

# HOPE ART-OF-DESIGN WEEKEND

at the  
PALM BEACH JEWELRY, ART & ANTIQUE SHOW

## HOPE FOR DEPRESSION

RESEARCH FOUNDATION

SPECIAL BULLETIN • FEBRUARY 2012

### HOPE ART-OF-DESIGN WEEKEND

The Palm Beach Jewelry, Art and Antique Show represents an ultimate creative effort – from the artist, to the product, to the creative presentation of the Show itself. HDRF is pleased to be selected as the Show's charity partner and to create the "Hope Art-Of-Design Weekend." The Designer Showcase, expert-guided tours, design lectures, a champagne reception and tea – are all part of a series of HOPE events to enhance your creative experience at the Show. The "Hope Art-Of-Design Weekend" was produced as a thank you to all HDRF supporters. Use your HOPE VIP card to attend the HOPE events and see how creativity can enhance your life!

## MESSENGERS OF HOPE

In our media-oriented, celebrity-driven culture, one of the strongest ways to get the facts about depression out to the general public is through the power of celebrity communication.



Lorraine Bracco



Terry Bradshaw



Dominick Dunne  
(1929-2009)



Linda Hamilton



Jay McInerney



Brooke Shields



Callie Thorne

Each time a high-profile individual publicly shares his or her own experience with depression, they help overcome the lingering stigma of depression and reinforce the fact that depression is a real "medical" illness. They speak as a celebrity; they suffer like any other human being.

For every celebrity with the courage to speak out, there are millions of people who suffer from depression in silence. Our hope is that these celebrities' stories encourage them to seek help.

HDRF thanks actor Lorraine Bracco, author Jay McInerney, football broadcaster Terry Bradshaw, actor Linda Hamilton, actor Brooke Shields, actor Callie Thorne, and the late author Dominick Dunne, who have all spoken at HDRF events. They have used the positive power of their celebrity status to create awareness about depression and the need to fund new research to find new medications, new treatments and an ultimate cure for this complex illness.

### HDRF ARTS COMMITTEE

Because of the higher incidence of depression in the creative community, HDRF created an Arts Committee. The talented individuals on our Arts Committee may not have experienced depression first-hand, but are aware of the toll it takes on friends, family, employees and loved ones. The members of the Arts Committee have volunteered their talent, skills and contacts to help HDRF find a cure for depression.

- Jim Aman
- Frederick Anderson
- Dennis Basso
- Harry Benson
- Bruce Bierman
- Geoffrey Bradfield
- Mario Buatta
- Tom Cashin
- Nancy Corzine
- Judy Licht Della Femina
- Arthur Dunnam
- Dominick Dunne\*
- Anne Eisenhower
- Patrick Gallagher
- Douglas Hannant
- Kim Heirston
- Sharon King Hoge
- Tony Ingrao
- Eric Javits
- Jay Johnson
- Randy Kemper
- Parker Ladd
- Gideon Lewin
- Christopher Mason
- Joanna Mastroianni
- Jay McInerney
- Patrick McMullan
- Maggie Norris
- Sandra Nunnerly
- Alex Papachristidis
- Campion Platt
- Marc Rosen
- Ralph Rucci
- Arnold Scaasi
- William Secord
- Hunt Slonem
- Scott Snyder
- Antony Todd
- Adrienne Vittadini
- Robert Wilson
- \*In memoriam



## FOUNDER'S MESSAGE

My mother Hope suffered from depression in her late adult life. Our family witnessed decades of misdiagnosis, trials of medication, and troublesome side effects. I became aware of the staggering statistics on the prevalence of depression. I learned the surprising fact that in the 25 years since the introduction of Prozac (and other SSRIs) there has been no change in medications to treat depression (just variations of existing ones), and they are only 50% effective.

When my mother passed away in 2005, I vowed I would do all in my power to help conquer this dreaded disorder. In 2006, I established the Hope for Depression Research Foundation (HDRF) in memory of my mother Hope, in order to encourage more cutting-edge depression research at a faster pace.

We are pleased to have events such as the "Hope Art-of-Design Weekend" to thank you for your ongoing support and to bring you the facts about depression, since it affects everyone – directly or indirectly.

Best regards,

**Audrey Gruss**

Founder & Chairman

## DEPRESSION: DID YOU KNOW THAT IT....

- Will affect over **32 million** U.S. adults (1 in 10) during their lifetime
- Is **twice** as prevalent in **women** and most common in "baby boomers" (ages 47 – 65)
- Is the reason why people are **4 times** as likely to develop a **heart attack**

Depression often co-occurs with:  
**Eating disorders (50-75%)**  
**Substance abuse (27%)**  
**Cancer (25%)**



## GLYX-13, A NEW ANTIDEPRESSANT?

**GLYX-13, a code name for a new molecule, was recently identified as a potential antidepressant. It is now in Phase 2, Food and Drug Administration (FDA) human clinical testing.**

Over the past five years, HDRF funded the international research collaboration at Bowling Green, Brock University in Canada, Northwestern U., University of Tartu in Estonia, Tufts and Washington State U. The findings demonstrated the "proof-of-concept" that the GLYX-13 molecule was a potential new antidepressant medication. Dr. Joseph Moskal, HDRF grant awardee and Director of the Falk Center for Molecular Therapeutics at Northwestern University, states, "The HDRF grants have come at pivotal times helping to create what may be a novel class of fast-acting, safe and robust antidepressants." HDRF is proud of its contribution to this major effort to find new and more effective antidepressants.

To date,  
**HDRF has funded**  
**98 research grants, at**  
**47 research institutions,**  
**in 16 U.S. cities**  
**and 12 countries.**



**"DEPRESSION COULD BE LINKED TO YOUR MOTHER, SAYS STUDY"**

Excerpt from ABCNEWS.com  
by Susan Donaldson James  
January 25, 2012

## DEPRESSION IN THE WORK PLACE

- Is the leading cause of disability in the U.S. for ages 15-44
- Causes **387 million** disability days from work
- Has an economic burden of **\$70 billion** on U.S. businesses annually
- Accounts for **\$12 billion** in lost workdays each year

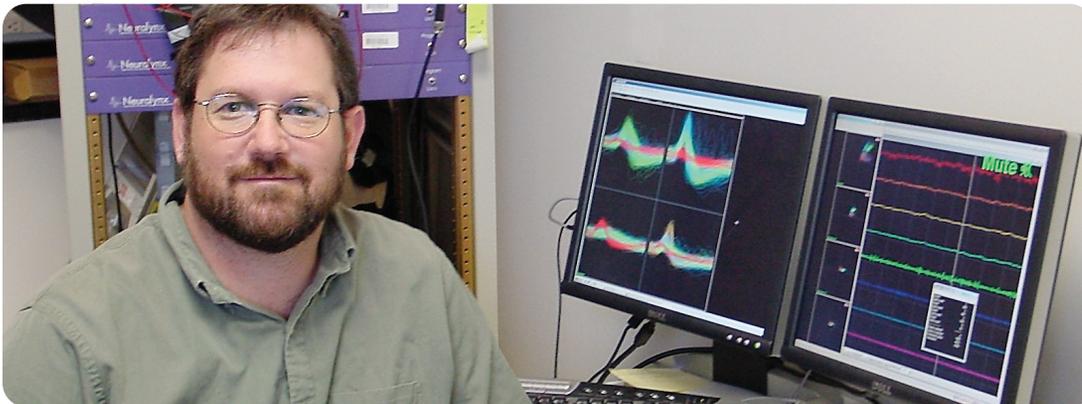
Depression  
will be the  
2nd most common  
health problem in  
the world by the  
year 2020

## OPTOGENETICS

### Using light beams in the latest depression research.

One of HDRF's 2011 research grants was awarded to Dr. Joshua Gordon, a cutting-edge neuroscientist at Columbia University. He is using the latest technology of optogenetics to explore the neurobiology of depression. The technique of optogenetics is used in only 100 other research institutions worldwide. He is focusing on the relationship between two brain circuits implicated in depressed mood: the "separation/distress" circuit activated during negative emotion, and the "seeking/reward" circuit activated during positive emotion.

In his research, he uses new optogenetic tools involving focused beams of light that allow him to manipulate the activity of specific neurons, to "eavesdrop" on the communication between them. His work aims to find the causes of depression and sets the stage for the development of novel medications and treatments.



"Research funded by HDRF has for the first time been able to use brain imaging to link the lack of maternal attachment to depression... Researchers at Beth Israel Medical Center... were able to predict depression in about 90% of the women... Showing women a photo of their mother, and imaging their brains, consistently showed differences between those who were depressed and those who were not... Dr. Igor Galynker said, 'There is no tool for imaging depression – like diagnosing a broken ankle... (This research) is an unusual achievement.'"



Audrey Gruss founded HDRF in memory of her mother Hope pictured above.

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\* Nobel Laureate

## HDRF'S DEPRESSION RESEARCH IMPACTS RELATED MOOD AND EMOTIONAL DISORDERS:

- Bipolar disorder
- Dysthymia
- Postpartum depression
- Post-traumatic stress disorder
- Anxiety disorders
- Suicide

**HDRF EVENT SUPPORTERS**



Winston Churchill



Coralie Paul



Audrey Gruss & Evelyn Lauder



Peter Gregory



Tory Burch

**HOPE LUNCHEON SEMINAR – NOV. 9, 2011**

**“Depression as a Mind AND Body Disorder”**



Deborah Norville, Patrick McMullan, Audrey Gruss, Callie Thorne

Leading experts in the fields of psychiatry, neuroscience and pain management, provided the latest findings about the link between “Depression and Physical Pain” and the challenges of finding an accurate diagnosis. The noted speakers included Jerrold F. Rosenbaum, MD of Mass General and Harvard Medical School; Vijay B. Vad, MD of Hospital for Special Surgery and Cornell; and Joshua A Gordon, MD, PhD of NY Presbyterian Hospital and Columbia University.

Deborah Norville, Emmy-Award winning broadcast journalist, introduced the Seminar with a focus on the increasing coverage of depression in the media. Celebrity photographer and author Patrick McMullan gave a moving account of his personal battle with depression. Audrey Gruss presented the HOPE Award for Depression Advocacy to Callie Thorne, star of the USA Network series “Necessary Roughness.” The series portrays the healing power of psychotherapy and shows depression and other emotional disorders as medical conditions that can be treated.



Lis Waterman



Mark Freitas



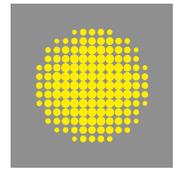
Dr. Samantha Boardman & Karen LeFrak



George Kaufman



Jackie Drake



**HOPE FOR DEPRESSION  
RESEARCH FOUNDATION**

**HELP SUPPORT HDRF**

Your contribution will help fund innovative research leading to better diagnosis, new treatments, prevention and an ultimate cure for depression and its related mood and emotional disorders.

**Every dollar raised goes directly to research!**



**FOR MORE INFORMATION,  
PLEASE CONTACT:**

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