## 

PALM BEACH EDITION APRIL 28, 2008





## SCENARIO I 38 Hope for Depression

The Hope for Depression Research Foundation (HDRF) held its inaugural luncheon to support HDRF's pioneering research to find a cure for depression, with the help of some very special guests.

## Hope for Depression Luncheon sheds light on common struggle



Carol Cohen, left, Sandi Heine and Ellen Levy

he Hope for Depression Research Foundation (HDRF) held its inaugural luncheon to support HDRF's pioneering research to find a cure for depression, with the help of some very special guests. Audrey Gruss, HDRF's founder and chair, with luncheon co-chairs Catherine Adler, Jackie Drake, Lori Gendelman and Lis Waterman, held the luncheon at the "Hope Pavilion" at Mar-A-Lago.

After a brief cocktail reception, the 250 guests walked down a yellow carpet into a special tent created within the grand ballroom. News journalist Chuck Scarborough, winner of 31 Emmy Awards, was master of ceremonies and presented the staggering statistics of depression. He informed the guests that depression is the leading cause of disability among 15 to 44 year olds, with a loss of 37 million disability days each year and an economic burden of \$53 billion dollars annually.

Scarborough then told the story of Joanne Murray, a writer whose depression was so severe that suicidal thoughts were constantly with her. She struggled for years, and her young daughter was the only thing that kept her going. He then revealed that this woman sought help for her depression, started writing using her maiden name and is now known to the world as J.K. Rowling, the famed Harry Potter author.

Audrey Gruss shared her personal story, describing how she and her family experienced her mother's painful battle with depression for decades. She created HDRF in her mother Hope's honor, in April 2006.

Dominick Dunne shared his struggle with depression and described his feelings of failure and even thoughts of suicide at times in his life. He told the group that one of his sons also struggled with depression and had finally sought help. This gifted writer's story conveyed his main message, which was that the stigma of depression remains, and must be removed.

Lorraine Bracco, an award-winning actress, who was well known for the role of the psychiatrist in The Sopranos, also conveyed her own story of depression. She commented about the irony of playing a psychiatrist on The Sopranos, when she was so badly in need of one herself. She shared Dunne's hope that the stigma of emotional disorders would soon go away. She urged that people get treatment, and not consider it a sign of weakness. Bracco believes that her role showed others that it was okay to seek help, as fans continue to comment, "If Tony Soprano could go for help, so can I!".

The mission of Hope for Depression Research Foundation



Jessie Araskog, left, Scott Snyder and Maura Benjamin

(HDRF) is to fund cutting-edge, international scientific research into the origins, diagnosis, treatment and prevention of depression and related disorders — anxiety, bipolar disorder, postpartum depression, post traumatic stress syndrome and attention-deficit/hyperactivity disorder (ADHD) - with the ultimate goal of finding a cure. HDRF sets itself apart by funding pioneering research that integrates the fields of neuroscience (the brain) and psychology (the mind).

For more information, call The Hope for Depression Research Foundation, 212-446-4235.



Dominick Dunne, left, Audrey Gruss and Chuck Scarborough



Florence Kaufman, left, and Dorothy Kohl