

# CONQUERING THROUGH COLLABORATION



## The University of Michigan Depression Center Network Newsletter

VOLUME 1, ISSUE 1  
JUNE, 2002

*From the Executive Director...*

### **Welcome!**

Welcome to the first Depression Center newsletter! Our primary objective in distributing this electronic newsletter is to keep all members of the Depression Center Network informed of Center events, activities, and progress. Second, we hope to briefly outline such important topics as the Center's mission, its governance, and facility progress.

I am thrilled to announce that the Depression Center is gaining momentum in each of its three core areas: clinical programs, research, and education. Thanks to the exceptional work of various committees and task forces, the Center is becoming less "virtual" and is exhibiting the signs of true growth. The Center is now becoming nationally recognized, as you will read in the "updates" section at the end of the newsletter.

Such exciting times, however, call for some reflection on the mission, vision, and goals of the Center, which are outlined below. Let us remain focused on these principles as Center initiatives move forward. Thank you all for your continued assistance and support.

Sincerely,  
John F. Greden, M.D.

## **Mission**

The overall mission of the University of Michigan Depression Center is to develop, disseminate, and advance state-of-the-art science, education, treatment, and prevention strategies for Clinical Depression.

### *Research Mission*

Enhancing the existing research excellence of its members is the highest priority of the Depression Center. In addition, it is evident that future research breakthroughs will require translation of the molecular and genetic neurosciences and brain imaging technology, as well as behavioral research, into the clinical arena of diagnosis, treatment, and prevention. Therefore, the Depression Center's research structure is designed to maximize existing linkages with the Mental Health Research Institute (MHRI),

the Institute for Social Research (ISR) and other academic units, while it develops new linkages with the burgeoning Life Sciences Initiative. Translation is also necessary in the area of health services research, which is why the Depression Center is currently seeking out partnerships with the Serious Mental Illness Treatment Research and Evaluation Center (SMITREC), the department of Health Management and Policy within the School of Public Health, and the University of Michigan School of Business. The number and extent of the relationships between the Depression Center and these various groups will highlight the unique multidisciplinary nature of the Center.

### *Educational Mission*

The educational mission targets two different, yet equally important audiences: one characterized as “academic”, and one as “non-academic.” The non-academic audience includes key subgroups of the general public: patients, families, the community, the media, corporate and government leaders, and health care policy experts. The academic audience includes students, faculty, researchers, and professionals in health care-related fields, such as medicine, public health, nursing, psychology, and social work. Each audience will receive targeted, tailored, educational messages related to their skills and level of expertise on depression-related topics.

### *Patient Care Mission*

Clinical programs will be tailored to support research and educational missions and will be continually updated based on new research advances. The core approach to patient care involves a paradigm shift: earlier detection, treatment, and recurrence prevention in the settings where patients appear, notably primary care, women’s health, student health services, and selected specialty settings. The Center will emphasize the lifetime course that characterizes depression by integrating child and adolescent, adult, and geriatric depression programs.

## **Vision**

The University of Michigan Depression Center intends to become the first of its kind in the nation, to become and remain the international leader in the field of Depression, and to “make a difference” for generations to come. We aim to pioneer a new era in depression care, characterized by: a focus on prevention, an emphasis on earlier detection and true remission, the abolishment of stigma, and an informed and empowered public.

*"Depression's stigma will be a vestige of the past;  
New treatments will be more effective and economical;  
and prevention will be a reality, not just a dream."*

## **Goals**

### **To:**

- Lead the nation in developing and translating basic neuroscience and behavioral science research advances into clinical settings to improve prevention, detection, and treatment of depression
- Integrate research, treatment, and educational programming within an attractive, distinctive, healing, and multidisciplinary setting
- Use Center resources to develop an expanded outreach program targeting non-psychiatric clinical and educational settings

- Become one of the nation's preferred referral sites
- Destigmatize depression by introducing new developments and treatment options, and by acting as an accurate, trusted resource for information
- Diminish the huge personal, familial, corporate, and governmental costs caused by depression and its associated secondary health consequences
- Develop a new generation of international-leading investigators, clinicians, and educators.

## **Depression Center News**

- Features on the Depression Center have appeared in countless publications, such as The New York Times, CNS News, Medicine at Michigan, and the Chicago Tribune. To obtain copies, please e-mail Sarah Newlin at [snewlin@umich.edu](mailto:snewlin@umich.edu).
- As some of you may have heard, Dr. Greden was recently interviewed by Todd Mundt of Michigan Radio. It was broadcast on Thursday, May 23rd and should re-air in the near future. In the meantime, we are attempting to obtain copies of the interview.
- On March 12th, Drs Greden and Schwenk traveled to New York to participate in a "Writers' Workshop," designed to educate trade and consumer journalists on depression. A brochure titled, "Beyond Sadness" was produced in conjunction with the Workshop organizers, and is available in print and on our website. Another Workshop is being organized for Detroit area reporters in August. It will be co-sponsored by Blue Cross / Blue Shield of Michigan.

## **A Special Announcement...**

The University of Michigan Depression Center is pleased to announce a \$750,000 gift from the Eli Lilly and Company Foundation intended to accelerate development of the University of Michigan Depression Center. The gift will support three goals: 1) expansion of outreach activities into primary care and community settings; 2) development and dissemination of new strategies to reduce poor treatment adherence (compliance) among those diagnosed and being treated for clinical depression; and 3) development of alliances that promote a national network of Depression Centers. The expansion of outreach activities will be fostered by further deployment of The Michigan Depression Outreach and Collaborative Care (M-DOCC) program, Interactive Voice Recognition (IVR), and the assignment of Care Navigators. M-DOCC was designed in collaboration with primary care specialists from Family Medicine to assist busy clinicians in their efforts to select the optimal treatment of depression, help patients adhere, track and monitor patient, and assist in managing troublesome medication side effects. The Interactive Voice Recognition (IVR) system has special applicability for those in rural settings or with travel restrictions. Perhaps most importantly, the placement of psychiatry depression specialists and Care Navigators to work collaboratively in primary care settings and in the community demonstrates better outcomes and cost effectiveness when compared with traditional referrals. The Foundation gift will also support the Depression Center's vision to emulate the wonderfully successful precedents established by the national network of Cancer Centers and Heart Centers by creating a national network of Depression Centers. An early goal will be to accelerate the already emerging alliance of partners to promote and catalyze such a network.

We would like to thank the Eli Lilly and Company Foundation for their support of the Depression Center and the University of Michigan Medical Center. The Foundation's gift will make a difference!

*From the Editor....*

If anyone has comments, questions, or would like to see something specific in a future issue, please let me know. We want to hear from you!

Issues of **Conquering Through Collaboration** will be sent via e-mail periodically. They will also appear on the Center's website, [www.med.umich.edu/depression](http://www.med.umich.edu/depression).

Thank you,

Sarah

Editor, **Conquering Through Collaboration**

**In Our Next Issue:**

*FRIENDS Group Funds Depression Center Education Program*

I have compiled a list of people to whom this newsletter will be sent. If you do not wish to be on this list, or if you know of anyone who wishes to be added, please e-mail me at [snewlin@umich.edu](mailto:snewlin@umich.edu).