AAP MENTAL HEALTH NEWSLETTER
APRIL 2011

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The American Academy of Pediatrics Mental Health Newsletter is funded through a grant (UC4MC21534) from the Health Resources and Services Administration, Maternal and Child Health Bureau.

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Mental Health Awareness Day is May 3, 2011
http://www.samhsa.gov/children

National Children's Mental Health Awareness Day is a key strategy of the Caring for Every Child's Mental Health Campaign, which is part of the Public Awareness and Support Strategic Initiative by the US Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA). The campaign seeks to raise awareness about the importance of children's mental health and to emphasize that positive mental health is essential to a child's healthy development from birth. This year's theme will focus on building resilience in young children dealing with trauma. More information about Mental Health Awareness Day is available on the SAMHSA Web site. Additional information on AAP trauma resources can be found at http://www.aap.org.

http://www.aap.org/commpeds/dochs/mentalhealth/mh5n.html
AAP CHAPTER HIGHLIGHT: WISCONSIN

WISCONSIN CHAPTER AAP
Web Site: http://www.wisaap.org

The Wisconsin Chapter of the American Academy of Pediatrics (WIAAP) researched a concrete way to increase primary care education and outreach with regard to mental health screening, identification and treatment. Through a partnership with the Wisconsin Council on Child and Adolescent Psychiatry, the chapter formed the Wisconsin Alliance of Child Psychiatry and Pediatrics (WACPP), whose mission is to further collaboration, information sharing, and education on mental health issues between primary care and psychiatry.

WACPP identified 3 initiatives to launch the Alliance:

1. A live lunchtime Webinar/teleconference each month with child/adolescent psychiatrists as faculty to offer didactic, case study, and open question and answer format for participants, with free CME.
2. Creation of an online directory of child and adolescent psychiatrists by name, specialty, and location to provide a referral network.
3. A “How-To” guide to discuss optimizing communication and feedback between primary care and psychiatrists, including referral options.

Webinars launched in October, providing live access during presentations on anxiety, ADHD, depression, mood disorders, suicide, and psychopharmacology. Survey results indicate positive practice outcomes, and the learner profiles included pediatricians, family physicians, nurse practitioners, and social workers. Approximately 100 discrete individuals participated in the sessions, with more than half registering for more than one session.

Word of the teleconference led to WACPP being invited to advise on a new initiative in Milwaukee connecting the dots for mental health services in school settings. Expert speakers in the field of child and adolescent psychiatry have also asked to be a part of WACPP.

Each issue of the Mental Health Newsletter will feature an AAP chapter and their efforts related to mental health. If your chapter is interested in submitting a summary of its efforts, please contact Renee Jarrett at rjarrett@aap.org for more information.

GENERAL MENTAL HEALTH

Food Security May Play a Role in Behavior Issues
The Sydney Morning Herald – April 13

Children who lack access to healthy foods, particularly fruit and vegetables, are twice as likely to develop behavioral problems, a Queensland study found. Researcher Rebecca Ramsey found 1 in 4 households goes without healthy food because of low income levels. “It is not that these households are spending their limited money on junk food. It is more that they are unable to afford a variety of fruit and vegetables and instead may be purchasing larger quantities of staples such as rice and bread,” she says. Food insecure households were 25% to 40% less likely to consume the recommended servings of fruit and 15% to 25% less likely to consume adequate servings of vegetables. According to Ramsey, “Children are 2 and half times more like to display (behavioral problems) if they live in a food insecure household.”

http://www.aap.org/commpeds/dochs/mentalhealth/mh5n.html
Classroom Environment Affects Children's Mental Health
Doctor NDTV – April 12
First-grade classrooms with poor environments that include inadequate material resources have been linked to a higher number of mental health problems in students, according to a study published in the *Journal of Health and Social Behavior*. The study was based on interviews with parents and teachers and considered areas such as attentiveness, fighting, anxiety and sadness, and the formation of friendships. Researchers found that students in classrooms with fewer resources, in terms of inadequate teaching materials and teachers who didn't feel supported by colleagues, were more likely to experience worse mental health across all 4 measures. The study does not prove that classrooms that face more challenges directly cause mental health problems in children; however, being in a classroom that lacks resources might adversely impact children's mental health because children are frustrated or disheartened by their surroundings.

Media Addiction Holds True for Teens Worldwide, Study Finds
United Press International – April 10
A recent study asked 1,000 students in 10 countries on 5 continents to give up all media for 24 hours and record their experiences. The students reacted almost identically to being unplugged from media and used virtually the same words to describe their reactions, such as fretful, confused, anxious, irritable, nervous, and restless. According to Susan D. Moeller, director of International Center for Media & the Public Agenda, the findings are strikingly similar, regardless of locale, in how teens and young adults use media and how “addicted” they are to technology. More information about the study is available online.

Secondhand Smoke Isn't Just Bad for Kids' Bodies, It's Bad for Their Brains
Los Angeles Times – April 5
http://www.latimes.com/health/boostershots/la-heb-second-hand-smoke-mental-health-20110405,0,1370293.story
A new study in the *Archives of Pediatrics and Adolescent Medicine* looks at how secondhand smoke exposure is associated with mental health in American kids and teens. Researchers used data on 2,901 youths who were part of the National Health and Nutrition Examination Survey from 2001 to 2004. After taking into consideration health history and other factors, they determined that levels of cotinine in the blood strongly correlated with ADHD symptoms and weakly linked with symptoms of major depressive disorder, conduct disorder, and generalized anxiety disorder. None of those symptoms added up to a single diagnosis of a mental health disorder that could be linked with exposure to secondhand smoke; however, authors emphasize that there is no upside to secondhand smoke for kids, teens, or anyone else.

Psychological Problems in Childhood Affect Earning Power and Relationships Later
TIME – April 4
In a 50-year study of more than 17,000 British people followed since birth, researchers from the RAND Labor and Population program found that psychological problems during childhood were related to measurable social and financial deficits later in life. By age 50, those who had experienced serious psychological problems as children had family incomes that were 25% lower than those of their peers who did not have the same issues. Kids who had problems such as depression, anxiety, substance abuse, or other mental disorders that caused moderate or severe “emotional maladjustment” as determined by a doctor were less likely to have stable personal relationships or to be married by the age of 50. A separate, earlier study involving a US population found that psychological problems in childhood cost Americans $2.1 trillion over their lifetimes in lost income.

Cuts Leave Patients With Medicaid Cards, but No Specialist to See
The New York Times – April 1
According to a survey by the *Kaiser Family Foundation*, 20 states cut Medicaid payment rates for doctors last year and at least 16 governors have proposed rate reductions this year for health care providers. This “highlights an alarming gap in access to care for some of the nation’s most vulnerable children” says AAP President O. Marion Burton in a letter to the editor. “The problem is twofold: low Medicaid payments to

http://www.aap.org/commrads/aapdocs/mentalhealth/mh5n.html
providers and a nationwide pediatric subspecialist work force shortage. ... By carrying out and enhancing these (Affordable Care Act) provisions, we can begin to ensure that children with a Medicaid card have real access to the care they need and deserve.”

**Childhood Mental Health Woes Could Hurt Adult Romance, Finance**
HealthDay – March 30

http://consumer.healthday.com/Article.asp?AID=651220

Adults who experienced psychological problems during childhood tend to earn less money and are less likely to establish long-lasting relationships, a new study indicates. Researchers also found that adults with childhood psychological problems were less agreeable and conscientious, key measures of personality. The study appears in *Proceedings of the National Academy of Sciences*. “These findings demonstrate that childhood psychological problems can have significant negative impacts over the course of an individual's life, much more so than childhood physical health problems,” says study author James P Smith. “The findings suggest that increasing efforts to address these problems early in children may have large economic payoffs later in life.”

**Neglectful and Controlling Parents Linked to Mental Health Problems in Children**
Female First – March 28

http://www.femalefirst.co.uk/health/Neglectful+And+Controlling+Parents+Linked+To+Mental+Health+Problems+In+Children-1772.html

Children's perception of how they are parented is a major predictor of whether they will develop mental health problems as teenagers, according to research by the University of Glasgow and the Medical Research Council. Data from 1,700 children living in the West of Scotland revealed that 3% of 11-year-old children felt both neglected and controlled by their parents. When the children were tested at age 15, this group was much more likely to have psychiatric problems. The paper was published in the *Journal of Child Psychology and Psychiatry*.

**Gender May Play Role in Psych Symptoms in Kids With Epilepsy**
HealthDay News – March 25


Children with epilepsy are at increased risk for psychiatric symptoms, and gender may play a role in the type of psychiatric problems they develop. In a study published in the journal *Epilepsia*, researchers found that children with epilepsy had a much higher rate of psychiatric symptoms than healthy children. However, the study found differences in the types of psychiatric problems boys and girls developed. Boys had more hyperactivity, inattention problems, and peer-relationship issues, whereas girls had more emotional problems. For girls, having or having had epilepsy was a much stronger risk factor for psychiatric problems. In addition to epilepsy, other risk factors for psychiatric symptoms in children included low socioeconomic status and having another chronic disease. The influence of these risk factors differed between boys and girls with epilepsy.

**IOM Announces Healthy People 2020 Objectives**
NurseZone.com – March 16


A new report from the National Academies of Science’s Institute of Medicine has been submitted to the US Department of Health and Human Services as the agency prepares the *Healthy People 2020* master plan. The report updates and expands the 10 leading health indicators that served as priorities for *Healthy People 2010*, with access to care, quality of health care services, and promotion of healthy behaviors among the immediate, major health concerns. The panel cites injury, physical and social environments, chronic disease, mental health, substance abuse, and tobacco use as areas also in need of immediate attention. HHS will review the report and consider the recommendations before releasing the *Healthy People 2020* plan.

**Mandate Spurs Mental Health Screening for Kids**
MedPage Today – March 9

http://www.medpagetoday.com/PublicHealthPolicy/Medicaid/25245

In Massachusetts, a court-ordered mandate accompanied by a modest financial incentive appeared to increase rates of behavioral health screening for children covered by Medicaid, states an article in *Archives of Pediatrics & Adolescent Medicine*. However, “access does not equal improved clinical outcomes without the ability to create and carry out care plans that meet families' needs,” researchers write. “If followed by appropriate further
evidence- and community-based evaluation and services, routine psychosocial/developmental screening could be the start of a substantial improvement in the well-being of America’s children.”

**States Slash $1.8 Billion in Mental Health Funds Since 2009**

USA Today – March 9

Since 2009, state legislatures have cut $1.8 billion in non-Medicaid mental health spending, according to a National Alliance on Mental Illness report. Vital services cut include community- and hospital-based psychiatric care, inpatient housing, and access to medications for tens of thousands of adults and children living with serious mental illnesses. Deeper cuts are projected for 2011 and 2012. “On any given day, half the people with serious mental illness in this country receive no treatment,” says Michael Fitzpatrick, executive director. States cutting the most include Kentucky (47.5%), Alaska (35.0%), South Carolina (22.7%), and Arizona (22.7%).

**Even Tiny Tots May Develop Mental Health Problems**

HealthDay News – March 2
http://health.usnews.com/health-news/family-health/brain-and-behavior/articles/2011/03/02/even-tiny-tots-may-develop-mental-health-problems

Countering the belief that you have to be “older” to suffer from mental illness, a new report says there's actually no lowest-age limit. Infants and toddlers can be affected, but they often go without treatment that could prevent them from suffering long-term problems. There’s a “pervasive, but mistaken, impression that young children do not develop mental health problems and are immune to the effects of early adversity and trauma because they are inherently resilient and ‘grow out of’ behavioral problems and emotional difficulties,” researchers write in *American Psychologist*. In fact, infants can develop mental health problems as they deal with their goals and emotions.

**ADHD**

**Premature Birth Tied to Increased Risk of ADHD**

Reuters – April 19
http://www.reuters.com/article/2011/04/19/us-births-adhd-idUSTRE73I57B20110419

The earlier babies are born, the more likely they are to later get a prescription for ADHD medication, according to a new study published online in the journal *Pediatrics*. Researchers found that babies born as little as 3 weeks before their due dates had an elevated risk for attention deficit hyperactivity disorder (ADHD). The findings suggest mothers considering scheduling cesarean births a few weeks early reconsider and deliver as close to term as possible. Other factors, such as the mother's smoking habits and genetics, also play a role in a child's risk of developing ADHD. Researchers accounted for these potential influences and found that extremely premature babies remained twice as likely to develop ADHD as their full-term brothers or sisters.

**Smokers' Kids “More Likely to Have ADHD”**

SundayNews.co.nz – April 10
http://www.stuff.co.nz/sunday-news/news/4868976/Smokers-kids-more-likely-to-have-ADHD

Breathing secondhand smoke could increase a child's risk of mental and behavioral disorders, including ADHD, suggests a study published in the *Archives of Pediatrics & Adolescent Medicine*. The study adds to evidence suggesting children of mothers who smoke while pregnant might be more likely to have behavioral problems. After taking into account age and race, researchers founds that boys who were exposed to secondhand smoke were more likely to show symptoms of ADHD, depression, anxiety, and conduct disorder than those with no secondhand smoke exposure. Girls who were exposed to secondhand smoke had more symptoms of ADHD and anxiety only. However, the number of children actually diagnosed with the conditions was still small.

**FDA to Decline Adding Heart Risk Warning on ADHD Drug Labels**

DrugWatch.com – April 8

The Food and Drug Administration (FDA) announced that ADHD medications such as Adderall and Ritalin will not be required to include heart risk warnings on drug labels. “At this time, FDA is not recommending any changes to the drug labels and/or the use of these medications,” the agency says. The FDA has joined with the Agency for Healthcare Research and Quality to examine the health information of more than 500,000 people
taking ADHD medications. It is also reviewing information from more than 1 million people who do not take ADHD drugs and medical chart data from hundreds of hospitals. The FDA has not made a formal decision about the label warning and is currently reviewing preliminary results from the study.

**Latino Youth Underdiagnosed for ADHD**

Internal Medicine News – April 1


The rate of ADHD among Latino youth is low, but that percentage is misleading, says Dr Andres J. Pumariega, an expert in cultural diversity and mental health. A 2010 survey from the Centers for Disease Control and Prevention found that the percentage of Latinos who were diagnosed with ADHD is 5.6%, compared with 9.5% of whites and 10.1% of blacks. ADHD is typically diagnosed through parental report, and Dr Pumariega suspects that cultural misconceptions might prevent parents from recognizing or acknowledging the illness in their children. To bridge the gap in diagnosis and treatment of ADHD in Latinos, Dr Eugenio M. Rothe recommends increasing the availability of Spanish-translated ADHD patient education materials, as well as increasing the number of Spanish-speaking physicians, nurses, and health care providers. The Latino value of strong personal relationships and attachment to family should also be factored into care, he says.

**Artificial Dye Safe to Eat, Panel Says**

New York Times – March 31

http://www.nytimes.com/2011/04/01/health/policy/01fda.html?_r=1

There is no proof that foods with artificial colorings cause hyperactivity in most children and there is no need for these foods to carry special warning labels, a government advisory panel has decided. The FDA convened the expert panel after agency scientists determined that children with behavior problems might see their symptoms worsen by eating food with synthetic color additives. The Center for Science in the Public Interest, an advocacy group, petitioned the agency to ban the dyes or mandate warnings that foods containing the dyes cause hyperactivity in children. The FDA committee voted that a warning was not needed.

**Atomoxetine of Limited Value in Young Children With ADHD**

MDNews.com – March 22


For 5- and 6-year-old children with ADHD, atomoxetine is generally well tolerated and reduces core ADHD symptoms, but it fails to translate to overall clinical and functional improvement, according to a study published in Pediatrics. Although there were significant reductions in parent and teacher ratings among those taking atomoxetine versus placebo, researchers found that this benefit failed to carry over to the CGI-S and CGI-I scales, which measure overall clinical and functional improvement. “Although effective, clinically significant symptoms remained for the majority of children treated with atomoxetine,” the researchers write.

**ADHD Patients More Creative, Study Finds**

US News & World Report – March 17


The distractibility and impulsiveness that is the hallmark of ADHD may have a silver lining, according to a study in Personality and Individual Differences that suggests those with the disorder are more creative than those without. Researchers gave 60 college students, half with ADHD, a series of tests measuring creativity across 10 domains. The ADHD group scored higher on creativity, while also exhibiting a greater preference for brainstorming and generating ideas than the non-ADHD group, which preferred refining and clarifying ideas.

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**AUTISM**

**Having Both Autism and Epilepsy Linked to Raised Death Rates**

HealthDay News – April 15


People with autism and epilepsy have a much higher death rate than those with autism alone, a new study in the April issue of the Journal of Child Neurology finds. Researchers examined donated brain tissue and found...
that 39% of the donors with autism also had epilepsy, which is significantly higher than the estimated rate of epilepsy among the general autism population. Authors also examined data from the California State Department of Developmental Services and found that people with autism and epilepsy have an 800% higher death rate than those with autism alone. “This study highlights the importance of early identification of epilepsy in children with autism and of autism in children with epilepsy,” says Dr Roberto Tuchman, pediatric neurologist. “Understanding these early determinants will allow for the development of effective interventions and preventive measures and ultimately better outcomes for children with autism and epilepsy.”

**Why Does Brain Development Diverge From Normal in Autism Spectrum Disorders?**

PR Newswire – April 13


Rett syndrome, a neurodevelopmental disorder on the autism spectrum, is marked by relatively normal development in infancy followed by a loss of cognitive, social, and language skills at 12 to 18 months of age. It is increasingly seen as a disorder of synapses, the connections between neurons that together form brain circuits. What hasn’t been clear is why children start out developing normally, only to become progressively abnormal. According to a study published in *Neuron*, researchers have found strong evidence that the loss of functioning by the gene Mecp2 prevents synapses and circuits from maturing and refining in response to cues from the environment, just at the time when babies’ brains should be maximally receptive to these cues. Chinfei Chen, MD, PhD believes her findings may have implications not just for Rett syndrome, but for other autism spectrum disorders. “The brain of an autistic child looks normal, but there’s a subtle difference in connections that has to do with how they process experiences. If you could diagnose early enough, there might be a way to alter the course of the disease,” Dr Chen says.

**Life With Autism Wandering**

CNN – April 11


Autism groups are calling for greater awareness and study of what they call “wandering” or “elopement” behavior, the habit of fleeing a place at any moment. A common underlying factor is impulsivity, says Dr Max Wiznitzer, a pediatric neurologist. As children get older, the wandering behavior often improves, but there’s a subset of people who do not get better, and no one knows why. Groups such as the National Autism Association support the addition of a diagnostic code that would give wandering that is related to autism and other developmental disorders a classification for clinical and insurance purposes.

**Montreal Researchers Identify Gene Linked to Autism and Epilepsy**

Montreal Gazette – April 9

http://www.montrealgazette.com/health/Montreal+researchers+identify+gene+linked+autism+epilepsy/4586618/story.html#ixzz1JKJJE200

Researchers from Centre hospitalier de l’Université de Montréal Research Centre have identified a gene that predisposes people to both autism and epilepsy. The team was looking for epilepsy genes when they discovered a severe mutation of the synapsin gene (SYN1) in all members of a large French-Canadian family suffering from epilepsy, which included individuals with autism. The discovery is expected to enhance understanding of brain pathology and offer a new focus for treatment. The study is available online in *Human Molecular Genetics*.

**Autism No Longer Skewed to Wealthier Kids**

DisabilityScoop.com – April 6

http://www.disabilityscoop.com/2011/04/06/socioeconomics-autism/12842

Although children from less affluent neighborhoods continue to be underdiagnosed with autism, the disparity among kids from various socioeconomic backgrounds is becoming less pronounced, according to a study in the *American Sociological Review*. Marissa King and colleagues pinpointed the change by looking at diagnosis records for all children born in California between 1992 and 2000. They found that the neighborhood a child lived in played a bigger role than family wealth in the likelihood of a child being diagnosed. Increased knowledge about autism during the study period seemed to translate to a greater likelihood that children with the developmental disorder would be identified. “As knowledge has spread about autism, information is now more evenly distributed across different kinds of communities,” says co-author Peter Bearman. “It is also easier to find someone who can diagnose autism, so we no longer see these huge differences in rates of diagnosis.”
**Autistic Brains Work Differently**

BBC News – April 4

http://www.bbc.co.uk/news/health-12937009

People with autism use their brains differently from other people, which may explain why some have extraordinary abilities to remember and draw objects in detail. The research, published in the journal *Human Brain Mapping*, pulls together 15 years of data on the way the autistic brain works and suggests that the brains of autistic people are organized differently from those of other people. Researchers believe their findings may lead towards new ways of helping people live with the condition. “The more insight we have into the way autism affects sensory processing, the more people with autism, their families and professionals can develop strategies to make daily life easier,” says Carol Povey of the National Autistic Society.

**Best Places to Live if You Have Autism**

Los Angeles Times – April 4


Boston, Chicago, and Los Angeles are among the 10 best places to live for people with autism, according to the advocacy group Autism Speaks. The group used data from an online survey to generate a list of places to live for people with autism, reporting the places most often cited by respondents for availability of services and resources, including educational offerings and recreational and medical services. According to the group, Florida, Michigan, and Ohio are among the worst places for people with autism to live.

**Current Autism Treatments Have Shortcomings, Reviews Find**

USA Today – April 4


Three study reviews published in *Pediatrics* indicate that treating autism with the enzyme secretin is not effective and that there’s little proof that other medications such as antipsychotics help improve the condition. The reviews found that behavioral therapy improves communication skills, behavior, and intelligence scores in some children, but the intervention is not always available. In the future, doctors may be able to develop more effective therapies based on discoveries about the genetics of autism, which may allow them to prescribe therapy targeted to a child’s specific problem, says Leonard Rappaport of Children's Hospital Boston, who was not involved in the study reviews.

**Treatments Show Promise in Reducing Autism-related Behaviors, but Some Have Significant Side Effects**

Agency for Healthcare Research & Quality – April 4


Some medical and behavioral treatments show promise for reducing certain behaviors in children with autism spectrum disorders (ASDs), but more research is needed to assess the potential benefits and harms, according to a new report funded by Agency for Healthcare Research and Quality. The results were published online in *Pediatrics*. The comparative effectiveness report found that 2 commonly used medications—risperidone and aripiprazole—show benefit in reducing some behaviors, including emotional distress, aggression, hyperactivity, and self-injury. However, these medicines are associated with significant side effects, such as rapid weight gain and drowsiness. The review found that no medications used for ASDs improved social behaviors or communication skills. The report also found that several medications show promise and should be studied further, but that secretin, which has been studied extensively, showed no effectiveness.

**Interest in Toys May Predict Success of Autism Home Therapy**

US News & World Report – March 25


The level of interest toddlers with early signs of autism show in toys may predict how well they will respond to a parent-guided treatment program, a new study suggests. Among toddlers who played with fewer toys when they were assessed at the start of the study, those enrolled in the program showed more improvement than those in the control group. This effect lasted for at least 4 months after the program ended. “This report adds to our emerging knowledge about which interventions work for which kids. It will help match children with the
right intervention and not waste time enrolling them in treatments that are not well-suited for them,” says co-author Wendy Stone. The study was published in the Journal of Child Psychology and Psychiatry.

**Protein Identified that Could Trigger Autism**

Barchester Healthcare – March 22


A single protein could be responsible for triggering autism spectrum disorders by preventing effective communication between brain cells, a study by Duke University has found. Researchers noticed social problems and repetitive behavior in mice after mutating Shank3, the gene which controls the production of the protein. The findings demonstrate the important role Shank3 plays in the establishment of behavioral circuits in the brain, which can be crucial to regulating social interaction. Lead researcher Dr Guoping Feng says the findings “allow us to figure out the precise neural circuit defects responsible for these abnormal behaviors, which could lead to novel strategies and targets for developing treatment.”

**Scientists Link ‘Sets’ of Genetic Abnormalities to Autism Risk**

HealthDay – March 1


Although the genetic underpinnings of autism are complex, new DNA research is honing in on sets of abnormal genes that may play a role in the disorder. “This large study is the first to demonstrate a statistically significant connection between genomic variants in autism and both [nerve cell] synaptic function and neurotransmission,” says author Peter S. White. The current research is uncovering entire collections of genes with similar neural roles which, taken as a group, seem to be associated with a greater proportion of autism risk. “Because the gene alterations that we found influence brain development, our hope is that they may eventually provide clues to developing diagnostic tests as well as treatments for children with autism,” says co-author and child psychiatrist Dr Josephine Elia. White and colleagues reported their findings in Molecular Psychiatry.

**BULlying**

**Abused or Bullied Youth at Greater Risk of Obesity**

Doctors Lounge – April 8


Children exposed to interpersonal violence, whether abused by caregivers or bullied by peers, are more likely to be obese, according to a literature review in Obesity Reviews. Aimee J Midei and Karen A Matthews, PhD, reviewed 36 studies to evaluate associations between exposure to interpersonal violence in childhood and risk for obesity. They also assessed the evidence for possible mechanisms connecting violence to obesity, including negative affect, disordered eating, and physical inactivity. Only a few studies examined mechanisms, but available evidence indicated a role for disordered eating and negative affect, including anger, perceived stress, and depressive symptoms. “Analyzing and clarifying the relationship between interpersonal violence in childhood and obesity may increase our understanding of the pathogenesis of obesity,” the authors write.

**AAP Issues Social Media Guidelines**

USA Today – March 28


Facebook and other social media Web sites can enrich children's lives, but they could also be hazardous to their mental and physical health, according to the American Academy of Pediatrics (AAP). The report, published in Pediatrics, encourages pediatricians to talk to parents and children about kids' use of social media sites, video gaming sites, virtual worlds, blogs, and video sharing sites. These sites and other technology can be useful to kids for staying in touch, socializing, entertainment, and doing homework, but they also can lead to cyberbullying, depression, and exposure to inappropriate content. “We are acknowledging that this is a health issue—it isn't just a technology issue,” says co-author and pediatrician Gwenn O'Keeffe. As soon as children go online, parents need to begin teaching them about the digital world, O'Keeffe says. But “parents also need to encourage their children to unplug from the online world and experience the real, unplugged one.”
Nickelodeon Fights Cyberbullying Through Ads
Associated Press – March 28
http://news.yahoo.com/s/ap/20110328/ap_on_re_us/us_tv_cyberbullying_campaign

The children's television network Nickelodeon is the latest voice to raise awareness of digital bullying. Nick, the most-watched TV network among kids ages 2 to 14, has begun an on-air public service campaign featuring some of its stars offering advice on what young people should do when confronted with hostile texts, emails, or Facebook posts. Nick will also host a discussion board and have information available on its web page devoted to parents who want to learn about the issue.

National Safe Schools Framework Released in Australia to Combat Bullying
Herald Sun – March 18

A revised National Safe Schools Framework has been released in Australia. Under the framework, schools will have “effective risk prevention plans for the use of technology in the classroom and for playground organization and supervision” and teach “skills and understandings to promote cyber-safety and for countering harassment, aggression, violence and bullying.” Key elements designed to assist schools include leadership commitment to a safe school, a supportive and connected culture, policies and procedures, professional learning, positive behavior management, engagement, skill development and safe school curriculum, a focus on student well-being and ownership, early intervention, and support and partnerships with families and community.

Bullies Bruise Brains, Not Just Egos
Fox News – March 17

Bullying and other types of chronic social stress affect gene activity in the brain, which may lead to persistent social anxiety. “Just as alcohol affects your liver, stress affects your brain,” says researcher Yoav Litvin. The anxiety that can result from being teased and otherwise treated poorly arises from physical changes in the brain. This extra sensitivity may cause a victim to feel scared even in situations when he or she is safe. It is not yet known how long the effects last, but the finding suggests that the victims of bullies may find it difficult to start friendships due to persistent social anxiety. However, just as negative relationships affect the brain, so can positive relationships. The research has been published online in the journal Physiology and Behavior.

CONDUCT DISORDER

Misconduct By Boys Linked to Brain Structure Differences
My Health News Daily – April 1
http://www.myhealthnewsdaily.com/boys-conduct-disorder-brain-differences-1331

The size of 2 regions of the brain are smaller in antisocial teenage boys who have conduct disorder problems than in teenage boys without behavior problems, a study in the American Journal of Psychiatry finds. The brain differences found in the boys being studied were present regardless of what age the boys were when they developed the disorder. These findings challenge the view that conduct disorder is simply a result of imitating disobedient peers. Instead, researchers believe they suggest a neurological basis for extreme misconduct.

DEPRESSION AND ANXIETY

Are Kids Today Having a Childhood They Will Remember?
USA Today – April 15
http://yourlife.usatoday.com/parenting-family/story/2011/04/Kids-growing-up-fast-but-with-less-independence/46135302/1

Today's kids may never know the no-cares time of innocence, exploration, and imagination that their parents recall about childhood. The cost, some analysts say, is not just rising concern that kids won't look back fondly on their childhoods; there are increasing signs that a lack of independence fuels stress, anxiety, and depression among young people. Increased educational and social pressures may be taking a toll on kids' mental health, suggests Laurence Steinberg, psychology professor at Temple University. “A lot of kids are reporting being depressed or anxious. It's partly because they feel under a lot of pressure to do well.” Approximately 12.5% of
kids ages 12 to 17 received treatment or counseling for problems with behavior or emotions, according to a 2009 report by the Substance Abuse and Mental Health Services Administration. “Kids need unstructured time to unwind and relax, just to play without worrying about their performance,” Steinberg says.

**Study Ties More Music Exposure to Depression Risk in Youths**
Health Day News - April 4

A preliminary study of American kids suggests a connection between listening to pop music and suffering from major depressive disorder; however, the study does not establish a cause-and-effect relationship. There is no clear indication whether kids who were predisposed to depression were more strongly drawn to music or faced a greater risk of depression as a result of their music exposure. “What is clear is that this seems to be a really strong association,” says author Dr Brian A. Primack. “So this could be an interesting marker that can help us recognize depression.” It could also serve as a warning for parents and health care providers that a teen listening to music constantly could be a sign of depression. Primack and associates report their findings in the *Archives of Pediatrics & Adolescent Medicine.*

**Anxiety ‘Density’ in Families Predicts Disorders in Children**
Medscape News – March 28

The number of family members with a specific anxiety disorder is linearly related to the risk that a child within that family will also develop that disorder, according to a study of 10,000 children in Brazil. Giovanni A. Salum, MD, and colleagues found “for families in which no members had an anxiety disorder, the prevalence in the index child was only 10%. This increased to 30%, if 1% to 20% of relatives were affected and to 80% if at least 80% of affected family members were affected.” In current literature, there is no clear definition of “at risk” children to be used in short-term preventive interventions, Dr Salum says; therefore, the study aimed to find predictors associated with normal and abnormal development to refine the concept of risk for future studies. Dr Salum notes that a high density of specific phobias, panic disorder, or agoraphobia was particularly predictive of the child’s risk.

**Study Highlights How Moms’ Depression, Anger Stresses Kids**
HealthDay News – March 25

Even very young children can get stressed by depressed parents who display negative emotions toward them. A new study observed 3-year-old children who were subjected to harmless but stress-inducing situations. After each stressful event, saliva samples were taken to measure levels of the stress hormone cortisol. The researchers also observed the interaction between children and their parents—usually the mother—as they did a task together or the parent read a book to the child. The largest stress responses were seen in children whose mothers had been depressed at some point in the child's life and whose mothers also displayed hostility when playing with their children. (There weren't enough fathers in the study to offer a sense of how they interacted with the children.) These findings suggest one way that a parent's depression can lead to depression in a child. The findings are “actually quite hopeful, because, if we focus on the parenting, we could really intervene early and help parents with chronic depression when they have kids,” says author Lea Dougherty. The report is slated for publication in an upcoming issue of *Psychological Science.*

**Nearly a Third of College Students Have Had Mental-Health Counseling, Study Finds**
The Chronicle of Higher Education – March 14

According to a recently released survey of 25,000 college students, about a third of college students have sought mental-health counseling. The majority of students who reported using mental health services name anxiety and stress as primary reasons for their use of counseling. Violence or substance abuse problems constituted a small proportion of reported behavioral problems. Other findings revealed that social anxiety and academic distress were among top concerns for students who reported highest ratings for statements related to anxiety and academic distress.
Study Links Father's Depression to Developmental Difficulties for Children
ABC 4 News – March 14
http://www.abc4.com/mostpopular/story/Study-links-fathers-depression-to-developmental/u-48eZ1uOk-6CAH2bp9BZg.cspx
A father's depression can harm the development of his children, says pediatrician Neil Davis, who conducted a study of 1,700 men across the United States. The study indicates that 7% of fathers living with a 1-year-old child reported a major bout with depression in the last year. Dr Davis says unemployment is the number one cause of depression for men, and that depressed fathers spank more because they are more irritable. Fathers who suspect they have depression should talk with their pediatrician or other health provider. This conversation could have a positive impact on a child's development.

Fewer Depression Therapies for Minority Teens
United Press International – February 23
According to researchers at the Rollins School of Public Health at Emory University, black, Hispanic, and Asian adolescents are less likely than whites to receive treatment for major depression. Drs Janet R. Cummings and Benjamin G. Druss evaluated a sample of 7,704 adolescents ages 12-17 diagnosed with major depression within the past year and studied the differences in treatment for depression across 4 racial/ethnic groups of adolescents with major depression. The study, published in the Journal of the American Academy of Child and Adolescent Psychiatry, found that 40% of non-Hispanic whites received major depression treatment, compared to 32% for blacks, 31% for Hispanics, and 19% for Asians. Adjusting for socioeconomic status and health insurance status accounted for only a small portion in the treatment differences, but stigma and limited proficiency in English may contribute to lower rates of treatment in Hispanics and Asians, the researchers say.

EATING DISORDERS

New UK Study Examines Early-onset Eating Disorders in Under-13’s
Medical News Today – April 1
http://www.medicalnewstoday.com/articles/221047.php
Early-onset eating disorders affect approximately 3 in every 100,000 children younger than 13, according to a new study published in the British Journal of Psychiatry. The research team used the British Paediatric Surveillance Unit of the Royal College of Paediatrics and Child Health and a new child and adolescent psychiatry surveillance system, to identify new cases of eating disorders in children aged between 5 and 13 years. Over a 14 month period, 208 cases of early-onset eating disorders were confirmed. This provides an estimated incidence rate of 3.01 cases in every 100,000 children. Most of the 208 children with eating disorders were girls (82%), with boys accounting for 18%. In total, 37% of the children were diagnosed with anorexia nervosa and 44% of the children had a close family member with a history of mental illness, most commonly anxiety or depression. In addition, 20% of the children had a history of early feeding problems, particularly fussy or picky eating. This supports the idea that family history of mental illness and early feeding problems may be risk factors in the development of early-onset eating disorders.

Data Shows Prevalence of Eating Disorders in US Teens
CNN Health – March 7
Eating disorders are more prevalent in teens than previously thought, and the effect on their lives can be devastating, says a study published in the Archives of General Psychiatry. The study examined the prevalence of eating disorders and similar behaviors in 10,123 teens between the ages of 13 and 18. Approximately 0.3% had anorexia, 0.9% developed bulimia, and 1.6% experienced binge eating disorder in their lives. Researchers noted that the age when patients began having eating disorders was “markedly younger” than in previous estimates—the median age for the onset of anorexia, bulimia, binge eating and other eating disorders was 12. Nearly all the teens with anorexia reported social impairment. Teenagers who have had eating disorders were also more likely to idealize suicides.

http://www.aap.org/commpps/dos/ch/mentalhealth/mh5n.html
Teens’ Eating Disorders Signal Other Psych Problems
MedPage Today – March 7
http://www.medpagetoday.com/Pediatrics/EatingDisorders/25233
Most teens with eating disorders have at least one other psychiatric comorbidity, including suicidal thoughts, according to a report in the Archives of General Psychiatry. The National Comorbidity Survey Replication Adolescent Supplement was used to examine the prevalence of anorexia nervosa, bulimia nervosa, binge-eating disorder, and broader “sub-threshold” anorexia and binge-eating categories. Most participants who reported an eating problem also reported at least one other psychiatric disorder classified in the DSM-IV.

FOSTER CARE AND ADOPTION

Brain Scientists to Study Foster Children
Seattle Times – April 17
http://seattletimes.nwsource.com/html/living/2014802038_brainstudywire18m.html
The University of Washington’s Institute for Learning and Brain Sciences is working with Casey Family Programs on a study using imaging of brain and behavioral development of children in foster care. Previous research has shown that persistent fear and anxiety at an early age affect a child’s ability to learn throughout life. David Sanders, with Casey Family Programs, believes that changing caregivers can impact brain development. “We would like to understand what that impact is and what if anything should be done to help mitigate the effect,” he says. “We hope to use the information to better shape policy and practice into the future.”

Protective And Mental Health Services Critical For Orphans Worldwide
Duke University Office of News & Communications – March 25
A study by Duke University researchers calls for increased support, protection, and appropriate mental health services for orphaned and abandoned children. Published in the Journal of Traumatic Stress, the study found that increased traumatic events during childhood were linked to statistically significant increases in anxiety and emotional and behavioral difficulties that resulted in poor school performance and could last into adulthood. Researchers suggest that further traumatic events can be averted with early and community-wide interventions and mental health care.

SUBSTANCE ABUSE AND ADDICTION

Alcoholic Parents May Predispose Kids to Drinking Problem
HealthDay News – April 15
http://consumer.healthday.com/Article.asp?AID=651844
Children of parents with an alcohol use disorder (AUD) are at increased risk for the same type of problem, says a new study from Denmark. The increased risk was independent of other major predictors, such as gender, parents’ social status and the psychiatric hospitalization of parents. However, this association appeared to be stronger among female than male offspring, which suggests that inherited factors related to AUDs are at least as important among daughters as among sons," says author Erik Lykke Mortensen. The findings appear online in the journal Alcoholism: Clinical & Experimental Research.

Teen Substance Abuse on Rise Over Past 3 Years
Reuters – April 6
http://www.reuters.com/article/2011/04/06/us-drugs-study-idUSTRE7355PT20110406
Substance abuse has trended upward among American teens over the past 3 years after a decade of declines, according to a report by the Partnership at Drugfree.org. Sean Clarkin, director of strategy, says, “There are very high levels of kids reporting that they are using drugs and alcohol to deal with stress,” with the struggles families face in the current economy possibly being a factor. “The net impact of all that puts an even heavier burden on parents who really need to play an active role in preventing this behavior and knowing how to get help for a kid when they are abusing any of these substances.” Although teen attitudes on alcohol may be more relaxed, their actions show fewer are choosing to drink, according to the 2010 University of Michigan Monitoring the Future study, issued in December.
Teen Girls Who Befriend Boys at Higher Risk for Substance Abuse

US News & World Report – March 18

Girls in early adolescence who form friendships with boys are at increased risk for substance abuse problems, according to a new study published in the Journal of Research on Adolescence. In childhood, boys and girls tend to limit their friendships to same-sex peers, but this begins to change around early adolescence. This study found that girls tend to make the change to mixed-gender friendships earlier than boys and continue this transition at a more rapid pace through adolescence. Researchers also found that girls who did move to mixed-gender friendships early and quickly were more likely to develop substance abuse problems during late adolescence. Antisocial behavior and early physical maturity accelerated the increase in girls' numbers of male friends, who tended to be older and did not go to the same school.

Study Examines How Income, Mom's Education Affects Teen Drinking

Reuters – March 14
http://www.reuters.com/article/2011/03/14/us-teens-idUSTRE72D5O420110314

Although poverty is usually associated with greater health risks, a study in Pediatrics suggests that young teens from middle- to higher-income families may be somewhat more likely than their less affluent peers to use alcohol. UK researchers found that among 5,837 13-year-olds, those from the poorest families were the least likely to have tried liquor. By contrast, the higher a mother's education level, the less likely her child was to drink. The results point to a complex relationship between socioeconomics and teen drinking. The findings may seem counterintuitive because many of the teens from higher income families also have mothers with higher education levels. But lead author Roberto Melotti says that each factor has its own effect. Even in higher income families, for example, a mother's education level still seemed to sway her child's odds of drinking.

Marijuana Use Precedes Psychosis

MedPage Today – March 2
http://www.medpagetoday.com/Psychiatry/GeneralPsychiatry/25130

Teens and young adults who use cannabis have an increased risk of psychotic experiences in subsequent years, a longitudinal German study has shown. Among young people who never smoked pot and did not have any psychotic symptoms, those who started using the drug were nearly twice as likely to develop subclinical symptoms of psychosis, Jim van Os, PhD, and colleagues report in the British Medical Journal. The results help clarify the temporal association between cannabis use and psychotic experiences, which are common and generally transitory phenomena that could potentially progress to a clinical psychotic disorder in the presence of certain environmental risks.

SUICIDE AND SELF-INJURY

Support May Help Curb Suicide Among Gay Youths

USA Today – April 19

Gay youths are much less likely to attempt suicide when they live in communities where they feel they have some support, new research has found. According to a report published online in Pediatrics, lesbian, gay, and bisexual (LGB) youths who live in a nonsupportive social environment are 5 times more likely than their “straight” peers to try to kill themselves. Study author Mark L. Hatzenbuehler found that living in a supportive environment reduced that risk by 20%. A supportive environment was also linked with a 9% lower risk for attempted suicide among heterosexual teens. “This is a road map for how we can begin to reduce suicide attempts among LGB youth,” Hatzenbuehler says.

Adolescent Death Rates Outpace Child Mortality

Reuters – March 28

Medical progress and global efforts to reduce infant and child mortality have reversed historical trends and death rates among adolescents are now higher than in children. Looking at data from 50 countries over the second half of the 20th century, a study found the majority of deaths in young people was through incidents

http://www.aap.org/comm-peds/dochs/mentalhealth/mh5n.html
such as car accidents or reckless behavior but that violence and suicide have also become key causes of death in this group. The findings, published in the *Lancet* medical journal, partly reflect success in reducing death rates among very young children, but the focus on reducing infant and child mortality has not been matched by similar efforts in older groups.

**Study Finds Many Graphic YouTube Self-Harm Videos**

AAP.org – February 21

[http://www.aap.org/advocacy/releases/feb2111studies.htm](http://www.aap.org/advocacy/releases/feb2111studies.htm)

Videos featuring and demonstrating self-injury are widely available on YouTube, and millions of viewers rate these videos favorably, according to a study in *Pediatrics*. Researchers looked at 100 of the most popular non-suicidal self-injury (NSSI) videos on YouTube and found that most had a factual/educational tone (53%) or hopeless/melancholic messages (51%). The availability of such videos, and the large number of viewers for the most popular ones, could foster online communities in which this behavior is accepted among those who self-injure. The authors conclude that the possible impact of this material on viewers is worrisome, and parents as well as professionals working with youth and young adults who enact NSSI need to be aware of the scope and nature of such videos on this Web site.

### REQUEST FOR INFORMATION

**Tech Tips**

The AAP News highlights a Tech Tip each month. Members share a first-hand experience using technology, such as software, program, app, widget, etc, to help improve patient care or practice management. If you have a Tech Tip to share with AAP News readers, e-mail submissions of 250 words or less to Jennifer Mansour at jmansour@aap.org.

**Updating the National Strategy for Suicide Prevention: Your Opinion Matters**


The National Action Alliance for Suicide Prevention is offering the public an opportunity to provide suggestions for revisions to the National Strategy for Suicide Prevention. There is no indicated deadline for participation; however, it is recommended that the survey be completed promptly to ensure your comments are received.

### CONFERENCES/WEBINARS

**Future of Pediatrics Conference and Mental Health Preconference**


Taking place July 28-July 31, 2011 at the Fairmont Chicago Millennium Park in Chicago, IL, the Future of Pediatrics Conference is an opportunity to learn the latest research findings in a variety of clinical and practice management topics, as well as advances in community pediatrics and the medical home. A preconference, *Embracing Mental Health Care: Lessons Learned for Success*, will take place July 28, 2011 at the Fairmont Millennium Park in Chicago. The goal of this preconference is to empower pediatricians to address the health and well-being of children and youth with mental health concerns and to improve skills of clinicians by providing practical tools for clinical care. Advance registration is required and seating is limited, so be sure to check “Yes” to register for the Mental Health Preconference when you register for Future of Pediatrics. A limited number of travel stipends will be available. Click here to view the agenda. More information is available online or contact Stephanie Nelson at 800-433-9016 x 4776 or snelson@aap.org.

**Linking and Integrating With Primary Care: The Medical Home Model for Children’s Mental Health**

[http://aap.org/mentalhealth/mh9et.html#Teleconferences](http://aap.org/mentalhealth/mh9et.html#Teleconferences)

The AAP joined the National Technical Assistance Center in Children’s Mental Health in providing an overview of opportunities provided by the medical home model for children's mental health and primary care to strengthen their collaboration by shifting the paradigm from a referral based system to a linked and integrated system. Both the online recording and a PowerPoint presentation are available.

[http://www.aap.org/commpedsoehs/mentalhealth/mh5n.html](http://www.aap.org/commpedsoehs/mentalhealth/mh5n.html)
Many—in fact, most—primary care clinicians cite a lack of referral sources as a major barrier to expanding their role in mental health care. The purpose of this course is to address this barrier by answering the question: “I’ve identified a mental health or substance abuse concern that requires expertise I don’t have; so now what do I do?” Learn more.

EQIPP: Medical Home for Pediatric Primary Care
http://www.eqipp.org/index.cfm
This course will help health care providers create a plan for improvement to address gaps in key clinical activities in the medical home. Key activities in a pediatric medical home setting that are addressed include:
- developing a high functioning multidisciplinary quality improvement team;
- knowing and managing patient population;
- enhancing access to care;
- delivering patient- and family-centered care;
- providing and documenting planned, proactive, comprehensive care; and
- coordinating care across all settings. CME credit is available.

Addressing the Mental Health Needs of Young Children in the Child Welfare System: What Every Policymaker Should Know
This issue brief from the National Center for Children in Poverty explores what is currently known about the prevalence of young children (ages birth to 5) in the child welfare system, how the occurrence of maltreatment or neglect affects their development, and the services currently offered versus needed for these young children.

Helping Children in Foster Care Make Successful Transitions Into Child Care
http://www.aap.org/fostercare/PDFs/HFCA_ChildCare.pdf
Children in foster care have special health care needs. Although it is impossible to predict all of the health concerns that these children might have, we know they have many more physical, mental, dental, and developmental health concerns than children who are not in foster care. This resource highlights steps foster parents or kin can take to help the child make a successful transition into the child care program and provides advice for early education and child care providers.

National Quality Strategy Will Promote Better Health, Quality Care for Americans
http://www.ahrq.gov/workingforquality/nqs
The US Department of Health and Human Services (HHS) has released the National Strategy for Quality Improvement in Health Care (National Quality Strategy). The strategy was called for under the Affordable Care Act and is the first effort to create national aims and priorities to guide local, state, and national efforts to improve the quality of health care in the United States. The National Quality Strategy will promote quality health care that is focused on the needs of patients, families, and communities. At the same time, the strategy is designed to move the system to work better for doctors and other health care providers by reducing their administrative burdens and helping them collaborate to improve care.

New National Action Alliance for Suicide Prevention Web Site
http://www.ActionAllianceforSuicidePrevention.org
This new Web site addresses the preventable public health problem of suicide. It offers the latest news and information about the Action Alliance to the general public, suicide prevention community, media, policymakers, and other key stakeholders in suicide prevention.
Online **Culturally Effective Care Toolkit for Practicing Pediatricians**
This Toolkit is a practical, hands-on resource with information and tools to help practicing pediatricians and office staff provide culturally effective care to their patients and families. Relevant topics include nutrition, feeding, and body image perspectives; behavior and child development; implementing culturally effective care in practices; and continuing medical education opportunities.

**SAMHSA Outlines New Strategic Initiatives for Advancing Behavioral Health**
The Substance Abuse and Mental Health Services Administration (SAMHSA) has published its strategic initiatives paper, an overview of goals, priorities, and action steps for accomplishing its mission of reducing the impact of substance abuse and mental illness on America's communities. The strategic initiatives set forth address how SAMHSA will maximize its resources in an environment that promises improvements in the nation's behavioral health care system over the next few years as a result of a variety of forces, most notably the implementation of the Affordable Care Act and the Mental Health Parity and Addiction Equity Act.

**What Foster Parents Can Do to Prevent Suicide**
This new resource from the national Suicide Prevention Resource Center provides guidance for foster parents on recognizing and responding to warning signs of suicide, getting professional help, enhancing mental health, and more. It also provides links to additional resources for foster parents, teenagers, and young people.

**New ChildTrends Fact Sheets**
ChildTrends has released 2 new fact sheets. **What Works for Promoting and Enhancing Positive Social Skills: Lessons from Experimental Evaluations of Programs and Interventions** evaluated programs to identify what works to promote social skills among children and adolescents, such as getting along with others, expressing empathy to others, trying to resolve conflicts, and regulating emotions and behaviors. **What Works for Acting-Out (Externalizing) Behavior: Lessons from Experimental Evaluations of Social Interventions** presents lessons learned from programs for children and youth that are designed to prevent and/or reduce acting-out or externalizing behavior, such as verbal and/or physical intimidation, defiant or argumentative behavior, hyperactivity, impulsivity, and delinquent behaviors. Both fact sheets include charts summarizing the programs and whether they were found to work, not proven to work, or had mixed findings.

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**FUNDING OPPORTUNITIES**

**Circles of Care Grants**
Deadline: May 31, 2011
The Substance Abuse and Mental Health Services Administration (SAMSHA) Center for Mental Health Services is accepting applications for Circles of Care grants to provide tribal and urban Indian communities with tools and resources to plan and design a holistic, community-based, coordinated system of care to support mental health and wellness for children, youth, and families. These grants will increase the capacity and effectiveness of mental health systems serving American Indian/Alaska Natives (AI/AN) communities. Eligible applicants are State and federally recognized AI/AN Tribes, Tribal organizations (including Urban Indian organizations), and Tribal colleges and universities. The Request for Applications (RFA) and Grant Application Kit are available on the SAMSHA Web site, along with detailed award information. The due date for applications is May 31, 2011.
JOURNALS

Please note that some journals may require a membership to gain access to the articles.

**AAP News** (Vol 32, Issue 4, Apr 2011)
http://aapnews.aappublications.org/content/vol32/issue4
- Encourage Positive Aspects of Social Media for Children, Teens While Guarding Against Risks
- New ICD-9-CM Codes May Improve Payment for Mental Health Services

**AAP News** (Vol 32, Issue 3, Mar 2011)
http://aapnews.aappublications.org/content/vol32/issue3
- One Year Later: What the Affordable Care Act Means for Children, Pediatricians
- Teach Children to Beware of Bullies in the Cyber-Schoolyard

**Academic Pediatrics** (Vol 11, Issue 2, Mar-Apr 2011)
- The Medical Home as a Mediator of the Relation Between Mental Health Symptoms and Family Burden Among Children With Special Health Care Needs

**Administration and Policy in Mental Health and Mental Health Services Research** (Vol 38, No 3, May 2011)
http://www.springerlink.com/content/0894-587x/38/3
- Early Intervention for Substance Abuse Among Youth and Young Adults with Mental Health Conditions: An Exploration of Community Mental Health Practices
- A Collaborative Approach to Identifying Effective Incentives for Mental Health Clinicians to Improve Depression Care in a Large Managed Behavioral Healthcare Organization

**American Journal of Community Psychology** (Vol 47, Numbers 1-2, March 2011)
http://www.springerlink.com/content/0091-0562/47/1-2
- Economic Hardship, Neighborhood Context, and Parenting: Prospective Effects on Mexican–American Adolescent’s Mental Health

**American Journal of Preventive Medicine** (Vol 40, No 5, May 2011)
http://www.ajpm-online.net/current
- Exercise and Substance Use Among American Youth, 1991–2009
- Long-Term Effects of a Parent and Student Intervention on Alcohol Use in Adolescents: A Cluster Randomized Controlled Trial

**American Journal of Preventive Medicine** (Vol 40, No 4, Apr 2011)
http://www.ajpm-online.net/issues?issue_key=S0749-3797(11)X0003-X
- Alcoholic Beverage Preferences and Associated Drinking Patterns and Risk Behaviors Among High School Youth

**American Journal of Psychiatry** (Vol 168, Issue 4, Apr 2011)
http://ajp.psychiatryonline.org/content/vol168/issue4/index.dtl
- Identification of a Neurodevelopmental Network for Attention Deficit Hyperactivity Disorder

**Archives of General Psychiatry** (Vol 68, No 3, Mar 2011)
http://archpsyc.ama-assn.org/content/vol68/issue3/index.dtl
- Incremental Cost-effectiveness of Combined Therapy vs Medication Only for Youth With Selective Serotonin Reuptake Inhibitor–Resistant Depression: Treatment of SSRI-Resistant Depression in Adolescents Trial Findings
- Recovery and Recurrence Following Treatment for Adolescent Major Depression
- Neuromorphological Differences in Toddler Boys With Fragile X Syndrome and Idiopathic Autism

**Archives of Pediatrics & Adolescent Medicine** (Vol 65, No 4, Apr 2011)
http://archpedi.ama-assn.org/content/vol65/issue4/index.dtl
- Secondhand Smoke Exposure and Mental Health Among Children and Adolescents
- Association of Family Stressful Life-Change Events and Health-Related Quality of Life in Fifth-Grade Children

http://www.aap.org/commneds/dochs/mentalhealth/mh5n.html
Archives of Pediatrics & Adolescent Medicine (Vol 65, No 3, Mar 2011)

- Nonmedical Prescription Drug Use in a Nationally Representative Sample of Adolescents: Evidence of Greater Use Among Rural Adolescents
- Individual and Family Motivational Interventions for Alcohol-Positive Adolescents Treated in an Emergency Department: Results of a Randomized Clinical Trial
- Preventing and Treating Adolescent Alcohol Use

Autism (Vol 15, Issue 2, Mar 2011)

- Use of the Autism Diagnostic Observation Schedule (ADOS) in a Clinical Setting
- Risk Factors for Autism and Asperger Syndrome: Perinatal Factors and Migration
- The Perception of Social Situations by Children With Autism Spectrum Disorders
- Teaching Children With Autism How to Respond to the Lures of Strangers

Child and Adolescent Mental Health (Vol 16, Issue 1, Feb 2011)

- The Role of the Mental Health Practitioner in the Assessment and Treatment of Child and Adolescent Chronic Pain
- Two-Year Follow-up of Girls Adopted from China: Continuity and Change in Behavioral Adjustment
- Adversity, Emotional Arousal, and Problem Behavior in Adolescence: The Role of Non-Verbal Cognitive Ability as a Resilience Promoting Factor
- Adolescent Family Factors Promoting Healthy Adult Functioning: A Longitudinal Community Study
- Outcome Findings from a Parent Training Program for Young People with Conduct Problems
- Working with Interpreters in Child Mental Health
- The Clinician's Guide to Collaborative Caring in Eating Disorders: The New Maudsley Method
- Post Traumatic Stress Disorder: Cognitive Therapy with Children and Young People
- Cognitive Behavioral Therapy with Children: A Guide for the Community Practitioner

Child and Adolescent Psychiatric Clinics of North America (Vol 20, No 2, Apr 2011)

- Dialectical Behavior Therapy for Suicidal Adolescents with Borderline Personality Disorder
- Cognitive-Behavioral Therapy for Anxiety Disorders in Youth
- Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder in Children and Adolescents
- Cognitive-Behavioral Therapy for Weight Management and Eating Disorders in Children and Adolescents
- Cognitive-Behavioral Therapy for Youth with Body Dysmorphic Disorder
- Applying Cognitive-Behavioral Therapy for Anxiety to the Younger Child
- Core Principles in Cognitive Therapy with Youth
- Acceptance and Commitment Therapy (ACT): Advances and Applications with Children, Adolescents, and Families

Child Development (Vol 82, Issue 2, Mar/Apr 2011)

- A Monozygotic Twin Difference Study of Friends’ Aggression and Children’s Adjustment Problems
- Reciprocal Relations Between Parenting and Adjustment in a Sample of Juvenile Offenders

Child Development (Vol 82, Issue 1, Jan/Feb 2011)

- Parents as Moderators of the Impact of School Norms and Peer Influences on Aggression in Middle School Students
- An Ecological Approach to Promoting Early Adolescent Mental Health and Social Adaptation
- Remission of Depression in Parents: Links to Healthy Functioning in Their Children
- Protecting Children From the Consequences of Divorce: A Longitudinal Study of the Effects of Parenting on Children’s Coping Processes
- Promoting Effective Parenting Practices and Preventing Child Behavior Problems in School Among Ethnically Diverse Families From Underserved, Urban Communities
- Understanding Bullying and Victimization During Childhood and Adolescence: A Mixed Methods Study
Clinical Pediatrics (Vol 50, No 4, Apr 2011)
http://cpj.sagepub.com/content/50/4.toc
- Dietary Sensitivities and ADHD Symptoms: Thirty-five Years of Research
- Effects of OROS Methylphenidate on Academic, Behavioral, and Cognitive Tasks in Children 9 to 12 Years of Age With Attention-Deficit/Hyperactivity Disorder

Clinical Psychology Review (Vol 31, Issue 3, Apr 2011)
http://www.sciencedirect.com/science/journal/02727358
- Prospective Association of Childhood Attention-Deficit/Hyperactivity Disorder (ADHD) and Substance Use and Abuse/Dependence
- Atypical Antipsychotic Medications in the Management of Disruptive Behaviors in Children: Safety Guidelines and Recommendations

Community Mental Health Journal (Vol 47, Number 2, Apr 2011)
http://www.springerlink.com/content/0010-3853
- Predictors of Follow-Up Completion Among Runaway Substance-Abusing Adolescents and Their Primary Caretakers

Community Mental Health Journal (Vol 47, Number 1, Feb 2011)
http://www.springerlink.com/content/0010-3853/47/1/
- Person-Related Protective and Vulnerability Factors of Psychopathology Symptoms in Non-Clinical Adolescents
- The Role of Perceived Parent Monitoring and Support on Urban Child and Adolescent Problem Behavior
- Parents’ Conceptualization of Adolescents’ Mental Health Problems: Who Adopts a Psychiatric Perspective and Does It Make a Difference?

Contemporary Pediatrics (Mar 1, 2011)
http://contemporarypediatrics.modernmedicine.com/contpeds/issue/issueDetail.jsp?id=19971
- Social Networks and Cyber Bullies: What Are Your Patients Telling You?
- Parents Rely on Pediatricians for Advice More Than Any Other Source

Evidence Based Mental Health (Vol 14, Issue 1, Feb 2010)
http://ebmh.bmj.com/content/14/1.toc
- Young Black Females in Three UK Cities Have Higher Rates of Self-Harm Than Other Ethnic Groups But Are Less Likely to Be Referred for Psychiatric Care
- Suicide Attempts More Common in Offspring of Depressed Parents Exposed To Suicidal Behavior Than Unexposed Offspring
- Attachment-Based Family Therapy Reduces Suicidal Ideation In Adolescents
- Association Between Recent Stressful Life Events and Prevalence of Depression, Anxiety and PTSD Differs According to Exposure to Childhood Adversity
- Young Children With ADHD Are at Increased Risk of Depression and Suicidal Behavior in Adolescence
- Parent–Child CBT Reduces Anxiety Disorders Among Children Aged 4-7 Years
- A Personality-Based Intervention Moderately Reduces Risk of Drinking in At-Risk 13-14-Year-Old British School Children
- Family-Based Treatment Increases Full Remission At 1-Year Follow-Up Compared With Adolescent-Focused Individual Therapy in Adolescents With Anorexia Nervosa

- Yoga and Pilates: Associations With Body Image and Disordered-Eating Behaviors in a Population-Based Sample of Young Adults

- Parental Divorce and Disordered Eating: An Investigation of a Gene-Environment Interaction
Journal of Adolescence (Vol 34, Issue 2, Apr 2011)
http://www.sciencedirect.com/science/journal/01401971
- Proactive Parenting Practices During Early Adolescence: A Cluster Approach
- A Short-Term Longitudinal Analysis of Friendship Selection on Early Adolescent Substance Use
- Investigating Adolescent Stress and Body Image
- Cognitive Coping in Anxiety-Disordered Adolescents
- Prevalence and Clinical Correlates of Deliberate Self-Harm Among Community Sample of Italian Adolescents
- Adverse Life Events and Mental Health in Middle Adolescence
- Prevalence and Determinants of Suicide Ideation Among Lebanese Adolescents

Journal of Adolescence (Vol 34, Issue 1, Feb 2011)
http://www.sciencedirect.com/science/journal/01401971
- Effects of Dating Violence, Substance Use and Risky Sexual Behavior Among Diverse Sample of Illinois Youth
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- Internet Use and Video Gaming Predict Problem Behavior in Early Adolescence
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