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- future editions of this newsletter
- breaking news in mood disorders!

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## Exciting New Program: 'Troubled Teens'

In March 2008 we launched our exciting new GP training program, 'Troubled Teens: Managing Adolescent Mood Disorders in General Practice'. The interactive workshop was presented by Dr Michael Dudley (Child and Adolescent Psychiatrist) and Dr Sarah Weaver (GP & BDI Program Developer) on 15 March at the Black Dog Institute and was very well received.

The 6-hr workshop focuses on the issues of adolescents presenting with mood disorders in the general prac-



tice setting. Topics include examining normal adolescent development, assessment and diagnosis of unipolar and bipolar depressions, appropriate use of medication & psychological interventions and long term strategies.

The program has been accredited with the RACGP

for Category I ALM, 40 QA&CPD points .

Due to high demand for the program, we are currently scheduling more workshops onsite at the Institute and throughout NSW (see our website for course dates). Spaces are filling quickly, so please register your interest soon.

For further information on the program or if you would like a workshop run in your area, please contact our GP Project Officer on 02 9382 8518 or email on [k.dabich@unsw.edu.au](mailto:k.dabich@unsw.edu.au).

## Black Dog Institute at the Sydney



### Interested in Adolescent Mood Disorders?

Now is your chance to attend a training program and learn some practical strategies for managing mood disorders in this challenging age group. We will be presenting a 3-hour version of our program 'Troubled Teens: Managing Adolescent Mood Disorders in General Practice' at the General Practice Conference and Exhibition (GPCE) from **23-25 May** at Sydney Olympic Park. Held on each of the three days, this workshop will address the

complexity of diagnosis of adolescent mood disorders and introduce appropriate treatment strategies for GPs dealing with adolescents suffering from mood disorders.

At the same event, at 10am on Sat 24th, **Professor Gordon Parker**, Executive Director of the Black Dog Institute will deliver "In Pursuit of Happiness", a 1-hour talk on positive depression management, considering the definition of 'happiness', its management, underlying neurological basis and relationship to economic variables and focus on strate-

gies designed to increase happiness. *Not to be missed!*

Also look out for the Black Dog Institute stand at the conference. We will have GP resources on display and delegates will also have the opportunity to speak to the Institute's facilitators and staff.

Visit early for copies of the Psychological Toolkit!

## Focus on the Psychological Toolkit:

### MOOD CHARTS

The Psychological Toolkit (PTK) includes templates for mood charting for both unipolar and bipolar mood disorders. These tools can be very helpful for both patients and clinicians.

Using the mood chart involves rating and recording of mood on a daily basis (twice daily if significant diurnal variation) on a scale of 1 to 10, where 1 is the worst and 10 the best (but not manic!). This gives a visual record of mood over a period of time, which can provide richer insight than a verbal report. An additional benefit is that patients who may be reluctant either to accept a diagnosis of depression or perhaps to acknowledge improvements, can gain greater insight into their condition. It is also a very effective way of tracking the effectiveness (or not) of interventions.

The chart can also be used to track other relevant factors – medication taken (a marvelous aid to and monitoring of

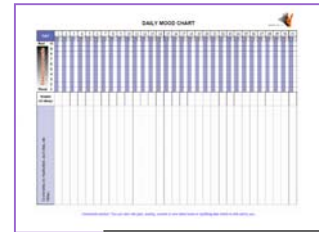
compliance), hours of sleep, alcohol or drug intake, exercise, therapy sessions, significant events or other interactions. Combining all this information can give valuable insight into factors influencing a patient's mood and help in assessing, planning or modifying treatment approaches.

There is a separate mood chart template for patients with bipolar disorder, which records mood on a scale of +3 to -3, as well as other factors as above. During acute episodes the information can be used to track effectiveness of medication and other interventions.

In the ongoing management of bipolar patients the aim is to maintain mood in the +1 to -1 range.

It is very helpful to make regular mood charting part of a Wellbeing Plan (another PTK resource) drawn up with the patient. This way it is hoped that onset of either (hypo)manic or depressive

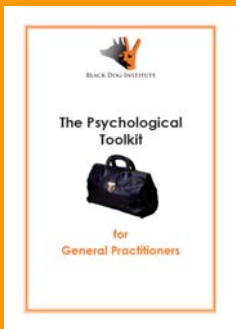
episodes can be recognised as early as possible and corrective measures instituted. It can also help identify triggers to mood variations and build in preventive strategies.



(Above) Daily Mood Chart and Mood Chart for Bipolar Disorder

Many GPs and other clinicians acknowledge the usefulness of mood charting – why not try it out with some of your mood disorder patients!

Download copies of the Toolkit Mood Charts from our website.



*“We are delighted that the rollout of pilot sites is making the MAP more widely available”*

Last October, the Mood Assessment Program (MAP) was launched at the Black Dog Institute in Randwick. The MAP is a world first computerised assessment and diagnostic tool for patients with mood disorders.

Randwick MAP centre accepts referrals from GPs across NSW. MAP pilot sites have since opened in a range of locations and settings. Whilst most pilot sites service specific patient groups, a

pilot site at Port Macquarie General Practice Network accepts referrals from all GPs who are members of the Network.

GPs **must register** as MAP referrers and be provided with a referral pack. GPs refer patients for MAP assessments in much the same way as referring for pathology tests. After a patient attends the MAP centre for assessment, a MAP report and a set of treatment suggestions are mailed to the referring

GP the next working day.

It is important to note:

- Patients referred to a MAP centre are **not** seen by a clinician.

- The MAP is **not** a screening tool. Patients referred for MAP assessments should be identified as likely to meet criteria for a mood disorder (depression as either current or previous diagnosis).

For further information, please contact Wendy Williamson on **02 9382 3707** or by email [w.williamson@unsw.edu.au](mailto:w.williamson@unsw.edu.au)

## MAP Update

# GP Education Programs

The Black Dog Institute has been providing education programs for GPs (and later other health professionals) since 2002 and most recipients of this newsletter have probably attended one or more of our workshops. All programs build on understanding the Black Dog Institute hierarchical model of depression and its implications for appropriate treatment strategies.

## How have the courses developed?

- **‘Demystifying Depression’** (previously ‘Identifying Your Priorities’) developed in 2003, is a comprehensive introduction to managing depression in general practice and is ideal for both registrars and experienced GPs
- Later we developed a series of 3-hr mood disorder management modules on specific aspects of depression
  - 1) A Psychological Toolkit for Managing Depression in General Practice\*
  - 2) Dealing with Life Threatening Depressions
  - 3) Psychological Treatments of Depression\*
  - 4) Dealing with Difficult Consultations
- In 2006 the **‘Mental Health Care Plan’** program was developed to assist GPs in the effective use of the new item numbers and **‘The Psychological Treatment Team’** program for working with psychologists.
- In 2007 we launched **‘Ups and Downs’** (a 4-hour program) about Bipolar Disorder.
- In March 2008 **‘Troubled Teens’** (a 6-hour program) about adolescent mood disorders was first delivered.

**What’s next?** At the end of the last triennium, the 3-hr modules marked \* above were approved as on-going level 2 mental health training. Later this year they will form the introduction to a 20 hour Level 2 training program on learning **‘Focussed Psychological Strategies’** skills.

**Where are these courses held?** Our team of experienced GPs and psychiatrists deliver these programs regularly at our facility in Randwick. We will also come by invitation to your division or RTP.

**Cost?** The Institute is funded by the NSW Health Department and there is at this stage no cost to participants or divisions within NSW. (And no drug company input into material or speakers!)

**How to register for a program?** Check out our website [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) where there is an up to date list of upcoming programs and details on how to register. If you’d like to have a program locally, encourage your division or RTP to contact our project officer Kat Dabich at [k.dabich@unsw.edu.au](mailto:k.dabich@unsw.edu.au) or **9382 8518**.



“The Black Dog Institute has achieved accredited provider status for the 2008-2010 professional training triennium”

Check our website for course updates!

## Course Dates

Date:	Program:	Location:
Friday 10th May	Dealing with Difficult Consultations	Newcastle NSW
Fri-Sat 23-25 May	Troubled Teens	Homebush, NSW (GPCE)
Friday 30th May	Demystifying Depression	Inverell NSW
Saturday 14 June	Troubled Teens	Hurstville, NSW
Saturday 14 June	Ups and Downs (Bipolar Disorder)	Black Dog Institute, Randwick
Wednesday 25 June	Mental Health Care Plans	Black Dog Institute, Randwick
Saturday, 26 July	Demystifying Depression	Black Dog Institute, Randwick
Saturday, 23 August	Troubled Teens	Black Dog Institute, Randwick

There is no charge for GPs and registrars to attend these programs.

To register for a program at the Institute please visit our website: [blackdoginstitute.org.au](http://blackdoginstitute.org.au) or email Kat at [k.dabich@unsw.edu.au](mailto:k.dabich@unsw.edu.au)  
 For a program running regionally please contact the local Division (relevant contact details are on our website).

# Book Review

## **I Had A Black Dog**

**Matthew Johnstone**

Pan Macmillan Books 2005

## **Living with a Black Dog**

**Matthew & Ainsley Johnstone**

Pan Macmillan Books 2008

'Matthew Johnstone is an artist, writer and photographer living in Sydney, who suffers from depression. Fortunately for us he has written (and drawn) about his experience, using the analogy for depression made famous by Winston Churchill, and giving our Institute it's name – that of the Black Dog. In just over 40 pages and with insightful and empathic text and charming and perceptive drawings he tells us what it is like to have such a black dog as a companion. He also introduces ways to tame and live with the black dog, giving a strong message of hope.

Since the first book was published in 2005, many people have approached Matthew

and his wife Ainsley about their suggestions for living with a person suffering from depression. Ainsley took on the task of researching this and shares her own experiences and her findings in a second book just published "Living with a Black Dog". Matthew has enriched the text with more of his delightful drawings.

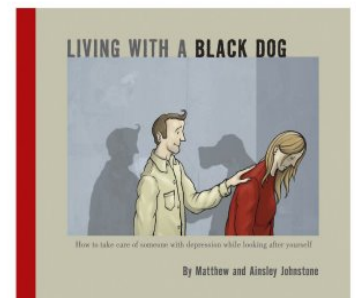
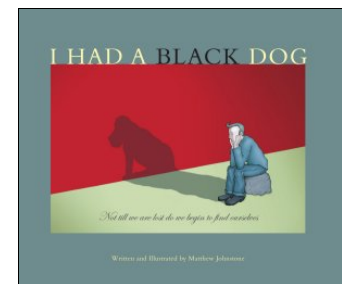
In a simple and clever way, the book offers valuable insights about helpful (and unhelpful!) approaches to living with depression. It also addresses the important issue of self care for the carer.

These are charming books – but they are much more. Clinicians, patients and carers will all find a rich source of understanding and practical education on a very common and distressing condition.

Every GP should own a copy – and perhaps be prepared to lend them to patients and carers.

Matthew has also set up a website which is well worth visiting.

[www.ihadablackdog.com](http://www.ihadablackdog.com)



*"This is one of the most empathic and informative approaches to understanding clinical depression yet developed. Go fetch!"*

**Gordon Parker**  
Executive Director  
Black Dog Institute

## **About us:**

The Black Dog Institute is an educational, research, clinical and community-oriented facility offering specialist expertise in mood disorders - a range of disorders that include depression and Bipolar Disorder. The Institute is attached to the Prince of Wales Hospital and affiliated with the University of New South Wales.

The Institute is supported by NSW Health.

All future editions of our GP newsletter will be delivered electronically, If you would like to receive our newsletter, please sign up via our website. Missed a newsletter? Previous editions are available online on our website

