

2015 SPRING NEWSLETTER

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UofL Depression Center

Director

Jesse H. Wright, MD, PhD

Advisory Council

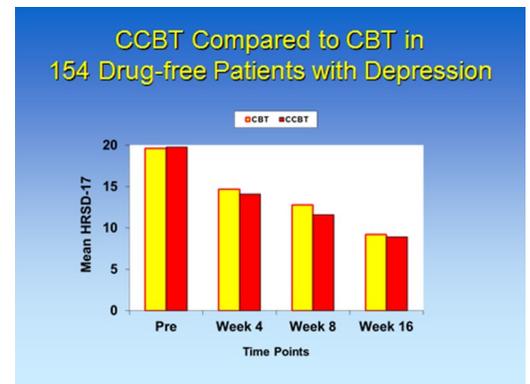
- David Brown
- Carolle Jones Clay
- Gage Donohue
- Jane Emke
- Jon Mapp
- Julie Morton
- Sadiqa Reynolds
- Jim Rives
- Susan Stokes
- Alice Tasman
- Jean West

CAN TECHNOLOGY ENHANCE PSYCHOTHERAPY FOR DEPRESSION?

New research, led by Jesse H. Wright, M.D., Ph.D., Director of the University of Louisville Depression Center, has found a highly significant improvement in the efficiency and cost of psychotherapy for depression using computer-assisted cognitive-behavior therapy (CCBT).

In a large, multi-site study sponsored by the National Institute of Mental Health, Dr. Wright worked with investigators at the Universities of Louisville, Pennsylvania, Pittsburgh, and London (England) to compare a standard form of treatment (20 hours of clinician-administered cognitive-behavior therapy—a well-established treatment with known efficacy) with computer-assisted therapy (CCBT) that reduced the amount of clinician time by 2/3 while providing a novel form of treatment with a computer program (“Good Days Ahead”). The computer software was authored by Dr. Wright along with Aaron Beck, M.D., and Andrew Wright, M.D.

The results of this study suggest that technology could play an important role in delivering effective treatment to more people at lower cost. Both standard treatment with CBT and the technology-supported CCBT were highly effective. But, CCBT took considerably less resources to deliver. Dr. Wright predicts that the therapist’s toolbox of the future will contain engaging computer programs that will help patients get the treatment they need.



Presented at Annual Conference, National Network of Depression Centers, Chicago, IL. October 23, 2014.



Disclosure: Dr. Wright has an equity interest in Mindstreet and Empower Interactive, developers and distributors of software for behavioral medicine.

BUILDING HOPE COMMUNITY PRESENTATION, APRIL 16

“Children with autism benefit from evidence-based treatment and can reach their full, unique potential to benefit society.”

.....David Lohr, M.D.

“Autism 2015: Updates and Roadmaps for Hope”



David Lohr, MD, Associate Professor, UofL Dept of Pediatrics, Child & Adolescent Psychiatry and Psychology, Bingham Clinic

Allison Yoder, MD, PGY-5, Fellow, Child Psychiatry, Dept of Pediatrics, Bingham Clinic

Objectives:

- Participants will be able to identify recent advances in understanding the causes and the ability to detect signs and symptoms of autism
- Participants will understand recent updates in treatment, including what families can do to maximize chances for success for their children with autism

Location:

Second Presbyterian Church
3701 Old Brownsboro Road

Date/Time:

April 16, 2015, 7:00 p.m.

Call 502-588-4886 for more information

NEW MAGNETIC STIMULATION TREATMENT OFFERS HOPE

A major research study found that patients who received rTMS were four times more likely to achieve remission than those who received a sham (placebo) treatment.

The UofL Depression Center is the first in this region to offer a new, FDA approved treatment for people who have not responded to antidepressants. Because at least 20% of people with depression develop chronic symptoms that are resistant to medication, there is a large need for



Dr. David Casey demonstrates rTMS

alternative, effective treatments. The new treatment, known as repetitive magnetic stimulation (rTMS) involves the use of a small magnetic coil which is applied on the scalp and repetitively activated over a period of approximately 40 minutes.

The magnetic stimulus works by inducing changes in the physiology of the underlying brain tissue.

There is no need for anesthesia, and there is no cognitive or memory loss. Patients undergo a number of daily sessions over a period of several weeks (typically about 30). The side effects of rTMS are generally mild and the treatment is usually well tolerated. Cardiac pacemakers and other metallic implants are a contraindication for rTMS, although dental fillings are acceptable. Patients undergo a careful evaluation prior to rTMS, and all risks and benefits are discussed.

The University of Louisville Physicians-Psychiatry practice has a NeuroStaf rTMS device at the UofL Depression Center, 401 East Chestnut Street, Suite 610; (502) 588-4450.

Although Medicaid and Medicare do not currently pay for this treatment, a growing number of private insurers provide coverage.

Call 502-588-4450 for more information.

NNDC
National Network of
Depression Centers

<http://www.nndc.org>

WHAT YOU CAN DO TO HELP!

During the University of Louisville’s “Charting Our Course” campaign, myriad stakeholders made significant and transformative commitments in support of the mission and programs of the School of Medicine. It was amazing that such support could be garnered over a limited period of time by such a passionate and generous group of benefactors. As a result, advancements in research and clinical care are being made to promote the health and well-being of Kentuckians and beyond.

People tend to give philanthropically according to their interests and passions, most often resulting from life experiences. With this in mind, consider the desire of those whose lives have been impacted—directly or indirectly—by mental health disorders in promoting the

advancement of research and care in this crucial medical discipline.

Clinicians and researchers at the UofL Depression Center are working daily to build hope through teaching, research, and innovation. And philanthropic support of these efforts is essential to build on successes and improve the understanding and treatment of mood disorders.

As you consider your charitable priorities, please include the important work of the University of Louisville Depression Center.

GIVING TO THE DEPRESSION CENTER

Making a tax-deductible gift to the UofL Depression Center is easy.

You may mail your donation to 401 E. Chestnut Street Ste. 610

Louisville KY 40202

Or go online to

www.louisville.edu/giving



Visit us at

<http://louisville.edu/depression>

MEDIA APPEARANCES

Courier-Journal, 7/14/14,
“Road rage is aggressive driving’s big brother”
Eric Russ, PhD

WHAS 84 Radio, 12/2/14,
Seasonal Affective Disorder (SAD)
Eric Russ, PhD

WHASTV-11, News at Noon,
1/8/15, New Year’s resolutions
Jesse H. Wright, MD, PhD

Insider Louisville, 1/12/15
Computer-assisted therapy
program, Good Days Ahead
Jesse H. Wright, MD, PhD

The Lane Report, 1/28/15, How
to use social media to improve
your health
Robert Caudill MD

WHAS 84 Radio, 1/29/15, How to
use social media to improve your
health
Robert Caudill, MD

FEATURE ARTICLES FROM ESPERANZA AND BP MAGAZINE



The mental health advocate talks about life after Congress, his new family, mood changes, and how he stays in balance. To read the article, go to www.bphope.com



Seven steps will help keep “money stress” from causing depression and anxiety. To read the article, go to www.hopetocope.com



Follow Dr. Wright on Twitter
[@jesswrightmd](https://twitter.com/jesswrightmd)
and get the latest tips on
mental health and wellness



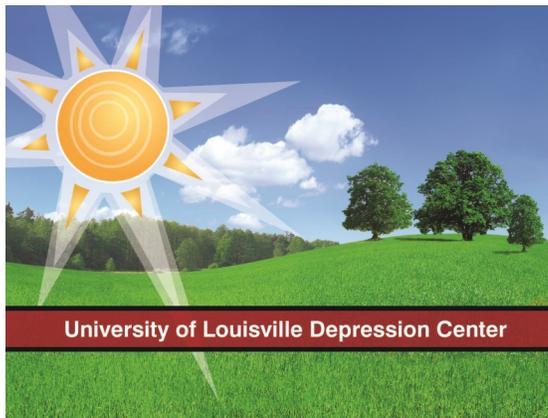
<https://www.facebook.com/louisvilledepressioncenter>

UofL Depression Center

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The University of Louisville Depression Center provides an interdisciplinary, multi-faceted approach to depression treatment through clinical services, research, and community and professional education. And through its involvement with the National Network of Depression Centers, the UofL Depression Center is part of a comprehensive and far-reaching effort to develop newer and more effective therapies. Together we are building the knowledge to improve the treatment of depression, bipolar illness, and related problems.



.....*Building Hope!*

**LINKS TO LOCAL
MENTAL HEALTH
ORGANIZATIONS**

American Foundation for Suicide Prevention (AFSP) - visit www.afsp.org for Louisville local chapter

Depression and Bipolar Support Alliance (DBSA) - visit www.DBSALouisville.org

National Association for Mental Illness-Louisville—visit www.namilouisville.org

Mental Health America of Kentucky—visit www.mhaky.org



SAVE THE DATE! 2015 DEPRESSION & MOOD DISORDERS CONFERENCE

November 6, 2015

Keynote Speakers:

**Glen Gabbard, MD
Psychiatrist, Psychoanalyst, Author, Editor**

Dr. Glen Gabbard is a renowned author and speaker who has written some of the most widely acclaimed books on psychotherapy. He is Professor of Psychiatry at SUNY Upstate Medical University in Syracuse, New York; Clinical Professor of Psychiatry at Baylor College of Medicine in Houston; and Training and Supervising Analyst at the Center for Psychoanalytic Studies in Houston.

**Thomas W. Uhde, MD
Professor and Chair, Department of Psychiatry and Behavioral Sciences, Medical University of South Carolina**

Dr. Uhde also serves as Executive Director of the Institute of Psychiatry and Interim Director of the MUSC Comprehensive Depression Center. He has made substantial and significant research contributions in the field of anxiety and is one of the Institute of Scientific Information's most highly cited researchers in psychiatry.

**Suzanne Meeks, PhD,
Chair and Professor, Department of Psychological and Brain Sciences, University of Louisville**

Dr. Meeks' research has focused on mental health in late life including highly influential studies on effective treatment of depression in the elderly. Her work emphasizes the value of psychosocial treatments in geropsychiatry.

**Benefit Dinner
Special Guest Speaker,
Glen Gabbard MD
"Psychiatry and
Hollywood Movies"
November 6, 2015
The University Club
6:00 PM
Make your plans
now to attend!**