

Discovery & Innovation
in Mental Health Care



FOUNDATION FOR EXCELLENCE
IN MENTAL HEALTH CARE

Expect the unexpected. Hope Well, etc.

Competitive Grant Project Reports

Grants were reviewed by the Foundation's Scientific Advisory Council and selected by the Board of Directors.

Micronutrient Study Actively Recruiting Eligible Children in Oregon, Ohio and Alberta, Canada

The first North American trial of a 36-ingredient micronutrient formula is underway at Oregon Health & Science University, The Ohio State University and University of Lethbridge in Alberta, Canada.

In only three months of recruiting, the Micronutrients in ADHD Youth (MADDY) Study has enrolled 40 participants among the three sites, nearly one-third of its target number. The children must be off of psychotropic medication for at least two weeks prior to starting the study.

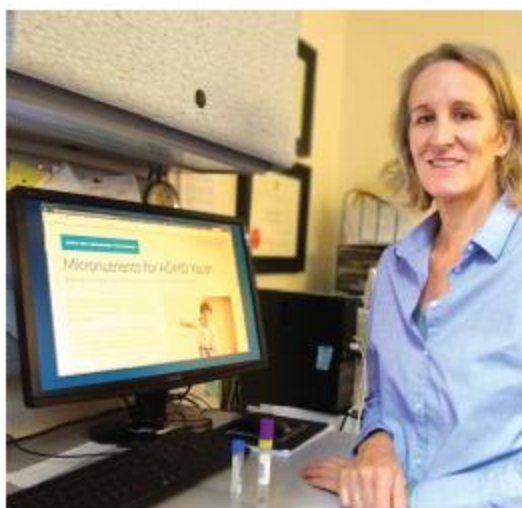
Children, ages 6-12 years of age, who have ADHD and some irritable mood symptoms are participating in an 8-week randomized controlled trial. During this phase, they will receive either the active product or a matching placebo. Neither the participants' families nor the clinicians will know which one.

Afterward, all the children are eligible to receive the active product for a further eight weeks. Researchers are collecting data on the children's mood and behavior at baseline and comparing them to reports at the end of the treatment. Blood, urine, stool, hair and saliva samples will also be analyzed to begin looking at the biological basis for why some children benefit and others do not.

The MADDY Study is based on research from Dr. Julia Rucklidge's lab in New Zealand in which she found that the children with ADHD and irritable, angry moods reported the most benefit from the treatment.

Several of the families who have completed the initial 8 weeks report significant improvements in their child's functioning.

While we don't know which pills they were taking (active or placebo), it is encouraging



to hear the positive stories of improvement in mood and attention, reduced anger and an ability to get along better with friends.

Revealing the power of nutrition in mental health

Dr. Bonnie Kaplan, professor emerita and researcher at the University of Calgary has powerful stories to tell of individuals who suffered life-changing mental health challenges restored by multi-nutrient treatments.

Nearing the end of her academic career, Dr. Kaplan opened the Nutrition and Mental Health Research Fund in 2015 to support the next generation of nutrition scientists to research and educate on the ability of broad-spectrum nutrient treatments to reverse and prevent the onset of psychiatric symptoms.

It is an area of study that has not yet been considered a priority by traditional funding sources which tend to look for 'magic-bullet' single-nutrient solutions.

The Fund has already raised over half a million dollars from private donors.

Grants have been awarded to clinical scientists conducting trials of micronutrient treatment in New Zealand, Canada, and the U.S. The trials involve children with ADHD and mood dysregulation and adults with bipolar disorder. Much progress has been made by all of the researchers funded so far: e.g., the studies in Canada and the U.S. are all halfway through recruitment of their target sample sizes.

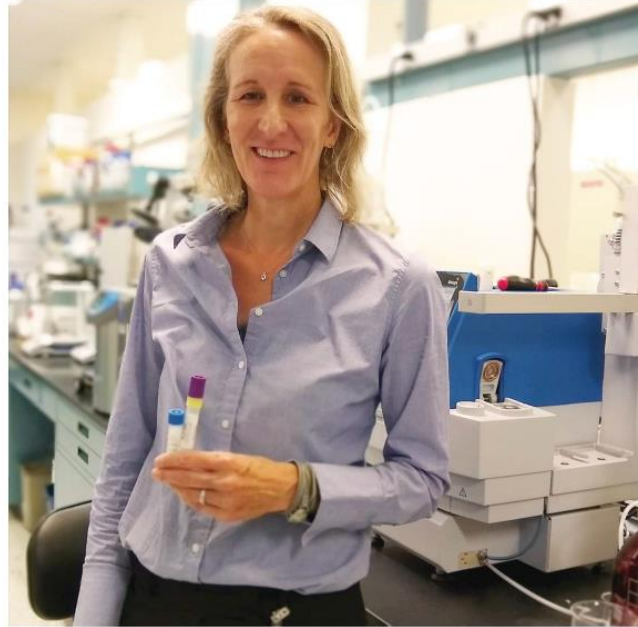
All of the existing funds have now been distributed, but we are nowhere near finished with the work!

In some of the currently funded projects, biological samples will be drawn for microbiome analyses, epigenetic markers, and nutrient levels. These assays are very expensive and will require an additional \$150,000 in donations to complete.

Funding is also still needed for a study coordinator in a very busy laboratory in New Zealand and for an American scientist wanting to devote her career to this topic.

There are also additional clinical trials in need of funding: one would allocate children in mental health crisis in the emergency room to receive either micronutrients or medication, another in adolescents who are displaying self-harm, etc. There is so much good yet to be done!

Nutrition & Mental Health Research Fund



Clinical psychologist Professor Jeanette Johnstone, MFT, PhD, Director of the Mental Health and Nutrition Research Group at the Oregon Health & Science University in Portland, Oregon. Her primary research interests are complementary and integrative interventions for attention, mood, and anxiety issues in children and adults. Currently, she is the principal investigator of the "MADLY" Study (Micronutrients in ADHD Youth), a study on supplementation with multivitamin/minerals in children with ADHD.