



CONQUERING THROUGH COLLABORATION

The University of Michigan Depression Center
Network Newsletter

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Adolescent Depression: New Approaches, New Hope

Discovering methods that improve patient outcomes is the Center's highest priority. Furthermore, if *prevention* is to be a goal, Center members recognize that they must concentrate efforts in the areas that hold the promise of early detection and intervention. Nowhere are these efforts more important than in the work being conducted in the child and adolescent population.

Two Depression Center members, Dr. Jerry Rushton from Pediatrics and Dr. Cheryl King from the Child & Adolescent Depression Program, have truly become leaders in their respective fields and in the Depression Center. As data accumulate, the results of their research will rapidly be translated into the clinical and educational services of the Center.



Dr. Jerry Rushton is an Assistant Professor in the Department of Pediatrics at the University of Michigan. He completed Pediatrics training at Indiana University and obtained a Master of Public Health at the University of North Carolina where he was a Robert Wood Johnson Fellow. His interests include pharmacoepidemiology, and mental health service studies for children and adolescents with depression, attention-deficit, and mental health disorders in primary care. He has published papers on these topics in the journals Pediatrics, Archives of Pediatric and Adolescent Medicine, and the Journal of the American Academy of Child & Adolescent Psychiatry. He has received grants from the Blue Cross Foundation, Pfizer Scholars Program, and the NIMH. He serves on the American Academy of Pediatrics Committee on ADHD and practices clinical care at University of Michigan's Canton Health Center. He has an NIMH "K" award to evaluate screening techniques and effectiveness used in Primary Care Pediatrics settings (working with Drs. Gary Freed in Pediatrics and John Greden in Psychiatry).

- A FOCUS ON RESEARCH - Primary Care Diagnosis and Treatment of Depressed Children

A NIMH K-08 Career Development Award

Recent changes in health care screening have important implications for management of depression. Yet, little information exists on the current role of primary care physicians, or how these physicians can improve coordination of care and services to improve patient outcomes. Dr. Rushton plans two phases of research to address his aims: (1) analysis of health system administrative data, and (2) survey of primary care physicians. The proposed studies will describe depressed children and adolescents and their health care utilization; define the scope of primary care and relationships to mental health providers; describe and analyze variations in prescriptions, referrals, and management of depressed youth; and examine influences on physician triage and treatment decisions. This research will be accomplished over five years. In the final years of the grant period, Dr. Rushton will use the findings from these studies to design interventions to improve the quality of mental health services and integrate primary care with specialty and community providers. The University of Michigan provides the clinical and research environment to accomplish the proposed aims and career goals with support from many disciplines and led by co-mentors, Dr. Gary Freed (Pediatric Health Services Research) and Dr. John Greden (Psychiatry). He also has a University of Michigan Office of the Vice-President for Research Grant entitled: "Washtenaw Community Health Organization Pilot Study: Assessing Pediatric Mental Health Needs and Service Use."



Dr. Cheryl King is the Director of the Child and Adolescent Depression Program within the Depression Center and an Associate Professor in the Departments of Psychiatry and Psychology. She is also Chief Psychologist and Director of Psychology Training in the Department of Psychiatry. She completed her doctoral degree in Clinical Psychology at Indiana University, a clinical internship at Indiana University School of Medicine, and a postdoctoral fellowship at the Lafayette Clinic in Detroit, Michigan. Her research interests include youth depression and suicide prevention, with a specific focus on the development and evaluation of innovative intervention strategies. Dr. King's clinical interests include the broad spectrum of psychosocial interventions for youth with depression.

- A FOCUS ON RESEARCH -

Dr. King's research deals primarily with adolescent suicide prevention. She currently has a Blue Cross Blue Shield of Michigan Foundation grant supporting the exploration of treatment enhancements for youth depression. Specifically, she is studying the effects of monitoring, (using Interactive Voice Recognition) and an innovative intervention entitled the Youth-Nominated Support Team (YST). It is hypothesized that these enhancements will improve patient outcomes and increase patient satisfaction. Dr. King also has a 5-year grant from the National Institute of Mental Health, examining the efficacy of the above-mentioned intervention for suicidal teenagers.

- A FOCUS ON CLINICAL SERVICES –

The Child and Adolescent Program features a wide range of clinical services including medication treatment, individual psychotherapy (CBT and IPT), group treatment, family therapy, and school and community consultation. Two group treatments, "Managing your Moods for Middle School Students" and "Dealing with Depression for High School Students" take more of a preventive approach to depression, targeting teens at or near the typical age of onset. The groups focus on (1) labeling and understanding negative moods, (2) identifying and changing self-defeating thoughts and behaviors, and (3) improving interpersonal communication and relationships.

- A FOCUS ON EDUCATION -

Patient and family education complements the clinical services available through the Child and Adolescent Depression Program. Parents are targets of education because their involvement enhances adherence. Similarly, offering a Family Education Workshop encourages the entire family to participate in their loved one's care. The Workshop provides each participant with educational information on the causes, the treatment options, and the coping mechanisms believed to be helpful with depression. Families are given a Family Education Resource Kit, which provides tips and strategies for improving the quality of care that the family member with depression receives.

To read more about child and adolescent depression, Drs. King and Rushton, or research being conducted at the Depression Center, please visit our website at <www.depressioncenter.org>.

In Our Next Issue.....

Depression Center Teams Up with AFSP to Fight Untreated Depression



The Depression Center Newsletter will be sent via e-mail periodically. It will also appear on the Center's website, www.depressioncenter.org. We 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 the editor at snewlin@umich.edu.