

HOPE THROUGH RESEARCH



FALL/WINTER 2021
15TH ANNIVERSARY
EDITION

HOPE FOR DEPRESSION RESEARCH FOUNDATION MARKS 15 YEARS OF LEADERSHIP IN THE FIELD



Dr. René Hen, a world leader in the neural circuitry of mood and memory, speaks at a Depression Task Force meeting.

Depression is a widespread and complex illness with no simple solution. It is the leading cause of disability worldwide and a top public health issue in the wake of the pandemic. Yet, we know little about its root causes in the brain, and common medications are outdated and ineffective for 50% of patients. Research is the key to finding solutions for better diagnoses, prevention and treatment.

To address the need for research, philanthropist Audrey Gruss founded HDRF in 2006 in memory of her mother, Hope. Today, HDRF is conducting the most advanced research in the country.

HDRF's success lies in its unique research model: the Depression Task Force (DTF). In 2010, HDRF assembled this extraordinary team of top neuroscientists to move the field forward. Rather than

compete, which is often the norm in science, these scientists agreed to openly share findings and pool their expertise to accelerate discovery. Their joint approach is working; we currently have several pilot clinical trials underway for new treatments, and we won't stop until there's a cure. To read about the Task Force research progress, please see page 8.



Members of the Depression Task Force share data in real time, before it is published, at the HDRF Data Center housed at the University of Michigan. They are in constant contact by phone and email and meet twice annually to discuss their latest findings.

LUNCHEON TOPICS AND CELEBRITY VOICES OVER THE YEARS

When I started the Foundation 15 years ago, I recognized it was crucial to educate the public on the facts of depression and the scientific challenges we faced in research. Each year, our HOPE Luncheon Seminar aims to inform the public about the various aspects of depression and its related mood disorders.

At our events we have also used the positive aspect of celebrity status to raise awareness about depression. Over the years,

we have covered many topics and heard from major celebrities who poignantly told us about their struggle with depression. Their courage has made a profound impact on changing the national conversation about mental illness.

We are grateful to our celebrity honorees, and we are grateful for YOU. We want you to go out into the world as well-informed ambassadors and advocates for this cause, because every single person

has been touched by depression, directly or indirectly, in their own lives or those in their orbit.



Audrey Gruss

Audrey Gruss,
Founder and Chair

2009



Depression - Its Relationship to Alcoholism and Substance Abuse
Honoree: Brooke Shields



Depression in Men,
Palm Beach Luncheon
Honoree: Terry Bradshaw

2010



Mood Disorders and the Role of Hormones
Honoree: Felicia Taylor

2014



Depression in Children and Adolescents
Honoree: David O. Russel
(with Audrey Gruss)

2015



**Alcoholism and Depression:
Dual Diagnosis, Dual Treatment**
Honoree: Mariel Hemingway

2016



The Search for New Depression Medications
Honoree: Anderson Cooper

2007



HDRF Inaugural Luncheon
Honorees: Jay McInerney and Dominick Dunne

2008



The Role of Genetics in Depression and Current Treatments
Honoree: Linda Hamilton



Palm Beach Inaugural Luncheon
Honoree: Lorraine Bracco

2011



Depression as a Mind and Body Disorder – Chronic Pain and Depression
Honoree: Callie Thorne

2012



Depression and Suicide
Honoree: Candace Bushnell

2013



Depression in Men
Honoree: Richard Dreyfuss

2017

“
I am in recovery from depression. I am a living example of why there is hope.

Ashley Judd,
Recipient of the
2017 Hope Award for
Depression Advocacy
”



The Genetics of Depression: What is Known, What is Next
Honoree: Ashley Judd

2018



Brain Health and Wellness: The Science of Self-Care
Honoree: Ali Wentworth

2019



**Depression and Anxiety:
Diagnosis and Latest Treatments**
Honoree: LeAnn Rimes

2020



**The Importance of Talk Therapy,
Especially Now**
Honoree: Jane Pauley



**Honoree: Taraji P. Henson
accepted the Community Ambassador
of HOPE Award**

2021

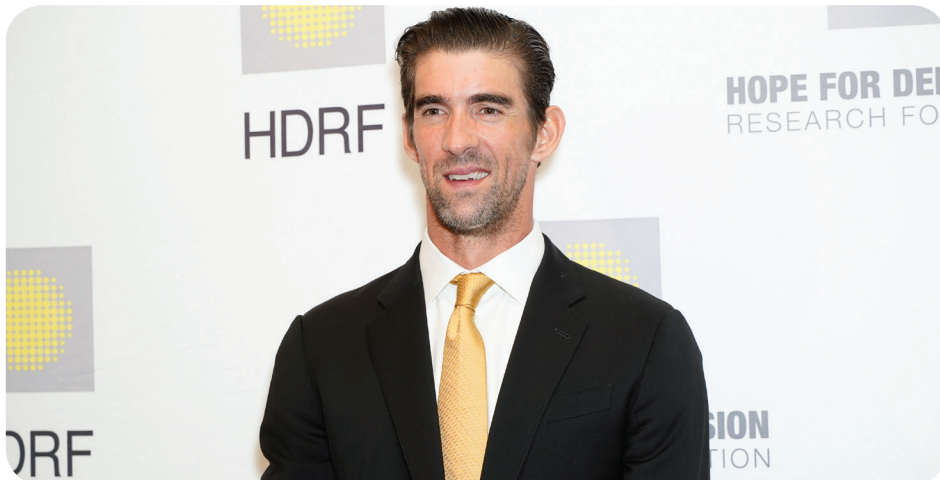


I've learned throughout my life I can't do it alone. There are times where I need to ask for help. There are times where I need to be there to help somebody else.

Michael Phelps
Olympic Champion and Mental Health Advocate



**Indianapolis Colts Owner Jim Irsay
accepted the Community
Ambassador of HOPE Award**



**Sports icon Michael Phelps accepted the Hope Award for Depression Advocacy
at the HDRF 2021 Luncheon in November.**



**Adolfo Zaralegui and James Borynack
of Findlay Galleries received the
HOPE Corporate Visionary Award**

15TH ANNIVERSARY HOPE LUNCHEON SEMINAR

November 10, 2021

Our 15th Anniversary HOPE luncheon seminar was a memorable celebration that drew over 280 guests to the Plaza Hotel in NYC and raised over \$750,000 for life-saving mental health research. 23-time Olympic Gold Medalist **Michael Phelps** received the 2021 **HOPE Award for Depression Advocacy** in a moving award ceremony.

In recent years, Phelps has courageously opened up about his own mental health challenges, becoming one of the first and most prominent athlete voices who have helped catapult the important conversation across sports and pop culture.

Indianapolis Colts Owner **Jim Irsay** received the **Community Ambassador of Hope Award** for their “Kicking the Stigma” campaign to fight stigma and expand access to mental health treatment throughout Indianapolis. **Findlay Galleries** CEO James Borynack and COO Adolfo Zaralegui received the **HOPE Corporate**

Visionary Award for their longtime support of HDRF and other mental health causes in their communities.

The topic of the day was “**The Importance of the Gut Microbiome for Your Mental Health.**” Guests were fascinated to learn about this emerging branch of science from



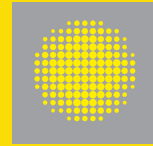
Conor Liston, M.D., Ph.D.

neuroscientist Conor Liston, M.D., Ph.D., Associate Professor of Neuroscience and Psychiatry at the Brain and Mind Institute at Weill Cornell Medicine.

HDRF thanks our generous luncheon sponsors and distinguished 15th

Anniversary Co-chairs:

Sharon Bush, Jamee and Peter Gregory, Susan Gutfreund, Maru Hagerty, Kim Heirston, Tania Higgins, Eleanora Kennedy, Susan R. McCaw, Kitty and Bill McKnight, Peter S. Paine III, Liz Peek, Nancy Silverman, Barbara and Randall Smith, Scott Snyder and **Felicia Taylor.**



UPCOMING EVENTS

PALM BEACH 5K RACE OF HOPE

Saturday, February 26, 2022
Palm Beach, FL

NATIONAL VIRTUAL RACE OF HOPE

May 2022

THANK YOU TO OUR 2021 LUNCHEON SPONSORS

EST. 1870



FINDLAY GALLERIES



ERIC JAITS



Paulson Family Foundation
Richard S. and Karen LeFrak Charitable Foundation
William Flaherty • Nancy Silverman



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KATIE COURIC LEADS SIXTH ANNUAL 5K RACE OF HOPE TO DEFEAT DEPRESSION IN SOUTHAMPTON, NY

Event Raises a Record \$325,000 for Research on Sunday, August 8, 2021

The Hope for Depression Research Foundation's Sixth Annual Southampton 5K Race of Hope gathered 220 men, women and children on Sunday morning in Southampton Village in support of mental health awareness and research. Iconic journalist **Katie Couric** cheered the crowd as Celebrity Grand Marshal during the festive event that raised \$325,000 for research into new and better treatments for depression and anxiety.

"Mental health is such a critically important issue, and it's heartening to see it come out of the woodwork in a way that is unprecedented," said Couric, speaking from the steps of the Southampton Cultural Center.

She added, "HDRF gathers all the top-rated brain scientists in the country and the world to figure out how to tackle these psychological issues, because they are like physical issues and they should be treated as such. A better understanding of how our brains work and how our brain chemistry works – it's so important." HDRF Founding Chair Audrey Gruss and Board member Arthur Dunnam also stood with Couric as Co-Grand Marshals of the 5K walk/run.

First Prize for best male time went to Sergey Avramenko, and First Prize for the best female time went to Una Broderick. The Award for Top Fundraising Team went

to Jessica Wagner and Team Wagner, which raised \$2,000. The Award for Top Individual Fundraiser went to Arthur Dunnam, who raised \$36,468 from friends and family for his race. The award for largest team went to Natasha Jefferies and her team, Dakari's Heartbeat, with 13 members. Along with the in-person event, another 300 participants signed up to complete the distance in their own hometowns. A live broadcast streamed on the HDRF website featured messages of hope from runners across the country.



Dylan, Josh and Jessica Gruss



Co-Grand Marshals Katie Couric and Arthur Dunnam



Tania Higgins, Louisa Benton and Kim Heirston



Martin Gruss, Karen LeFrak, Audrey Gruss and Richard LeFrak

THANK YOU!

To our top
Race of Hope sponsors:



And our local sponsors:

Daily Dose • Down to Earth



NEW TREATMENT INITIATIVE

Last year HDRF began a research program called **The New Treatment Initiative (NTI)**, and we identified four grants that won the “Defeating Depression Award” from neuroscience applicants around the country. The grants represent the most promising treatment research and involve the following labs and concepts:



James W. Murrough, M.D., Ph.D.
Icahn School of Medicine at Mount Sinai

Testing a compound that reduces inflammation in key mood areas of the brain, believed to be a cause of depression.



Jennifer M. Coughlin, M.D.
Johns Hopkins

Testing a new way to diagnose depression by measuring inflammation indicators in the brain.



Jyoti Mishra, Ph.D.
University of California-San Diego

Testing the next generation of Transcranial Magnetic Stimulation (TMS).



Heather Abercrombie, Ph.D.
Simon Goldberg, Ph.D.
University of Wisconsin-Madison

Testing a cognitive therapy intervention based on mindfulness techniques delivered through a mobile app.



Jamee and Peter Gregory

NTI RECEIVES MAJOR GIFT FROM JAMEE AND PETER GREGORY AND THE ALEXIS GREGORY FOUNDATION

We are excited to announce a new two-year study in our New Treatment Initiative thanks to a transformative gift from Jamee and Peter Gregory. The study, to begin January 2022 at Columbia Medical School, will investigate brain circuits underlying depression and Parkinson’s Disease (PD) and can lead to new treatment for depression specific to PD patients.

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(continued from page one)



The HDRF Depression Task Force

The HDRF Depression Task Force of top neuroscientists is working tirelessly to find the root causes of depression in the brain and develop urgently needed new treatments.

In the past decade, the Task Force has largely defined the entire field of depression research. They have:

- defined the importance of epigenetics in showing how our brain's stress response can throw cells and circuits off balance;
- discovered dramatic sex differences in mouse models, demonstrating that depression in men is fundamentally different from depression in women;
- led the field in the study of brain circuits that underlie depression, using tools like optogenetics, fiber photometry, calcium imaging and brain imaging to map brain circuits and see how they influence mood and behavior;
- related their findings in rodent models to humans by studying post-mortem samples of human brain tissue to verify disrupted circuits in depression; and
- discovered a potential new category of antidepressant, now in pilot clinical trials at Mount Sinai and Columbia.

SUPPORT HDRF

100% of all donations go directly to research into the origins, diagnosis, treatment and prevention of depression and its related mood disorders including: postpartum depression, post-traumatic stress disorder, anxiety disorders, and suicide.

HDRF is a non profit 501(c)(3) public charitable organization. All donations are tax-deductible to the fullest extent of the law.

Visit us at hopefordepression.org

DEPRESSION TASK FORCE

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University of Michigan

Elisabeth Binder, M.D., Ph.D.
Max Planck Institute of Psychiatry

Kafui Dzirasa, M.D., Ph.D.
Duke University

René Hen, Ph.D.
Columbia University

Jonathan Javitch, M.D., Ph.D.
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Conor Liston, M.D., Ph.D.
Weill Cornell Medicine

Helen S. Mayberg, M.D.
Mount Sinai School of Medicine

Michael Meaney, Ph.D.
Douglas Institute & McGill University

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