



# University of Michigan Depression Center

Spring 2004

## PATIENT & FAMILY NEWSLETTER

### Center receives \$10 million gift towards a new facility



In a recent issue, we reported on the Regents' endorsement of a \$38 million facility to house the Depression Center and Ambulatory Services of the Department of Psychiatry.

Since then, Depression Center and Department faculty have been working alongside a team of architects to create a building design that symbolizes the unique and innovative qualities of the programs it will hold. These tireless efforts were rewarded on April 22, 2004, when the Regents approved the design of the facility and authorized the first phase of construction.

The newly named "Rachel Upjohn Building" will honor the commitment and support of Mr. and Mrs. Edwin E.

Meador of Kalamazoo, Michigan, who made a \$10 million gift toward the construction of the building.

Mrs. Meador, whose maiden name is Rachel Mary Upjohn, is the granddaughter of William E. Upjohn, one of the founders of the Upjohn Company and an alumnus of the Medical School.

The Meadors' gift, as well as gifts from other generous donors like Phil Jenkins, founder of Sweepster, Inc., will ensure that the new building will be a symbol of hope and progress.

Inside the new facility, a warm and bright atmosphere will greet visitors. The auditorium and patient education center, donated by the FRIENDS of University of Michigan Hospitals and

Health Centers, will provide space for learning and discovery.

Most importantly, the building will serve as a unifying location for the Depression Center and Department's efforts to understand and fight depressive illnesses. Its design will facilitate and improve the integration of research, education, and clinical activities.

"Each day, we will honor the Meadors and their family through the innovation and discovery that this building will enable," says Dr. John Greden, Executive Director of the U-M Depression Center.

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# Upcoming Community Events

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

## Family Education Workshop Series

When: Dates of upcoming workshops include May 5, June 2, and July 7

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.

## Depression Center Support Groups

When: Third Wednesday of every month

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

Two new support groups—one for individuals with depression and the other for family members of individuals with depression—will meet at the site of the U-M Department of Psychiatry and U-M Depression Center Outpatient Clinical Programs, on the third Wednesday of every month from 7:00 to 8:15 p.m. The groups are free and pre-registration is not required. A mental health professional will facilitate the sessions. For information, call Susan at (734) 764-0267.

## Health Sciences 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 and to register, please visit [www.depressioncenter.org](http://www.depressioncenter.org).

## Into the Light Annual Walk

When: Sunday, September 26, 2004



The Depression Center and the Detroit Metro/Ann Arbor Chapter of the American Foundation for Suicide Prevention (AFSP) will host the third annual *Into the Light Walk*. This year, the Ann Arbor event is designed to complement a national AFSP walk called *Out of the Darkness*. Funds from *Into the Light* will continue to support local community programs. To learn more about this event, please visit [www.depressioncenter.org](http://www.depressioncenter.org).

## University of Michigan Depression Center Newsletter

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## Depression Center provides support

A key component of the U-M Depression Center's mission is to develop programs that provide support for individuals with depression and their families. One such program, the *Family Education Workshops*, is now in its third year of operation. Hundreds of families have participated and found the program valuable and informative.

One consistent criticism, however, is that participants do not have enough time to talk and share their experiences with one another.

### Two new support groups

To address the wish for more communication, the Center has created two support groups, the first for persons with depression and the second for family members of persons with depression.

These groups offer members a place where they can share strategies for coping, discuss common problems and possible solutions, and learn more about community resources and education.

Generous support from both individual and corporate sponsors of the *Into the Light Annual Walk* have made these two support groups possible. Funds from last year's walk totaled over \$21,000, and all of those funds will support depression education and suicide prevention programs in Ann Arbor and the surrounding communities.

### How you can help

To find out how you can contribute to *Into the Light*, please visit [www.depressioncenter.org](http://www.depressioncenter.org).

## Depression on College Campuses: A follow-up on the second annual conference

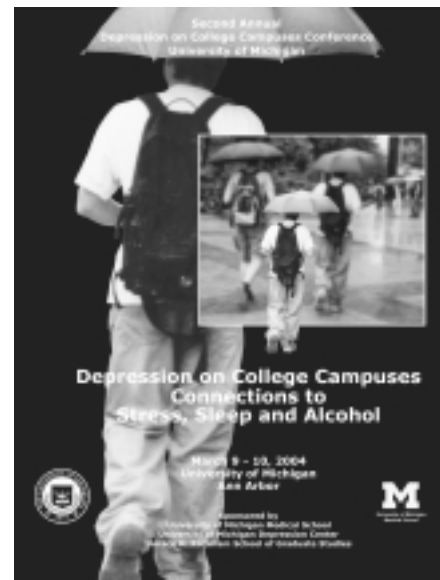
Now that the Second Annual *Depression on College Campuses Conference* is behind us, we want to take this opportunity to update you on some of its highlights and outcomes. The conference was a great success, as nearly 700 individuals from 16 states across the nation participated. Those in attendance included students, faculty, staff, university leaders, health professionals, and community leaders.

For these participants, the main attraction was the exceptional roster of speakers including Huda Akil, Ph.D., Roseanne Armitage, Ph.D., Thomas Insel, M.D., Kay Redfield Jamison, Ph.D., Ting-Kai Li, M.D., Morton Silverman, M.D., Donald Vereen, Jr., M.D., M.P.H., and John Howell, professional football player.

*Depression on College Campuses* has truly become a unique national program that has positioned the University of Michigan as a leader and an expert on this issue.

News of this conference—its purpose and its key messages—has spread nationally. It was covered by a variety of media, including the local ABC News affiliate, The New York Times, National Public Radio, The Michigan Daily student newspaper, Psychology Today, The Ann Arbor News, and the Journal of the American Medical Association.

In light of its success, we have already identified the date and theme for the third annual *Depression on College Campuses Conference*. It will take place on March 30-31, 2005 at Rackham and the Michigan League. Speakers will focus on the issue of further overcoming the stigma of depression on campus.



To download presentations and video of this year's conference, visit our website at [www.depressioncenter.org](http://www.depressioncenter.org).

### Coming Soon to the FDERCs

Updated community resource and support group lists, as well as copies of the Center's *Beyond Sadness* brochures (now translated into different 12 languages) are available, free of charge, at our FRIENDS Depression Education and Resource Centers at 2101 Commonwealth in Ann Arbor. These materials also can be downloaded from the Depression Center website at [www.depressioncenter.org](http://www.depressioncenter.org).

## MAKING A DIFFERENCE: ONE CHILD'S STORY

**A**s you may have read on the previous page, the funds raised from the second annual Into the Light Walk are having a direct impact on the community. Among the benefits are two new support groups.

In addition, the event itself has greatly affected many of the individuals who participated.

An excerpt from one of the letters we received is reprinted here. As a footnote, we are pleased to report that the letter writer's project and poster are being displayed at the state level by the Parent Teacher Association.

My name is Tim and I am in the 4th grade. Back in September, my family and I participated in your Into the Light Walk in honor of my cousin. I had a lot of fun and plan to do it again next year.

My elementary school has a program called "Youth Making a Difference" in order to promote volunteerism to better the community. As my project, I have chosen the Into the Light Walk.

My mom asked me to thank you for the gift certificate you sent my family for raising the most money. We plan to use it with my cousin when she gets out of the hospital.

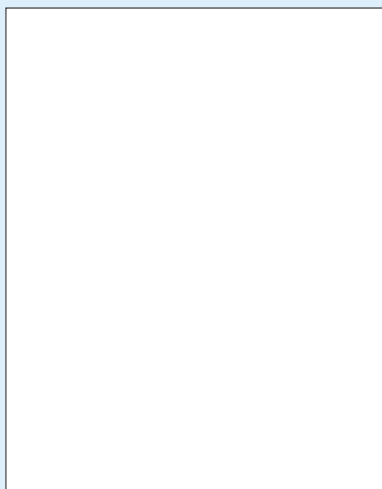
— Tim H.

## A temporary home

Until the opening of the Rachel Upjohn Building in 2006, the Child and Adolescent Depression Program, the Adult Depression Program, and the FRIENDS Depression Education and Resource Centers will remain at their current location at 2101 Commonwealth, Ann Arbor, MI 48105.

For a map and directions, please visit our website at [www.depressioncenter.org](http://www.depressioncenter.org).

## Depression in the workplace



Ten percent of employees will experience depression in any given year, costing U.S. companies \$80 billion in absenteeism and reduced productivity. Recently, Dr. Tom Carli (pictured), director of Business and Community Programs at the Center, presented this and other results of a Depression Center survey exploring employee and management perceptions of depression and how it is addressed in the workplace.

The good news is that employees who are fully treated for their depression have greater symptom control, which significantly improves productivity and optimism about career advancement. The bad news is that most do not obtain treatment, for fear of jeopardizing their career. This illustrates the need for greater education within the workplace setting, a key priority for the Depression Center in the upcoming year. A full report can be read online at [www.depressioncenter.org](http://www.depressioncenter.org).



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