

HOPE THROUGH RESEARCH



HDRF EXPANDS ITS PROGRAMS TO INCLUDE MENTAL HEALTH AWARENESS OUTREACH



**Seated Left to Right: Jeff Lima, Kelly Lennon-Martucci, Louisa Benton, and Hope Kronman
Standing: Daniel Lampert and Aidan Golub, Students at Solomon Schechter**

Hope for Depression Research Foundation was proud to conduct a panel discussion on “Bullying and Mental Health” at the Solomon Schechter High School in Westchester, NY on January 10.

The panel is part of a new initiative, Next Generation Mental Health, which aims to educate the public about children’s mental health issues and how to get help. The program involves school visits as well as a public symposium with nationally-renowned speakers in midtown NYC in May (see sidebar).

The January 10 panel consisted of clinical and research experts who spoke to an auditorium of 75 students and their teachers about how bullying can lead to mental and physical health problems later in life.

“Children who have been bullied are six times more likely to develop depression and two times more likely to develop anxiety,” said

HDRF Executive Director Louisa Benton. She pointed to a 70% rise in youth suicide since 2006.

- Neuroscientist **Hope Kronman** Mount Sinai explained how bullying can cause physical changes in the brain that can lead to depression and negative effects on the body’s immune system.

- Actor **Jeff Lima** (Chicago Fire) shared his personal story of being severely bullied as a child growing up in NYC.

- Social worker **Kelly Lennon-Martucci**, head of school mental health programs at Henry Street Settlement, said it is important to report the bullying to a trusted adult. Early intervention is key.

During 2019, HDRF will conduct panels on bullying and mental health at schools in Nassau County and Queens, as well as the NYC symposium in May. **For more info:** hopefordepression.org/events

Second Annual

Next Generation Mental Health Symposium Bullying & Mental Health

Wednesday, May 29, 2019

5:30 PM

The Paley Center for Media, NYC

Featuring Experts:

Dr. Eric Nestler, MD, PhD

*Director of Friedman Brain Institute
Mount Sinai*

Dr. Susan M. Swearer, PhD

*Professor of Educational Psychology
University of Nebraska – Lincoln*

Dr. Angela Diaz, MD, PhD, MPH

*Professor in Adolescent Health
Mount Sinai*

Jill Brown

*President and Founder
Generation Text Online*



FOUNDER'S MESSAGE

Dear Friend,

Depression is a global public health issue and demands heightened public awareness as part of any solution.

Every year we strengthen our outreach to the community to dispel myths and chip away at the stigma that is a barrier to treatment.

We see attitudes changing, more media and public awareness, and a real hunger in the younger generation to speak more openly about mental health.

We have many new initiatives, like the Race of Hope and the Next Generation Mental Health program, featured on page one. We launched it last year to address the question – Is social media making teens depressed? This year, we are diving into the critical topic of bullying and mental health.

With this new program, we are proud to provide a forum where the public can address concerns, learn about the brain, and speak about depression without shame.

Through education and awareness, we can promote compassion and action that will drive science – and society – forward.

I thank YOU, our HDRF community, for your unwavering support of our critical work.

Audrey Gruss
Founder & Chair

TWELFTH ANNUAL HOPE LUNCHEON SEMINAR

November 6, 2018

Our 12th Annual HOPE Luncheon at the Plaza Hotel focused on the fundamentals of brain health and well-being, with keynote speaker

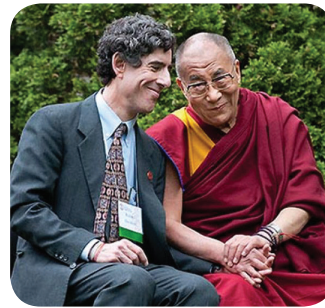
Dr. Richard J. Davidson,

founder of the Center for Healthy Minds at the University of Wisconsin-Madison. Dr.

Davidson's extensive research of the brain and mindfulness was inspired by the Dalai Lama. The research has shown that well-being is a skill to be cultivated by building healthy habits, like generosity and gratitude.

"There's substantial evidence showing that engaging in acts of generosity is an effective strategy to increase well-being," he said. "By being generous to others, you benefit them *and* yourself."

Our next speaker, **Dr. Samantha**



Dr. Richard J. Davidson
and the **Dalai Lama**

Boardman, stressed the mental health benefits of good sleep, diet and exercise. Dr. Boardman is a psychiatrist at Weill Cornell Medical Center and a specialist in Positive Psychology.

Author and actress **Ali Wentworth** accepted

the HOPE Award for Depression Advocacy with keen and funny observations about her own ups and downs, therapy and medication.

Bringing the conversation full circle, Ali touched on the theme of empathy and compassion that Dr. Davidson highlighted in his presentation.

"I do believe in kindness, and the other thing is it is a good time right now to hug your friends, hug your kids," she said. "Hug and love everybody."



Attendees listen to **Dr. Richard Davidson**



Ali Wentworth and **Audrey Gruss**

For more information, please contact:

New York HDRF

40 West 57th Street, Ste. 1440

New York, NY 10019

Phone: 212.676.3200

Fax: 212.676.3219

Email: hdrf@hopefordepression.org

Palm Beach HDRF

777 S. Flagler Drive, Ste. 801E

West Palm beach, FL 33401

Phone: 561.515.6454

Fax: 561.514.3520

Email: hdrf@hopefordepression.org



IN THE NEWS: KETAMINE

This March, the US Food and Drug Administration approved a new antidepressant medication, in a milestone for the field.

The treatment, a nasal spray called esketamine, is related to ketamine, an anesthetic for humans and sedative for horses.

Unlike other antidepressants, esketamine lifts patients' moods within hours; whereas other drugs available now can take weeks, if they work at all.

Esketamine is only intended for patients who are severely ill and have not responded to traditional antidepressants.

HDRF's team of scientists were not involved in the drug's development, as that research happened in the early 2000s before HDRF's Depression Task Force was formed. However, HDRF is now working to elucidate esketamine's mechanism of action and refine the way it is administered.

"Esketamine represents the first new category of medication for depression in over 30 years, so we're excited by this milestone." Said Dr. Eric Nestler, Director of the Friedman Brain Institute at Mount Sinai and Chair of the Depression Task Force.

We need better understand how ketamine works in the brain so we can assess long-term risk and develop a pill, Nester said. We look forward to more research progress on ketamine and other novel treatments for resistant depression.

INAUGURAL PALM BEACH RACE OF HOPE RAISES AWARENESS AND FUNDS FOR RESEARCH

January 27, 2019



Mother Nature tried but failed to deter hundreds of intrepid souls who came out in pouring rain and hurricane wind for the HDRF's Inaugural Palm Beach Race of Hope 5K on Sunday, January 27, 2019.

While a nearby state fair saw a rare closing for weather, more than 300 participants of all ages gathered at 8 AM at Palm Beach's Royal Poinciana Plaza to walk or run the 5K Race and take a stand for depression awareness.

HDRF Founder and Chair Audrey Gruss was Race Co-Grand Marshal along with Palm Beach influencer Scott Snyder. "Anybody

who thinks sunshine creates happiness has never danced in the rain," Gruss said. "Depression is the number-one reason in the world for disability, and the leading cause of suicide."

Scott Snyder said "so we thank you for coming out to dance in the rain today. Our research is leading to discoveries that can turn the tide on depression and suicide in this country."

The event raised over \$275,000 for advanced depression research. Best-time medals went to John Schilkowsky (male) and Stephanie Pezzullo (female).



Dylan Pitchford won best time for Youth category.



Scott Snyder (left) and **Audrey Gruss** (right) present awards to Top Fundraising Team: **Krissy McCooey**, **Trish Glowacki**, and **Kimberly Bitterman**.

UPCOMING EVENTS

Second Annual

NEXT GENERATION MENTAL HEALTH SYMPOSIUM

Bullying & Mental Health

Wednesday, May 29, 2019

New York, NY



SOUTHAMPTON RACE OF HOPE

Sunday, August 4, 2019

Southampton, NY



THIRTEENTH ANNUAL HOPE LUNCHEON SEMINAR

Wednesday, November 6, 2019

The Plaza Hotel



HOPE FOR DEPRESSION
RESEARCH FOUNDATION

40 West 57th Street, Suite 1440, New York, NY 10019

I GIVE BECAUSE...

Emilie Sullivan

“Three years ago, I lost my father to suicide after a three year battle with depression. He was successful, happily married and loved by so many - but because he couldn't receive a clear



Emilie Sullivan with her father, **Michael Sullivan**

diagnosis, he didn't think he was sick. I give to Hope for Depression because of their cutting-edge research in both the diagnosis and treatment of depression. I give to HDRF because of the hope they have given to my family and me.”

HDRF BOARD OF DIRECTORS

Audrey Gruss, *Chair*

Harold W. Koenigsberg, MD

David Kahn, MD

Steven Roose, MD

Robert Michels, MD

William Speck, MD

DEPRESSION TASK FORCE

Huda Akil, PhD
University of Michigan

René Hen, PhD
Columbia University

Jonathan Javitch, MD, PhD
Columbia University

Helen S. Mayberg, MD
Mount Sinai School of Medicine

Bruce McEwen, PhD
Rockefeller University

Michael Meaney, PhD
Douglas Institute & McGill University

Eric Nestler, MD, PhD
Mount Sinai School of Medicine

HELP 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: bipolar disorder, post-partum 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