goldstein, PhD; Anne P. Manton, PhD, APRN; Janice A. Espinola, MPH;  
Richard Jones, ScD; Kohei Hasegawa, MD, MPH; Edwin D. Boudreaux, PhD; for the ED-SAFE Investigators

2017

# Suicide Screening in Emergency Department Settings

Universal screening doubles the rate of suicide risk detection



# Suicide Screening and Intervention for Adults

## Universal Screening Plus Intervention Reduces Number of Suicide Attempts

Figure 2. Total Suicide Attempts per Participant by Phase

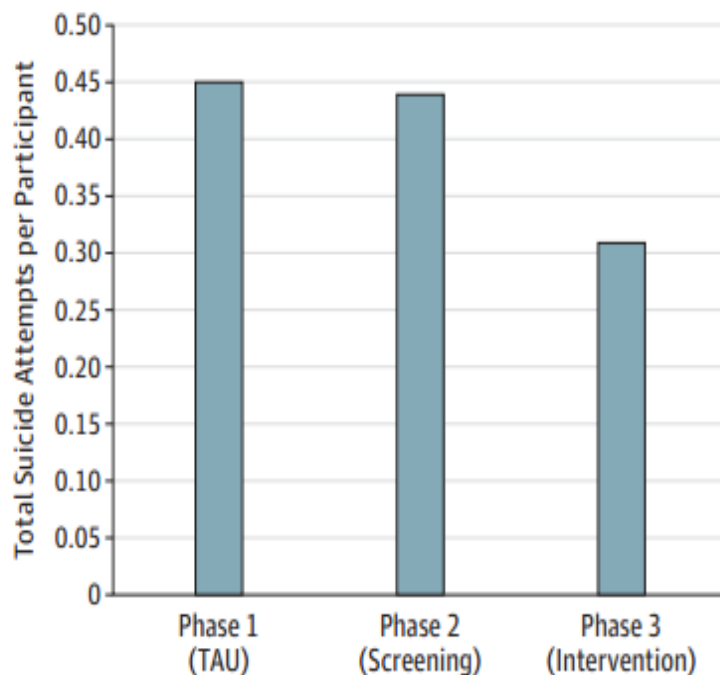
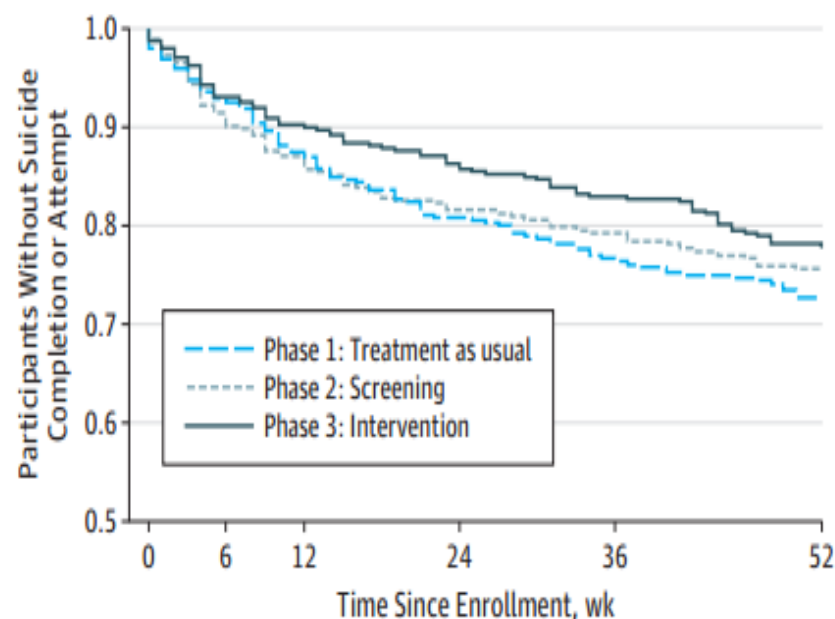


Figure 3. Proportion of Participants Who Did Not Make a Suicide Attempt Over Time



# Science Highlight

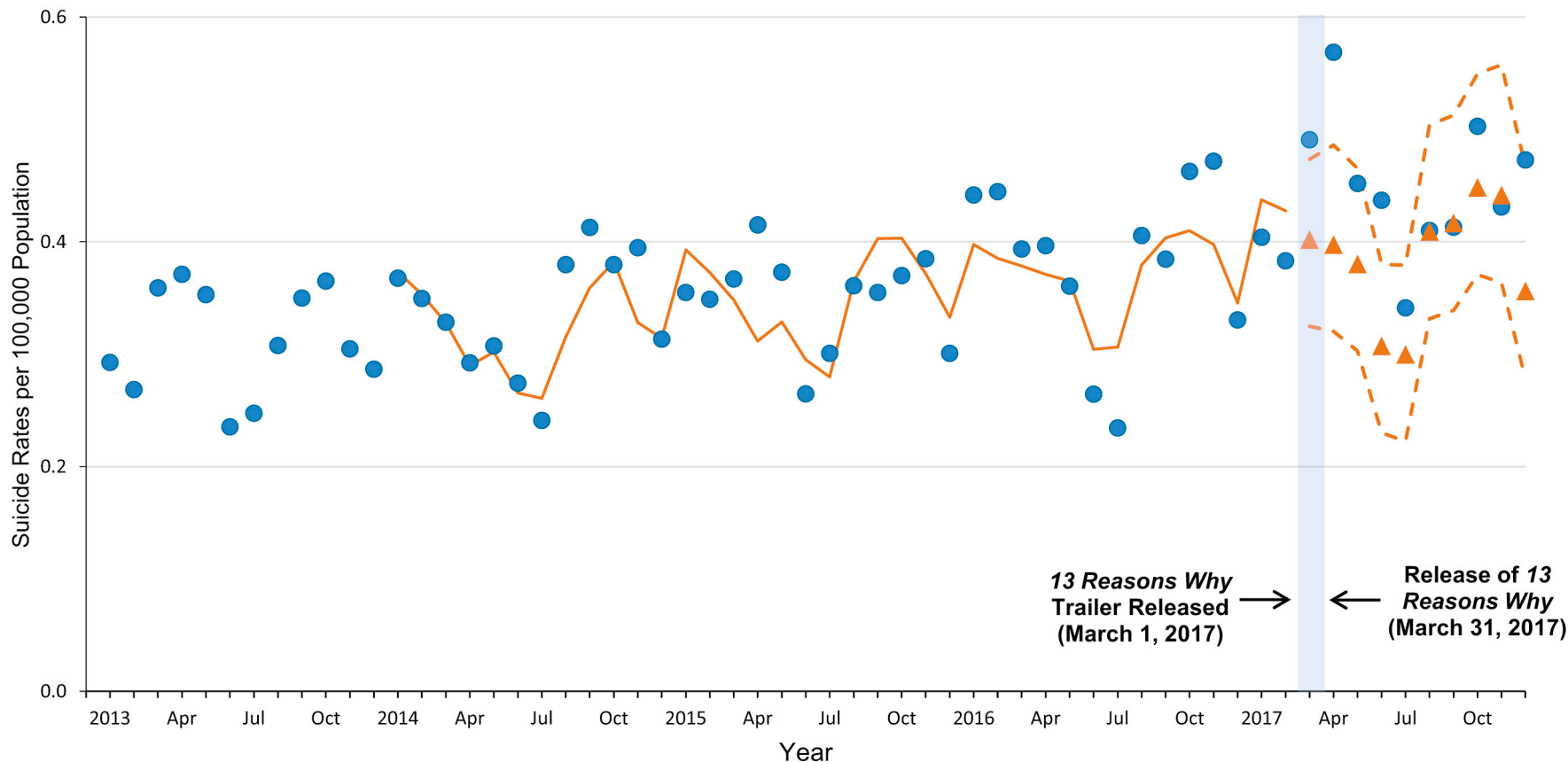
Journal of the American Academy of  
**CHILD & ADOLESCENT  
PSYCHIATRY**

2019

## **Association Between the Release of Netflix's *13 Reasons Why* and Suicide Rates in the United States: An Interrupted Times Series Analysis**

Jeffrey A. Bridge, PhD, Joel B. Greenhouse, PhD, Donna Ruch, PhD, Jack Stevens, PhD, John Ackerman, PhD, Arielle H. Sheftall, PhD, Lisa M. Horowitz, PhD, MPH, Kelly J. Kelleher, MD, John V. Campo, MD

# Release of “13 Reasons Why” Associated with Increase in Youth Suicide Rates



# Release of “13 Reasons Why” Associated with Increase in Youth Suicide Rates

*The Washington Post*

Suicides spiked in the months after Netflix released ‘13 Reasons Why’

*The New York Times*


*In Month After ‘13 Reasons Why,’ Study Finds Suicide Rates Grew*

MENTAL HEALTH



Teen Suicide Spiked After Debut Of Netflix's '13 Reasons Why,' Study Says

The TV series is linked to a troubling jump in suicide

 **USA TODAY**  
Study: Kids' suicides spiked after Netflix's '13 Reasons Why'



Teen suicide rates spiked after debut of Netflix show '13 Reasons Why,' study says



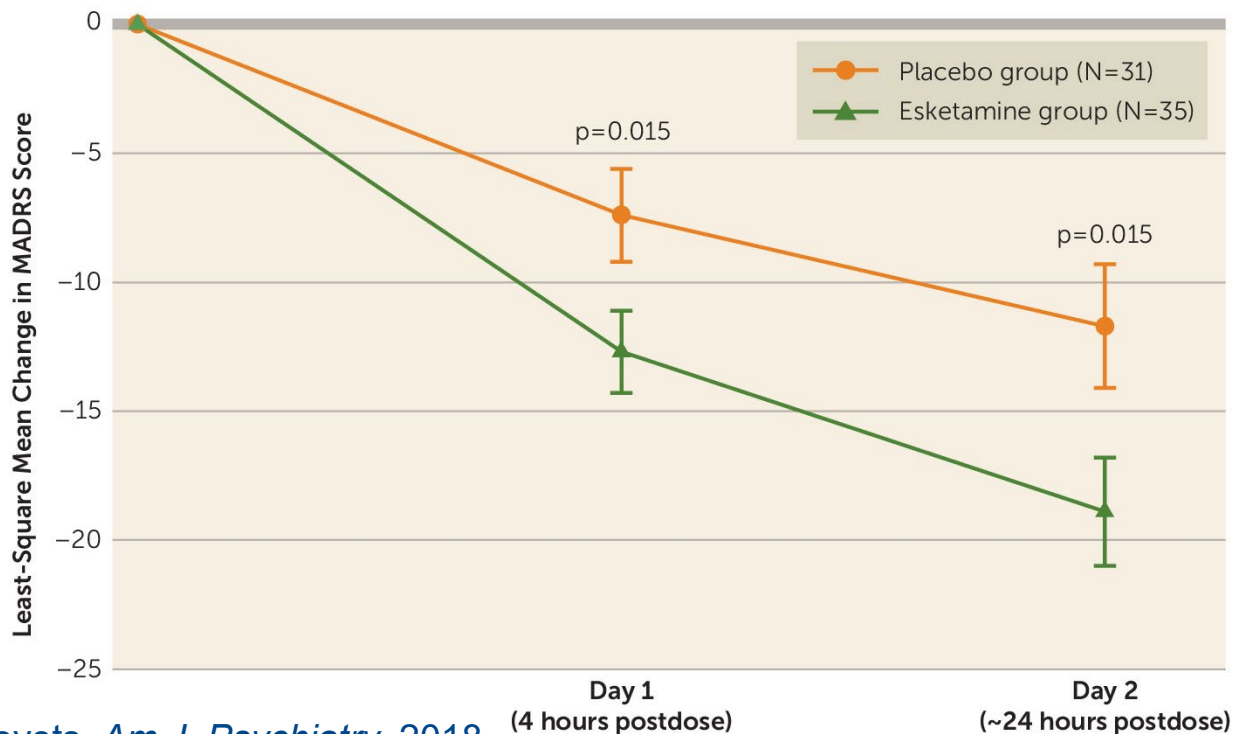
# Agenda

- About NIMH
- Suicide Prevention
- **Recent Treatment Advances**
- Serious Mental Illness and First Episode Psychosis
- Children's Mental Health

# Transformative Therapeutics – Esketamine

FDA NEWS RELEASE

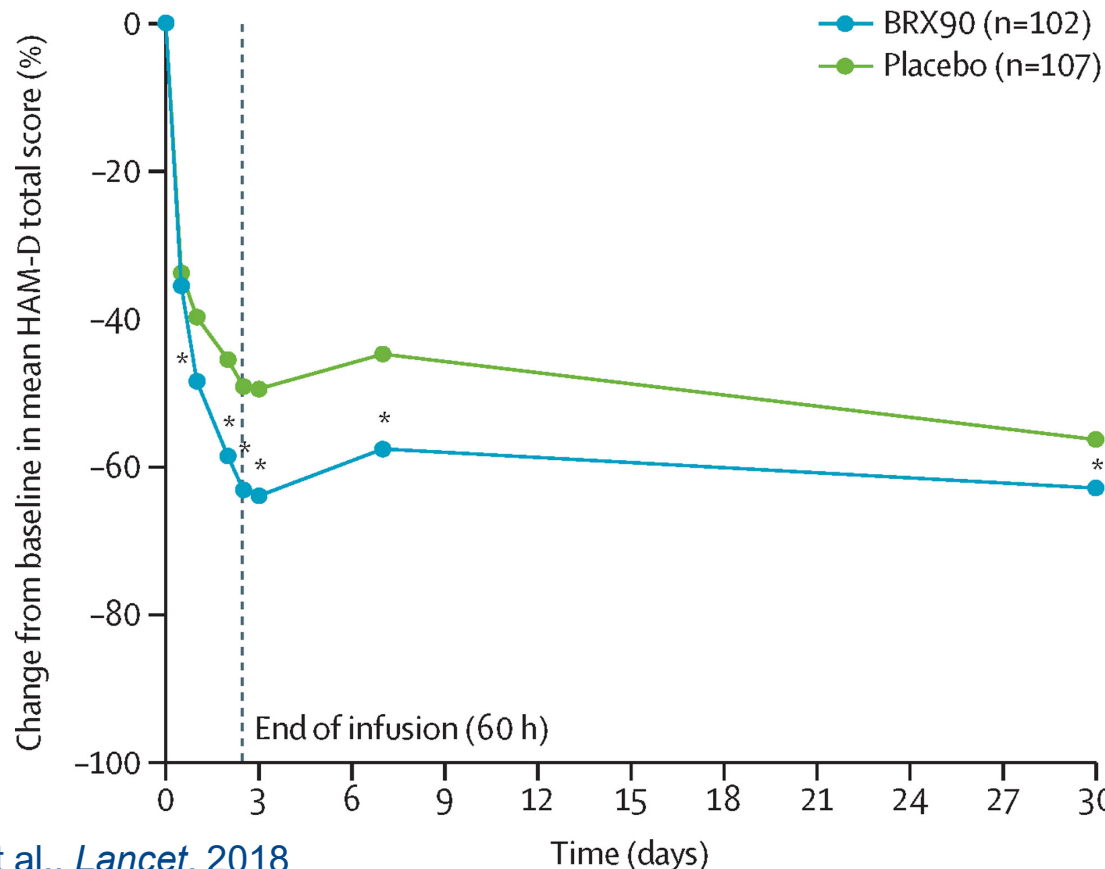
**FDA approves new nasal spray medication  
for treatment-resistant depression;  
available only at a certified doctor's office  
or clinic**



# Transformative Therapeutics – Brexanolone

FDA NEWS RELEASE

## FDA approves first treatment for post-partum depression

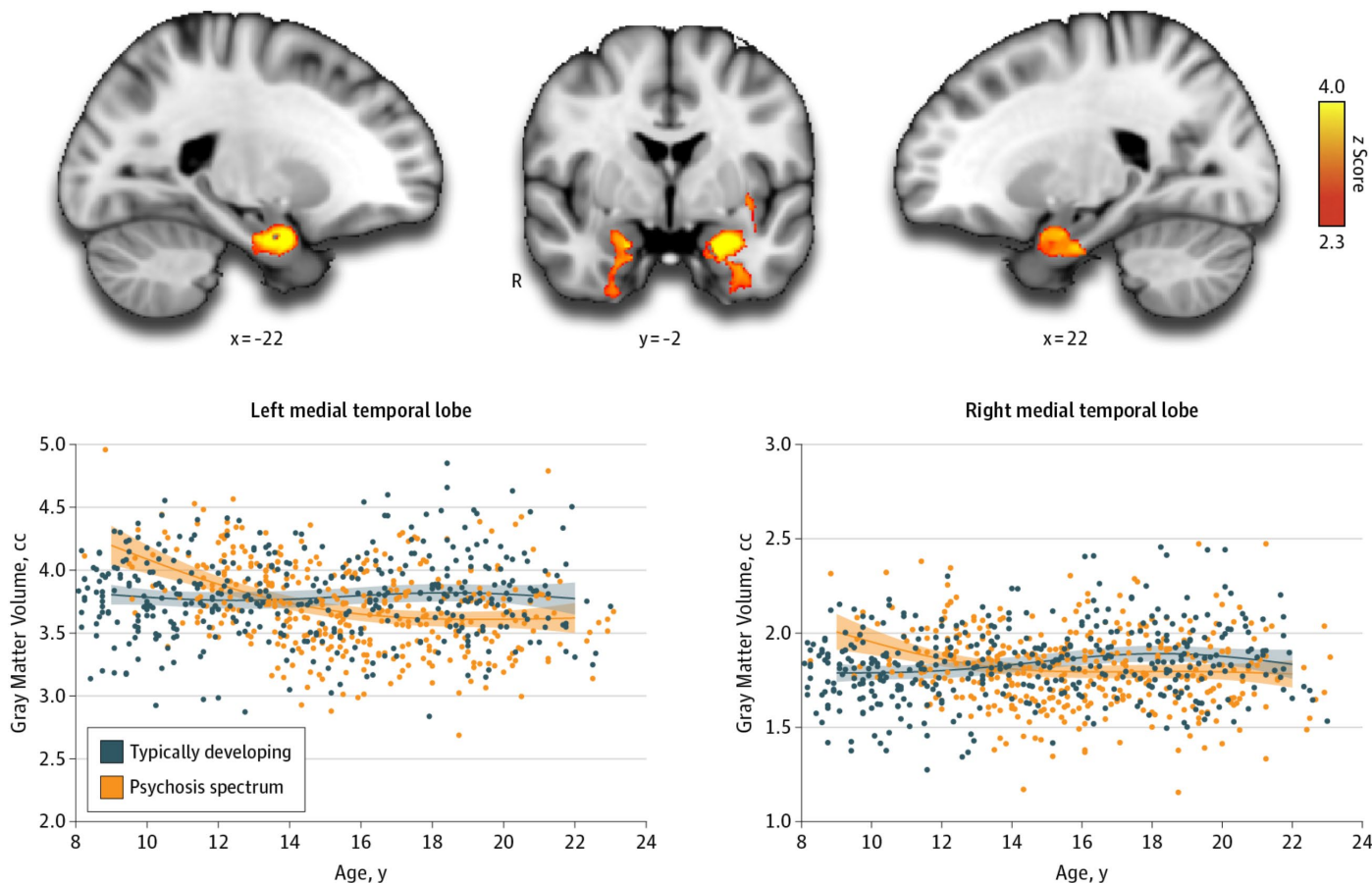


# Agenda

- About NIMH
- Suicide Prevention
- Recent Treatment Advances
- **First Episode Psychosis**
- Children's Mental Health

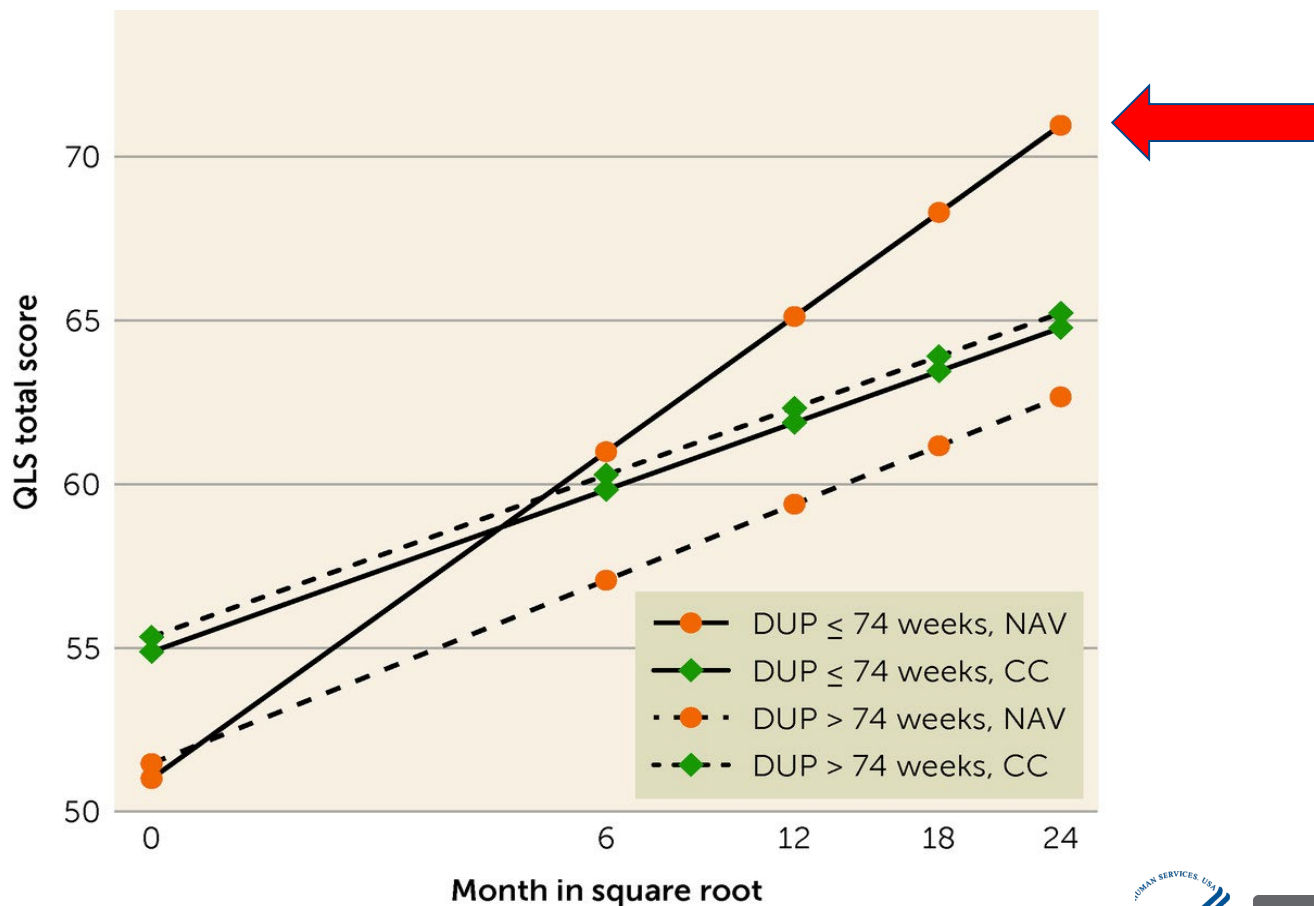
# Structural Brain Abnormalities in Youth With Psychosis Spectrum Symptoms

Data from the Philadelphia Neurodevelopmental Cohort



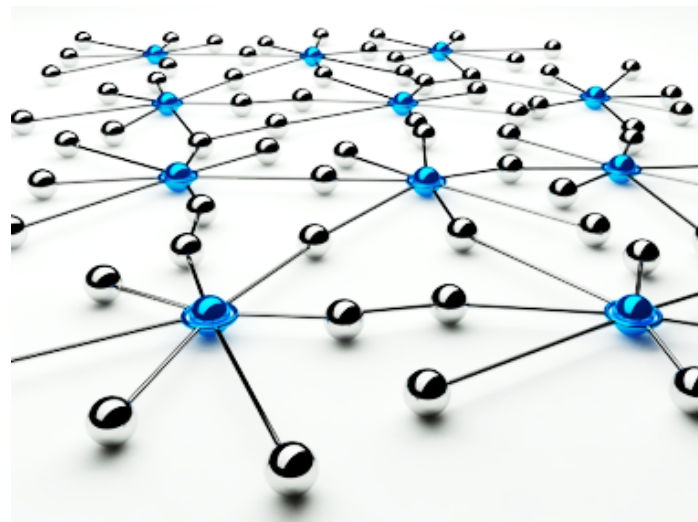
# Recovery After an Initial Schizophrenia Episode (RAISE)

Participants with shorter duration of untreated psychosis had greater improvement in quality of life and psychopathology over 2 years



# Early Psychosis Intervention Network (EPINET)

- Establishes a national learning healthcare network among U.S. early psychosis clinics
- Utilizes standard measures of FEP/CHR clinical characteristics and key outcomes across sites
- Employs a unified informatics approach to monitor the delivery, quality, and impact of Coordinated Specialty Care
- Cultivates a culture of collaborative research participation in academic and community early psychosis clinics

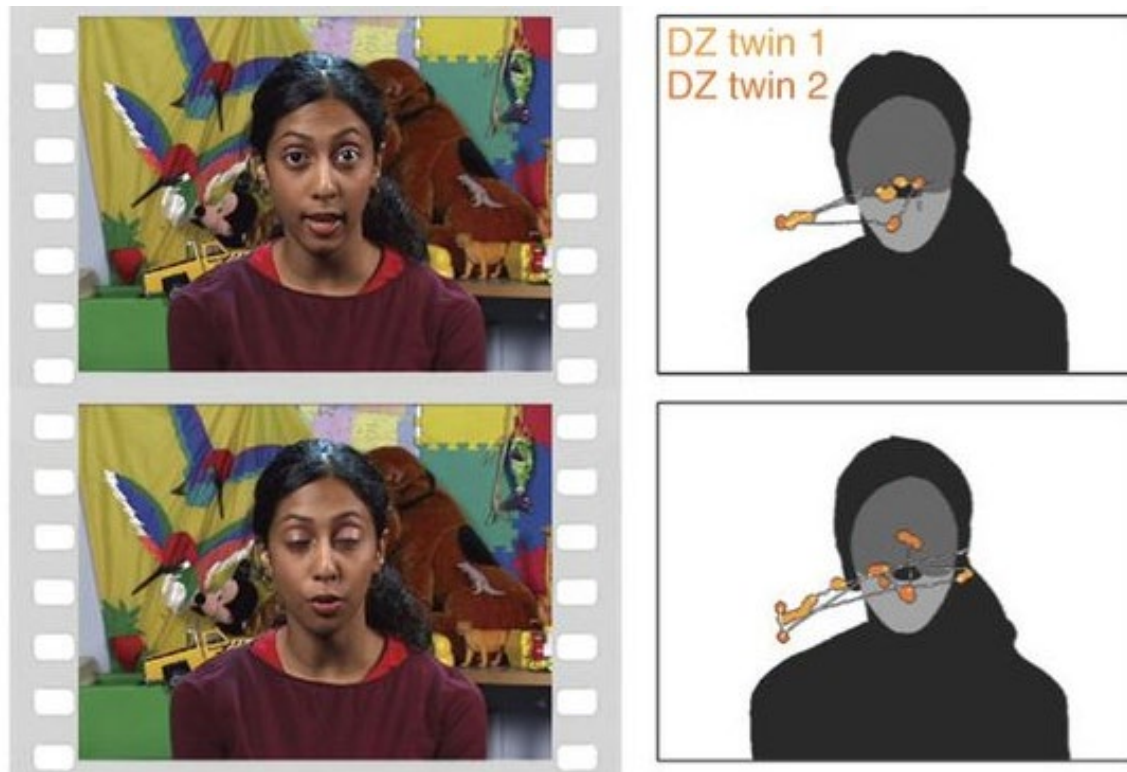


# Agenda

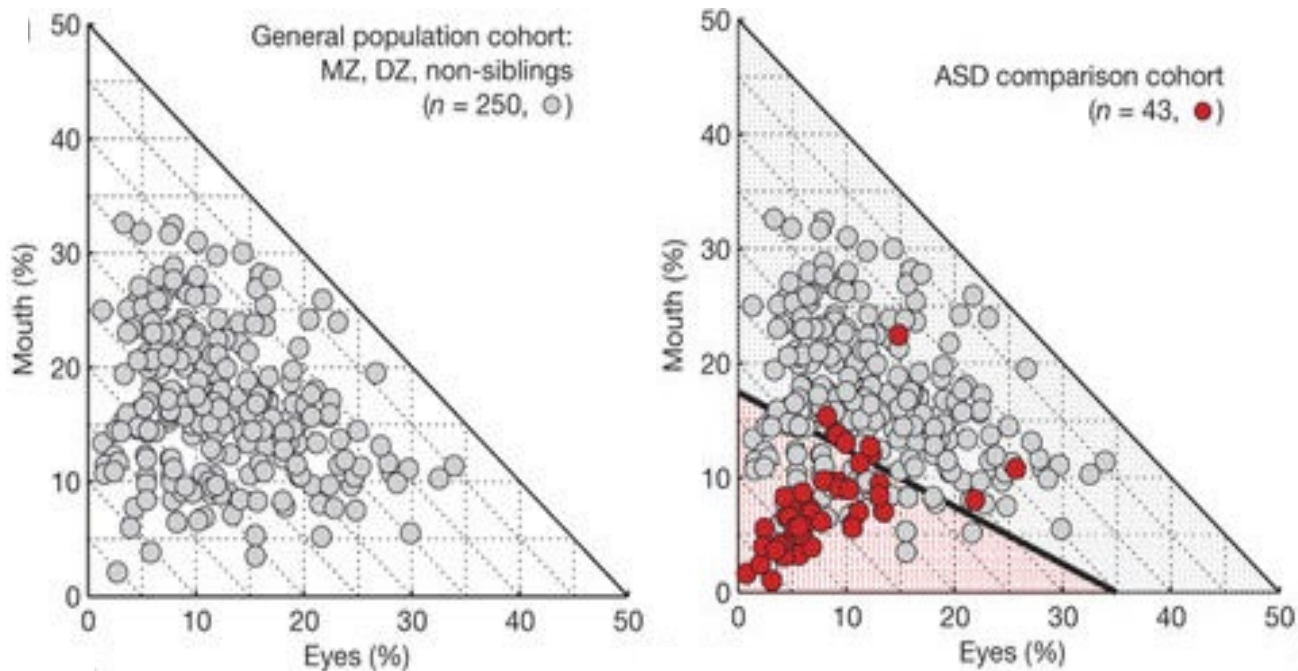
- About NIMH
- Suicide Prevention
- Recent Treatment Advances
- First Episode Psychosis
- **Children's Mental Health**



# Detecting Autism



# Eye Gaze in Autism



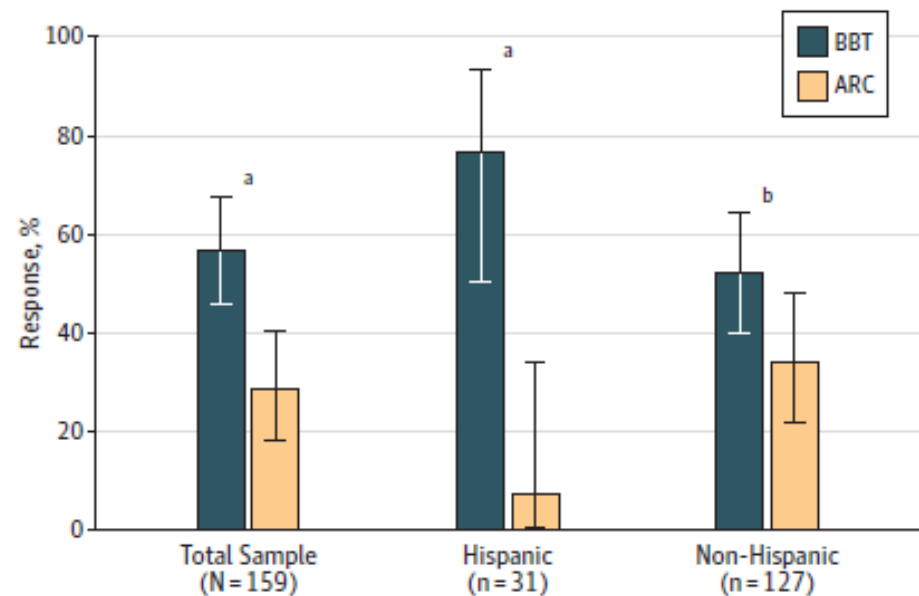
# School-Based Mental Health Research

- **Hybrid Effectiveness-Implementation Trial of Group Cognitive Behavioral Therapy (CBT) in Urban Schools** ([MH108555](#)) aims to encourage evidence-based practices (EBPs) for under-served school children with anxiety disorders
- **Disseminating Evidence-Based Practice to the Schools: CBT for Child Anxiety** ([MH086438](#)) strives to improve public health by increasing access to CBT for children with anxiety
- **Integrating Organizational and Psychological Theories to Predict Implementation** ([MH106887](#)) is focused on assessing the implementation of EBP in autism support classrooms
- **Randomized Control Trial of TeachTown in Autism Support Classrooms: Innovation and Exnovation** ([MH106175](#)) evaluates computer assisted interventions in school settings
- **Beliefs and Attitudes for Successful Implementation in Schools (BASIS)** ([MH108714](#)) aims to develop an intervention to increase school-based mental health providers' use of EBPs

# Striking Benefits for Hispanic Children and Adolescents

Hispanic youth who received BBT showed the greatest improvement and performed best on measures of functioning

Figure 2. Response (Clinical Global Impression–Improvement Score  $\leq 2$ ) at Week 16 to Brief Behavioral Therapy (BBT) and Assisted Referral to Care (ARC) for Total Sample and by Hispanic Ethnicity



Error bars indicate 95% CIs.

<sup>a</sup>  $P < .001$  for comparison of BBT and ARC.

<sup>b</sup>  $P = .04$  for comparison of BBT and ARC.

# NIMH's Mission

## MISSION

To transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

[www.nimh.nih.gov](http://www.nimh.nih.gov)

*Research = Hope*