



# University of Michigan Depression Center

Summer 2002

## PATIENT & FAMILY NEWSLETTER

### What is the Depression Center?

Welcome to the first issue of the Depression Center Newsletter. Our goal is to provide you with an overview of the events and resources offered at the Depression Center.

#### How the Center began

The idea to develop a center for the study and treatment of depression was born in 1999 under the leadership of Dr. John F. Greden, the U-M Department of Psychiatry Chair, and catalyzed by the urging of an interested and generous family.

The leaders of the University of Michigan Health System and the Regents of the University

formally designated the first-ever, comprehensive Depression Center during the fall of 2001. In the months following, the University began architectural planning for the new \$35 million facility to be built on the East Campus of the University of Michigan Health System.

#### A collaborative network

Currently over 100 faculty members from seven U-M schools as well as a number of departments from the medical campus and central campus are participating in activities at the Depression Center. Collaboration between scholars inspires the development and implementation of new directions in patient care, research, education, and public policy.

All affiliated individuals are dedicated to preserving and enhancing the mission and vision of the Depression Center.

#### Our mission

The Depression Center's mission is to develop, disseminate, and advance state-of-the-art science, education, treatment,

and prevention strategies for clinical depression.

In order to achieve this goal, the Center is divided into four main areas: research, education, clinical care, and public policy. Each area is fortunate to have a large and diverse faculty.

#### Our vision for the future

Our vision is to pioneer a new era in depression care characterized by a focus on prevention, an emphasis on early detection and true remission, the abolishment of stigma, and an informed and empowered public.

#### Empowering the public with knowledge

We hope this newsletter will be a valuable resource for patients, families, community members, researchers and clinicians. Future issues will be distributed quarterly to UMHS clinics and subscribers. For a free subscription by mail or by email, contact Sarah Newlin at (734) 763-7495.

Depression's stigma will be a vestige of the past, people empowered with knowledge, better detection, better outcomes, and fewer recurrences a reality, and prevention no longer a dream.

# Upcoming community events

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

## Free depression screenings

The Depression Center offers free, confidential screenings as part of its comprehensive community outreach program. Please contact Sarah Newlin at (734) 763-7495 to make an appointment. Participants receive:

- A five-to-ten minute confidential interview with a mental health professional to discuss the results of your screening
- An opportunity to ask questions and receive accurate, helpful answers
- A list of local referral resources

## "Into the Light" Walk

When: Sunday, August 18, 2002 at 9:00 am

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

The Depression Center and the Ann Arbor chapter of the American Foundation for Suicide Prevention are teaming up to educate the public about depression and its link to suicide by hosting an annual walk. Educational materials at the event will stress 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. To learn more about *Into the Light*, and to download registration and donation forms, visit the Depression Center website at [www.depressioncenter.org](http://www.depressioncenter.org).



## Family Education Workshop

When: Wednesday, September 4, 6 pm to 8 pm

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

To learn about depression's risk factors, treatments, and impact on the family, call (734) 763-8430 to register or email [depression@umich.edu](mailto:depression@umich.edu).

## Women's Health Day 2002

When: Saturday, September 28, 8 am to 2 pm

Where: Washtenaw Community College, Morris Lawrence Building

*Women's Health Day 2002* includes free depression screenings. To register, call (734) 936-8886 or visit [www.med.umich.edu/whp](http://www.med.umich.edu/whp) and follow the links to *Women's Health Day 2002*.

## University of Michigan Depression Center Newsletter

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# Educational programming at the Depression Center

Thanks to the generous support of the FRIENDS of the University of Michigan Hospital, two depression education resource centers were created. The FDERCs (FRIENDS Depression Education and Resource Centers) offer great educational materials for patients, family, friends, and community members. Brochures, pamphlets, video/audio tapes, and books address a variety of depression-related topics.

Plus, an on-site computer allows visitors to download and print depression-related material from the internet.

## Adult Depression FDERC

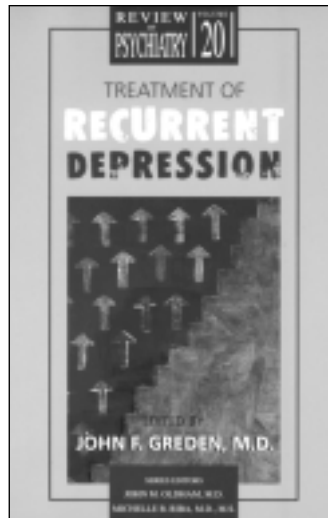
To introduce you to the FDERCs, we have compiled a partial list of the resources available. We encourage you to stop by and see what else we have to offer!

## Brochure topics

- Depression and older adults
- Depression and young people
- Depression and women
- Depression and people of color

"It's encouraging to see so many pamphlets, books and videos on display... just the volume of it helps. They address depression in a sensitive way, not in clinical terms."

– Depression Center patient –



## Books

- An unquiet mind: A memoir of moods and madness (Kay Redfield Jamison)
- Bipolar disorder: A guide for patients and families (Francis Mark Mondimore)
- Conquering the beast within: How I fought depression and won...how you can, too (Cait Irwin)
- Depression: What families should know (Elaine Fantle Shimberg)
- Help me, I'm sad: Recognizing, treating and preventing childhood and adolescent depression (David G. Fassler and Lynne S. Dumas)
- I don't want to talk about it: Overcoming the secret legacy of male depression (Terrence Real)
- Manic-depressive illness (Frederick K. Goodwin M.D.)
- The antidepressant survival program: How to enhance the benefits and beat the side effects of your medication (Robert J. Hedaya and Deborah Kotz)
- Why do I feel this way? What

every woman needs to know about depression (B. Poinsett)

- Willow weep for me: A black woman's journey through depression (Meri Nana-Ama Danquah)

## Video/audio tapes

- Chronic depression videotape series (National DMDA)
- Depression in older adults (Fanlight Productions)
- Mood disorders (Films for the Humanities)
- Opposite action: Changing emotions you want to change (Films for the Humanities)
- Women to women: Finding help for depression (National DMDA)
- Family matters (American Medical Communications)

If you would like to check out any of videos or books listed above, please stop by the FDERC in the Riverview Building at 900 Wall Street in Ann Arbor.

For more information about the FDERCs, please call Sarah Newlin at (734) 763-7495 or visit [www.depressioncenter.org](http://www.depressioncenter.org).

Adult Depression FDERC  
Level 1, Riverview Building  
900 Wall Street  
Ann Arbor, MI 48109

Child Depression FDERC  
3892 Taubman Center  
U-M Hospital  
1500 E. Medical Center Drive  
Ann Arbor, MI 48109

Coming soon to the FDERCs:  
An online database of resources

# Conquering through collaboration

By Tammi Landry, Executive Director  
American Foundation for Suicide Prevention, Ann Arbor Chapter

I always wanted a job that would allow me to help people. I just wasn't sure exactly what I wanted to do. Little did I know, that decision would be made for me.

On March 20, 2001, my father, a detective for the Indiana State Police for nearly 27 years, took his own life. It was then I knew what I wanted to do. I never again wanted anyone to suffer the way my family suffered after my father's death, and I never again wanted anyone to live with severe depression and not get help, as my father did for most of his life.

I had known only one other person who had experienced a death by suicide in his own family,

a co-worker and friend, David Stucki. It was comforting to talk with someone who had experienced what I was going through. We decided to start a chapter of the American Foundation for Suicide Prevention (AFSP) in Ann Arbor.

The AFSP works to advance knowledge about suicide by supporting research, providing information, promoting professional education, publicizing the magnitude of the problem, and supporting programs for suicide survivors.

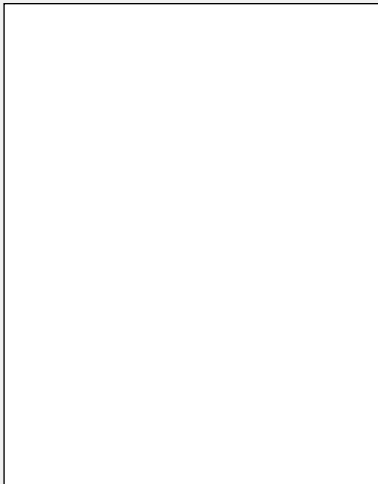
We began by visiting Dr. John Greden and his staff at the Depression Center, where David and I learned that one of the main reasons people take their own lives is

because they do not get help for their depression. I am convinced this was the case with my father.

To raise funds to establish support groups and workshops, members of the AFSP and the Depression Center staff teamed up to host an annual walk called Into the Light. (See story on page 2.)

It's ironic that I found my calling by losing one of the most important people in my life. For my father, it's too late to help. But for so many others, I'm ready to share my story. Depression is an illness that can be treated. I'd give anything to have my father back, but if I can help save just one life, I will know I did my best.

## A Clinician's Perspective



“One goal of therapy is to empower people to deal with the issues at hand. Information is empowerment. I like to refer people who are dealing with depression, or living with someone who has depression, to the educational materials available at the FDERCs. Something they read often becomes a good starting point for further clarification and education on depression and treatment options. And, biographical writings in book form or sketches can help dispel some of the myths surrounding depression.”

Vivien Hsu, MSW

Vivien Hsu joined the U-M Department of Psychiatry in 1993. Her therapy skills include expertise in grief and loss, interpersonal conflicts, occupational stress, child abuse, and parenting concerns.



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