



University of Michigan Depression Center

Fall 2002

PATIENT & FAMILY NEWSLETTER

A Focus on Clinical Services

What services does the U-M Depression Center offer to its patients?

Expert care

Patients at the Depression Center receive treatment and counseling from a multidisciplinary team of experts that may include a physician, nurse, social worker and psychologist. The team reviews each patient's case and develops an individualized treatment plan that may include medications, therapy (individual and/or group), family services, and depression management

services, determined by the patient's needs and preferences.

Medications

Medications can be very effective in treating depression. The medications prescribed by our clinicians have been rigorously tested, and have been shown to be safe and effective.

Therapy

Therapy, or counseling, can be used alone or combined with medication to treat depression. There are several different types of therapy. Cognitive-Behavioral Therapy and Interpersonal Therapy are the most commonly used to treat depression.

Patients may participate in group therapy if they are referred by a clinician. These groups teach skills to help manage thoughts, mood and behavior.

Family services

Because depression has a profound impact on families, the Depression Center offers family and marital treatment. We also offer Family Education Work-

shops, assessment and referral for family members seeking treatment, and community resource and support group information.

Depression management services

Keeping track of your treatment progress is vital. The Center offers services and tools designed to monitor your symptoms over time. These services can help alert your clinician to a possible relapse or returning symptoms.

Examples of depression management services available include: nurses who coordinate your treat-

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Community Events and News

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

Free online screenings

In addition to our depression screening program, new screening programs for anxiety and Post-Traumatic Stress Disorder will be available online at www.depressioncenter.org starting next month.

Next family education workshop

When: Monday, February 17, 6 to 8 p.m.

Where: East Ann Arbor Health Center on Plymouth Road, east of US 23

Participants will learn about depression's risk factors, treatments, and impact on the family. Call Susan Bryant at (734) 764-0267 to register. The workshop fee is \$10 for an individual and \$15 for a family.

"Into the Light" walk highlights

On Sunday, August 18, 2002, the University of Michigan and the Ann Arbor chapter of the American Foundation for Suicide Prevention (AFSP) hosted *Into the Light*, their first annual walk promoting depression recognition and treatment. *Into the Light* drew nearly 230 registrants and 30 volunteers for a successful day of fun and education. Most importantly, the walk attracted community and media attention, which raised community awareness about the seriousness of depression and suicide, as well as the importance of early detection and treatment. If you walked or donated funds, your contribution helped make *Into the Light* a great success. Soon we will be able to offer depression and suicide prevention programs in our communities.



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"Medicine at Michigan" feature article on the Depression Center

Medicine at Michigan, a publication of the U-M Medical School, featured the Depression Center in its summer issue. Many of the Center's leaders are pictured on the magazine's cover (shown on page one of this newsletter). The issue is available online at www.medicineatmichigan.org, by request at stanbrid@umich.edu, or by calling (734) 763-8430.

University of Michigan Depression Center Newsletter

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ment, prevention strategies that are coordinated with other care providers, and outcome and medication side effect monitoring.

Special programs

The Center offers the following programs for populations that are at an increased risk for developing depression: the Women's Depression Program, Treatment Resistant Depression Program, Child and Adolescent Depression Program, Geriatric Depression Program, and, in the near future, a Bipolar Depression Program.

Educational materials and activities

The Depression Center employs an education coordinator who develops and organizes events and programs, supported by a committee consisting of nurses, psychologists, physicians, and social workers who provide guidance and assistance.

And, with support from the FRIENDS of the U-M Health System, the Center has created two depression education centers to help patients and families learn more about issues related to depression and its treatment.

For hours of operation, please visit the Center's website at www.depressioncenter.org.

To make an appointment,
new patients may call
(734) 936-4400.
If you are calling for a
child or an adolescent,
call (734) 936-0200.

The Depression Center Screening Program

Frequently asked questions...

Why offer depression screening?

The clinicians at the Center believe strongly in the benefits of early intervention. Research shows that the earlier depression and bipolar disorder (also known as manic-depression) are identified and treated, the less damage they can do to a person's biology, emotions, and thought patterns.

Why should I participate in the screening program?

The advantage of participating in this screening program is that you receive a ten-minute confidential interview with a counselor to discuss your results, and get accurate, comprehensive answers to your questions.

You also have access to free depression education materials, allowing you to learn more about depression and the ways in which it can be managed.

What exactly is a depression screening?

The Depression Center's screening assessment tool, known as the HANDS, was developed at the Harvard Medical School. It contains 18 questions about your current mood, thoughts, behaviors and feelings.

What do the results tell me?

The feedback that you receive from the screening program is informational, not diagnostic. In other words, your screening results indicate whether you *might* have depression and/or bipolar

This screening program is for individuals who are 18 years of age and older. If you are concerned about a child, please contact our Child and Adolescent Depression Program at (800) 525-5188.

disorder. A definitive diagnosis must be obtained from a licensed health care professional.

How can I participate in the screening program?

You can participate in the online screening program by going to the Center's website at www.depressioncenter.org and clicking on the "depression screening program" button. You can also call (734) 763-7495 to set up a free screening appointment with a member of our Social Work staff.

Where will I be screened if I choose the one-on-one option?

All in-person screenings take place in the Riverview Building located at 900 Wall Street in Ann Arbor. The screening clinician will meet you in the building's lobby.

What if I screen positive?

The social worker conducting the screening will provide you with a list of community resources, and help you identify the right referral site for you.

The online screening test provides a link to our online resource list.

The Patient's Perspective

Depression in college students

The View from Here, a video produced by the U-M Rackham Graduate School in consultation with the U-M Depression Center, explores the experience of depression in a college community.

Real-life stories underscore the fact that depression is treatable, and that the unfair stigma associated with depression only delays treatment and prolongs unnecessary suffering.

The thirty-minute documentary will be distributed to college campuses around the country. For more information, or for copies of the video, contact Ernesto Mejia at (734) 615-1291 or email divasst@umich.edu.

New Health Education Materials

Now available at the FDERC for patients, family, friends and community members

The following new educational books, brochures and fact sheets are now available in the FRIENDS Depression Education and Resource Center (FDERC), located in the Riverview Building at 900 Wall Street in Ann Arbor.

Brochures

- Understanding treatment challenges (Depression and Bipolar Support Alliance)
- Helping someone who is depressed (Families for Depression Awareness)

Fact Sheets

- 10 things you can do for your mental health

- Spanish-language information on depression
- Descriptions of all commonly prescribed antidepressant medications

Books

- Nothing to be ashamed of: Growing up with mental illness in your family
- Adolescent depression: A guide for parents
- The darkest days of my life: Stories of postpartum depression
- A brilliant madness: Living with manic-depressive illness
- Breaking the patterns of depression

A Clinician's Perspective



“There are two things that make the Depression Center unique. First, we place a heavy emphasis on early detection, patient education, and the prevention of relapses. Because of this emphasis, our clinical program provides a “continuum of care.” This means that we attempt to quickly identify people at risk (with a screening tool), determine which type of treatment will be used, and work with the patients to monitor their symptoms and follow their treatment plans. The second thing that makes the Depression Center unique is its focus on translating research into the way we treat patients. The goal is to create better treatment strategies for depression. Sometimes doctors refer to this as a bench-to-bedside approach.”

Dr. Sheila Marcus

Clinical Director, U-M Depression Center



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