

In the Mood



A Newsletter for the Friends of the Fuqua Center for Late-Life Depression
Wesley Woods Center of Emory University

Volume 1, Issue 1
Summer 2002

THE FUQUA CENTER FOR LATE-LIFE DEPRESSION OF EMORY UNIVERSITY WAS ESTABLISHED IN 1999 following a gift from the J.B. Fuqua Foundation. **The mission of the Fuqua Center is to increase public awareness regarding depression in older adults and improve older adults' access to treatment.** The Center is a comprehensive treatment center through which clinical services, research in treatment-resistant depression, and community outreach and education are provided. As a part of the Wesley Woods Center on Aging and Emory Healthcare, the Fuqua Center offers a wide variety of services designed to meet the needs of older adults:

CLINICAL SERVICES

Outpatient and Inpatient
Geriatric Psychiatry Medical Care

Group - Talk Therapy –
Enhance the Quality of Your Life

Assisted Living Services –
On Site Evaluations and
Follow up Care

Day Treatment/Partial
Hospitalization Program –
Intense Daily Outpatient
Treatment

Walking Group – Exercise
and Social Time

Geriatric Psychiatry
Telemedicine Services – Long
Distance Geriatric Psychiatry
Evaluations in Rural
Communities

COMMUNITY EDUCATION

Website:
<http://fuqua.emoryhealthcare.org>

–
Confidential Depression Screening
and Information on Treatment
Options

Fuqua On-Line Learning
Center – Educational Programs for
Clinicians and Others Who Serve
Older Adults

Fuqua Depression Information
Center: 1-877-498-0096 (toll free)

Faith-Based Community
Depression Education Workshops

Statewide Referral Network –
Clinicians Who are Knowledgeable
and Willing to Treat Geriatric
Depression

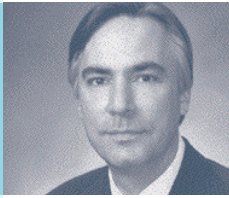
RESEARCH

Opportunities to Participate in
Investigational Studies

SYMPTOMS OF DEPRESSION

- :(Feeling sad or numb
- :(No interest or pleasure in things you used to enjoy
- :(Crying easily or for no reason
- :(Feeling slowed down or feeling restless and irritable
- :(Feeling worthless or guilty
- :(Change in appetite; unintended change in weight
- :(Trouble recalling things, concentrating or making decisions
- :(Headaches, backaches or digestive problems
- :(Problems sleeping, or wanting to sleep all of the time
- :(Feeling tired all of the time
- :(Thoughts about death or suicide





Fuqua Center for Late-Life Depression Director's Note

Who to call



To make an appointment at the Fuqua Center for Late-Life Depression, contact Shannan Hambrick at (404) 728-6302.

For more information on ECT at Wesley Woods, contact Jocelyn Porquez at (404) 728-6469.

For more information on the Fuqua Center or community education activities, contact Laura Britan toll-free at (877) 498-0096.

For more information on telemedicine, contact Eve Byrd at (404) 728-4981.

For more information on community clinical services, call (404) 728-6302.

For newsletter comments or inquiries, contact Shannon Tuohy at (404) 728-4558.

AS WE HEAR MORE ABOUT THE GRAYING OF AMERICA, the need to understand and treat depression becomes one of the most pressing medical issues for many older adults and their families. There are many barriers to diagnosis and recovery of depression, including the fact that many people mistakenly assume that symptoms of depression are a natural part of aging. The stigma associated with mental illness can also make people feel ashamed of their situation and avoid getting help.

However, when a successful businessman such as J.B. Fuqua publicly shares his experience with depression on national TV, on the front page of the Atlanta Journal Constitution and the business section of the New York Times, it can encourage others with depression to realize that they are not alone. Even prominent members of the community can battle this serious illness. Since Mr. Fuqua's disclosure, our website (<http://fuqua.emoryhealthcare.org>) has gone from a few hun-

dred hits a month to over 15,000 hits. The calls for information have increased significantly and are now not just local calls but also national.

In this newsletter, the Fuqua Center will keep you informed of the advances in the field of depression research and treatment. We will let you know about upcoming events and opportunities to participate in activities at the Fuqua Center. We would also be happy to hear your comments and suggestions for future articles.

William M. McDonald, M.D.
Director, Fuqua Center for Late-Life Depression

Treatment Options

Did you know that 80 to 90% of depressed people have a positive response to electroconvulsive therapy (ECT)?

The American Psychiatric Association, the American Medical Association, and the National Institutes of Mental Health recognize ECT as a safe and effective treatment for patients with severe depression. Patients are usually referred for ECT treatment after having unsuccessfully tried several antidepressant medications or because they cannot tolerate any of the medications.

Doctors have been giving ECT treatments since 1937 making it one of the oldest treatments still available. However, as with other treatments in medicine, the practice of ECT has evolved significantly over the last century. The methods for treating patients continue to improve, and include advance-

ments in anesthesia and the equipment used to monitor patients before and after the treatment. It is believed that ECT treatments affect the central nervous system by acting as an anticonvulsant which may inhibit overactive neurotransmitters in the brain. This theory is known as the anticonvulsant hypothesis.

Electroconvulsive therapy is given in a series of treatments. Usually it takes between 5 and 8 treatments given approximately three times per week before the benefits are observed. ECT can be given to patients that are in the hospital or outpatients depending on individual needs. It can be safely administered to adults of nearly all ages. However, there are some risks, especially if the patient has significant

physical health problems. Talk to your doctor about how ECT treatment may impact your health.

To view an ECT treatment on the Fuqua website, visit http://www.iqdestination.com/cobrands/emory/emory_patient_Caregiver.cfm and click on part three.





Community Education

WEB-WISE TIP!

Take a screening test for depression at <http://fuqua.emoryhealthcare.org>

ONLINE AT THE FUQUA CENTER

<http://fuqua.emoryhealthcare.org>

The Fuqua Center website offers a variety of health information and resources about depression. Here's a preview, but log on to learn more!

- Find out about recent news and up to date research on mental health and aging
- Learn about treatment options for depression
- Discover upcoming events at the center
- Take an anonymous depression screening test
- Find health care providers in your area (See *The Fuqua Center Referral Network*)
- Visit the On-Line Learning Center, which offers educational video seminars and stand-alone Web-based training programs!

Visit the Fuqua Center website today!

REFERRAL NETWORK

Find a health care provider in your area!

In the fall of 2001, physicians and staff from The Fuqua Center for Late-Life Depression began to put together The Fuqua Center Statewide Referral Network. The purpose of the Network is to offer a list of local health care providers that treat older adults with depression in the state of Georgia. The Fuqua Referral Network has 17 areas that cover specific counties and cities in the state. Today, the Network has over 40 participants and continues to grow every day!

The Fuqua Center Referral Network is available on-line! You can visit our website at <http://fuqua.emoryhealthcare.org/> to get a list of physicians, counselors, social workers, nurses or other mental health care providers in your area.

Look for future newsletters that will feature a specific area in the Network.

Kudos!

Congratulations to Drs. William M. McDonald and Thomas R. Thompson for their election to the Board of Trustees of the Georgia Psychiatric Physicians Association!

DID YOU KNOW?

According to the American Association of Geriatric Psychiatry, 15% of adults over age 65 are affected by depression, and 25% of chronically ill patients experience depression (http://www.aagpgpa.org/p_c/depression.asp).





Research

IN MAY OF 2002 THE FUQUA CENTER RECEIVED A GRANT from the American Foundation for Suicide Prevention to provide training for caseworkers to screen 1200 older adults who are living in the Atlanta community in the Community Care Service Program (CCSP) for depression. This state run program provides a range of community-based

services which delay or avert nursing home placement. Because CCSP treats residents with chronic diseases and multiple medical problems, the residents also have a very high risk for developing depression. This partnership, which was facilitated by forward-thinking Aging Service Providers such as Cathie Berger, Atlanta Regional

The Community Care Service Program provides a range of community-based services which delay or avert nursing home placement.

Commission Coordinator of Planning and Catherine Ivy, Director, CCSP Care Management, is the first step in our endeavor to match the resources of the state with the expertise of the Center to reach large numbers of at-risk elderly in the community.

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Facts about depression

Treatment options

How to learn more

