

COLLEGE STUDENTS TO SPEARHEAD A NATIONAL INITIATIVE

Any effort to improve the mental health of students must include the voices of the students themselves. For this reason, the *Depression on College Campuses* conference now offers a “student track” as a way for students to get together and share ideas and knowledge.

In addition, the U-M Depression Center and the National Alliance for the Mentally Ill (NAMI) have also designed a unique program for potential “campus leaders” to occur in conjunction with the conference.

This program, supported by the National Institute of Mental Health and the Substance Abuse and Mental Health Services Administration, is designed to educate and train a

select group of student leaders from targeted campuses throughout the country. The program’s ultimate goal is to catalyze a national network of student advocacy chapters on college campuses.

The education component of the program will be addressed by the conference itself, supported by an abundance of selected resource materials and videos that students can take back to their campuses.

The training component of the program will consist of two 3-hour sessions designed to help student leaders develop the knowledge, skills and support systems necessary to start and maintain college mental health advocacy chapters.

Students participating in these training sessions will hear prominent speakers from the University of Michigan, NAMI, and elsewhere cover topics such as organizational leadership, chapter formation, strategies for funding and development, approaches to recruitment, and networking with outside groups.

Participants in these training sessions will be added to a listserv and an email directory to enable them to share information when they return to their respective campuses.

This network has the potential to make a genuine difference in educating and advocating for improved care on our country’s campuses. We are proud to be a part of this effort.



University of Michigan
Depression Center

Winter 2004

PATIENT & FAMILY NEWSLETTER

Re-examining Depression on Campus

Last spring, 500 individuals attended a unique conference, *Depression on College Campuses: Best Practices and Innovative Strategies*, co-sponsored by The Rackham Graduate School and the University of Michigan Depression Center. This innovative educational event attracted students, administrators, counselors, parents, reporters, and university faculty from around the country, and catalyzed a series of national conversations on the topic of college students and depression.

To build upon the momentum and the success of that first conference, a second conference will take

place March 9-10, 2004 in Ann Arbor.

This year, the focus has changed from “best practices” to exploring the effects of sleep, stress and alcohol on the onset and progression of depression in college students. Presentations, panel discussions, and workshops will focus primarily on these three themes, as described below.

Depression and stress

College is a time of transitions: leaving home, new responsibilities, new academic and financial pressures, and compromised support systems. While some degree of stress is normal in times of change, for some students the stress can become overwhelming.

Not surprisingly, research shows that stress can contribute to the development of depression, or exacerbate existing depressive symptoms.

At this year’s *Depression on College Campuses* conference, featured speaker Dr. Huda Akil, Gardner Quarten Distinguished University Professor of Neuroscience in Psychiatry, will describe this process and its consequences. Following Dr. Akil’s talk, a series of workshops will describe practical interventions to reduce stress, both individually and institutionally.

Depression and sleep

For most students, the college lifestyle drastically changes their normal sleep routines. Like stress, this change can trigger or exacerbate depression. Dr. Roseanne Armitage, professor of psychiatry and director of the University of Michigan Sleep and Chronophysiology Laboratory at the U-M Depression Center, is one of the featured speakers at the upcoming conference.

Drawing on her expertise in the areas of quantitative sleep EEG and biological rhythms, Dr. Armitage will describe the effects of depressive ill-

(Continued on pg. 3)

Inside this issue

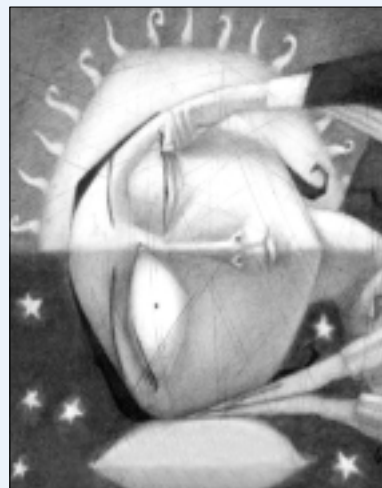
Community events 2

Sleep tips 3

College students to spearhead initiative. 4

Research corner. 4

Research Corner: The Sleep Laboratory



The new University of Michigan Sleep and Chronophysiology Lab is looking for depressed and non-depressed participants for a sleep research study.

Potential participants must fulfill the following criteria:

- Male or female, 20 to 40 years of age
- Routinely sleep 6 to 8 hours a night
- Willing to sleep from 11p.m. to 6 a.m. for one week
- Willing to spend 3 consecutive nights in the lab
- Are not currently being treated for depression
- Have no history of head injury that has caused unconsciousness
- No substance or alcohol abuse within the past 12 months

For more information, call (734) 764-2256. To read more about the Sleep and Chronophysiology Lab, please visit www.depressioncenter.org.



Upcoming Community Events

Please take advantage of the following free and low-cost programs

Depression on College Campuses: Connections to Stress, Sleep and Alcohol

When: March 9-10

Where: Rackham Graduate School and the Michigan League, Ann Arbor, Michigan



This year's conference explores the effects of sleep, stress and alcohol on the onset and progression of depression in college students. To download the registration form, or to learn more about the conference, please visit our website at www.depressioncenter.org.

Family Education Workshop Series

When: Ongoing

Where: 2101 Commonwealth, off of Plymouth Road in Ann Arbor

Offered free of charge. To register, call (734) 764-0210.

On the first Wednesday of every month, the U-M Depression Center offers families and patients the opportunity to learn about depression and how it affects families. Clinicians from the Depression Center make presentations and lead discussion groups. Suggestions are offered on how to cope more effectively with depression and how to improve communication within the family. There are opportunities for families to discuss how depression has impacted them, and to ask questions. Free educational materials are available to take home.



Free M-FIT Evaluations

M-FIT is now offering its unique *Fit-Script* program to Depression Center patients. The program includes a free functional assessment, consultation, exercise program, and follow-up with your doctor. To schedule an appointment for your free assess-

ment, or to find out more about the *Fit-Script* program, please call M-FIT at (734) 975-4463 ext. 260, or visit www.med.umich.edu/mworks/products.

Health Services Deans Council Symposium

When: Friday, May 28, from 9 a.m. to 1 p.m.

Where: Rackham Auditorium, Rackham Graduate School, Ann Arbor

This important free event will highlight the multidisciplinary work taking place at the U-M Depression Center. It is made possible by the generous financial commitment and support of the U-M Health Sciences Deans Council. To learn more about the symposium, visit www.depressioncenter.org.

University of Michigan Depression Center Newsletter

Executive Director
John F. Greden, M.D.

Editor
Sarah Newlin, MPH

Website
www.depressioncenter.org

The University of Michigan Depression Center Newsletter is published quarterly. You may order copies by writing to the editor, or by going online at www.depressioncenter.org. Articles that appear in this newsletter may be reprinted by obtaining the editor's permission. Send your correspondence to Sarah Newlin, Editor, University of Michigan Depression Center Newsletter, F6328 MCHC, 1500 E. Medical Center Drive, Ann Arbor, MI 48109-0295.

Executive Officers of the Health System
Robert P. Kelch, Executive Vice President for Medical Affairs;
Allen S. Lichter, Dean, U-M Medical School; Larry Warren, Executive Director, U-M Hospitals and Health Centers

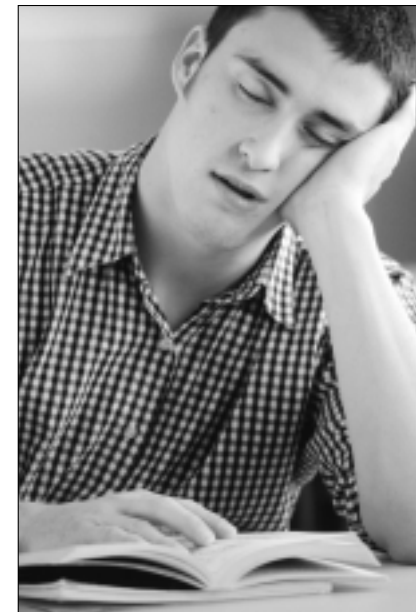
The Regents of the University
David A. Brandon, Laurence B. Deitch, Olivia P. Maynard, Rebecca McGowan, Andrea Fischer Newman, Andrew C. Richner, S. Martin Taylor, Katherine E. White, Mary Sue Coleman, *ex officio*

The University of Michigan is an equal opportunity/affirmative action employer.

The University of Michigan Health System is committed to Total Quality.

Copyright © 2004
The Regents of the University of Michigan, Ann Arbor, Michigan 48109

Printed on recycled paper.



How to establish healthy sleep habits

The following tips on establishing healthy sleep habits have been provided by Dr. Roseanne Armitage, director of the Sleep and Chronophysiology Laboratory at the U-M Depression Center:

1. Maintain regular rise and bed times every day, including on the weekends
2. Take a very hot, 15-minute bath approximately 1-1/2 hours before bedtime
3. Turn down your thermostat, and avoid the use of electric blankets
4. Use very dark curtains or wear a sleep mask
5. No napping, especially in the afternoon or evening
6. Restrict your caffeine intake (not just coffee) to just 1 or 2 cups before 10 a.m.
7. Drink warm milk approximately two hours before bedtime
8. Do not eat or exercise within two hours of bedtime

(Continued from pg. 1)

nesses on sleep. She also will emphasize the importance of healthy sleep habits, especially for people suffering from a depressive illness, and provide practical suggestions on how college students can work to improve the quality of their sleep.

Depression and alcohol

Untreated depression has many consequences for students. It often results in poor academic performance, problems with relationships, and greater risk for health problems. Depression also increases a person's likelihood of using and abusing drugs and alcohol.

This interaction between drugs, alcohol and depression will be discussed on Day 2 of the conference by Dr. Nora Volkow and Dr. T. K. Li, directors at the National Institutes of Health.

Although some universities have instituted alcohol policies and prevention programs in an attempt to curb student drinking, there are few programs that have been proven effective. In response, panelists from campuses around the country will explain their research on the links between depression, stress and alcohol, and describe which programs they see as holding real promise in addressing the issue.

Other prominent speakers

Additional prominent speakers will include: Kay Redfield Jamison, Ph.D., author and professor at Johns Hopkins University, and an expert on bipolar disorder; Morton Silverman, M.D., senior advisor at the Suicide Prevention Resource Center and an expert on suicidal behavior; and John Howell, NFL safety, Tampa Bay Buccaneers, who will recount his personal battle with depression.

The student track

The conference also features workshops designed for and by students, providing the opportunity to discuss successful campus mental health awareness and advocacy programs with their student founders.

Take-away points

Like last year, the key message of the conference is that depression among college students is an urgent, yet neglected, public health problem. At its worst it is a key contributor to suicide. Conference participants will learn that if we are to make a difference in addressing depression in our communities, we must emphasize earlier detection and intervention. Only this approach will prevent the progression, chronicity, recurrence, and burden of depression.



Educational Resources

At this year's *Depression on College Campuses* conference, free U-M Depression Resource Guides and brochures on stress, sleep and alcohol will be available for conference attendees. They also will be available at the FRIENDS Depression Education Resource Centers located at 2101 Commonwealth in Ann Arbor. A list of helpful internet resources can be found on the Depression Center's website at www.depressioncenter.org.