



DEPRESSION CENTER
UNIVERSITY OF MICHIGAN HEALTH SYSTEM

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A letter from our executive director



How can you summarize the vision and commitment of a place as unique as the University of Michigan Comprehensive Depression Center? How can you characterize the bold mission of a center, the first of its kind in the nation, which has made such profound inroads in changing how clinical depressions and bipolar disorders are understood and treated, and in altering the national discourse about these illnesses?

Intrepid. Hopeful. Determined. Compassionate.

These words can only begin to tell our incredible story; they can only begin to encompass the remarkable progress we have made since our founding in 2001. For this task, we prefer to let our actions speak for themselves.

In this edition of IMPACT, our annual activity report, we summarize just some of our most notable accomplishments over the 2012-2013 academic and fiscal year.

This review highlights those areas in which we have made some of our greatest impact: fueling the research engine to expedite groundbreaking discovery; translating research findings into cost-effective and health-promoting treatment for targeted populations; educating the public and health professionals to reduce stigma and disseminate best practices; establishing collaborations and garnering the support needed to fulfill and further our mission; and laying the foundation for an ambitious future.

We are confident you will agree that this has been another remarkable year for the center. We are proud of having been a trend-setter during our initial decade, and now, well into our second, we aim to fulfill a Michigan tradition of being an indisputable national “leader and best,” by dedicating our efforts to lifesaving breakthroughs, and performing as a global catalyst for cures and prevention.

Our greatest strength comes from the impressive contributions of our nearly 300 Depression Center faculty and staff members, who are listed on pp. 23-24, as well as from our many internal and external partners.

While the activities described in the following pages represent just a small piece of our achievements over the past year, they demonstrate the breadth and depth of our collective expertise and showcase the strong foundation upon which even greater things will be built tomorrow.

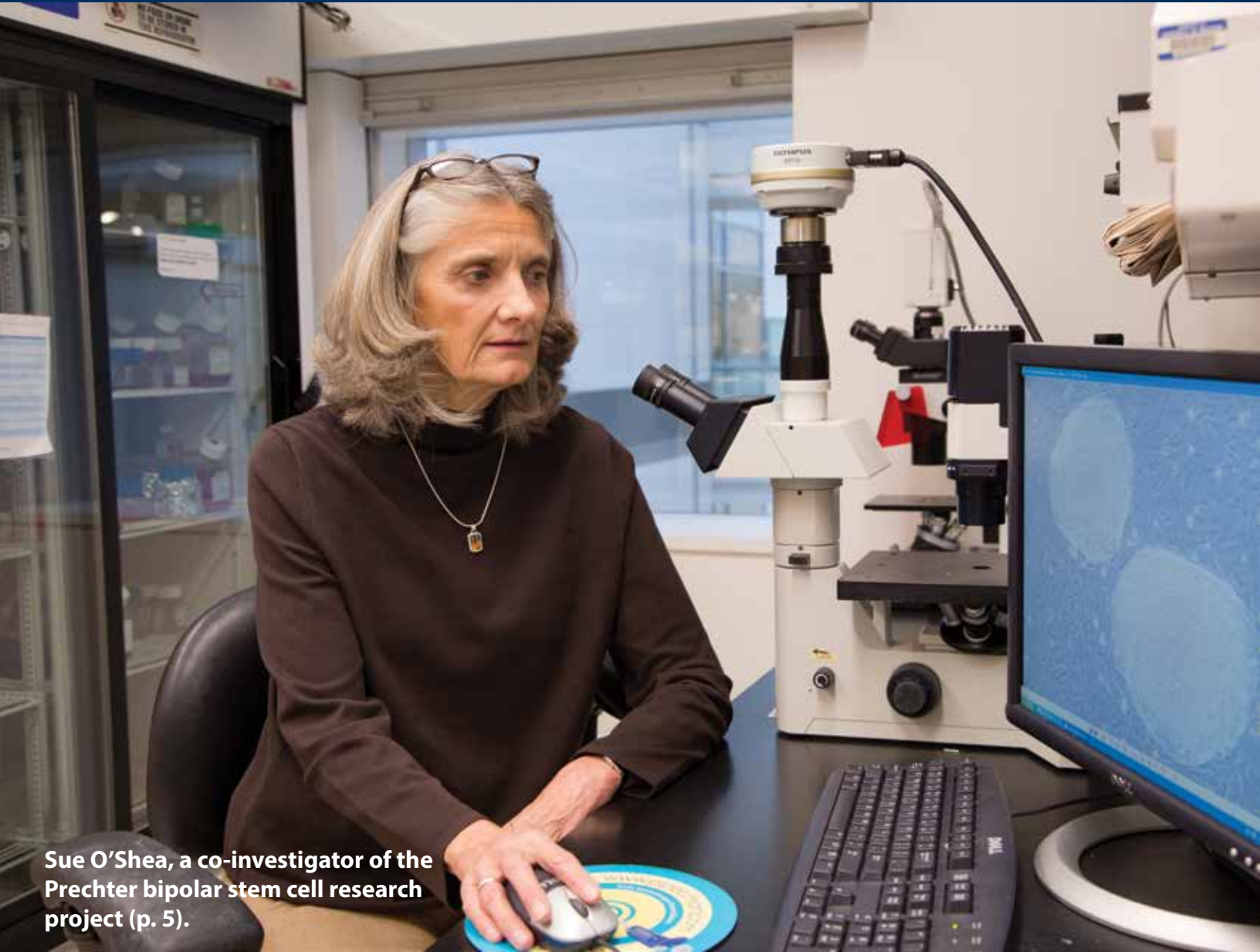
We have both challenges and opportunities awaiting us as we continue our journey through our second decade and beyond, and we invite you to join us in creating an exciting future.

Merci!


John F. Greden, M.D.

RESEARCH

INNOVATIONS AND DISCOVERIES



Sue O'Shea, a co-investigator of the Prechter bipolar stem cell research project (p. 5).

FUELING innovation

Through generous donor support, the Depression Center proudly fosters research by early-career investigators that promises to critically advance our understanding of the origins and development of depressive illnesses and will help train a new generation of researchers dedicated to this field. In addition to several emerging research scholar award programs, the Executive Director's Innovation Fund helps implement creative, new, and bold ideas that will propel us forward in our mission of conquering depression and bipolar disorder.

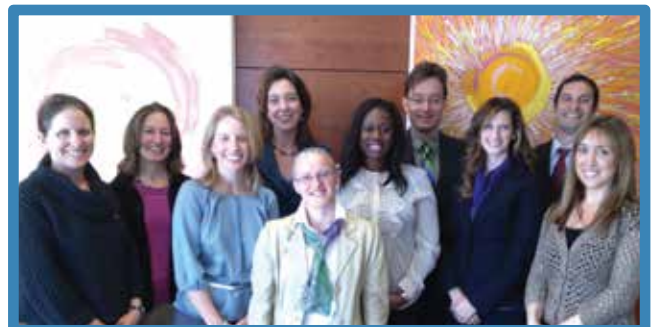
Deirdre Conroy, Ph.D., received a 2013 **Jack L. Berman, M.D. and Barbara A. Berman, Ph.D. Depression Research Award** for her project that is testing the effectiveness of novel strategies designed to help teenagers sleep better and reduce the symptoms of depression. The Berman Research Fund, established in 2005, promotes innovation by allowing investigators to explore new areas of research and obtain preliminary results that will aid them in securing funding from other sources.

The **Rachel Upjohn Clinical Scholar Awards** were established in 1998 in honor of Rachel Mary Upjohn Meader, who, with her husband, Edwin, was one of the most committed supporters of the Depression Center in its early years. The awards offer support to young researchers who have chosen to devote a major part of their research efforts toward the study of depression, bipolar disorder, and related illnesses, including these 2012 awardees:

- **Kyle Burghardt, PharmD.**: The Epigenetics of Atypical Antipsychotic Associated Metabolic Syndrome in Bipolar Disorder
- **Richard Dopp, M.D.**: The GREAT (Groups Receiving Exercise As Treatment) Study
- **David T. Hsu, M.D.**: Peer victimization, brain opioids, and the risk for major depressive disorder
- **Julie Kaplow, Ph.D.**: Understanding Vulnerability to Maladaptive Grief and Suicide in Bereaved Youth
- **Nestor Lopez-Duran, Ph.D.**: Early neuroendocrine markers of depression in adolescents
- **Brian Mickey, M.D., Ph.D.**: GABA Biomarkers and Depression
- **Maria Muzik, M.D.**: Biomarkers of major depression among pregnant women enrolled in a stress reduction intervention

Daniel Eisenberg, Ph.D., received an **Executive Director's Innovation Fund** award for his project to evaluate the potential of the *inkblots* video series to serve as an engaging and accessible medium for delivering evidence-based self-help skills to improve resilience and mental health. Eisenberg's team is testing the effectiveness of the videos (which are based on Cognitive Behavioral Therapy principles) among college students and will also begin to explore their application for large employer populations.

Erika Bocknek, Ph.D., received the 2012 **Todd Ouida Clinical Scholars Award** for her research on developing effective outreach and support to improve mental health outcomes for military families with young children following deployment. These awards and a corresponding lecture (see p. 12) were established in honor of Todd Ouida, who lost his life in the 2001 World Trade Center attacks. The awards further the work of outstanding young researchers working in childhood anxiety and depression.



Ouida scholars, past and present

PRECHTER BIPOLAR RESEARCH PROGRAM

The Prechter Fund, established in memory of business leader Heinz C. Prechter, supports an extensive platform of multi-disciplinary research on bipolar disorder, including studies on psychiatric genetics, neuroimaging, neuroscience, sleep, diet and metabolism, and treatment effectiveness.

Bipolar Genetics Repository and Longitudinal Study

In 2005, the Prechter Fund launched the groundbreaking Prechter Longitudinal Study of Bipolar Disorder and Prechter Bipolar Genetics Repository at U-M. The study intends to identify potential illness patterns in bipolar disorder by analyzing genetic information and continuing to monitor research participants for at least 10 years. Many other projects stem from the Longitudinal Study and provide an additional depth of data that is stored in the Prechter Repository, including imaging data, electrophysiology, nutrition, stem cells, sleep, medication data, and speech data. The repository data has a richness unlike any other collection of bipolar research data in the world.

921
RESEARCH PARTICIPANTS
CURRENTLY ENROLLED

7th

YEAR OF FOLLOWUP

1,788
REPOSITORY SAMPLES

Analyzing speech to predict mood episodes



Changes in speech are often one of the first indications that a person with bipolar disorder may be heading toward a significant change in mood: during mania, speech increases in rate, rhythm, and volume, while the opposite occurs during a depression. A new federally funded project (named "PRIORI," for Prioritizing Care) is testing whether computer software can predict a mood episode by helping identify changes in the patterns and physical properties of speech, as recorded by specially modified smartphones given to study participants. The hope is that individuals with bipolar and their families might someday use this technology to predict mood changes, allowing them to seek necessary medical care and prevent potentially disastrous consequences.

Cellular and Molecular Neurobiology of Brain Disorders

The Prechter Bipolar Repository and the Michigan Center for Pluripotent Stem Cell Research are studying the causes and progression of bipolar disorder by modeling what essentially amounts to a 'brain in a dish.' Induced pluripotent stem cells (iPSCs) are adult cells that have been "reprogrammed" to be able to develop into cells and tissues found in other areas of the body, including the brain. This research asks whether the cells that originated from people with bipolar form and react to stress and medications differently than the cells donated from people without the illness. The vision is a transformation of the understanding of the nerve chemistry of bipolar disorder that can lead to new treatments.

42
STEM CELL LINES
ESTABLISHED

The mission of the Heinz C. Prechter Bipolar Research Program is to provide a repository of longitudinal clinical, genetic, and biological data to investigators worldwide for collaborative research on the causes, prevention, and treatment of bipolar disorder.

Vision: To personalize treatment of bipolar disorder and prevent recurrences to enable those with bipolar disorder to lead healthy and productive lives.



The Heinz C. Prechter
Bipolar Research Program
at the University of Michigan
Depression Center

Center's members command impressive research support

Our members are engaged in research across a range of areas to uncover new knowledge about the origins, progression, and treatment of depressions and bipolar illnesses. Dynamic collaborations between researchers across more than 30 disciplines produce unique approaches toward improving the health and quality of life of those affected by depression and their families and friends. Themes in this research include:

- Biomarker discovery and brain imaging studies to better diagnose and treat depressive illnesses;
- Interventions to improve the health and quality of life of youth and adults, with particular consideration for unique populations such as veterans, postpartum women, and college students;
- Genetics and the study of depression, bipolar, and related illnesses;
- Training for junior researchers to lead future studies on upcoming breakthroughs in diagnosis, treatment, and prevention.



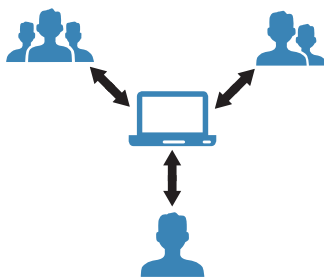
72 UNIQUE GRANTS AWARDED IN FY 2013 TO CENTER MEMBERS SPECIFICALLY RELATED TO DEPRESSION, BIPOLAR DISORDER, ANXIETY, RELATED ILLNESSES, OR NEUROSCIENCE

89 UNIQUE ACTIVE GRANTS IN FY 2013 INVOLVING CENTER MEMBERS SPECIFICALLY RELATED TO DEPRESSION, BIPOLAR DISORDER, ANXIETY, OR RELATED ILLNESSES, REPRESENTING

\$68.5 million

.....

Researchers seeking to improve mental health care often struggle to engage adequate numbers of participants in their work, which greatly hinders the progress of discovery. In May 2012, the Depression Center and the Depression and Bipolar Support Alliance (DBSA) launched **WeSearchTogether.org**, an innovative, nationwide clearinghouse that connects bipolar and depression researchers with potential study participants. WST also gives potential participants a voice in the priorities and direction of mental health research.



1,473
INDIVIDUALS ENROLLED FROM

209
RESEARCHERS WITH

46
STATES

120
ACTIVE STUDIES ON WST

Accelerating collaborations in transformative research

MCubed is a two-year seed-funding program designed to empower interdisciplinary teams of U-M faculty to pursue new initiatives with major societal impact by providing immediate startup funds for novel, high-risk, and transformative research projects. "Cubed" projects require collaboration between three researchers from at least two different units, and 18 Depression Center members are involved in projects awarded in the first year. A sample:

- The Aging Brain: Network Changes and Functional Consequences (Scott Peltier, Ph.D., et al.)
- Emotion Regulation in the Brain (Kate Fitzgerald, M.D., M.S., et al.)
- Adaptive Health Communications over Mobile Devices (John Piette, Ph.D., et al.)
- Research Hub on College Student Mental Health (Daniel Eisenberg, Ph.D., et al.)
- Low power electronics for neural recording applications (Parag Patil, M.D., Ph.D., et al.)
- Psychiatric disease classification with machine learning and connectomic imaging (Chandra Sripada, M.D., Ph.D., James Swain, M.D., Ph.D., et al.)



COMMUNITY AND PROFESSIONAL

EDUCATION



High school programs

Early recognition of depressive illnesses is critical for preventing negative health outcomes and tragedies in our schools and communities. Since 2007, the Depression Center has collaborated with school districts locally, across the state, and nationally to develop depression awareness and suicide prevention programs that help students, school personnel, and community members learn how to identify symptoms and access help for those in need.

The **Peer-to-Peer Depression Awareness** project collaboration with **Ann Arbor Public Schools** provides student teams with key information on topics that impact mental health, such as sleep, substance abuse, and stigma, as well as hands-on training to empower them to effectively reach peers with their own depression awareness and stigma reduction education campaigns. Two schools in Ypsilanti, Mich., and one in Saline, Mich., have joined the program since 2011. Following campaign rollouts, participating schools had:

- a measurable **decrease in depression-related stigma** among the entire student body
- a significant **increase in depression-related knowledge**
- **increased willingness to seek help for mental health problems** from a number of sources, including parents, school counselors, teachers, mental health professionals, websites, and phone helplines.



Willow Run H.S.'s P2P team

100+ STUDENT-RUN AWARENESS EVENTS SINCE 2007

1,000s OF STUDENTS REACHED THROUGH CAMPAIGNS

In 2011-2012, the Depression Center began a partnership with **Byram Hills High School** and the Schwartzberg family in Armonk, N.Y., to develop the **EVEN Program**: customized training and education programs focusing on anxiety, stress, and depression for school faculty, staff, students, and the community. During the 2012-13 school year, through intensive trainings, workshops, presentations, and a well-attended panel discussion event for parents and community members, the partnership demonstrated the feasibility and potential for this program to develop into an effective, evidence-based, replicable model which could be disseminated nationally to help address the public health crisis of depression, anxiety, and suicide risk among young people.

By providing constructive strategies and resources for students and school staff, the **Under the Helmet (UTH)** program emphasizes the importance of "mental fitness" in preventing negative behaviors and mental health problems. The program was launched in the fall of 2012 in schools identified by the Michigan Department of Education, through the federally funded Safe and Supportive Schools program. Most schools had been selected based on persistently low academic achievement. Originally envisioned as a program for student-athletes and mentors, UTH now targets messages to the entire student body, school staff, and parents.

Survey results following multiple presentations at 12 schools during the 2012-13 school year suggest that UTH **helps students better identify peers who may be struggling and increases their confidence in their ability to access support services** for themselves and others.



Depression Center Outreach Coordinator Eric Hipple delivers an UTH presentation

Supporting **positive** mental health **ON CAMPUS**

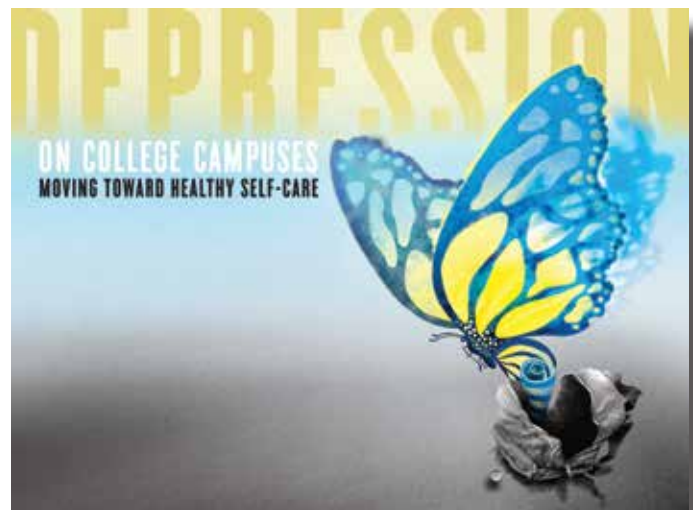
The 11th annual **Depression on College Campuses Conference**, the nation's leading interdisciplinary conference focused on depressive illnesses in college students, explored the theme of "Moving toward Healthy Self-Care." The conference brings together participants who are working across all aspects of student life, including professionals from counseling centers, health services, housing, and administration, as well as students, researchers, faculty, and university leaders. This broad, multi-disciplinary representation of attendees from across the U.S. ensures that information presented at the conference, its purpose, and its key messages will spread beyond those who attended the two-day event and accompanying research symposium.



450+
ATTENDEES FROM

24
STATES AND MORE THAN

85
DIFFERENT COLLEGES,
UNIVERSITIES, AND
ORGANIZATIONS



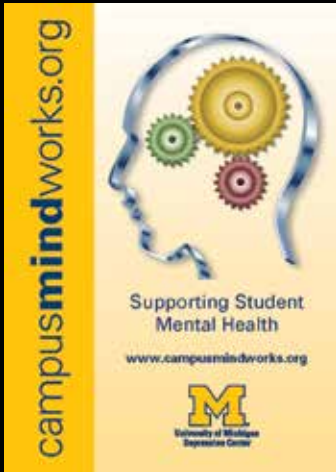
Piper Keyes (University of Michigan, left) and Mariah Williams (Florida Agricultural and Mechanical University, right) received **2013 Student Mental Health Advocate Awards** at the DoCC conference for their exceptional contributions toward promoting mental health awareness, services, and access to resources on their respective campuses. Will Heining, a former U-M football player, Big Ten Distinguished Scholar, and four-time Academic All-Big Ten award winner, presented the awards. Will also shared his inspiring personal story of overcoming depression.



**STUDENT ATTENDANCE INCREASED
FOR THE THIRD-STRAIGHT YEAR**

89% of attendees said the conference was "very" or "extremely" relevant to their work.

90% would be "very" or "extremely" likely to utilize or implement information presented.



The **Campus Mind Works** outreach initiative offers free educational **support groups** on U-M's Ann Arbor campus to undergraduate and graduate students who are managing a mental health condition. The majority of group attendees who identified themselves as having depression, anxiety, and/or bipolar disorder reported that they were NOT currently receiving formal treatment, which may indicate that the groups – held in convenient, accessible, non-clinical, and “non-stigmatized” locations – are filling a vital need for these students. The support groups are organized through a partnership between the Depression Center, the College of Engineering, and the Newnan LS&A Academic Advising Center.



Average group attendance has gone up for the third-straight year



300 Student attendees over three years

During the 2012-13 academic year, the **Campus Mind Works** outreach initiative rolled out an innovative depression awareness and stigma reduction education program in U-M residence halls. Performances by the **U-M Educational Theatre Company (UMetc)** were followed by presentations on recognizing signs/symptoms of depressive illnesses, supporting students with mental health disorders, as well as strategies for prevention, self-care, and help-seeking on campus. The goal of the program was to reach students, quite literally, “where they live.” Evaluations following the presentations found that students were more confident in their ability to identify and refer peers who may be struggling with depression or anxiety, and were also more willing to seek help for themselves if they were experiencing a significant personal problem.



community EDUCATION

The **Bright Nights Community Forum series** attracts hundreds of people each year for presentations and discussions on a variety of topics related to depression. The forums, typically held at local libraries, feature a panel of topical experts from the Depression Center and the community, followed by Q&A sessions with audience members. In addition to presentations in Ann Arbor, Plymouth, and Saline, Mich., 2013 was the first year that the Ypsilanti public library hosted these events.

7
forums in
2012-13

nearly
4,000
attendees
since 2006

Panel presentations in 2012-13 included:

- Stress: How it Affects Your Brain, and How to Manage It
- Lean On Me: Helping a Loved One to Cope with Depression
- The Adolescent Brain: A Work in Progress
- Current Treatments for Adolescent Eating Disorders
- The Mood/Food Connection: How Nutrition Impacts Mental Health
- Mindfulness-Based Techniques to Help Manage Depression



More than 200 participants attended free community workshops on mental health hosted by the **Frankel Psychotherapy Access Initiative**, a donor-funded initiative launched in 2011. Parents, caregivers, and teens had the opportunity to use mindfulness techniques to build resilience through greater awareness of thoughts and feelings, learn skills to cope with grief, and find new strategies to manage unique parenting challenges.

Our **DepressionToolkit.org** website offers resources, tools, and tips to help those living with depression take greater control of their wellness. Family members, friends, caregivers, and healthcare providers also benefit from the Toolkit's comprehensive information on diagnoses, treatments, and self-management strategies.



60,403
unique visits in 2012-13

↑ 165% over last year

PROFESSIONAL training and education

Each year the **Colloquium Series** provides cutting-edge information for health professionals through eight presentations, featuring internationally known speakers who discuss current topics in the field of depressions, bipolar illnesses, and related disorders. Physicians, psychologists, and social workers earn continuing education credits for attending. Audience members hail from many disciplines, including Psychiatry, Psychology, Social Work, Public Health, Pharmacy, Cardiology, Anesthesiology, Neurology, Family Medicine, and OB/Gyn.

Colloquium topics in 2012-13 included:

- CBT in Treatment of Patients with Medically Unexplained Symptoms
- Beyond Biomarkers: Applications for Personalized Treatments
- Impact of Concussive Injuries on Cognitive Functioning and Mental Health
- New Advances in the Theory, Measurement, and Treatment of Childhood Grief
- Social Isolation and Mental Health
- Depression Interventions to Improve Work Function and Productivity

nearly
1,000
attendees
in 2012-13

182
clinicians
trained
in 2012-13

The **Frankel Psychotherapy Access Initiative** offers a range of **psychotherapy training opportunities** designed for mental health professionals at U-M, within the Ann Arbor community, and throughout the state of Michigan. The goal is to build capacity to provide quality psychotherapy services that will significantly impact children and families. In 2012-13, clinicians attended trainings in Family-Based Treatment (FBT) for eating disorders, mindfulness-oriented psychotherapy and mindfulness-based stress reduction, working with suicidal teens; and ongoing follow-up supervision from prior trainings on Behavioral Activation and Cognitive Behavioral Analysis System for Psychotherapy.

Hosted lectures

The sixth-annual **Heinz C. Prechter Bipolar Research Lecture** focused on the ethics of stem cell research. Keynote speaker John R. Kelsoe, M.D., professor of psychiatry at University of California San Diego, presented on "Treatment Horizons in Bipolar Disorder: Stem Cells and Pharmacology." This lecture, honoring business leader Heinz C. Prechter, offers a broad audience the opportunity to learn about the latest advances in bipolar research.

The 10th-annual **Todd Ouida Lecture in Childhood Anxiety and Depression** featured Ohio State University's Mary A. Fristad, Ph.D., ABPP, who spoke on "Nonpharmacologic Adjunctive Interventions for Childhood Mood Disorders." This lecture and a corresponding research program (see p. 4) were established in honor of Todd Ouida, a U-M alum who lost his life in the 2001 World Trade Center attacks.

TRANSLATION
INTO TREATMENT

OUTREACH
TO TARGETED POPULATIONS

IMPROVING
ACCESS TO CARE



Outreach partnerships for DEPRESSION AND BIPOLAR awareness

National Depression Screening Day (NDSD)

Founded by the organization Screening for Mental Health, Inc., NDSD is an annual, national event that aims to increase awareness of depression and its treatment. The goals are to:

- Call attention to the prevalence of depression in society;
- Educate about its signs and symptoms and the availability of effective treatments;
- Connect those in need to community resources.



Each year the Depression Center participates as an NDSD site, providing a free opportunity for students, faculty, staff, and community members to determine whether they are experiencing some of the symptoms of depression and would benefit from further evaluation. The 2013 event was held on U-M's North Campus in partnership with the College of Engineering, Rackham Graduate School, and Taubman College of Architecture + Urban Planning.

Finding support and understanding through shared experience

The Depression Center, in collaboration with the Departments of Psychiatry and Social Work, offers twice-monthly facilitated support groups and a monthly educational workshop for individuals with depression or bipolar disorder and their family members. Evaluation data have found these sessions are effective in addressing stigma, providing meaningful education about new coping strategies and the importance of medication, and in offering participants the opportunity to discuss problems with others who understand the experience of mental illness.



Attendance for all sessions has grown steadily in recent years.

Also in FY2013, the Depression Center and Department of Psychiatry re-launched a **Survivors of Suicide support group**, facilitated by social workers from U-M's Psychiatric Emergency Services. This group helps fill a vital need in Ann Arbor and surrounding communities for the families and loved ones of those who lost their lives to suicide.



Big Boy is a registered trademark of Big Boy Restaurants International LLC

Bipolar awareness partnership with Big Boy International

In February and March 2013, Big Boy company-owned restaurants in Michigan and Ohio displayed informational materials and donation cans to benefit the Heinz C. Prechter Bipolar Research Fund's research projects. This effort raised more than \$1,500, brought greater awareness about bipolar illness to the general public, and led to new research participants enrolling in the Longitudinal Study of Bipolar Disorder.

Improving health care delivery through ENHANCED COMMUNICATION AND PARTNERSHIPS

Access to child psychiatry in underserved areas

The **Michigan Child Collaborative Care (MC3) program** provides child and adolescent psychiatry support to primary care physicians in Michigan who are managing pediatric patients with mild to moderate behavioral health problems in their practices. MC3 offers providers guidance on diagnosis and medication management as well as suggestions on psychotherapy interventions. Most of the reasons for referral were for questions about diagnosis and medications for children with diagnoses ranging from autism to mood disorders to anxiety disorders to ADHD. Support is available through “just-in-time” phone consultations to referring primary care providers as well as remote consultation to patients and families through telepsychiatry. The program recently began providing nurse practitioners in clinic and school settings with the same access to child psychiatrists, thus reaching more children in multiple settings. MC3 currently serves providers in the greater Kalamazoo and Northern Michigan areas and will be expanding to Wayne and Washtenaw counties.



221

TELEPHONE AND TELEMEDICINE
CONSULTATIONS ON YOUTH AND
PREGNANT HIGH-RISK WOMEN

81

MICHIGAN PRIMARY CARE PROVIDERS
RECEIVING “JUST-IN-TIME” TELEPHONE
AND EMAIL CONSULTATION SUPPORT

15

UNDERSERVED AND RURAL
COUNTIES REACHED

Integrating psychotherapy services within primary care

For many families, obtaining psychotherapy services in traditional settings can be difficult for a number of reasons, including cost, transportation, accessibility, concerns about confidentiality, and clinic environment. The **Frankel Psychotherapy Access Initiative** is providing psychotherapy sessions at the **Ypsilanti Health Center**, enabling families to access these services in a familiar healthcare setting in their home community. Patients (children aged 3 – 17 years) are co-managed by their primary care physicians while engaged in psychotherapy, which is provided for a wide range of mental health and behavioral problems including depression, disruptive behaviors, anxiety, trauma, and bereavement. Postdoctoral fellows in clinical psychology provide a total of 10-15 child and/or family psychotherapy sessions per week.



Since launching in September 2012, the service has provided:

194

PSYCHOTHERAPY
SESSIONS TO

57

CHILDREN
AND FAMILIES



Helping pro athletes surmount new challenges

Professional athletes face a unique set of transitions in adjusting to life off the playing field, including changes in lifestyle, finances, physical conditioning, and sometimes recovery from injury. These challenges can lead to serious physical and emotional consequences, including depression, anxiety, sleep problems, marital conflicts, and substance abuse. Through consultations, evaluations, and the coordination of ongoing care, a program launched in 2011 by the Depression Center and the **NFL Players Association (NFLPA)** is working to help retired athletes successfully make the transition to life after the game. This specialty service includes one year of follow up by Depression Center faculty in conjunction with the player's local health care providers. In 2012-13, 11 former players came through the program for detailed consultations.



Collaborative care support to keep depression in remission

The **Michigan Depression Outreach and Collaborative Care Program (M-DOCC)** is the only Joint Commission-approved depression disease management program in the nation. M-DOCC provides telephone-based care manager support to thousands of adult patients managing depression under the care of a primary care doctor. M-DOCC helps patients refine their self-care skills in ways that promote wellness and prevent relapse while helping primary care physicians select the most effective treatment options.



4,143 TOTAL PATIENTS REFERRED
IN THE LAST 10 YEARS

84%* MET RECOVERY CRITERIA

34%** IN CURRENT REMISSION

Of 3,237 patients who have completed at least one PHQ-9 (a depression scale consisting of nine questions that can be used for diagnosing depression as well as monitoring treatment), at last contact:

*50% improvement in PHQ-9 scores

**PHQ-9 score of 5 or less

Outreach to military families, service members, and veterans

Citizen Soldiers (National Guard and Reserve) comprise 40% of our armed forces deployed to Iraq and Afghanistan. They return from deployment with higher rates of PTSD and clinical depression than active duty troops, but because they come home to their own communities, not military installations, they are often unable to access the mental health care they need. Their challenges are compounded by other health issues, delays in getting benefits, not being able to find jobs, and being isolated from those with whom they served. Many are reluctant to even ask for help because of stigma around being perceived as weak, or fearing it may impact any future promotion.

Military family members often face struggles of their own throughout the deployment cycle. Spouses and significant others frequently battle adjustment issues, divorce rates are higher, and one-third of soldiers report their children have behavioral issues post-deployment.

Experts from Military Support Programs and Networks (M-SPAN), the Depression Center's portfolio of military initiatives, are immersed in addressing these critical issues by developing and implementing programs to meet the needs of citizen soldiers and their families:



Buddy-to-Buddy

Through this program, Volunteer Veterans provide newly returned soldiers with referrals for help with financial assistance, home foreclosures, unemployment, legal assistance, and mental health issues. Buddy-to-Buddy, which has been designated as a best practice program by the National Guard Bureau and the Department of Defense Centers of Excellence, places trained volunteer veterans in armories across the state.



Volunteer Veterans Paul Jingoian (L) and Mark Lindke (R) with Major General Gregory J. Vadnais, the Adjutant General of the Michigan National Guard



1,000+

MICHIGAN ARMY NATIONAL GUARD
SOLDIERS HAVE FOUND HELP

91

VOLUNTEER VETERANS
ACTIVE IN 2012-13

90%

OF MICHIGAN'S NATIONAL
GUARD ARMORIES STAFFED
BY BUDDIES

Peer Advisors for Veteran Education (PAVE) Program

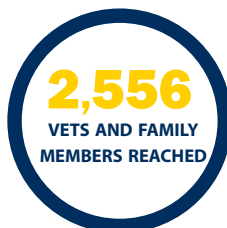
The transition to college life can be particularly challenging for recently returned veterans; a new program connects these students to trained peer advisors (also student veterans) who can provide support and links to resources to help them achieve educational and personal goals. In a partnership with Student Veterans of America, M-SPAN is piloting the implementation of the **Peer Advisors for Veteran Education (PAVE) Program** on five campuses nationally in its first year and will add five additional campuses in Year 2.

Strong Military Families

Parenting across the deployment cycle raises special challenges for families with young children. Nearly **90 military family members** have participated in Strong Military Families, M-SPAN's group-based parenting intervention, leading to an NIH grant that will provide the opportunity to further demonstrate the promise of the program. M-SPAN has established partnerships in the Oakland, Macomb, and Jackson communities for launching additional local groups to serve veterans, service members, and their families throughout Michigan.

Yellow Ribbon Reintegration Events

Since 2009, workshops on resiliency, coping, stress, communication, parenting, and suicide prevention at 39 events have reached **almost 8,000 Army and Air National Guard service members** and their supporters. Programs are offered during regularly scheduled pre- and post-deployment events.



HomeFront Strong

One of M-SPAN's newest and most promising programs, HomeFront Strong is a group intervention for spouses or partners of service members struggling with issues around deployment. It focuses on building social support and positive relationships, new self-care approaches, finding resources, and promoting resiliency and coping.



“Without the programs I wouldn't have the relationship that I now do with my kids. There's nothing out there like it where you can go for help and become stronger as a family.”

- Michigan Army National Guard Veteran and Strong Military Families participant

Navy partnership: suicide prevention

Through a collaboration with U.S. Fleet Forces, the Depression Center conducted 39 workshops on suicide prevention and sexual assault prevention with Navy commanding officers, frontline supervisors, and program managers in 2012-13. The presentations reached thousands on bases in Spain, Italy, Greece, Bahrain, and across the continental U.S.

Military Family Support Forum

Since 2010, nearly **400 soldier supporters** have participated in this monthly support forum, which includes presentations on topics of interest to military families, a facilitated discussion, group support, and a special children's program.



The inaugural National Research Summit on Reserve Component Military Families

Nearly 300 researchers, military leadership, policy makers, military family advocates, and clinicians from 30 states convened in Ann Arbor for two days in April 2013 to stimulate discussion and understanding of the latest research, effective mental health interventions, and dissemination strategies specific to the needs of National Guard and Reserve families.

At left: Depression Center Executive Director John Greden; Conference Co-Chair and Assistant Professor of Psychiatry Michelle Kees; Sergeant Major of the Army Raymond Chandler

FOUNDATIONS

+ futures



The Noble Plaza, which stands behind the Rachel Upjohn Building, home of the Depression Center.

Building and sustaining opportunities for innovation

In concert with preparations for the public launch phase of U-M's most ambitious fundraising campaign to date, Depression Center members gathered for a retreat in January 2013 to discuss special opportunities to leverage the center's strategic plan and the powerful stories that define both its past and future. Donors, funding recipients, and U-M Health System Development leadership shared narratives about the impact of giving and described why the center's work matters to communities, patients and families, philanthropic partners, and other champions. The center looks forward to a challenging and rewarding journey together as we pursue shared goals in making the Depression Center's bold aims a reality.

Depression Center membership

295 members, representing
13 affiliated U-M schools, colleges, centers, & institutes
33 departments
43 new members, 2012-13

Network makes progress toward personalized, precision treatments

The U-M Depression Center is one of the founding members of the **National Network of Depression Centers (NNDC)**, a 501(c)(3) nonprofit organization comprising 21 leading depression centers and academic medical centers around the country. The NNDC's Clinical Care Registry (CCR) collects data across participating NNDC sites in routine clinical care with patients with depression or bipolar illnesses using standardized, evidence-based clinical measures. The intended benefits of using a "common language" for patient screening and monitoring across sites and pooling data into a national registry include better care for under-represented and under-served populations, more effective translation of research results into applications for clinical care, integration with electronic medical records, best practices for measurement-based care, and real-time improvements in disease management.



The importance of philanthropy

Since the launch of the Depression Center in 2001, philanthropy has accelerated our efforts to develop an impressive, expanding platform of interdisciplinary research, clinical translation, education, and public policy that is recognized as the national prototype for emerging depression centers around the country. Each year, contributions from individuals, foundations and corporations put the U-M Depression Center in a unique position to continue leading a global response to the complex challenges of depressive and bipolar illnesses. Philanthropy will continue to play a pivotal role in fueling our momentum throughout Michigan's multi-year, university-wide fundraising campaign.

Every day, we are keenly aware that we would not be where we are without the generosity of those whose financial contributions allow us to bring depression and bipolar disorder further into the mainstream of medical research and care, where these brain illnesses belong.

\$4.49 million
in 2012-13

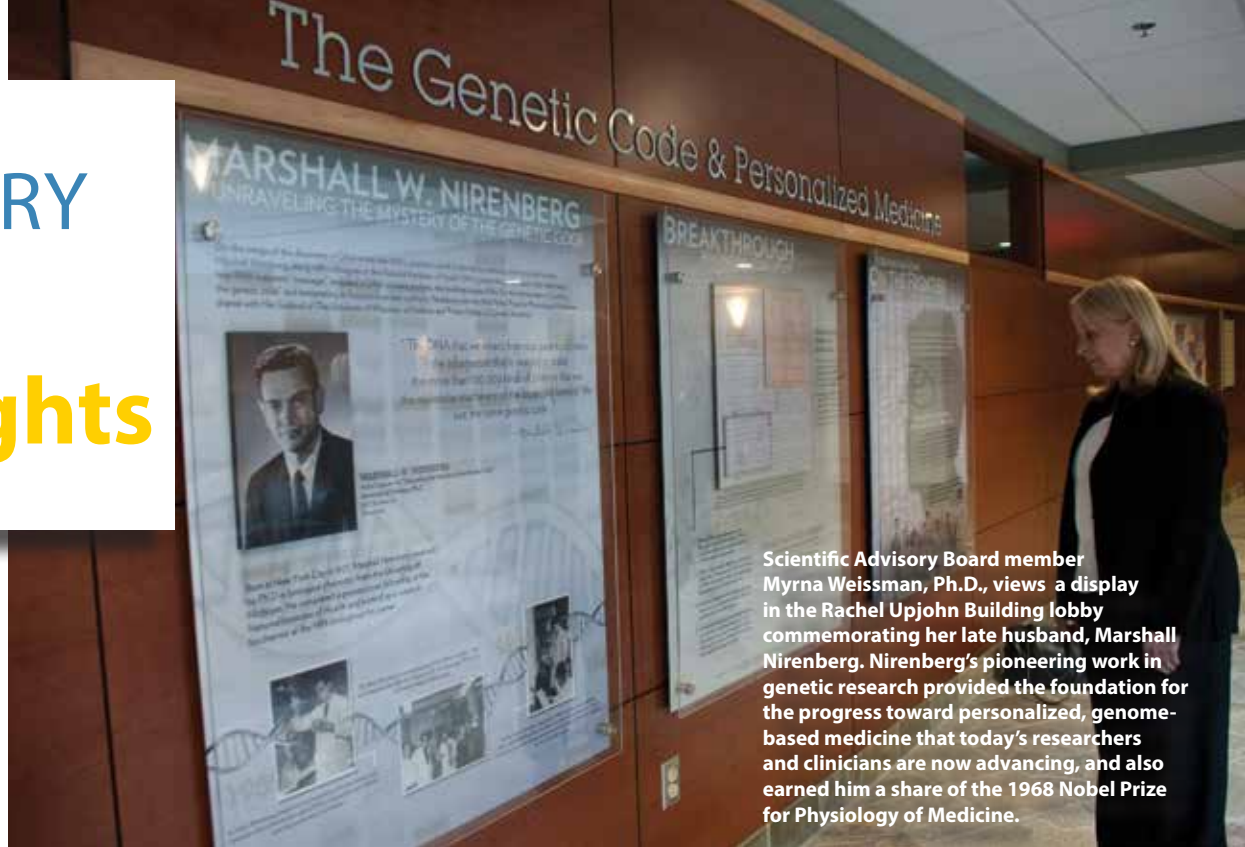
\$2.44 million in gifts
\$2.05 million in new pledges
and commitments

MEMBER kudos

Huda Akil, Ph.D., and Stanley Watson, M.D., Ph.D., co-directors of the U-M Molecular and Behavioral Neuroscience Institute, professors of psychiatry, and husband-and-wife research collaborators since the mid-1970s, were awarded the 2012 Sarnat Prize from the Institute of Medicine. The prize honors outstanding work in mental illness and addiction. For Akil and Watson, the prize recognizes decades of work that have revealed key aspects of the molecules and neurobiological circuitry behind pain and stress and substantially expanded understanding of mood disorders, addiction, and other conditions, findings that have pointed the way to new targets for treatment and prevention.

Amy Kilbourne, Ph.D., M.P.H., was one of 96 recipients of the 2012 Presidential Early Career Awards for Scientists and Engineers (PECASE). This award is the highest honor bestowed by the U.S. Government on science and engineering professionals in the early stages of their independent research careers. Kilbourne is an associate professor of psychiatry and serves as associate director of the VA Ann Arbor National Serious Mental Illness Treatment Resource and Evaluation Center, part of the Center for Clinical Management Research at the Veterans Affairs Ann Arbor Healthcare System.

ADVISORY BOARD highlights



Scientific Advisory Board member Myrna Weissman, Ph.D., views a display in the Rachel Upjohn Building lobby commemorating her late husband, Marshall Nirenberg. Nirenberg's pioneering work in genetic research provided the foundation for the progress toward personalized, genome-based medicine that today's researchers and clinicians are now advancing, and also earned him a share of the 1968 Nobel Prize for Physiology of Medicine.



Parents, Children, and the Search for Identity

Author, mental health advocate, and National Advisory Board member **Andrew Solomon** visited Ann Arbor in April for a special discussion of his latest book, *Far from the Tree: Parents, Children, and the Search for Identity*, at a fundraising event for the Depression Center. *Far from the Tree* tells the stories of parents who find deep meaning through the challenges involved in raising exceptional children. Solomon (above, right), the National Book Award-winning author of *The Noonday Demon: An Atlas of Depression*, is shown with Howard Markel, M.D., director of U-M's Center for the History of Medicine.

Advancing the national brain research agenda

National Advisory Board member and former Congressman **Patrick J. Kennedy** visited the Depression Center in April to discuss his new mission: a "moonshot for the brain," modeled after the historic explorations of outer space launched in 1961 by President John F. Kennedy, his late uncle. Kennedy is the co-founder of ONE MIND for Research™, an independent, non-partisan, non-profit organization dedicated to curing the diseases of the brain and eliminating the stigma and discrimination associated with mental illness and brain injuries. Just as President Kennedy challenged Americans 50 years ago to put a man on the moon in 10 years, Kennedy is now urging researchers across governmental, corporate, scientific, and philanthropic communities to pursue "inner space" as the new frontier – advocating for explorations into brain circuitry and impaired genes that can be translated into therapies and cures.



Depression Center Executive Director John Greden (left), with Patrick J. Kennedy

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Members are listed with their primary department, center, or institute

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MBNI = Molecular & Behavioral Neuroscience Institute

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