



University of Michigan  
Depression Center

THE MICHIGAN DIFFERENCE®

U-M Depression Center  
Rachel Upjohn Building  
4250 Plymouth Road  
Ann Arbor, MI 48109-2700  
800-475-6424

[www.depressioncenter.org](http://www.depressioncenter.org)

UNIVERSITY OF MICHIGAN  
DEPRESSION CENTER

# update

From the Nation's First Comprehensive Depression Center

FALL 2010

## WHAT'S INSIDE

Campus Mind Works  
Support Groups for  
Students

~

A Message From Our  
Director

~

Helping New Moms  
Cope and Babies Thrive

~

Depression on College  
Campuses: Early  
Detection and  
Intervention Event

~

The Prechter Corner

~

New Titles in the UMDC  
Reading Corner



## Early Detection of Depression in Adolescents: Depression Awareness Campaign Combines Efforts of Depression Center and Ann Arbor Public Schools

The Depression Center's commitment to the early detection and treatment of depressive illnesses goes beyond the walls of the Rachel Upjohn Building, in order to reach people "where they are." In the case of adolescents, this means reaching them in school.



Since 2007, the University of Michigan Depression Center and the Ann Arbor Public Schools (AAPS) have been collaborating to provide depression awareness and suicide prevention education, training, and support for AAPS personnel. Over 500 AAPS staff members have attended workshops designed to raise awareness and knowledge of depressive and bipolar illnesses and suicide risk factors. These workshops also utilize a "train-the-trainer" model so that staff members in each school are qualified to train colleagues in suicide prevention techniques.

A successful Peer-to-Peer Depression Awareness Campaign project was launched in 2009 to educate high school students from five area schools about depressive illnesses and help them find innovative ways to reach their peers through student-created awareness campaigns. In addition to raising awareness, this project aims to reduce stigma and promote the early detection of depression, bipolar disorder, and related illnesses.

One of the student team members, Richard Johnson III, said "I think it's very necessary. I know friends who are depressed and they kind of run away from it. Some of them do things like take drugs to hide from it. By informing people of it, you will help to save lives." With assistance from faculty mentors at each school, the five teams implemented their Peer-to-Peer campaigns in spring of 2010 (see sidebar on page 2 for each school's campaign theme).

The Depression Center is continuing the successful Peer-to-Peer effort throughout the 2010-2011 school year, expanding to include one more high school. This year's project launched in October 2010 with an educational conference for the student teams and mentors. We are eagerly anticipating the new student campaigns which will be implemented in early 2011.

Students participating in the Peer-to-Peer Depression Awareness Campaign created campaign themes, and organized activities such as: "Lunch and Learn" presentations by mental health professionals; student videos expressing thoughts about depression; school-wide assemblies featuring a testimonial from a college student who experienced depression in high school; a mental health awareness skit written by the student team; and posters, t-shirts and wristbands featuring the campaign themes.

**Community High School:**

"Sometimes It's More Than Just a Bad Day"

**Huron High School:**

"The Puzzle is in Front of You, Put the Pieces Together"

**Roberto Clemente Student Development Center:**

"Depression and African American Adolescents"

**Skyline High School:**

"Stigma Hurts, Awareness Helps"

**Stone High School Youth Advisory Council (YAC):**

"Stressed and Depressed"



# Campus Min

Campus Mind Works ([www.campusmindworks.org](http://www.campusmindworks.org)) was developed by the University of Michigan Depression Center in collaboration with the U-M Division of Student Affairs, to

provide an additional layer of support for U-M students with ongoing mental health disorders. The site includes an easy-to-search resource database, and educational modules containing information to help students manage their illness and succeed in college. The launch of the site in September 2009 was accompanied by intensive outreach efforts targeted to U-M students, faculty, and staff in order to raise awareness and promote site usage.

To provide further support for students, the Depression Center, in partnership with the U-M College of Engineering Office of Student Affairs, is now offering "Campus Mind Works Wellness Groups" designed for U-M students with bipolar disorder, major depressive disorder, and chronic anxiety.

## SYMPTOMS OF DEPRESSION IN YOUNG ADULTS

If you or someone you know has experienced five or more of these symptoms for at least two weeks, talk to a health care professional to determine if the symptoms may indicate a depressive illness:

- Persistently sad, anxious, irritable or empty mood
- Loss of interest in previously enjoyable activities
- Withdrawal from friends and family
- Trouble sleeping or sleeping too much
- Feeling tired or run down
- Significant change in appetite and/or weight
- Anger or rage
- Overreaction to criticism
- Feeling unable to meet expectations
- Difficulty thinking, concentrating, remembering, or making decisions
- Feeling restless or agitated
- Feelings of worthlessness, hopelessness, or guilt
- Persistent physical symptoms such as headaches, digestive problems, or chronic pain that do not respond to routine treatment
- Substance abuse problems
- Recurrent thoughts of death or suicide.

(Reprinted from the Half of Us website: [www.halfofus.com](http://www.halfofus.com))

If you are experiencing thoughts of suicide, call 911 or the National Suicide Prevention Hotline:

**1-800-273-TALK (8255)**

# Mind Works Support Groups for Students

These free, drop-in groups take place on the second Tuesday of each month (October-April) from 5:00-6:30 in the Chrysler Center building on North Campus. These educational support groups encourage students to become active partners in caring for their mental health, helping to ensure that they can more successfully manage their illness, succeed in college, and graduate on schedule.

At each meeting, students can:

- Learn about different factors which can impact mental health
- Share strategies for managing illness while in college
- Talk with other students about challenges and successes.



## A Message From Our Director

**The** Depression Center's five strategic missions are intrinsically interconnected and all contribute to transforming the field of depressive disorders. Our emphasis on early intervention, however, is of critical and increasing importance. We know that depressive and bipolar illnesses, like many other chronic conditions, develop early and are best managed early, before their progression produces undesirable changes.

Early intervention means taking action at the time of the first episode, or very shortly thereafter. Knowing that symptom onset peaks between ages 15-24, we must start screening earlier. In this newsletter, you will learn about some of our programs targeted towards vulnerable populations at vulnerable times of life.

High school and college students are at particular risk, based both on chronological age and the stress that accompanies adjustments to high school, preparing for college and leaving home. The Center's outreach awareness program in the Ann Arbor public schools is serving as a model for reaching students "where they live," and training parents, educators and administrators and counselors who "live" with these students how to recognize the signs of depression and what to do to help. Depression Center programs for college students are

tailored to those experiencing stressful new circumstances. Our Campus Mind Works website helps students to manage their illness within the context of college life, and our 9th annual Depression on College Campuses Conference will offer a focus on Early Detection and Intervention, an area of growing interest to college counselors and campus leadership.

Finally, the Depression Center Mom Power program addresses the needs of new mothers, who can experience a first episode or recurrence of depression while pregnant or after delivery, as well as the needs of their infants whose wellbeing can be adversely affected by maternal depression. Intervening earlier and more effectively with teens, new mothers, and infants helps meet other Depression Center goals, including preventing recurrences and counteracting stigma. Our missions are interconnected. They all contribute to treating the whole person.

Merci,

A handwritten signature in dark ink that reads "John F. Greden, M.D." The signature is fluid and cursive, written in a professional style.

John F. Greden, M.D.

For more information and a schedule of Wellness Groups dates and topics, please visit [www.campusmindworks.org](http://www.campusmindworks.org)



## Helping New Moms Cope and Babies Thrive

even if we may fail to do so due to parental mental illness or adverse life circumstances. We can't wait years until children are older and problems cemented. Intervening early in life while difficulties are still more easily modifiable can make a huge difference—it may change a child's life-course trajectory."

It is with this mindset that Dr. Muzik and her team developed MOM Power, an attachment-based parenting and self-care skills group curriculum for young mothers and their infants and toddlers. MOM Power is a 10-week group program that teaches mothers from a variety of backgrounds and skill levels to safely cope with stressful life circumstances and mental health symptoms to enable effective and sensitive parenting. Each week focuses on different parenting and emotional needs. Topics include child development, understanding how past trauma and stress affects parenting skills and mother/child bonding, self-care skills (including breathing and relaxation techniques and meditation), and how to connect and play with children.

Data from the MOM Power program show improvement in the mothers' mental health, parenting style, and child outcomes. In addition, more children are getting connected to needed community resources, including health care and school-based early intervention programs. Dr. Muzik and her team are very grateful to

the Todd Ouida Children's Foundation and to Joshua and Amy Berman for providing financial support for the MOM Power program.

Dr. Muzik is now developing a second program called Mothers as Mentors, which will generate a long-term social network and peer-to-peer support curriculum to keep new mothers engaged with each other. Women who graduate from the MOM Power program will be trained to serve as mentors for novice mothers who are at risk for mental health problems and high levels of parenting stress. The program is currently open to patients living in the Washtenaw community and additional funding is being sought to make the program more widely available. More recently, the MOM Power model has been adapted for application in other groups, for example military families with young children. The program can easily be modified to be responsive to the needs of special populations, while retaining essential key elements important for helping parents and young children.

**If you would like to learn more about MOM Power, please contact Dr. Maria Muzik [muzik@med.umich.edu]. If you would like to learn more about supporting mom and baby research, please contact Courtney Metzger in the Development Office at (734) 764-6161 or coucarr@umich.edu.**

The first year of parenthood provides both joys and challenges and it is not uncommon for mothers to feel more sadness or stress during this time. Depression Center faculty member Maria Muzik, MD,MS has been following a group of mothers through the MACY (Maternal Anxiety during the Childbearing Years) project to study the impact of psychological wellbeing or psychiatric illness on women's entry to motherhood, and how maternal illness may impact their parenting style or beliefs, and their child's development.

Dr. Muzik and her team have found that any positive change in the mother's life, no matter how small, can have a big impact on her child. Early intervention is key to capturing a new mother's motivation. "Even patients who are at high risk due to substance abuse or psychiatric illness are willing to take steps towards change and get better, all with the common goal of making sure their baby is healthy. Early parenthood is a special window of opportunity. We are biologically hardwired to wish for our children to do well. We strive to provide our children with a safe and healthy environment,

# Depression Center Events

**M**UNIVERSITY OF MICHIGAN

## DEPRESSION ON COLLEGE CAMPUSES

EARLY DETECTION AND INTERVENTION

SAVE  
THE DATE

3/28-29/2011

### UMDC READING CORNER

Listed below are recommended books on the topic of depression in new moms and children. You can find these books, media and many other resources, at the FRIENDS Depression Education Resource Center, located in the east atrium of the Depression Center building.

#### **Books About Mom**

*The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions*  
by Pamela Wiegartz

*The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women who lived through it and Recovered.*  
by Sandra Poulin

*Postpartum Depression Demystified: An Essential Guide for Understanding and Overcoming the Most Common Complication after Childbirth*  
by Joyce A. Venis

*Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression*  
by Shoshana S. Bennett

*Down came the Rain: My Journey through Postpartum Depression*  
by Brooke Shields

#### **Books About Children**

*The Attachment Connection*  
by Ruth P. Newton

*Help Me, I'm Sad: Recognizing, Treating, and Preventing Childhood and Adolescent Depression*  
by David G. Fessler

*Helping Your Depressed Child: Step-by-Step Guide for Parents*  
by Martha Underwood Barnard

**FOR MORE  
INFORMATION**

about featured book selections

[www.depressioncenter.org/  
ResourceCenter](http://www.depressioncenter.org/ResourceCenter)

Recent studies have shown that the majority of college students with depression, bipolar disorder, and related illnesses have not received treatment in the past year. How can we reach these students before it is too late? We hope you will join us for the ninth annual University of Michigan Depression on College Campuses Conference to learn about new research findings and innovative strategies to help college campuses identify and treat student depression earlier, and more effectively.

The conference will feature a choice of intensive three-hour workshops as well as keynote presentations, panel discussions, and concurrent sessions. In addition, we will once again present the Student Mental Health Advocate Award at the banquet lunch on March 29th. This year's student award will be presented by Kathy Cronkite, mental health advocate and daughter of the late journalist Walter Cronkite.

Online registration for the conference is now open, and registration is FREE for all students from any campus. Non-student registration fee is \$130, which includes continuing education credits for social workers, psychologists, certified counselors, and physicians. To register, or for more information, please go to [www.depressioncenter.org/docc](http://www.depressioncenter.org/docc) or contact Trish Meyer at [meyerpa@umich.edu](mailto:meyerpa@umich.edu)

The Depression on College Campuses Conference is presented by the U-M Depression Center, in partnership with schools and colleges of the University of Michigan. We hope to see you in March!



**For event information online, please visit**

[www.depressioncenter.org/events/](http://www.depressioncenter.org/events/)

# SUBSCRIBE TO THE DEPRESSION CENTER UPDATE

You've received this newsletter because you elected to be added to our mailing list, or because you have been identified as someone interested in advances in the treatment and prevention of illnesses.

If you want to be added to or deleted from our mailing list, please contact [depression@umich.edu](mailto:depression@umich.edu) or (734) 232-0175.

Information about depression is available online. Please visit our Web site at [www.depressioncenter.org](http://www.depressioncenter.org).

University of Michigan Depression Center  
Rachel Upjohn Building  
4250 Plymouth Road  
Ann Arbor, MI 48109-2700

Non Profit Org  
US Postage  
PAID  
Permit #144  
Ann Arbor, MI



THE HEINZ C. PRECHTER  
BIPOLAR RESEARCH FUND  
AT THE  
UNIVERSITY OF MICHIGAN  
DEPRESSION CENTER

## FINDING CLUES FOR EARLIER DIAGNOSES

The exact cause of bipolar disorder is unknown, but research has shown that the illness often afflicts those with a genetic predisposition. The Depression Center is home to the Prechter Bipolar Genes project that seeks clues to the earlier diagnosis of bipolar illness and the development of more personalized treatments. At the 4th Annual Prechter Lecture in September, an audience of scientists, students, community members, research participants and donors to the Heinz C. Prechter Bipolar Research Fund heard presentations on the latest advances in bipolar research.

Keynote speaker Akira Sawa, M.D., Ph.D., Professor of Psychiatry and Director, Program in Molecular Psychiatry, Johns Hopkins University, presented on "The Molecular and Cellular Biology of Mood, Emotion and Perception." Dr. Sawa is well-known nationally and internationally for his research on the molecular level of bipolar disorder and schizophrenia. Other featured presenters included:

- Huda Akil, Ph.D., Co-Director and Research Professor at the University of Michigan's Molecular and Behavioral Neurosciences Institute, and Distinguished University Professor and Quarton Professor of Neurosciences in the Department of Psychiatry, who is conducting large scale studies to discover new genes and proteins that cause vulnerability to major depression and bipolar illness;
- Jon-Kar Zubieta, M.D., Ph.D., Phil F. Jenkins Research Professor of Depression in the Department of Psychiatry and Professor, Department of Radiology, who has pioneered the use of human neurochemical and functional imaging tools for the study of psychiatric disease, and their integration with genetic and clinical information; and,
- Melvin McInnis, M.D., Thomas B. and Nancy Upjohn Woodworth Professor of Bipolar Disorder and Depression, whose research focuses on the genetics of bipolar disorder and longitudinal outcomes.

The Prechter Lecture Series is supported by these generous sponsors: Chrysler Corporation, Comerica Bank, Dearborn Sausage, Ernst & Young, General Motors Foundation, Neiman Marcus and Scott Snow (Financial Advisors) LLC.

### Executive Officers of the University of Michigan Health System

Ora Hirsch Pescovitz, Executive Vice President for Medical Affairs; Robert P. Kelch, Executive Vice President for Medical Affairs (*Emeritus*); James O. Woolliscroft, 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, is an equal opportunity/affirmative action employer. © 2010 The Regents of the University of Michigan, Ann Arbor, Michigan, 48109

Published 4x/yr by the University of Michigan Depression Center.