Dear Friends,

Nearly ten years ago, in November 2001, the Regents of the University of Michigan endorsed a vision to create a prototype center of excellence focused on changing the way depressive illnesses are perceived and treated in this country. Thus, the University of Michigan Comprehensive Depression Center was born. Part of the vision was to catalyze a transformation throughout the country. Today, a decade later, 18 such centers exist across the country, part of a growing national network of Depression Centers (NNDC.org), of which we are the founding member. We are making a difference.

Those of us at the Depression Center working to eradicate depression believe we can and will conquer these illnesses, and we are proud to continue leading the way. We rely heavily on philanthropic support to achieve our mission, and there are so many ways you and others have helped us. Some examples are described in the articles you will read in this second edition of the Depression Center’s Philanthropy Update—we wish we had the space to feature more. Every day, we are aware that we wouldn’t be where we are without the generosity of the individuals and foundations named in these pages and the many that came before them. On behalf of the faculty, staff, patients and families of the Depression Center, I express my sincere thanks for each and every gift.

We are enormously grateful to have passionate supporters such as you, and look forward to continuing to partner during our second decade. The best is yet to come!

Sincerely,

John F. Greden, M.D.
Executive Director

P.S. This year we decided to switch the timing of this publication to reflect a standard calendar year rather than the University’s fiscal year calendar. The stories and gifts featured in this issue reflect activity from July 2009 through December 2010.
By helping develop a new generation of clinician-scholars devoted to clinical care and research in child and adolescent psychiatry, the Edwin and Mary Meader Memorial Fund for Depression and Related Disorders in Children and Adolescents is a prime example of a legacy gift that carries tremendous impact. The fund allows psychiatrists in the Child and Adolescent Psychiatry Fellowship program at U-M to provide their expertise to medically underserved communities that would otherwise not receive these vital mental health services. In addition, Child and Adolescent Fellows who are on a “research track” can receive support through this fund for pilot research that will help them launch their scientific careers.

This generous gift was provided by Elizabeth Upjohn Mason and Lowell B. Mason, Jr. of Kalamazoo, Michigan, in memory of their dear friends Edwin E. and Mary Upjohn Meader, who, during their lifetimes, were among the most ardent supporters of the mission and work of the U-M Depression Center. The Meaders, also from Kalamazoo, made the pivotal gift for construction of the facility that houses the Depression Center, named the Rachel Upjohn Building for Mrs. Meader, born Rachel Mary Upjohn (below).
By enriching the fellowship experience at U-M, this new gift also addresses a daunting challenge facing the field of child and adolescent psychiatry—the shortage of trained child psychiatrists. While the estimated need for child psychiatrists is 17 for every 100,000 children, the current U.S. average is only 7.5 per 100,000, and in Michigan it is only 2 per 100,000.

Young people in need of evaluation and treatment for depression, bipolar, and related disorders confront this shortage of professional services at the very point in their lives when early detection and treatment are critically important to prevent the progression of these illnesses. Along with the need for more psychiatrists who can treat our youth, more researchers are needed to advance the understanding of psychiatric conditions in children and adolescents, and to find more effective strategies to help them achieve maximum wellness throughout their lifetimes.

Both of these shortage issues underscore the need to attract, retain, and support outstanding residents in child psychiatric medicine and offer them comprehensive and rigorous training experiences to prepare them for clinical and/or research careers.

The Meader Memorial Fund has already had a tremendous impact on the professional development of young psychiatry trainees and, just as significantly, on the communities they serve. The fellows often work alongside pediatricians in their clinical rotations, a unique arrangement that fosters cross-disciplinary collaboration and learning. Prachi “PJ” Agarwala, M.D., a second-year fellow who works with children and teens each week on a rotation at the Corner Health Clinic in Ypsilanti, Michigan, found that her experience helped refocus her ideas about depression and related illnesses as lifetime disorders. “Working with adults, I always wondered what happened when they were 5 or 10 years old to lead them down this path. Now, working with kids and teenagers, I’m attempting to treat the problem when it starts,” she says.

This gift will extend for several more years, continuing support for training and research opportunities for bright young psychiatry fellows, as well as state-of-the-art clinical care for underserved populations in Michigan.
Honoring a life
by investing in research and education to improve children's lives

“With therapy and the support of his family, Todd Ouida had successfully triumphed over years of debilitating childhood anxiety to earn a degree in psychology from U-M in 1998. Then, just as he was beginning his professional career, Todd lost his life in the September 11, 2001 World Trade Center attacks. As a tribute to their son’s giving spirit and strength of character, Herb and Andrea Ouida established a permanent endowment in Todd’s name at the University of Michigan Depression Center. Their gift has built an enduring legacy to honor Todd’s memory by investing in education and research to improve the lives of other children with anxiety and depressive disorders.

The Todd Ouida Clinical Scholars Award and Annual Lecture in Childhood Anxiety and Depression, created in 2002 through the Ouida endowment, ensure that generations of talented clinicians and researchers in the field of childhood anxiety and depression can pursue and disseminate breakthroughs in knowledge and treatment, ultimately benefiting young people facing challenges similar to those Todd overcame.

The clinical scholar awards are designed to further the work of outstanding young researchers for whom the support of private resources is essential in their early careers. Such funds provide powerful leverage in helping young investigators achieve successes that will enable them to become eligible for additional funding from grant-making entities later in their careers.

At the annual Todd Ouida lecture, held each fall at the Depression Center, distinguished guest lecturers deliver engaging presentations on the latest advances in childhood anxiety and depression. The lectures provide a unique learning opportunity for young researchers, faculty, trainees, students, and the community to deepen understanding, share insights, and explore new ideas.

Other child and adolescent programs benefit in meaningful ways from the Todd Ouida Children’s Foundation’s additional annual gifts to the Depression Center that support new clinical and research initiatives. Recently, these gifts have helped sustain programs focused on strengthening mother-child interactions, improving

——Michelle Kees, Ph.D., Todd Ouida Clinical Scholar

Below: 2010 Ouida Scholar James Swain, M.D., Ph.D., and 2010 Lecturer Anne Marie Albano, Ph.D., ABPP, with Andrea and Herb Ouida

The Ouida award has been pivotal in my development as a junior researcher. At a personal level, coming to know Herb and Andrea Ouida has touched my heart and left a permanent impression on how loss can be translated into hope.”
parenting skills, and building secure attachments. They have also supported interventions developed specifically for high-risk children and their caregivers, setting them on a path towards greater social-emotional competence and success.

As the Ouidas’ support demonstrates, donors are essential partners in helping advance research and train the next generation of clinical scholars. The Ouida family’s goal has been to transform their tragedy “into hope for other people in Todd’s name and spirit,” says Herb Ouida. The Ouidas’ insightful and generous support for those who are dedicated to early intervention for childhood anxiety and depression aligns perfectly with the Depression Center’s mission. ♦

“**I feel honored to be a part of the Todd Ouida legacy. When I conduct my research, I am mindful of what Todd would have wanted and hope he would be proud of the work I am doing.**”

— Julie Kaplow, Ph.D., Todd Ouida Clinical Scholar

---

**Spotlight on Volunteers**

Energy, passion, and dedication to a cause: these contributions can go further than anything else in making a difference. With gratitude, we profile a few generous spirits, each of whom used personal tragedy to inspire unique efforts toward supporting research, raising awareness, and eliminating stigma around depression, bipolar, and related disorders.

**Making Great Strides Toward Raising Awareness: Julie Boledovich Farhat**

This May, hundreds of participants are expected to pound the pavement in the sixth-annual *Mind Over Matter (MOM) 5K Race* in Royal Oak, Michigan, an event organized to raise awareness about mental illness and suicide, and to raise funds for outreach and research. *(continued on next page)*

**Julie Boledovich Farhat (right) with family members on MOM race day, 2010**
Spotlight on Volunteers

(Continued from previous page)

Mind Over Matter is a nonprofit organization dedicated to saving lives through suicide prevention efforts, brain research, and community awareness, and the run/walk has become its major annual event. The driving force behind the race is Julie Boledovich Farhat, who, along with her three siblings, founded Mind Over Matter in 2006 after their mother, Gail, took her life after struggling with a recent schizophrenia diagnosis.

Each year Julie has worked tirelessly as race director, organizing sponsors, working with city council to obtain permits, publicizing the race, managing registrations, and much more. This huge labor of love has grown larger and more successful each year. The race also serves as a time for Julie and her siblings, who are spread around Michigan and the U.S., to reunite, and the time of year appropriately coincides with their mom’s birthday, the anniversary of her death, and Mother’s Day.

To date, MOM has raised more than $60,000 for its causes, which include Know Resolve, a grassroots non-profit dedicated to promoting mental health and reducing youth suicides, and the Depression Center, where Julie established the Boledovich Schizophrenia Research Fund in her mother’s memory. This fund has provided important support for schizophrenia research at the Depression Center, including the use of brain imaging to help understand differences in brain functioning in people with schizophrenia.

For more information about MOM and the annual race, which will take place on Saturday, May 7, 2011, visit: www.mindovermatterrace.org

Invigorating Efforts to Raise Awareness and Funds for Bipolar Disorder Research: Elizabeth Cooper Guz

Elizabeth (Liz) Guz and her husband, Dr. Brian Guz, of Franklin, Michigan established the Michael Guz Memorial Fund at the Depression Center in late 2009 in memory of their middle child, who passed away in June 2009 at the age of 17. Because Michael struggled with bipolar disorder throughout his adolescence, the Guz family chose to create a fund to help accelerate research into the genetic basis of bipolar disorder through the Heinz C. Prechter Bipolar Research project.

Liz’s motivation is to help make a difference in the lives of other patients and families living with bipolar illness. Since its inception, the Michael Guz Memorial Fund has generated almost $70,000 in gifts to support bipolar research, including many gifts given recently in honor of Liz and her twin sister, Eve.
Agin’s birthday. Liz and Brian Guz and Eve and Bruce Agin all attended the University of Michigan in the 1980s. This spring, Bruce and Eve will participate on a host committee for a U-M Depression Center event in their hometown of Chicago, which will also raise funds for the Prechter genetics project.

Liz Guz’s personal efforts played an important role in the enormous success of the Prechter Fund’s October 2010 benefit luncheon, held at the Henry Hotel in Dearborn, Michigan. The event, which included 560 guests and generated $200,000 in proceeds for the Prechter Fund, featured keynote speaker Margaret Trudeau, former wife of the late Canadian Prime Minister Pierre Trudeau, who spoke about her lifelong struggle with bipolar disorder. Liz worked diligently to promote the event, sending hundreds of personal invitations. Impressively, nine tables at the luncheon were filled by her family, friends and acquaintances. Liz’s contributions of time, energy and financial resources in memory of her son have inspired many in the Detroit and Chicago communities and beyond.

**Working to Help Others with Bipolar Illness:**

**Sue Ferus-Mancuso**

Sue’s story is a powerful example of turning a tragic loss into optimism for others. Sue’s son Eric, who lived with bipolar disorder, passed away on November 22, 2009 at the age of 26. In the months following his death, Sue, driven to help others with the disorder, turned her focus toward planning a fundraising event to benefit the Heinz C. Prechter Bipolar Research Fund at the Depression Center.

“The day my son died, I was in shock. I was frozen. I was crying. The only thing I could say was, ‘I need to do something about bipolar disorder,’” Sue said.

"Brighter Days ‘n’ Nights," as the event was called, was a major affair, with all of the proceeds going toward the Prechter Fund. The benefit, which took place in August 2010 at Andiamo’s restaurant in Warren, required months of preparation, extensive organization, and collaboration with local businesses, guest speakers, and other community partners.

Hundreds of people attended. Sue organized an auction and raffle at the event that included gift cards, works of art, gift baskets, sports memorabilia and more, all donated by area businesses. Wally Prechter was the guest of honor. The event raised $10,000 for bipolar research.

Sue, who lives in Shelby Township, Michigan, says that organizing this event has been her “therapy,” something to take her mind off of her son’s death and do something worthwhile that will help others who live with bipolar disorder. She established the Eric Ferus Memorial Fund at the Depression Center, and all gifts, donations, and event proceeds will be used to support the Prechter Fund. She contributes an amazing level of energy toward the cause of advancing research and awareness for bipolar disorder, and gave an extraordinary amount of her time to help make this large fundraiser possible. Sue plans to hold more Brighter Days ‘n’ Nights events in the future.

For more information about the Eric Ferus Foundation, visit: [www.ericferusfoundation.com](http://www.ericferusfoundation.com).
To learn more about specific areas where your gift is needed, or to make a monetary donation or pledge, please contact the U-M Depression Center Development office at 734.764.6161 or visit:

www.depressioncenter.org/giving

Executive Officers of the University of Michigan Health System:
Ora Hirsch Pescovitz, M.D.,
Executive Vice President for Medical Affairs;
James O. Woolliscroft, M.D.,
Dean, U-M Medical School;
Douglas Strong, Chief Executive Officer,
U-M Hospitals and Health Centers;
Kathleen Potempa, Dean, School of Nursing.

The Regents of the University of Michigan:
Julia Donovan Darlow, Laurence B. Deitch, Denise Ilitch,
Olivia P. Maynard, Andrea Fischer Newman, Andrew C. Richner,
S. Martin Taylor, Katherine E. White, Mary Sue Coleman (ex officio).

The University of Michigan, as an equal opportunity/affirmative action employer, complies with all applicable federal and state laws regarding nondiscrimination and affirmative action. The University of Michigan is committed to a policy of equal opportunity for all persons and does not discriminate on the basis of race, color, national origin, age, marital status, sex, sexual orientation, gender identity, gender expression, disability, religion, height, weight, or veteran status in employment, educational programs and activities, and admissions. Inquiries or complaints may be addressed to the Senior Director for Institutional Equity, and Title IX/Section 504/ADA Coordinator, Office of Institutional Equity, 2072 Administrative Services Building, Ann Arbor, Michigan 48109-1432, 734-763-0235, TTY 734-647-1388. For other University of Michigan information call 734-764-1817.

© 2011, The Regents of the University of Michigan.

Right: The Donor Wall in the Phil F. Jenkins Lobby at the Rachel Upjohn Building, home of the U-M Depression Center and Ambulatory Psychiatry.