

Welcome

ARCUS Arctic Research Seminar Series

“Promoting Research on Mental Health, Resilience, and Wellbeing in the Arctic”



Presenters:

Roberto Delgado, PhD

Chief, Rural Research Program, NIMH, NIH

Andrea Horvath Marques, MD, MPH, PhD

Chief, Mental Health Disparities Research NIMH, NIH



12 February 2018

#ARCUSwebinar



Promoting Research on Mental Health, Resilience, and Wellbeing in the Arctic

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KEY MESSAGES

- Cultural discontinuity resulting from rapid environmental and social changes has been linked to high rates of depression, alcoholism, suicide, and violence in many Arctic Indigenous communities, with the most dramatic impact on youth
- Strength-and resilience-based approaches can support public health policy, research, and practice improvements broadly to better serve Arctic communities
- Stronger collaborations among clinicians, communities, policy makers, and researchers are needed to change the attitudes that perpetuate stigma and discrimination, and to expand services to promote greater efficiency in the use of resources



Promoting Research on Mental Health, Resilience, and Wellbeing in the Arctic

- Mental wellness initiative under 2015-2017 US Chairmanship of Arctic Council
 - Reducing the Incidence of Suicide in Indigenous Groups – Strengths United through Networks (RISING SUN)
- Report on the Goals and Objectives for Arctic Research 2017-2018 (USARC)
 - Goal #2 - Improve Arctic Human Health
- Arctic Research Plan: FY2017-2021
 - Enhance the wellbeing of Arctic residents
- NIMH/NIMHD Collaborative Hubs





Transforming the understanding and treatment of mental illnesses.

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- Careers@NIMH
- Advisory Boards and Groups
- Staff Directories
- Getting to NIMH



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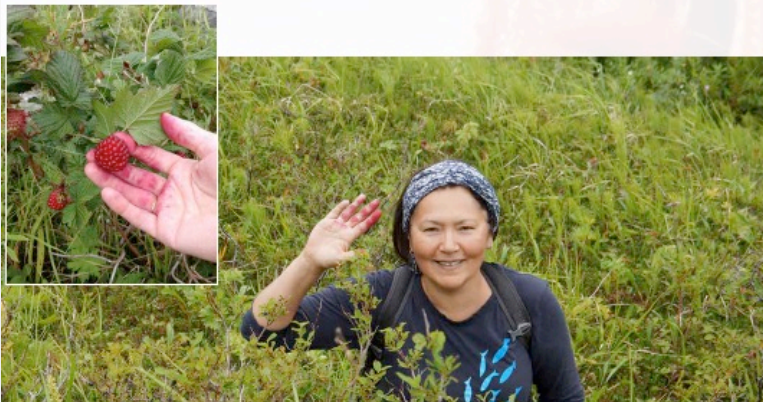
Report on the Goals and Objectives for Arctic Research 2017-2018

GOAL 2. Improve Arctic Human Health

MOTIVATION

Arctic climate change is altering the presence and distribution of bacteria, viruses, and other microorganisms (pathogens) that can cause disease in people and wildlife, including species critical to subsistence. Concurrently, long-range transport of contaminants from outside the Arctic leads to their accumulation in Arctic food webs, threatening food and water security, and the health of local people.

Access to adequate amounts of clean water is strongly connected to improved health, but climate change is disrupting water and sanitation systems. The Arctic is being affected by warming and thawing permafrost, rising sea levels, increasing number and intensity of storm surges, saltwater intrusion into coastal groundwater, and northward moving animal populations that bring with them new pathogens (e.g., giardia). Additionally, climate change is drying tundra ponds and is damaging water and sanitation infrastructure.



RECOMMENDATIONS

- » Promote research on innovative strategies to increase use of and access to adequate amounts of clean water and sanitation (with commensurate health improvements) in remote communities with a specific focus on climate change and its impacts on these systems and the health of Arctic residents.
- » Support new approaches to health programs that recognize and strengthen the connections between people, wildlife, environment, and climate.²
- » Analyze the possible pathways of human exposure to contaminants and diseases passed between people and wildlife in the Arctic, and how these pathways evolve with climate change.
- » Investigate approaches to prepare for and manage responses to climate change that reduce negative impacts to human health and safety.
- » Research climate-change-related alterations in the distribution and migratory pathways of wildlife to better inform management decisions and to protect subsistence species.

US Arctic Research Commission



Arctic Mental Health Working Group

A USARC-COORDINATED WORKING GROUP

STRENGTHEN SYSTEMS OF CARE TO PREVENT SUICIDE AND IMPROVE MENTAL HEALTH IN THE CIRCUMPOLAR NORTH

- Work collaboratively with tribes and other stakeholders
- Promote use of indigenous knowledge, research, and evidence-based early intervention and primary prevention efforts.

Encourage data collection, integration, analysis and research

Promote capacity development of the mental and behavioral health workforce in Alaska

Strengthen mental health protective factors of children and youth with a focus on community-based efforts

<https://arctic.gov/amhwg/>



NIH National Institute of Mental Health

Arctic Research Plan: FY 2017-2021

ARCTIC RESEARCH PLAN *FY2017-2021*

PRODUCT OF THE
Interagency Arctic Research Policy Committee
OF THE NATIONAL SCIENCE AND TECHNOLOGY COUNCIL



- **Research Objective 1.5**
 - Increase understanding of mental health, substance abuse, and well-being for Alaskan youth; and support programs that address those impacts and strengthen youth resilience.

NIMH Collaborative Hubs to Reduce the Burden of Suicide Among AI/AN Youth

Partnerships

Networks

Capacity Building

Research

Aims/Goals:

Increase Resilience & Reduce Suicide
Address Mental Health Disparities
Improve Work Force Diversity





Global Mental Health Research
Program

Women's Mental Health Research
Program

Minority Health & Mental Health
Disparities

Webinars on Disparities and Global
Mental Health

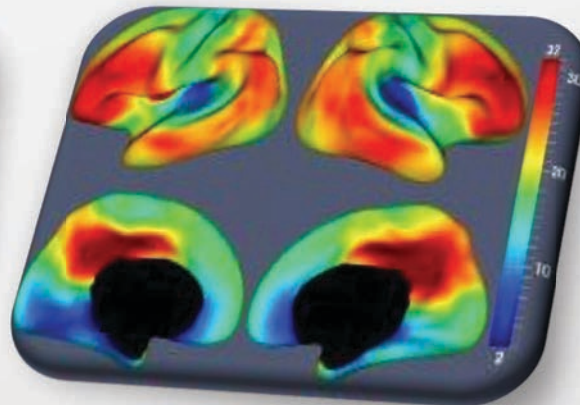
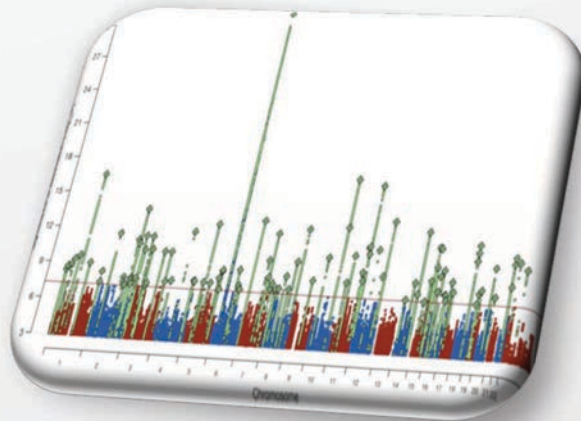
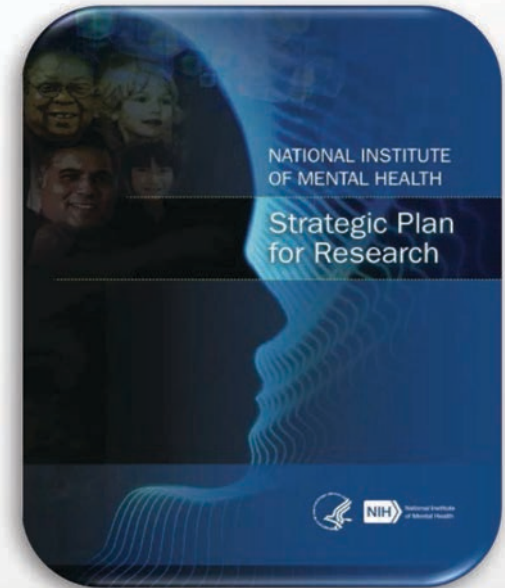
Office for Research on Disparities and Global Mental Health (ORDGMH)

Overview

The NIMH Office for Research on Disparities and Global Mental Health (ORDGMH) coordinates the Institute's efforts to reduce mental health disparities both within and outside of the United States. The office's combined focus on local and global mental

National Institute of Mental Health: Mission

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



Source: Ishmael Amarreh



NIMH Strategic Priorities

NIMH Priorities: Dr. Joshua A Gordon

-”*Diversity is the cornerstone of a strong research portfolio*”. ...
- Diversity in:
 - **Subject matter**—basic, translational, clinical, and implementation science—
 - **Workforce** that investigates this subject matter.
 - **Individuals** who participate in this research.
 - **Time frames: short** (help currently available, efficacious treatments reach all patients who need them), **medium**, and **long-term**.

NIMH Strategic Plan

- From **basic science** of the **brain** and **behavior** to **public health impact**.
 - **Objective 1 - Define the Mechanisms of Complex Behaviors**
 - **Objective 2 - Chart Mental Illness Trajectories To Determine When, Where, and How to Intervene**
 - **Objective 3 Strive for Prevention and Cures**
 - **Objective 4 Strengthen the Public Health Impact of NIMH-Supported Research**

Mental Health Disparities Research Priorities across the NIMH Strategic Research Plan

**SO1 -
SO2**

- **Understand Mechanisms of Disparities through the Study of Diverse Groups**

SO3

- **Develop New Interventions to Reduce Disparities and Optimize Care**

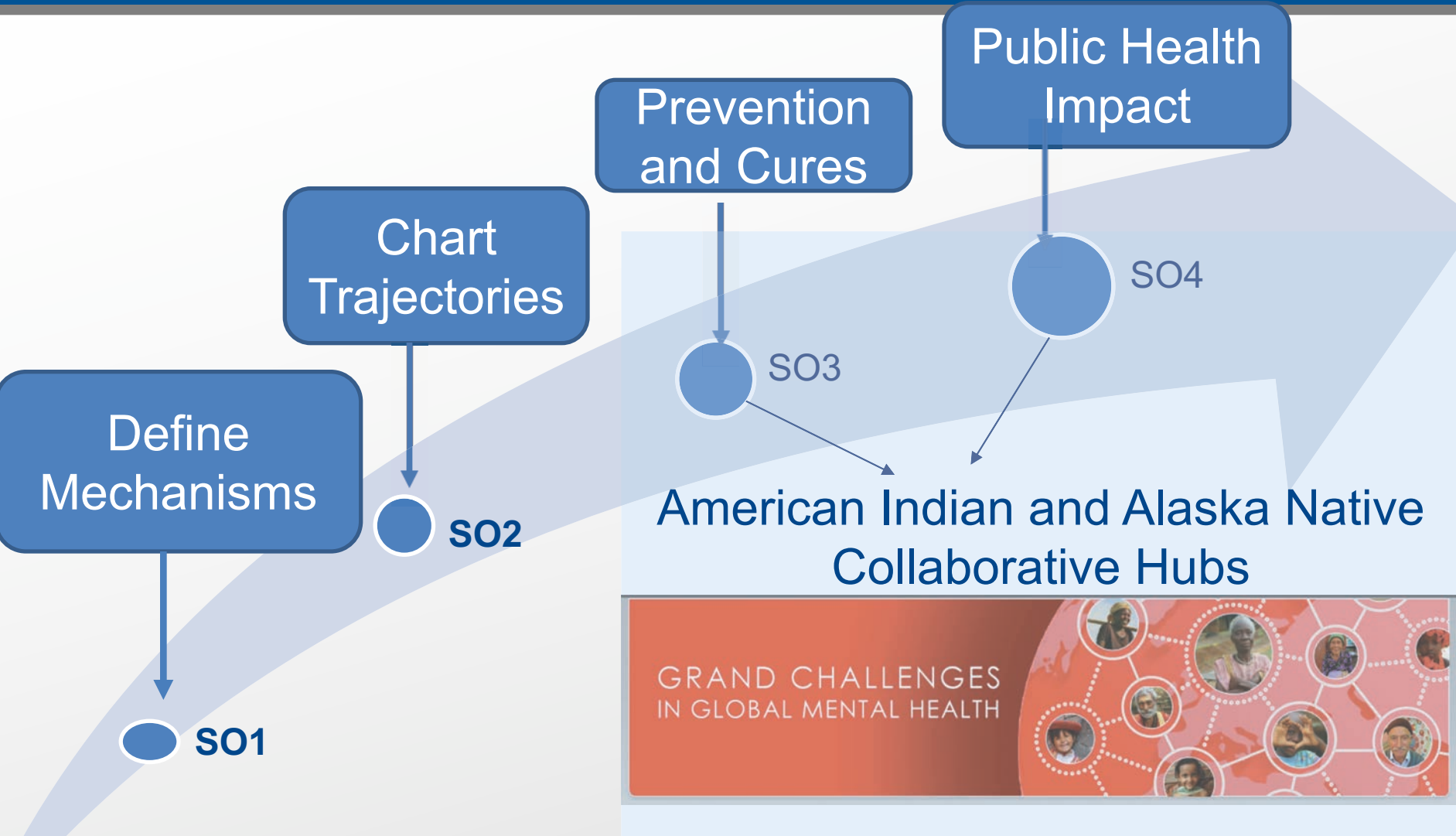
SO4

- **Track disparities and Scale up Evidence-Based Interventions to Reduce Disparities in Access to Care**

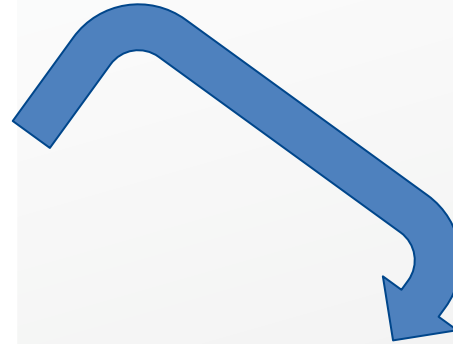
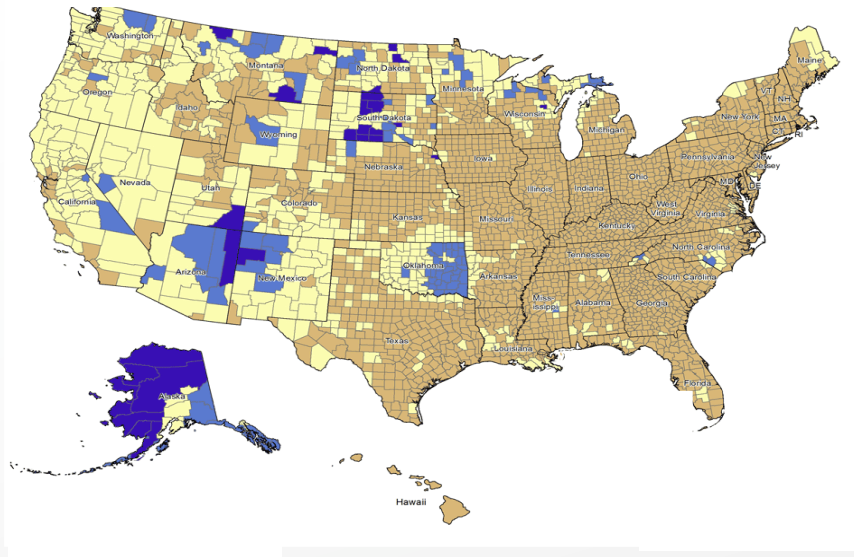


National Institute
of Mental Health

Collaborative Hubs to Reduce the Burden of Suicide Among AI/AN Youth: NIMH Strategic Research Plan and The Grand Challenge Initiative



Applying the Hub Model Back to U.S. To Reduce the Burden of Suicide Among AI/AN



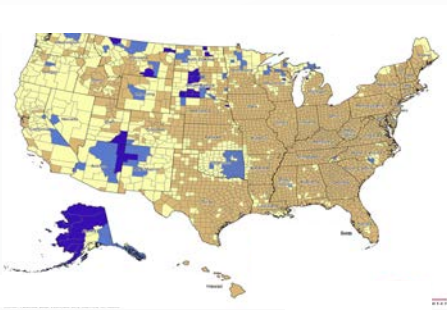
The Hub Model: Incubator for

Partnerships

Network

Capacity Building

Research



- Promoting **partnership and engaging** those who will implement and sustain **evidence-based mental health care**
- Establishing **research networks** to accelerate research and publication of results
 - Building **research capacity** where it is underdeveloped
- Studying the **delivery of evidence-based care to high-need, underserved populations**



NIMH Collaborative Hubs to Reduce the Burden of Suicide Among AI/AN Youth

Partnerships

Networks

Capacity Building

Research

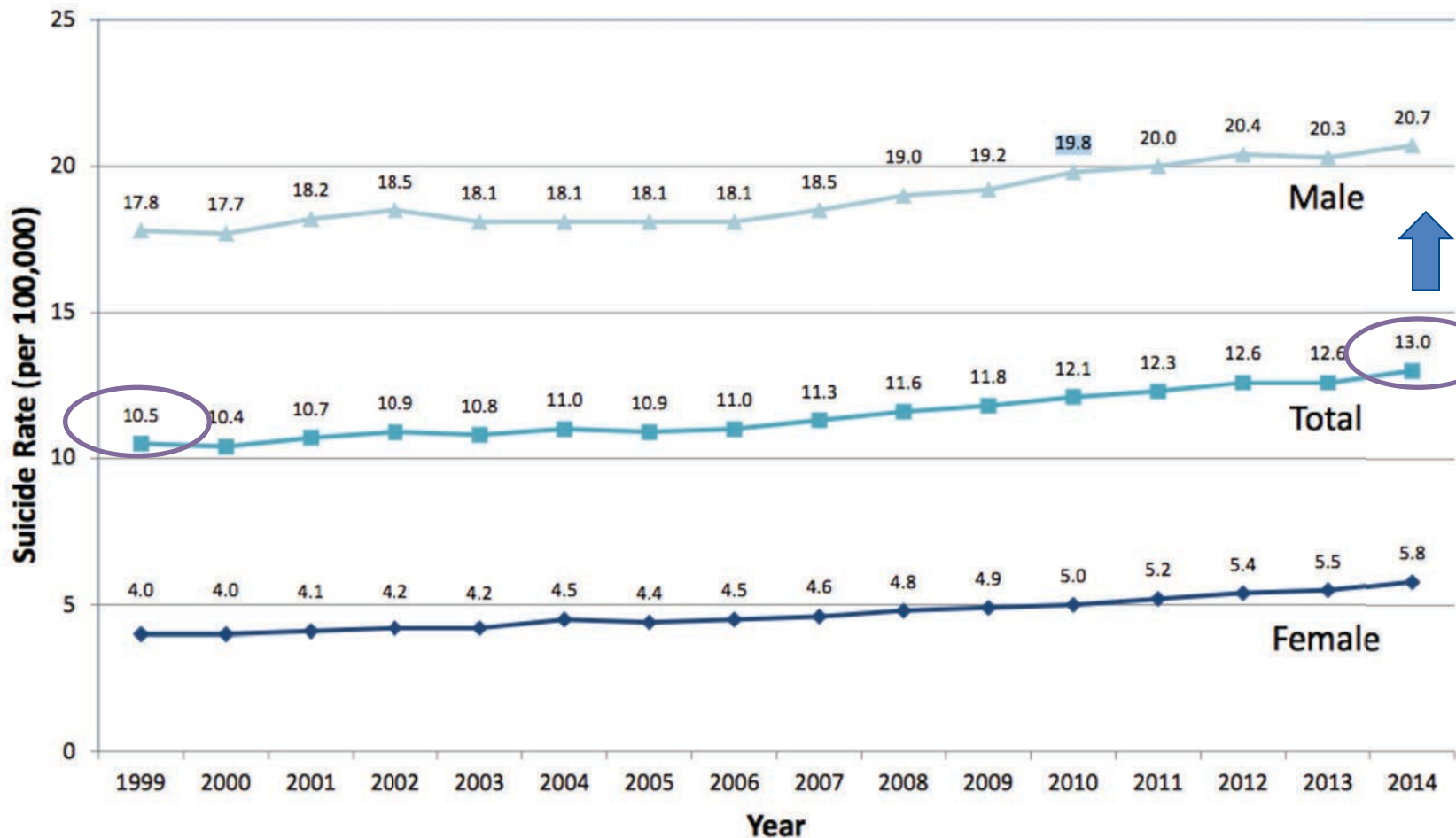
Aims/Goals:

Increase Resilience & Reduce Suicide
Address Mental Health Disparities
Improve Work Force Diversity



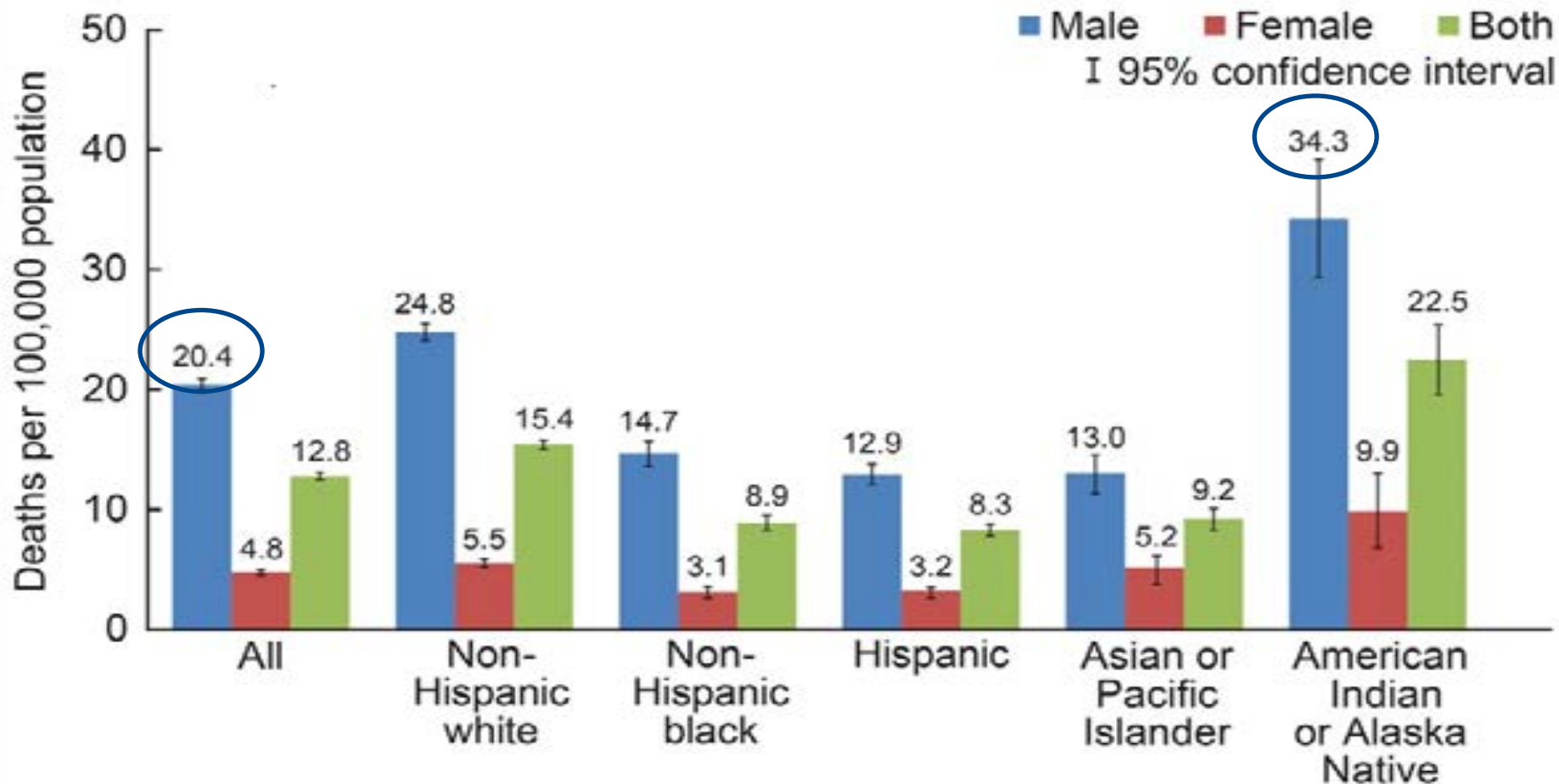
Suicide Rates in the U.S. from 1999 - 2014

Figure 1. Age-Adjusted Suicide Rates in the United States (1999-2014)



24%

Suicide Rates Among U.S. Adults Aged 18-24, by Race and Sex: 2012-2013



A systematic review of suicide prevention interventions targeting indigenous peoples in Australia, United States, Canada and New Zealand

Anton C Clifford^{1*†}, Christopher M Doran^{2†} and Komla Tsey^{3†}

5 interventions among AI/ANs

None were RCTs.

- Urgent need of **preventive interventions** targeting reductions in AI/AN suicide using **methodologically rigorous study designs** across **geographically** and **culturally** diverse Indigenous populations

Clifford et al, 2013

Suicide Trends Among and Within Urbanization Levels by Sex, Race/Ethnicity, Age Group, and Mechanism of Death — United States, 2001–2015

- **Mortality data from the National Vital Statistics System (NVSS)** cause of death information from 50 states and the DC
- Suicide rates increased across the **three urbanization levels**,
- Higher rates in **rural counties**
- Suicide rates were consistently **highest for men and AI/AN**
- Rates **were highest for whites** in more **metropolitan** counties

Results

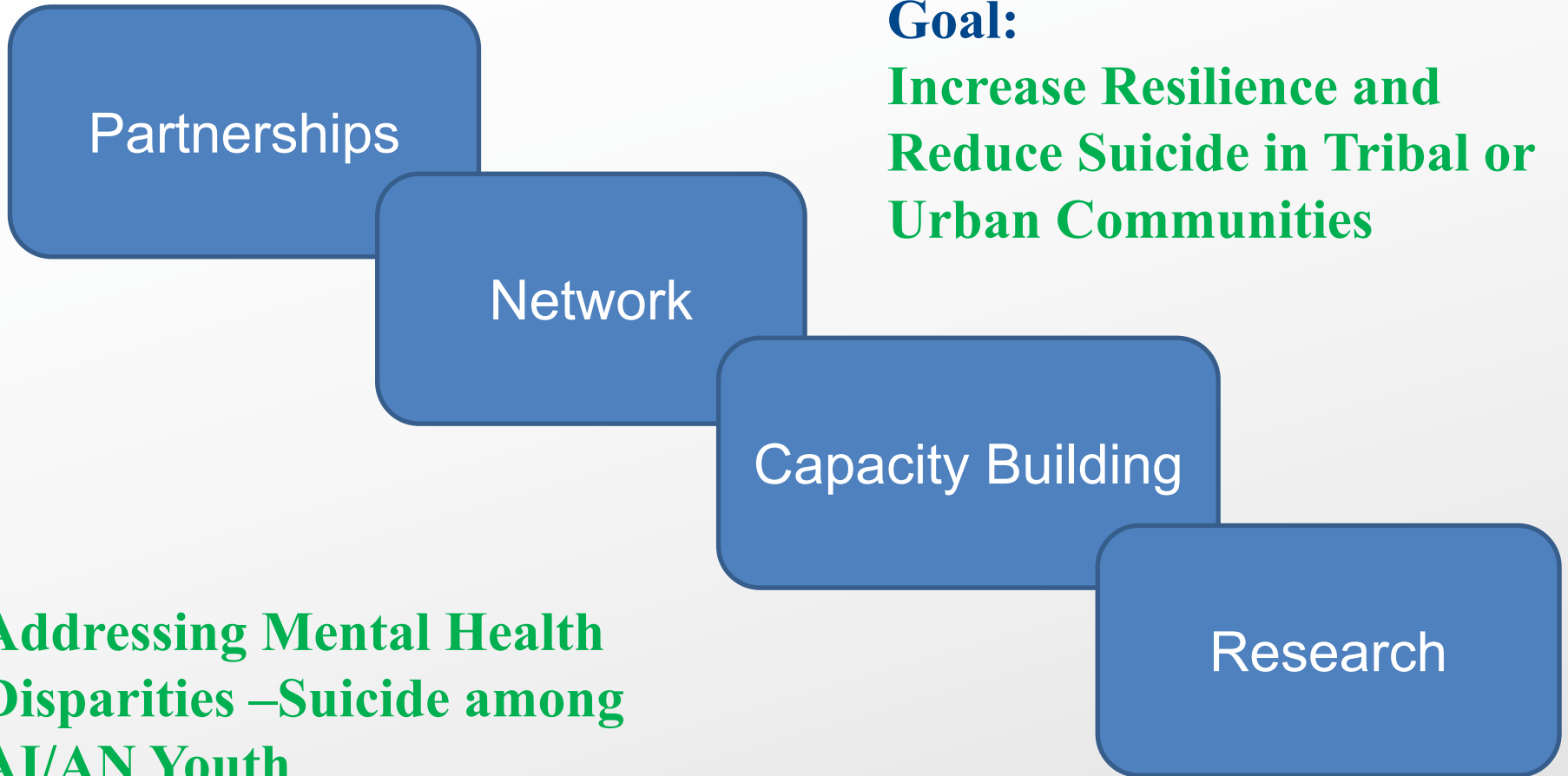
Results:

- Suicide rates increased across the **three urbanization levels**,
- Higher rates in **rural counties** than in medium/small or large metropolitan counties
- Suicide rates were consistently **highest for men and American Indian/Alaska Natives**
- Rates **were highest for whites** in more **metropolitan** counties
- **Increases in suicide rates occurred for all age groups** - with the highest rates for **persons aged 35–64 years**

Conclusion

- Interventions to **prevent suicides should be ongoing**, particularly in **rural areas**. Comprehensive suicide prevention efforts might include
 - **Leveraging protective factors** and
 - **Providing innovative prevention strategies** that increase access to health care and mental health care in rural communities.
 - In addition, **distribution of socioeconomic factors** varies in different communities and needs to be better understood in the **context of suicide prevention**.

Collaborative Hubs to Reduce the Burden of Suicide Among AI/AN Youth



Goal:

Increase Resilience and Reduce Suicide in Tribal or Urban Communities

Addressing Mental Health Disparities –Suicide among AI/AN Youth

Promoting Work Force Diversity

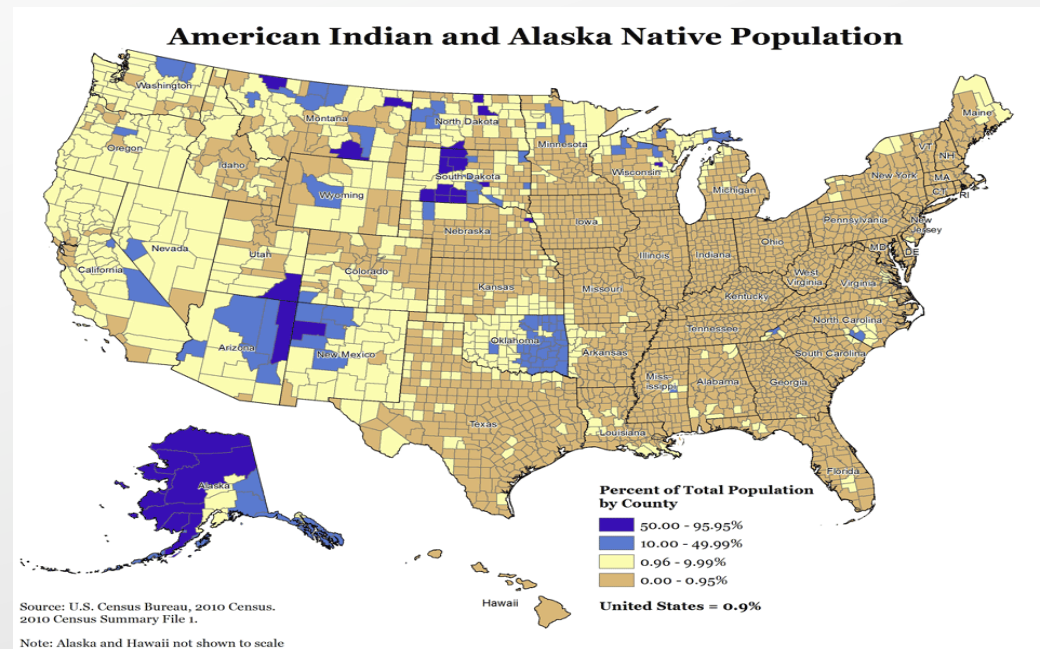


Newly Awarded Collaborative Hubs to Reduce the Burden of Suicide Among AI/AN Youth (RFA- MH-17-350)

Collaborative Hub to Reduce the Burden of Suicide among Urban AI/AN Youth:
Seattle, WA
Albuquerque, NM

Southwest Hub for American Indian Youth Suicide Prevention Research:
White Mountain Apache Tribe
Navajo Nation

Alaska Native Collaborative Hub for Resilience Research:
Northwest Arctic
Norton Sound
Yukon Kuskokwim




Alaska Native Collaborative Hub for Resilience Research- ANCHRR

Partnerships

Network

Capacity
Building

Research

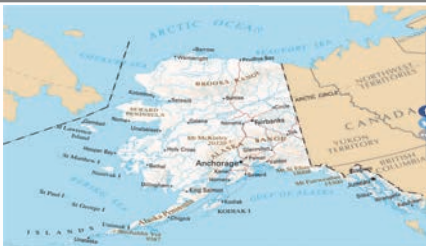


ANCHRR will serve all AN communities and organizations along with federal, state, private and nonprofit service provider agencies and partners.

Goals:

- (a) Establish a **central hub for Alaska** that supports efforts in **reducing the burden of AN youth suicide**
- (b) **Utilize scientific tools to build AN strengths and protections** against suicidal and other adverse behaviors through a **model of youth resilience**
- (c) **Develop and sustain tribal capacity to conduct research** and use **scientific tools** to promote and **increase AN youth and community wellbeing.**

Alaska Native Collaborative Hub for Resilience Research- ANCHRR



Network

Capacity Building

Research

Partnerships

- **Builds on established tribal partnerships** in the regions with **highest suicide rate** of Alaska:
 - **Northwest Arctic (93.1/100.000)**
 - **Bering Strait (77.2/100.000)**
 - **Yukon Kuskokwim (66.7/100.000)**
- **Goal: Broader the potential** impacts from **suicide prevention research efforts** throughout the **entire state of Alaska**, as well as throughout the **Arctic** more generally.

Alaska Native Collaborative Hub for Resilience Research- ANCHRR

Partnerships

Research

Network

Capacity Building



- **Network:** Communities - Alaska – Arctic - NIMH- Hubs -

UNIVERSITY OF ALASKA FAIRBANKS

UAA UNIVERSITY of ALASKA ANCHORAGE.

- **Capacity Building**

- **Cross-Campus-Discipline Collaboration Program**
- **Mental Health Research**
- Involvement **Native early career investigators** to build capacity

Alaska Native Collaborative Hub for Resilience Research- ANCHRR

Partnerships

Network

Capacity
Building

Research



- Emphasis on **community-level protective factors determinants of risk**
- Utilize a collaborative **mixed methods approach** to identify **community-level protective factors** within a **multi-level model of Youth Resilience**
- The study will involve data collection in **64 rural and remote Alaskan Native Villages**

Alaska Native Collaborative Hub for Resilience Research- ANCHRR

Partnerships

Network

Capacity
Building

Research



- **Aims:**
 - **Evaluate the association of**
 - **mutable community-level protective factors** (institutions, traditions, resources and leaders) with
 - **suicide, suicide behavior** (ideation, attempt) and associated **adverse outcome** (accidental death, alcohol-misuse requiring healthcare) in youth
 - **Mechanisms** (community perceptions, practices and norms)

Alaska Native Collaborative Hub for Resilience Research- ANCHRR

Partnerships

Network

Capacity Building

Research



- **Aims:**

- **In a stratified random sample of 6 communities,**
- **Test a multi-level model of individual level youth protective factors (individual, family, community, social connection), moderated by a set of community-level factors, as predictor of individual-level youth resilience from suicide risk outcome**

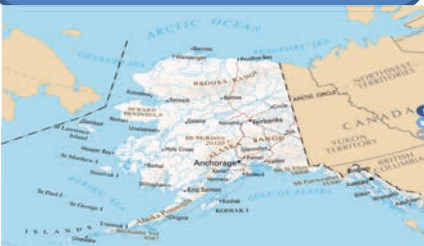
Alaska Native Collaborative Hub for Resilience Research- ANCHRR

Partnerships

Network

Capacity Building

Research



- **Aims:**

- **Develop and disseminate, a user friendly and practical tool- Alaska Community Resilience Mapping (AK-CRM) :**
 - **Translates into community practice**
 - **Allowing communities to measure and strengthen these factors** and reduce suicide risk and increase youth resilience.

NIH Tribal Health Research Office

NIH National Institutes of Health
Tribal Health Research Office

Search DPCPSI

THRO Home TAC THRCC Tribal Consultation Sessions Policies and Guidance Reports and Funding Health Information

Welcome to THRO

DPCPSI » THRO

Tribal Health Research Office (THRO)

Who We Are

Established in 2015, the Tribal Health Research Office is located in the Division of Program Coordination, Planning, and Strategic Initiatives in the Office of the Director (OD), NIH. The office was created in recognition of the importance of ensuring meaningful input from and collaboration with tribal Nations on NIH programs and policies. The Tribal Health Research Office functions are to:

- coordinate tribal health research-related activities across NIH
- serve as a liaison to and NIH representative on tribal health related committees and working groups
- coordinate and support the NIH Tribal Advisory Committee
- collaborate with NIH Institutes and Centers on the development of reports on tribal health topics
- manage information dissemination related to tribal health research coordination
- convene trans-NIH committees, workshops, meetings and other activities related to tribal health research and scientific priorities
- coordinate with NIH Institutes and Centers (ICs) to leverage resources or develop initiatives to support tribal health research

THRO Director & Staff

David R. Wilson, Ph.D., Director

Director's Bio Staff

THRO News

<https://dpcpsi.nih.gov/thro>

NIH Tribal Health Research Coordinating Committee






- Development of an AI/AN Research Strategic Plan and developing and recommending strategies to track and monitor NIH research initiatives and progress
- Developing the initial AI/AN research portfolio analysis
- Develop potential research and research training activities for NIH and ICO leadership to consider
- Facilitate and coordinate collaborations and other activities related to AI/AN health research across the NIH ICOs as well as with other federal agencies
- Contribute to reports on AI/AN research activities to HHS and in response to other requests

IARPC Collaboration Teams

Teams

[Edit page](#)

Your teams

- **Arctic Observing Systems**
Assessment, planning, and integration of environmental and socio-economic observing to understand Arctic system change.
- **Coastal Resilience**
Strengthening coastal community resilience and advancing stewardship of coastal natural and cultural resources by engaging in research related to the interconnections of people, natural, and built environments.
- **Environmental Intelligence**
Developing integrated environmental knowledge that is timely, reliable and suitable, that includes observing, modeling, and data integration.
- **Health & Well-being**
Enhancing understanding of health determinants and improving the well-being of Arctic residents.
- **Terrestrial Ecosystems**
Developing a landscape-scale understanding of the drivers and impacts of terrestrial ecosystem change.

Information Dissemination

- RISING SUN Toolkit (forthcoming)
 - Mental Health Innovation Network - <http://www.mhinnovation.net/>
- 17th International Congress on Circumpolar Health
<https://www.icch2018.com/>
 - Circumpolar Suicide Prevention and Resilience (ICC and SDWG)
- Fourth National Climate Assessment (NCA4)
 - Alaska Chapter
 - Human Health Chapter
 - Tribal and Indigenous Communities Chapter

*****Save the Date*****

Mark your calendars for the 2018 annual

Global Mental Health Workshop!

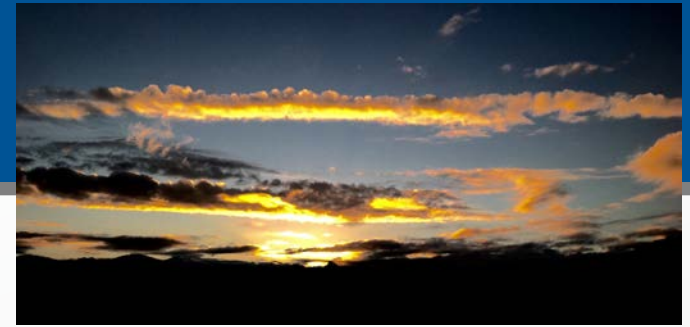
1-2 May 2018

Bethesda Marriott
5151 Pooks Hill Road
Bethesda, Maryland 20814

Additional information will be forthcoming



NIMH Contact Information



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- Office for Research on Disparities and Global Mental Health
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Thank You!

- Upcoming Arctic Research Seminars:
 - 6 March 2018: Marlene Laruelle, George Washington University
 - 29 March 2018: Matthew Jull, University of Virginia

- ARCUS is launching a new Arctic Indigenous Scholars program
 - Applications due on Thursday, 15 February.
 - Learn more & apply: <https://www.arcus.org/indigenous-scholars>

- Other opportunities to connect with the ARCUS community
 - 26 April 2018: Anchorage Arctic Research Day
 - June 2018: ARCUS 30th Anniversary event at Polar2018

- Please visit ARCUS online to find:
 - ARCUS Seminar recordings: <https://goo.gl/Wymkd7>
 - Information on how to become an ARCUS member: <https://goo.gl/u4662D>



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