



# NATIONAL NETWORK *of* DEPRESSION CENTERS

The National Network of Depression Centers (NNDC) was established in 2008 to mobilize collaborative expertise to counteract the public health crisis of depressions, bipolar illnesses, and other mood disorders. The NNDC is a nonprofit network of academic medical centers dedicated to improving the lives of those affected by depression and related mood disorders. We are working to change the national conversation surrounding these illnesses through large-scale collaborative studies, education, and outreach.



## WHO WE ARE

Leading depression centers collaborating to lift the burden of depression and bipolar disorders



## WHY WE EXIST

We transform lives through innovations in treatment and prevention for depression and bipolar disorders



## WHAT FUTURE WE SEE

A world free of stigma, where everyone has access to effective, evidence-based care

### Centers of Excellence

- Brigham & Women's Hospital
- Duke University
- Emory University
- Indiana University
- Johns Hopkins University
- Mayo Clinic
- McLean Hospital
- The Ohio State University
- Stanford University
- University of California, San Francisco
- University of Cincinnati & Lindner Center of HOPE
- University of Colorado Anschutz Medical Campus
- University of Florida
- University of Illinois at Chicago
- University of Iowa
- University of Louisville
- University of Massachusetts Medical School
- University of Michigan
- University of Pennsylvania
- University of Texas at Austin
- University of Texas Health Science Center at Houston
- Weill Cornell Medical College

### Associate Members

- Central Michigan University & Great Lakes Bay Region Mental Health Partnership
- Florida State University
- Michigan State University & Pine Rest Christian Mental Health Services
- Penn State Milton S. Hershey Medical Center
- University of Toledo



## THE BATTLE AGAINST DEPRESSION - WHY DOES IT MATTER?



There is one death by suicide every twelve minutes in the United States

90%

90% of suicide deaths can be traced back to mental illness, most often depression



250,000 people become suicide survivors each year in the US



## DEPRESSION IS MORE COMMON THAN YOU MIGHT THINK



Depression is the leading cause of disability in the United States among people ages 15-44



One in five Americans will be impacted by mental illness during their lifetime



Depression ranks among the top 3 workplace issues in the US, along with family crisis and stress



## WORKING TOGETHER TO ADVANCE SCIENTIFIC KNOWLEDGE

### Task and Special Interest Groups

NNDC Task Groups are generating the forward momentum needed to make a difference in the diagnosis, treatment, and prevention of depressive illnesses. Using this platform for unprecedented scientific collaboration, the best minds in the field come together to address the most pressing mental health challenges. NNDC Task Groups are organized around specific initiatives related to the diagnosis, treatment, and prevention of depressive illnesses, including:

- |                                   |  |
|-----------------------------------|--|
| Biomarkers                        | Psychoneuroimmunology                        |
| Bipolar Disorder                  | Primary Care Integration                     |
| Child & Adolescent Mood Disorders | Repetitive Transcranial Magnetic Stimulation |
| College Mental Health             | Suicide Prevention                           |
| Community Education & Awareness   | Telehealth                                   |
| Electroconvulsive Therapy         | Treatment Resistant Depression               |
| Geriatric Mood Disorders          | Women & Mood Disorders                       |
| Ketamine & Esketamine             |  |

**40%**

At least 40% of active drug users struggle with some mental illness like depression

**45%**

As many as 45% of deaths by opioid overdose may be suicides...



...but more data is needed to fully understand the link between opioid addiction, depression and suicide



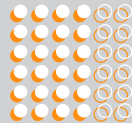
## MEASUREMENT-BASED CARE MEETS NATIONAL DATABASE

### Mood Outcomes Program

The NNDC Mood Outcomes Program improves care provided to those suffering from mood disorders. Through the use of measurement-based care tools and quality improvement programs informed by patient care data at our centers, the NNDC is working to transform the treatment of mood disorders.



80% of those treated for depression show an improvement in symptoms within four to six weeks of starting treatment



Two thirds of people with depression do not actively seek nor receive proper treatment

#### Mood Outcomes Program Features

- **Three Mental Health Vital Signs** to monitor patient progress
- **Clinician support tools** to help tailor treatment to a patient's specific needs
- **Aggregate data reporting** for clinic-wide care strategies



## SHARING KNOWLEDGE EXPEDITES SCIENTIFIC DISCOVERY

### Visiting Professor Program

The Visiting Professor Program provides a platform for researchers to share their work and goals, and generate new ideas and approaches for ongoing studies. Visiting Professors spend a day and a half with NNDC Member Centers for individual mentorship sessions with local researchers, a free public education event, and a grand rounds lecture on a topic chosen by the host site.



We lose about as many people to suicide each year as we do to breast cancer



Breast cancer research receives 100x more funding than depression research

### Annual Conference

The Annual Conference is a two-day educational event, bringing together NNDC members to learn from colleagues about the latest developments in the treatment and understanding of mood disorders. This CME-accredited event is hosted by a different NNDC Member Center every other year, providing the host site with a great opportunity to shine a spotlight on local experts and programs. Visit [nndc.org/annual-conference](http://nndc.org/annual-conference) to learn more.

**Questions?**

Dane Larsen | Executive Director | [dlarsen@nndc.org](mailto:dlarsen@nndc.org) | (734) 332-3914

**Find us Online!**

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