

DEPRESSION ON COLLEGE CAMPUSES CONFERENCE

Connections to Stress, Sleep, and Alcohol

March 9-10, 2004
Michigan League
911 N. University
Ann Arbor, Michigan

TUESDAY, MARCH 9, 2004

- 8:00am Registration & Breakfast
- 8:45am *Welcome -*
John Greden, M.D., Chair, Department of Psychiatry and Executive Director, Depression Center, University of Michigan
- 9:05am ***FEATURED SPEAKER: Thomas Insel, M.D., Director of the National Institute of Mental Health***
Depression on College Campuses: Connections to Stress, Sleep, and Alcohol
- 9:40am ***FEATURED SPEAKER: Huda Akil, Ph.D., Gardner Quarton Distinguished University Professor of Neuroscience in Psychiatry and Past President, Society for Neurosciences***
The Link Between Stress and Depression: What Have We Learned?
- 10:15am ***WORKSHOPS: The Connection Between Stress and Depression***
Jay Zimmerman, Ph.D., Associate Director of Training, Counseling Center, Ball State University
W. Edward Craighead, Ph.D., Professor and Chair, Department of Psychology, University of Colorado
Martha Kimball, MSW, Clinical Social Worker, Department of Preventive Cardiology, University of Michigan
Student Track: Shari Strauss, Co-Founder of Mentality, Inc.
- 11:15am Lunch (provided for registrants and speakers)
- 12:10pm ***FEATURED SPEAKER: Kay Redfield Jamison, Ph.D., Author and Professor of Psychiatry at Johns Hopkins University***
Bipolar Illness in College Students and Faculty: A Personal Perspective
- 12:55pm Break
- 1:10pm ***FEATURED SPEAKER: Roseanne Armitage, Ph.D., Professor of Psychiatry and Director of the Sleep and Chronophysiology Lab, University of Michigan Depression Center***
The Importance of Sleep and Sleep Hygiene: Practical Clues for the College Student
- 1:45pm *Film: "The Truth About Suicide"*
Introduced by Ann Haas, Ph.D., Research Director, American Foundation for Suicide Prevention
- 2:35pm Break
- 2:50pm ***PANEL DISCUSSION: How Can Students Help Students?***
Alison Malmon, Founder, Active Minds, Inc., University of Pennsylvania
Caitlin Stork & David Canose, Co-Chairs, Mental Health Awareness and Advocacy Group, Harvard University
Natasha Coulouris, MPH, Co-Founder, Mentality, Inc., University of Michigan

Ross Szabo, National Mental Health Awareness Campaign

4:00pm Preview of Tomorrow's Activities
Earl Lewis, Ph.D., Vice Provost for Academic Affairs — Graduate Studies and Dean of the Graduate School, University of Michigan

4:30pm STUDENT ADVOCACY MANAGEMENT TRAINING SESSION (Part I)
(By invitation only)

WEDNESDAY, MARCH 10, 2004

8:00am Registration & Breakfast

8:30am *Reflections and Discussion*
John Greden, M.D. Chair, Department of Psychiatry and Executive Director, Depression Center, University of Michigan

8:50am **FEATURED SPEAKER: Nora D. Volkow, M.D., Director, National Institute on Drug Abuse**
Drug Abuse and Mental Illness: Progress in Understanding Comorbidity

9:20am **FEATURED SPEAKER: T.K. Li, M.D., Director, National Institute on Alcohol Abuse and Alcoholism**
Stress, Depression and Hazardous Alcohol Use: A Treacherous Intersection

9:50am **PANEL PRESENTATIONS And BREAK OUTS: The Connections Between Depression, Stress, and Alcohol: Which Interventions Are Effective? Which Ones Are Not?**
Kirk Brower, M.D., Associate Professor, Department of Psychiatry, University of Michigan
Fred Newton, Ph.D., Director, Counseling Services, Kansas State University
Barbara Kopans, Managing Director, Screening for Mental Health, Inc.
Donald W. Harward, President Emeritus, Bates College and Senior Fellow, Association of American Colleges and Universities
Student Track: Alison Malmon, Founder of Active Minds

11:00am Break

11:15am **FEATURED SPEAKER: Morton Silverman, M.D., Senior Advisor, The Suicide Prevention Resource Center**
Recommendations For Confronting the Rise of Depression and Suicide in Students

11:45am **PANEL DISCUSSION: How Should Universities Respond? Where Do We Go From Here?**
Panel Members:
Richard Kadison, M.D., Chief, Mental Health Service, Harvard University
Louise Douce, Ph.D., Director, Counseling and Consultation Services, The Ohio State University
Stephanie Pinder-Amaker, Ph.D., Associate Dean of Students, University of Michigan
Sam Goodin, Director, Office of Services for Students with Disabilities, University of Michigan

1:00pm Lunch (not provided)

2:00pm **FEATURED SPEAKER: John Howell, NFL Safety for the Tampa Bay Buccaneers**
Introduced by Eric Adelson of ESPN The Magazine

2:40pm **WORKSHOPS: New Strategies for Early Detection and Intervention**
Cheryl King, Ph.D., Director of the Child & Adolescent Depression Program, University of Michigan Depression Center
Clarissa Wittenberg, Associate Director for Communications, National Institute of Mental Health

Ann Haas, Ph.D., Research Director, American Foundation for Suicide Prevention
Student Track: Caitlin Stork & David Canose, Co-Chairs of the Mental Health Awareness and Advocacy Group at Harvard University

3:40pm Break

3:50pm “View From Here” Video Triggers and Discussion with Former Student, Rebecca Messing
Co-Facilitators: Pat McCune, Director, Dialogues on Diversity, University of Michigan
Donna Champine, M.D., Clinical Assistant Professor, Child & Adolescent Division, University of Michigan Department of Psychiatry
Lynne Rose, MSW, ACSW, Senior Counselor & Assistant Director for Outreach, Consultation and Liaison, Counseling and Psychological Services, University of Michigan

4:50pm Concluding Remarks & Discussion of the Future
Earl Lewis, Ph.D., Vice Provost for Academic Affairs — Graduate Studies and Dean of the Graduate School, University of Michigan

5:00pm STUDENT ADVOCACY MANAGEMENT TRAINING SESSION (Part II)
(By invitation only)