



mindspring
MENTAL HEALTH ALLIANCE

An independent organization formerly known as
NAMI Greater Des Moines.

In this email: Monthly reminders, Website for merge of DHS and IDPH,
Golf tournament information and a research article

In the newsletter: MH Statistics, Lots of Resources, Adult Crisis Services,
Polk Co Children's MH Crisis Services
Crisis Card information, Legislation information,
Iowa Mental Health System graphic,
lots of articles of interest and much more!

The July 2021 Journal/Newsletter is posted [here](#)

- A multi-page document entitled "**Additional Mental Health Articles From Around the Nation**" - for your reading pleasure is at the same location as the July newsletter.
- A **July Course Guide**. Access to register for the classes is in the document. Community education classes are at no cost to you. Community Conversations are at no cost to you. The four Workplace education classes have a \$5 per person cost. The July Course Guide is also located in the same location as the July newsletter.
- **The 2021 Community Conversation invitation**. The second community conversation will be on **Friday, July 16**, over the noon hour. It will be a virtual event. Speakers will be the founder of Brain Health Now (*a new anti-stigma program*) and Polk County Health Services Executive Director Liz Cox and Children's Planner, Julie Gibbons - to talk about the implementation of more children's mental health crisis services. See the July Course Guide to register.

- Our office is still closed. Please contact director@mindspringhealth.org if you have questions or concerns. The Executive Director will return from vacation on July 6.
- Please be patient with our transition to a **new website**. It's underway. In the meantime, go to www.mindspringhealth.org or www.weareherewithyou.com.
- We are offering our **crisis cards for sale**. You can personalize the cards with your organization's name and website. We have found the cards to be incredibly useful - people appreciate the instantaneous help on the cards since they are wallet-size and are made of a nearly indestructible material.
 - Do's and Don'ts in a Mental Health Crisis
 - Suicide Warning Signs and Response
 - Compassionate Communication (*can double as a business card*)
 - The website is bit.ly/mindspringcrisiscardsIf you need assistance, please contact Mike Larkin at mlarkin@asb-ia.com

<https://hhsalignment.iowa.gov/>

The Iowa Department of Public Health and the Iowa Department of Human Services have a new website to detail the steps they will be taking as the two agencies' wide-ranging services are aligned under a single health and human services organization.



All proceeds benefit our community
by providing mental health education,
advocacy, and support programs.

Mindspring Mental Health Alliance
REGISTER: golf@mindspringhealth.org

2021 MindSpring Mental Health Alliance
(formerly NAMI Greater Des Moines)

6th Annual Benefit Golf Tournament

Toad Valley Golf Course - **Friday, Sept.10, 2021**

237 NE 80th St, Pleasant Hill

4 Person Best Shot - \$85 per person

Check in 9 am - Shotgun start 10 am

Entry includes: 18 holes with cart, on-course games includes lunch

Click [here](#) for more information



Positive Results in Trial Testing 'Laughing Gas' in Severely Depressed Treatment-Resistant Patients

Brain and Behavior Research Foundation (BBRF)

Newly reported results of a small phase 2 clinical trial indicate the potential utility of using nitrous oxide treatments in patients with severe major depression that has not responded to other forms of therapy.

Nitrous oxide (N₂O) is often called laughing gas, and has been used as an anesthetic since the 1800s. Many people are familiar with N₂O because of its use in dentistry, as a mild pain reliever and anti-anxiety agent.

Peter Nagele, M.D., the Chair of Anesthesia and Critical Care at the University of Chicago, was awarded a BBRF Independent Investigator grant in 2016 to perform the study just reported, which appeared in the journal [*Science Translational Medicine*](#).

Dr. Nagele and his co-investigator, 2007 BBRF Young Investigator Charles R. Conway, M.D., were interested in testing nitrous oxide in part because of research showing the effectiveness of another anesthetic, ketamine, in alleviating the symptoms of severe major depression in treatment-resistant patients. Dr. Conway directs the Resistant Mood Disorders Center and Treatment-Resistant Depression and Neurostimulation Clinic at Washington University, St. Louis.

When ketamine is given to depressed patients, it is delivered intravenously (or intranasally in the case of esketamine, an FDA-approved drug based on the ketamine molecule). Importantly, the dose is far below that used in anesthesia, a fact which improves the side-effect risks of ketamine considerably.

Drs. Nagele, Conway and colleagues studied whether nitrous oxide, also an anesthetic at high concentrations, might show rapid antidepressant effectiveness at sub-anesthetic dosages. A prior placebo-controlled study had shown that a single one-hour administration of nitrous oxide—inhaled through a face mask—did enable severely treatment-resistant depressed patients to experience rapid antidepressant relief which lasted for at least 24 hours.

The new study sought to test nitrous oxide in severely treatment-resistant depressed patients at two concentrations vs. placebo: at 50%, the concentration used in the prior study, as well as at 25%. The patients had been depressed for an average of 17 years and had not been helped in four or more antidepressant treatment courses, on average.

A total of 24 patients participated. Twenty of these received three hour-long treatments, each one month apart: one treatment with N₂O at 50%, one with N₂O at 25%, and one with a placebo (ambient air and oxygen). The patients were assigned to receive the three treatments in randomized order.

Results were positive and in some ways surprising. Nitrous oxide at both 50% and 25%, given in one-hour treatment sessions, was effective compared with placebo in significantly lowering the severity of depression symptoms. In the hours and days immediately following treatments, there was little difference in the magnitude of the improvement seen in the patients, regardless of whether they had received N₂O at 25% or 50% concentration.

The researchers were surprised that the antidepressant benefits persisted well beyond the first week after an N₂O treatment and, in some cases, up to a month after treatment. This would suggest that N₂O, similar to ketamine, has persistent antidepressant benefits in some treatment-resistant patients after a single dose. Drs. Nagele and Conway said future studies will be required to optimize dosing in treatment-resistant depression.

The researchers noted that side effects of N₂O treatments were not uncommon but mild and in each case resolved within hours of a treatment. They included nausea, light-headedness, headache, and dizziness. Importantly, side effects at 25% N₂O were one-fourth as common as in 50% N₂O, suggesting to the team that if the treatment is ultimately approved, on a risk-benefit basis it could make sense to use N₂O at the lower dosage at the outset in patients, and escalate to 50% dosage in patients who remain resistant to treatment.

The team cautions that their trial was small and must be replicated in much larger populations, but they were cheered to note that giving N₂O at the lower dosage not

only resulted in fewer side effects, but was nearly as effective as treatments at twice the dosage



Copyright © 2021 MindSpring Mental Health Alliance (formerly NAMI Greater Des Moines), All rights reserved.

You are receiving this email because you have opted in at our website or past event.

Our mailing address is:

MindSpring Mental Health Alliance (formerly NAMI Greater Des Moines)

511 E 6th St Ste.B

Des Moines, Iowa 50309

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

