

2016 SPRING NEWSLETTER

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“There is a growing recognition that medicine should encompass not only treatment of symptoms, but also promotion of well-being.”

...Dilip V. Jeste, MD



SUCCESSFUL AGING: FOUNT OF WISDOM AND WELL-BEING

DEPRESSION CENTER ANNUAL BENEFIT DINNER TO FEATURE TALK BY WORLD-RENOWNED EXPERT ON HEALTHY AGING

Dilip Jeste, M.D., author of 12 books including *Successful Cognitive and Emotional Aging* and *Positive Psychiatry* will share his vast experience in unlocking the secrets of thriving into old age at the Depression Center benefit dinner on October 20th. Dr. Jeste is Senior Associate Dean at the University of California, San Diego and a past-president of the American Psychiatric Association. His work has been featured in popular media including The New York Times, The Washington Post, The Wall Street Journal, Time Magazine, National Public Radio, PBS, and the London Times, among others.



As the Editor-in-Chief of the American Journal of Geriatric Psychiatry, and director of two institutes focused on aging, Dr. Jeste is uniquely positioned to help people understand how to best navigate the tides of time. And his emphasis on positive mental health is a refreshing and much needed pivot from traditional psychiatry’s focus on diagnostic classification and symptom relief. His inspirational call to promote personal growth and well-being is being hailed as a new direction for psychiatric research and treatment.

Are there keys to successful aging that we aren’t using? Can our lives be infused with a greater sense of meaning and well-being? Does research point to ways we can prolong our lives while helping others? Can we decrease our risk of memory problems as we age? What roles do compassion and kindness play in the aging process? What are researchers learning about the biology of aging? Can we build skills and personal strengths even into very old age?

Join us for the UofL Depression Center Annual benefit dinner to hear Dr. Jeste explore answers for questions about the path to successful aging.

**UofL Depression Center
Benefit Dinner**

University Club, Belknap Campus

October 20th, 2016

6:00 PM

\$125 per person

**Tickets can be reserved now by
calling 502-588-4886**



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National Network of Depression Centers (NNDC) to benefit from PGA Volvik Championship - Memorial Day Weekend 2016

The NNDC will be in the spotlight during the PGA Volvik Championship - and you're invited to Ann Arbor to be a part of it! There are opportunities to play in the Pro-Am, enjoy up-close hospitality on the greens or just watch the tournament as a spectator. Tickets are on sale now! Visit volviklpga.com for tickets.



National Network of Depression Centers

<http://www.nndc.org>

UOFL DEPRESSION CENTER WORKS TO REDUCE SUICIDE RISK

Suicide is the 10th leading cause of death in the United States, accounting for 42,773 deaths per year. In Kentucky, suicide is the 2nd leading cause of death for ages 15-34, with an average of one person dying by suicide every 12 hours in the state. For every suicide there are 25 separate suicide attempts, and millions more struggle with serious suicidal thoughts. Sadly, the suicide rate in the United States has slightly increased each of the last 15 years despite increased use of antidepressant medication. Clearly, a complicated issue like suicide prevention requires a multifaceted strategy to reduce the annual rate of suicide in the United States.

Recently, there have been advances in our understanding of the role that continuity of care between health systems plays in reducing suicide risk. Individuals who die by suicide often receive some form of health care services in the weeks and months before their death, which indicates that we may be able to prevent many deaths by better coordinating care as patients move between specific health settings. For instance, one of the highest risk windows is following discharge from an inpatient psychiatric setting. While the specific factors that make this window so lethal are not yet known, enhancing the transition between inpatient and outpatient services may prevent high-risk patients from slipping through the cracks and better ensure they receive the care needed after hospitalization.

The Joint Commission, which provides accreditation to over 20,000 health care programs and organizations in the United States, recently addressed the need for better continuity of care for suicidal individuals in health care settings. Citing evidence from recent studies, organizations must begin utilizing empirically supported approaches to identify, assess, and treat suicidal patients, as well as provide enhanced linkage as patients transition between health care settings. At the University of Louisville, we are addressing this Joint Commission call to action by enhancing care coordination



between mental health settings and implementing evidence-based methods to reduce suicide risk. We are also beginning to work with a larger group of stakeholders beyond the University of Louisville to impact suicide prevention throughout the greater Louisville area. We will share updates on these efforts in future newsletters.

LINKS TO LOCAL MENTAL HEALTH ORGANIZATIONS

National Suicide Prevention Lifeline

1-800-273-8255—visit

www.suicidepreventionlifeline.org

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

MINDFULNESS-BASED COGNITIVE THERAPY FOR DEPRESSION: ANCIENT ROOTS, MODERN APPLICATIONS



With a heritage of meditative practices dating back thousands of years, mindfulness based cognitive therapy (MBCT) offers much for present day sufferers from depression. A series of research studies have found that MBCT reduces the rate of relapse (return) of depression. MBCT works at least as well for relapse prevention as long-term treatment with antidepressant medication. Other stud-

ies have found that MBCT is effective for chronic depression.

What is MBCT and how does it work? According to Drs. Kenny and Williams (writing in Behavior Research and Therapy Volume 45, pages 617-625, 2007), MBCT teaches people to “observe their thoughts and feelings through the repeated practice of returning attention to a neutral object [for example the breath or body sensations] in the present moment.” Cultivating awareness “enables patients to see more clearly when negative responses are being triggered and allows them to decenter from these patterns of thought, seeing them as mental events, rather than valid reflections of reality.”

A leading expert in MBCT, Dr. Willem Kuyken, Director of the Mindfulness Center at Oxford University in England, will be a keynote speaker for the UofL Depression Center’s Tenth Annual Conference, October 19-21. Appearances will include a presentation for the public on Wednesday evening, October 19 and lectures and workshops for professionals on Friday, October 21. In all of these presentations he will teach participants how to apply mindfulness in their own lives.

Mark your calendars now for the Tenth Annual UofL Depression Center Depression and Mood disorders Conference

October 19 and 21, 2016

Guest Speakers:

Willem Kuyken, PhD, Oxford University
Dilip V. Jeste, MD, UC-San Diego

IMPROVING TREATMENT OUTCOME WITH MEASUREMENT-BASED CARE: UOFL DEPRESSION CENTER DEBUTS DIGITAL PROGRESS TRACKING

Could systematic use of symptom rating scales at every visit make a difference in treatment outcome? Recent research has shown that treatment often goes much better if doctors and patients “keep their eyes on the ball” with scales that track progress. If scores are going in the wrong direction or are stalled, doctors and patients are more likely to make productive changes in the treatment plan. And if scores are improving, positive reinforcement for continued progress is in order.

The UofL Depression Center, in association with the National Network of Depression Centers, has initiated the Mood Outcomes Registry (MORE program) that has the goal of instituting measurement based care for all patients with depression and bipolar disorder. UofL is one of five Depression Centers (along with the Mayo Clinic, Johns Hopkins, and the Universities of Michigan and Iowa) to institute the MORE program. Over the next year, all 24 member universities of the National Network of Depression Centers will join the effort. The MORE program at the UofL Depression Center is supported by a generous gift from an anonymous donor.

A major study from Beijing China that was published in the American Journal of Psychiatry in October, 2015 underlined the importance of the MORE program. In this investigation the chances of remission for depression were more than doubled by measurement-based care.

At the UofL Depression Center, patients enrolled in the MORE program use a computer tablet to answer questions from four rating scales (depression, anxiety, manic symptoms, and suicide risk) before their appointments with their doctor. The scales are scored immediately by the computer program and are viewed by the doctor at the beginning of each visit. Scores are graphed at each subsequent visit so the doctor and patient can see the results of their work and make adjustments if needed.



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Follow Dr. Wright on Twitter
@jesswrightmd
and get the latest tips on
mental health and wellness



GIVING TO THE DEPRESSION CENTER

Making a tax-deductible gift
to the UofL Depression Cen-
ter 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



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!**



DEPARTMENT OF PSYCHIATRY WELCOMES NEW FACULTY MEMBER



Stephen O'Connor, PhD, is a Licensed Psychologist and Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the University of Louisville. He received his Doctorate in Clinical Psychology from the Catholic University of America and completed his Clinical Internship and Postdoctoral Fellowship at the University of Washington. Dr. O'Connor's research focuses on improving identification, assessment, and treatment of suicidal individuals in both traditional and non-traditional behavioral health settings. His current research is funded by a Young Investigator Grant from the American Foundation for Suicide Prevention. In addition to research, Dr. O'Connor provides individual psychotherapy to a wide range of individuals through the University of Louisville Physicians Psychiatry practice and provides clinical supervision to psychiatry residents and psychology doctoral students.

GIVING TO THE DEPRESSION CENTER

Making a tax-deductible gift
to the UofL Depression Cen-
ter 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

esperanza (Depression & Anxiety)

**This
Month's
Article:**



**Ask the
Doctor:
Women,
Hormones and
Depression**

**Hopetocope.com/part
ners-this-month**

BUILDING HOPE SERIES: LEARNING SESSIONS FOR THE PUBLIC

"Addiction and Its Effect on Families"

Tuesday, April 19

5:30-6:30 p.m.

Louisville Urban League

1535 W. Broadway

Free and open to the public



Guest Speaker:

Erika Ruth, MD

Assistant Professor, UofL Department of
Psychiatry and Behavioral Sciences

Attendees will learn what effect addiction
has on families and what resources are
available for families who have a member
with an addiction.