

# Palm Beach Daily News

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## Hope for Depression sets Friday benefit

By MICHELE DARGAN  
Daily News Staff Writer

Audrey Gruss remembers feeling a gamut of emotions when, as a young adult, she and her two sisters watched their mother battle depression.

"She had a nervous breakdown," Gruss said. "Forty years ago, people didn't understand depression. We were scared, confused. ... We didn't understand what was happening. People didn't know about it then. The

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## DEPRESSION

Most people 'never see a health professional for it,' says Dr. DePaulo

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only word we knew was 'nervous breakdown.'

After her mother died in December 2005, Gruss created a foundation to fund research that will help identify causes of depression and related disorders.

"I never realized that, except for incremental adjustments, there have been no major changes in the past 20 years for the treatment of depression and emotional disorders," she said. "There has been research going on, but not enough and the government has cut back funding."

In November 2007, she launched the Hope for Depression Research Foundation in memory of her mother, Hope Butvay.

Since then, there have been two major fundraising luncheons last year: one in New York and one in Palm Beach, featuring best-selling author Dominick Dunne and actress Lorraine Bracco.

The foundation has raised more than \$1 million for the cause.

The second annual foundation Scientific Seminar and Luncheon is slated for Friday at The Mar-a-Lago Club.

New this year is the Research-In-Action Seminar from 10 a.m. to 11:30 a.m. featuring two prominent doctors in the field: Dr. Michael Addis, a professor of psychology at Clark University in Worcester,

Mass., and Dr. Steven Roose, a professor of clinical psychiatry at Columbia University. The seminar will focus on "Men and Depression."

Gruss said she knows that some fundraisers have been canceled because of the downturn in the economy. But canceling the luncheon was never an option for her. "We have something very important to say for people who are suffering needlessly," Gruss said. "If we only spoke to a dozen people, that would be a dozen more who would understand an illness that affects all of us — directly or indirectly."

The luncheon, from noon to 2 p.m., will feature CNN's Felicia Taylor, daughter of Palm Beacher Mary Schott, as mistress of ceremonies.

Football great Terry Bradshaw will be the celebrity keynote speaker. Gruss said Bradshaw, who waived his speaking fee, is expected to talk about his battle with anxiety attacks while winning four Super Bowls. He's an Emmy-award winning sports broadcaster, author and motivational speaker. "He wants to share his experience and help others get help," Gruss said. "Words cannot express my gratitude for his helping to open up depression to a better understanding."

The medical keynote speaker will be Dr. J. Raymond DePaulo Jr., chairman of the department of Psychiatry and



Gruss Foundation has raised \$1 million.

### IF YOU GO

**What:** Second annual Hope for Depression Research Foundation Seminar and Luncheon

**When:** Friday. Seminar, 10 a.m. to 11:30 a.m.; luncheon, noon to 2 p.m.

**Where:** The Mar-a-Lago Club

**Who:** Keynote celebrity speaker is football great Terry Bradshaw; keynote medical speaker is Dr. J. Raymond DePaulo Jr., psychiatrist-in-chief of The Johns Hopkins Hospital.

**Cost:** Three levels of seating: \$250, \$500 and \$1,000. Junior tickets, \$175.

**Tickets, information:** (561) 514-3295, (212) 843-1714 or (212) 446-4235 or e-mail hdrf@hopefordepression.org

don't recognize that a patient has depression, he said.

"That's a failing part of our system," he said. "Most patients with mood changes look for reasons why. They may have chest pain, racing heart, feeling faint. ... The doctor may take their blood pressure or a cardiogram and say, 'go home, you're fine.'"

"Depression is a syndrome, a whole constellation of symptoms. The best thing is to try to educate how to know if you or a loved one has depression and how to get treatment for it."

For reservations or information, call 514-3295, (212) 843-1714 or (212) 446-4235 or e-mail hdrf@hopefordepression.org

— mdargan  
@pbdailynews.com

Behavioral Sciences at The Johns Hopkins School of Medicine and psychiatrist-in-chief of Johns Hopkins Hospital. He is the co-author with Leslie Horowitz of *Understanding Depression: What We Know and What You Can Do About It*.

DePaulo has been educating the public about depression since the early 1980s.

"For me, public education is the biggest issue," DePaulo said by phone Wednesday. "Depression is treatable, and we want to get people treatment for it, but the majority of people with depression never see a health professional for it and never get treatment."

The main reason is that many general practitioners