

# SCIENCE AND PRACTICAL UPDATE FOR NAMI

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October 29, 2016





Recovery  
TO

I WALK  
Because  
OF Mental  
Needs

I  
WALK  
my  
laughter  
up to my  
brain

STOMP  
out Stigma  
NATIONAL  
ALLIANCE ON  
MENTAL ILLNESS

WALK  
MENTAL ILLNESS

WALK  
MENTAL ILLNESS

WALK  
MENTAL ILLNESS



# SCHIZOPHRENIA RESEARCH UPDATE

- Broad Center ---Identification of the most significant gene to date associated with schizophrenia
- NAMI research award Nov 17 2016 in DC
- Gene strongly associated with neural pruning
- It's a key piece of the puzzle –but no practical application yet
- Reference: Schizophrenia Risk from Complex Variation of Complement Component c4 Aswin et al Nature 530 pp177-183 Feb 2016









# SCHIZOPHRENIA –EARLIER INTERVENTION

- RAISE Study
- Early services that are coordinated
- Better work and school outcomes
- Better connection to treatment
- Long term results on money savings not yet in

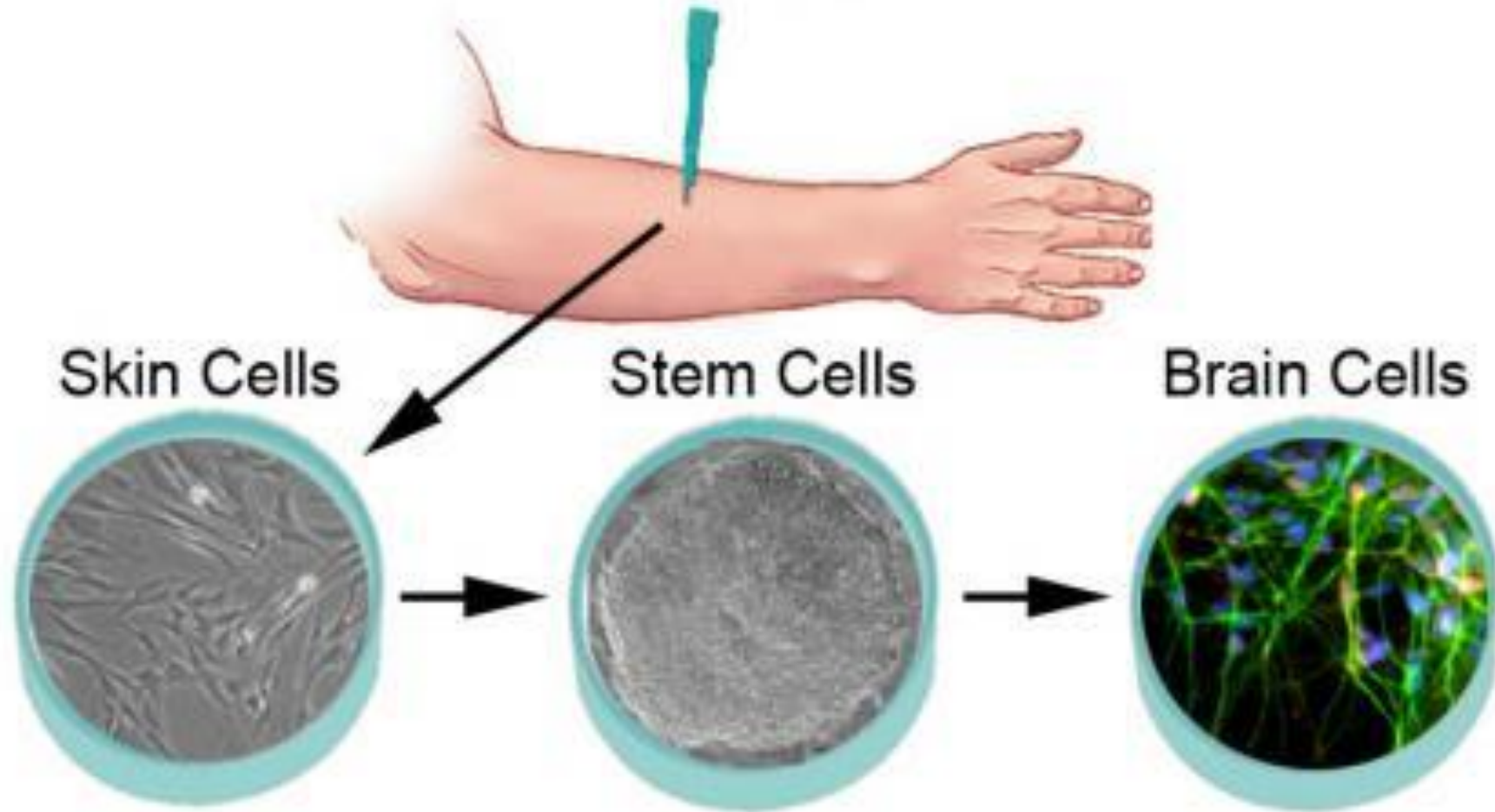
# BIPOLAR/ MOOD DISORDER SCIENCE UPDATE

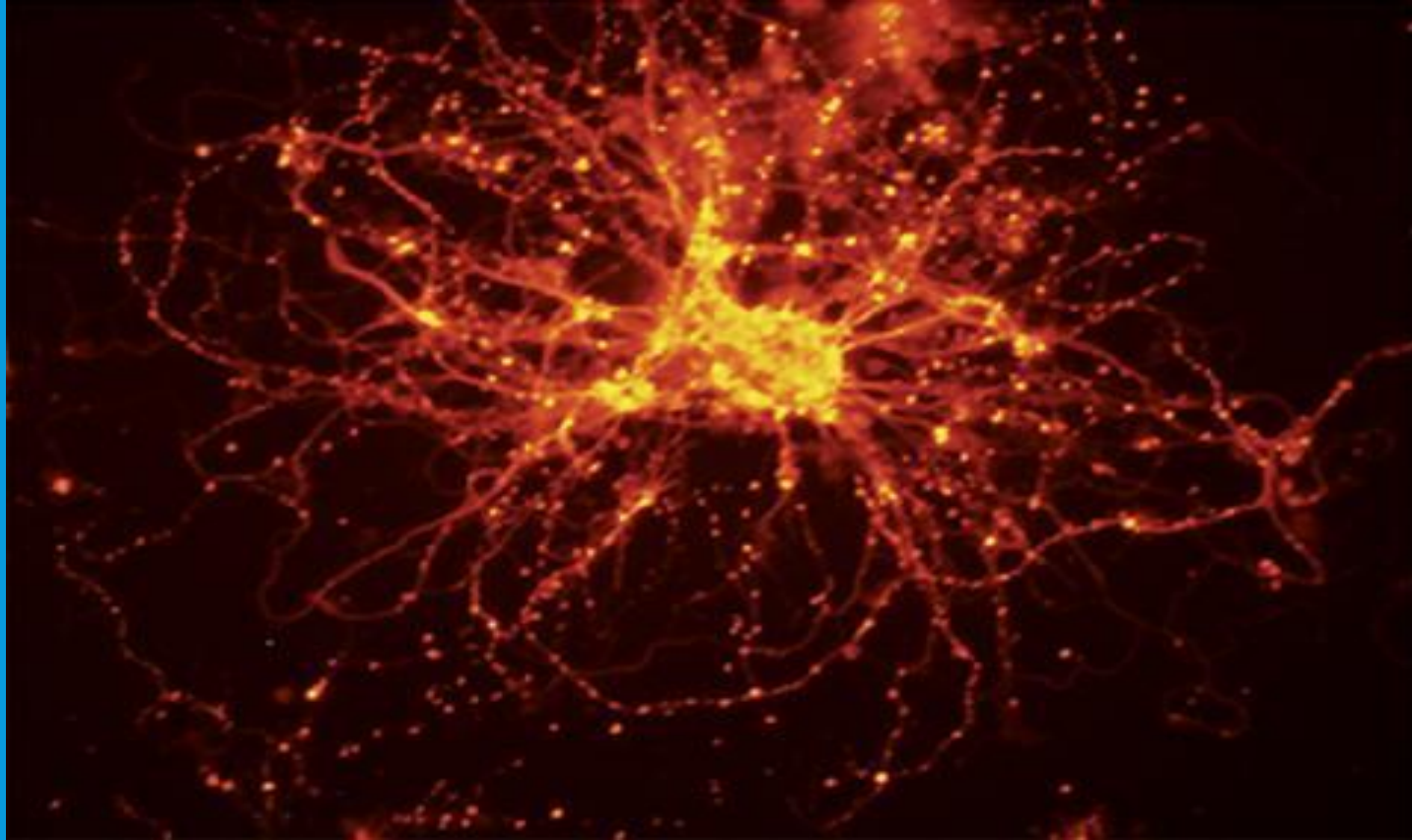
- Skins cells to stem cells to neurons
- Studying properties of neuronal behavior and characteristics
- Reference Translational Psychiatry March 25, 2014  
[uofmhealth.org](http://uofmhealth.org)





## Skin Biopsy





*These neurons - derived from stem cells made from the skin of people with bipolar disorder - communicated with one another differently than neurons made from the skin of people without bipolar disorder.*



# MOOD DISORDER UPDATE

- Depression: Hints from Ketamine
- Can Ketamine treat depression and suicidality?
- Ketamine NOT FDA approved for these uses
- Available off label or in studies (MGH)
- Has risks and only works short term
- Research is ongoing –need to learn more

# MOOD DISORDER UPDATE - CONTINUATION

- rTMS –repetitive transcranial magnetic stimulation
- Genetic tests for antidepressant medication response
- FDA asked NAMI to attend meeting to discuss new devices for mood disorders

# OPIATE UPDATE

- Over 1,500 overdose deaths in Massachusetts
- 80% of heroin addiction starts with prescription
- Fentanyl and Carfentanyl much more potent
- BCBSMA: reduced 21 million pain pills in 3 years.
- Governor signed opiate legislation recently
- Medication Assisted Treatment saves lives





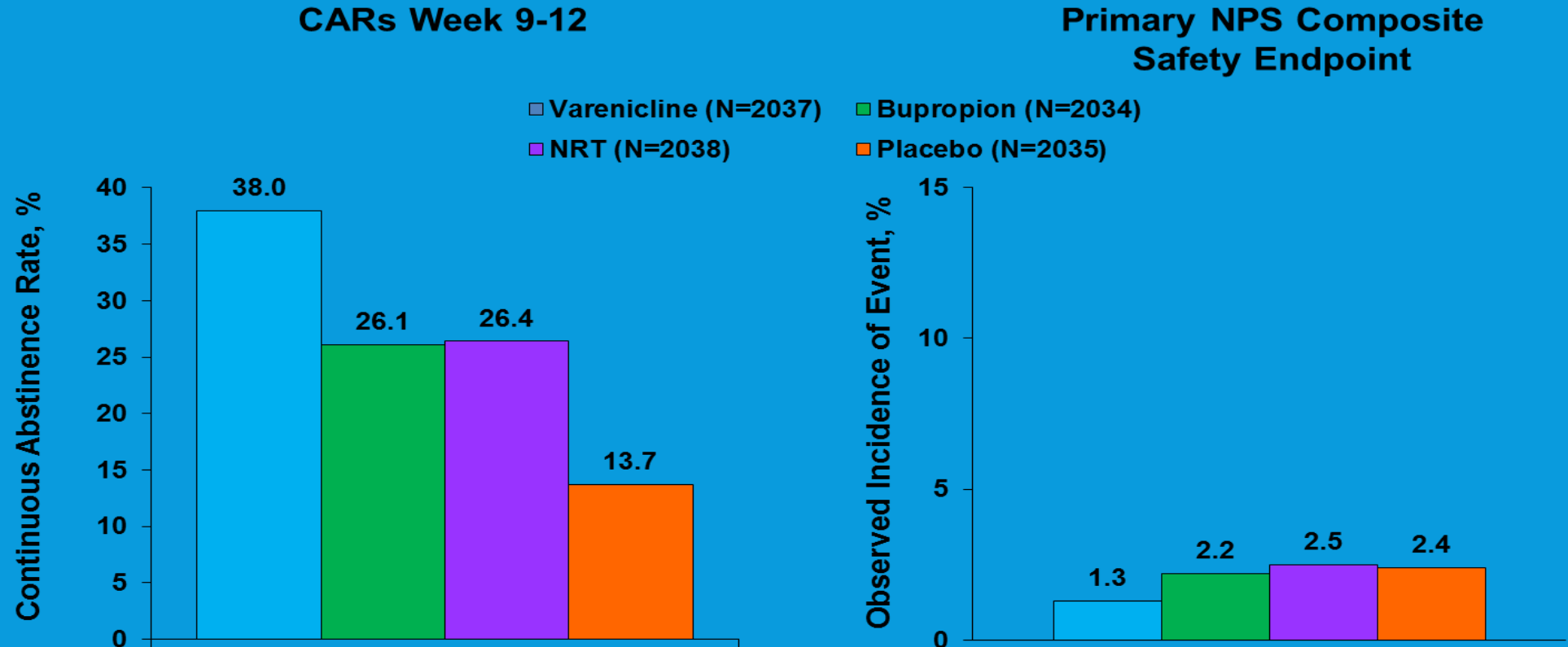
# QUESTION 4, RECREATIONAL MARIJUANA USE

- Mass Medical Society / Mass Psychiatric Society / NAMI Mass say no
- Risk of psychosis with early/ heavy use
- Some ongoing psychosis risk until age 25
- Schedule 1, drugs cannot be researched—barrier to understanding possible





# EAGLES Allows Comparison of Neuropsychiatric Safety and Efficacy in Those without Psychiatric Illness



Anthenelli RM, Benowitz NL, West R, St. Aubin L, McRae T, Lawrence D, Ascher J, Russ C, Krishen A, Evins AE. Effects of varenicline and bupropion in smokers with and without psychiatric disorders. *Lancet*. 2016 Apr 22

# RISK/BENEFIT CONSIDERATIONS

- Physicians **overestimate** the risk of Adverse Experiences with varenicline and bupropion
- Physicians **underestimate** the benefit of varenicline and bupropion on improving quit rates
- It is imperative we find ways to increase use of the most effective smoking cessation treatment for our patients who try time and again to quit smoking

# SUMMARY

## NICOTINE DEPENDENCE

- Give physician advice to quit smoking, then offer to help:
- Develop a “quit day” plan, teach coping skills, build in self-rewards, and provide written cues to reinforce abstinence
- Treat with combined behavioral treatment and pharmacotherapy
- Long-term treatment may be warranted, both to sustain abstinence and to improve symptoms
- Expect need for repeat cessation trials



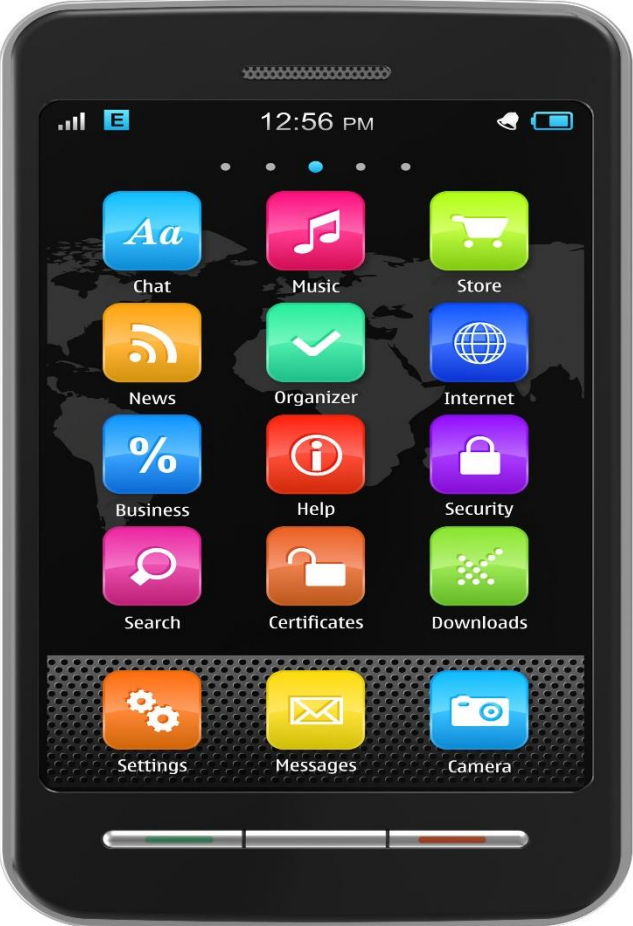
# DO YOU CARE ABOUT A LOVED ONE WHO SMOKES?

Help us improve services for families and people with mental illness who smoke by taking a brief survey.

Visit Dr. Kelly Aschbrenner at the Dartmouth College exhibit table at this conference.

# TECHNOLOGY

- Increased help seeking
- Increased Insurance access
- No new practitioners/supply is the same
- MH/ SUD issues common in primary care
- Therefore need for tech ideas



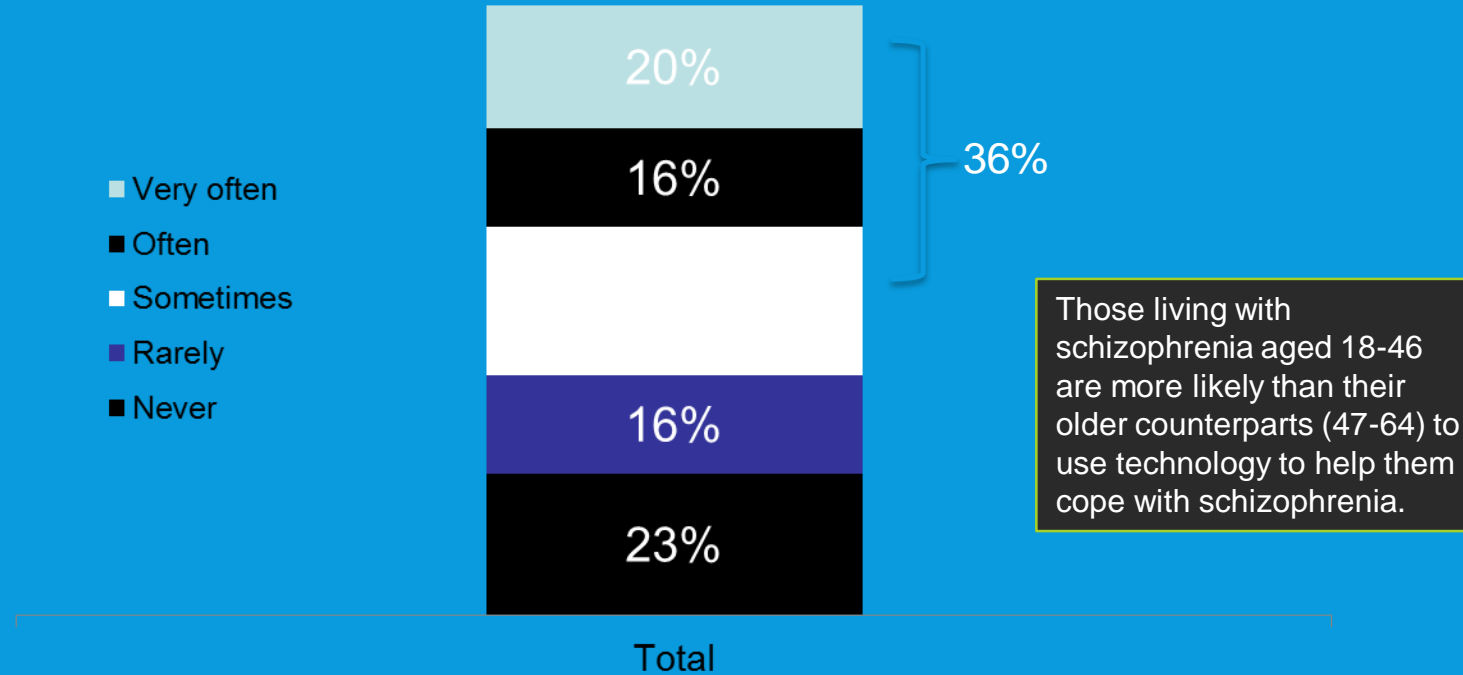
# EXPERIENCE WITH TECHNOLOGY— SOME OBSERVATIONS

- People living with schizophrenia have access to personal technology at similar rates as the general population.
- Younger people living with schizophrenia uses personal technology more than older people with schizophrenia.
- A majority of people living with schizophrenia report feeling positive about their use of technology.
- Women and younger people report using technology more excessively than men and older individuals.

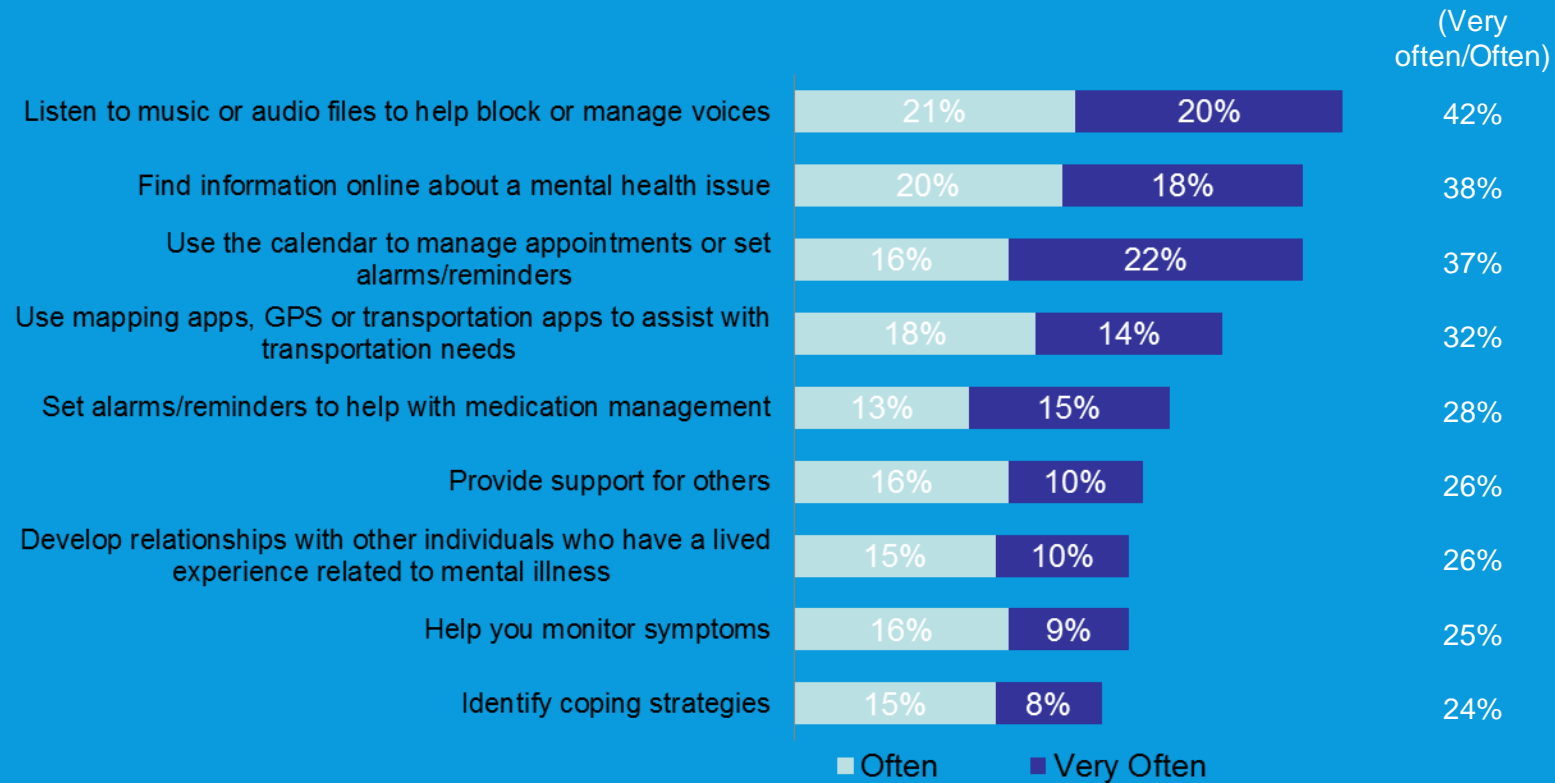


# FREQUENCY OF USE OF TECHNOLOGY TO COPE WITH SCHIZOPHRENIA

Use Of Technology To Cope With Schizophrenia



# USE OF TECHNOLOGY FOR ACTIVITIES



# TECH TO WATCH

- Recovery: Vinfen/NAMI Air
- Early Detection of Mood issues using sleep/text/etc. Ginger Io, /moodmatters.org
- Early detection of mood issues using voice: U Michigan PRIORI
- Screening: What's My M3
- Online Cognitive Behavior Therapy: Able to/Act MD/ My Strength /Big White Wall/ I Hope / and others

