



University of Michigan Depression Center

Spring 2003

PATIENT & FAMILY NEWSLETTER

Moving Upstream

In light of its early onset, chronic nature, high rates of relapse, and significant prevalence rates, there is no simple solution to the problem of depression. But there is hope!

Since its inception in the spring of 1999, the U-M Depression Center has been working towards changing the approach to depression by focusing specifically on early detection and intervention.

With this focus in mind, we have developed several programs specifically for young people, including their own therapy groups and outreach programs.

Clinical Services

As part of a wide range of services, the U-M Child and Adolescent Depression Program currently offers adolescents two unique psychotherapy groups.

The 8-session *Managing Your Mood* group is for middle school students who are struggling with depression, moodiness, irritability, or problems with self-esteem.

Dealing with Depression also meets for 8 weeks, but it is for high school students. Both groups run in the fall and winter. However,

one session of *Managing Your Mood* will also run this summer, beginning in July. Please refer to the "Upcoming Events" section on page 2 for more information.

Outreach and Support

A major goal of the U-M Depression Center is to reach out to adolescents and young adults by providing them with information and support.

U-M Depression Center staff members travel to schools, teen centers, and teacher training sessions to educate adolescents, and those who care for them, about depression.

Similarly, our efforts to reach the college community include providing educational materials, teaching Resident Advisors how to detect depression, and sponsoring and coordinating events like the annual *Depression on College Campuses* conference. To learn more about this conference, see "College Students Targeted for Early Detection and Intervention" on page 3.

Public Education and Awareness
Promoting early detection of

depression requires improving the knowledge and attitudes of the general public. And since journalists are in a unique position to educate the public, the U-M Depression Center offers Media Workshops to provide journalists with information that will help them report on depression more effectively.

The Center also promotes awareness through events like the *Into the Light* walk, which attracted hundreds of people from the Ann Arbor community last summer. For information on this year's walk, please refer to "Upcoming Events" on page 2.

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Upcoming Community Events

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

Family Education Workshop

When: Monday, May 12, 2003 from 6 pm to 8 pm

Where: Lower Level Conference Room, East Ann Arbor Health Center,
4260 Plymouth Road, Ann Arbor

Fee: \$15/individual, \$10/family

Learn about depression's risk factors, treatments, and its impact on the family. Call (734) 764-0267 to register or email susaneb@umich.edu.

"Managing Your Mood" group for middle school students

Leaders: Carrie Hatcher-Kay, Ph.D. and Alissa Huth-Bocks, Ph.D.

Time: Tuesdays, 4:00 pm to 5:30 pm, beginning June 17, 2003

Place: Child and Adolescent Psychiatry Clinic, Commonwealth Building,
2101 Commonwealth Blvd., Suite C (right off Plymouth Road)

Register: Call Carrie at 764-7264 to register and for more details.

"Into the Light" walk

When: Saturday, September 20, 2003 (8 am registration)

Where: Pioneer High School, 601 W. Stadium, Ann Arbor



The U-M Depression Center and the Ann Arbor Chapter of the American Foundation for Suicide Prevention will host the second annual *Into the Light* walk. The purpose of the event is to educate the public on the importance of early detection and treatment of depression as a suicide prevention strategy. All money raised will be used to develop and implement depression and suicide

prevention programs in the community. Register for the *Into the Light* walk on Saturday, September 20, 2003, at 8 am. The walk starts at 9 am.

Depression on College Campuses conference

The national acclaim for this year's *Depression on College Campuses* conference has inspired us to keep the tradition going. As a result, we have already scheduled the date for the second annual conference: March 9 and 10,

2004. For regular updates on the focus, content, speakers, and workshops of the upcoming two-day event, please visit www.depressioncenter.org.



University of Michigan Depression Center Newsletter

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College students targeted for early detection

The U-M Depression Center and the U-M Rackham School of Graduate Studies hosted the nation's first major conference on depression in college students, on March 6 and 7 at the Michigan League in Ann Arbor, Michigan.

Over 300 individuals registered for the conference, and nearly 400 participated during the two days. Students, faculty, university leaders, health professionals, and interested community members from across the country were among those attending the event.



The conference was covered by local and national media, including the University of Michigan Record, ABC News, The New York Times, Psychology Today, The Michigan Daily student newspaper, and The Observer-Eccentric news chain.

The event featured many workshops and discussion groups as well as panel sessions, a video documentary on students with depression, and a performance by *Mentality*, a U-M student advocacy group that explores mental health issues.

Workshop and panel speakers included depression experts from the U-M and other academic institutions, mental health advocates, university leaders, and students who have dealt with depression and

bipolar disorder in their own lives.

Keynote speakers included National Book Award winner Andrew Solomon, author of *The Noonday Demon*; Meri Nana-Ama Danquah, who wrote *Willow Weep for Me: A Black Woman's Journey through Depression*; and Kathy Cronkite, author of *On the Edge of Darkness: Conversations about Conquering Depression*, a series of interviews with celebrities who have depression.

The event was successful in raising awareness, educating members of the community, destigmatizing depression, and encouraging help-seeking.

Bringing such a diverse group of individuals together gave all participants the opportunity to learn from one another and share their knowledge of "best practices" on other campuses.

On behalf of the conference committee co-chairs, Dr. John Greden and Dean Earl Lewis, we would like to send a special thank you to the many schools and departments who generously contributed the funds necessary to make this conference a success.

New Address

The U-M Child and Adolescent Depression Program has moved to 2101 Commonwealth, Suite C, Ann Arbor, MI 48105. (Off Plymouth Road, just west of Green Road.)

The U-M Adult Depression Program will move to the same address this summer.



U-M Depression Center announces National Advisory Board members

Twenty-one prominent individuals with an interest in depression and bipolar disorder, and a dedication to addressing the societal consequences of these conditions, will serve on the U-M Depression Center's inaugural National Advisory Board.

From noted newsman Mike Wallace to former Surgeon General Antonia Novello, the Center's National Advisory Board members bring a wealth of insight and expertise.

The Board recently held its first meeting here in Ann Arbor, in conjunction with the *Depression on College Campuses* conference. Members were eager to address the topic of depression in youth, and several participated in conference panels or gave a keynote address.

For a complete list of National Advisory Board Members, please visit www.depressioncenter.org.

Thoughts on the conference

*By Richard Kadison, Chief of the Medical Health Service
Harvard University Health Services*

The recent conference held at the University of Michigan was inspirational in that it brought so many people together from so many different perspectives to talk about the very important problem of college-age depression.

The structure of the program, beginning with the wonderful presentation and summary by Dr. Greden, resonated with the process we need to undertake: talking to one another to better identify depression, destigmatize it, and provide adequate resources for treatment.

Bringing together individuals from a wide variety of backgrounds and schools enabled us to explore

different perspectives about important issues such as suicide, access to care, reducing stigma, cultural differences and perspectives, and a variety of clinical issues.

Personally, this was a great opportunity for me to meet and learn from my colleagues around the country. I left with a sense of optimism that if people can come together in the way the conference allowed us to, we can make great strides in tackling this very difficult and pervasive problem.

I'd like to thank the University of Michigan Depression Center for bringing us together!

Child and Adolescent
FRIENDS Resource Center
Room 1407
Commonwealth Building
Ann Arbor, MI 48105

Adult Depression
FRIENDS Resource Center
Level 1, Riverview Building
900 Wall Street
Ann Arbor, MI 48109

Coming soon:

- "The View from Here" video documentary created to promote awareness of college-age depression
- A self-management patient education brochure series on depression

Research update: Mothers, babies, and depression



Researchers from the University of Michigan Depression Center, the School of Social Work, and the departments of Pediatrics, Obstetrics, and Psychology are currently collaborating on a study of mothers and infants. The goal of the research is to identify mothers and babies at risk for depression and to see whether biological markers such as stress hormones (which are linked to depression) may help target high risk infants for early prevention strategies.

For more information

To learn more about this study and other research conducted at the U-M Depression Center, visit www.depressioncenter.org.



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