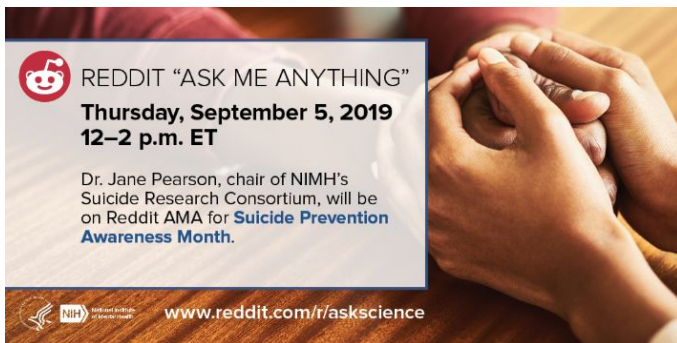


Healing Hearts of SW Oklahoma  
September 2019

## Suicide Prevention Awareness Month

### NIMH Reddit “Ask Me Anything” with Dr. Jane Pearson – Suicide Prevention



“In observance of Suicide Prevention Awareness Month, Dr. Jane Pearson will participate in a Reddit “Ask Me Anything” (AMA) event on Thursday, September 5, 2019. Dr. Pearson is the chair of the Suicide Research Consortium in the Division of Services and Intervention Research at the National Institute of Mental Health (NIMH). During the event, Dr. Pearson will answer questions from the public about the latest suicide prevention research.”

“The AMA page will go live between 7:00 and 8:00 AM EST on September 5, 2019, at which point Reddit users can begin asking questions and posting comments on the AMA page. To ask a question or post a comment, you must have a Reddit account, but you do not need a Reddit account to follow the discussion.”

Click [HERE](#) for the event.

## HEALTH NEWS

### New Hope for Treatment-Resistant Depression: Guessing Right on Ketamine



by [Joshua Gordon](#) (NIMH) August 13, 2019

“This spring, people suffering from two particular forms of depression got some welcome news from the Food and Drug Administration (FDA), the agency that approves new medications for clinical use. I wrote previously about how a long history of NIMH-sponsored research led to brexanolone—a revolutionary new medication that acts to rapidly reduce symptoms and restore function to those struggling with the devastating effects of postpartum depression. Brexanolone was approved by the FDA in March 2019.

Also in March 2019, the FDA approved an equally remarkable new medication – esketamine – which targets treatment-resistant depression (TRD). TRD is a form of depression that doesn’t get better even after the patient has tried at least two antidepressant therapies. Delivered intranasally in a doctor’s office, clinic, or hospital, esketamine acts rapidly – within a couple of hours – to relieve depression symptoms in approximately half patients with TRD. Like brexanolone, esketamine also grew out of a long

line of NIMH-sponsored research. The story of how esketamine came to be, however, is a different one, involving a clever guess and considerable luck, and is equally worth telling.”

Click [HERE](#) for the full article.

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RECENT NEWS

## First Community Mental Health Center in United States Celebrating 50 Years



by [Katie Lenhart](#) (ODMHSAS) August 1, 2019

“Central Oklahoma Community Mental Health Center (COCMHC), located on Alameda St. in Norman, OK is celebrating 50 years of excellence this summer.

In 1963, the Community Mental Health Act was signed into law. This led to the establishment of community mental health centers across the United States, linking Americans to life-saving mental health care in their own communities. COCMHC was the country’s first community mental health center to be built using those funds, and has served thousands of Oklahomans from Norman and surrounding communities throughout the past fifty years.”

Click [HERE](#) for the full article.



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