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BLACK DOG INSTITUTE

GP NEWSLETTER

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Welcome to our new look GP Newsletter. We hope you enjoy it. If there is anything else you would like to see included in future editions please email suggestions to k.denton@blackdog.org.au.

Navigating Teenage Depression

a guide for parents and professionals

The Black Dog Institute has spent 18 months developing a must-read book, titled **Navigating Teenage Depression. A Guide For Parents and Professionals** to be launched on 1st October this year.

The search for answers started with the Institute's Writing Competition, launched in 2007, that encouraged young people, their family, carers and those looking back on their experiences to tell the intimate stories that provide a rare insight into their 'black dog' world.

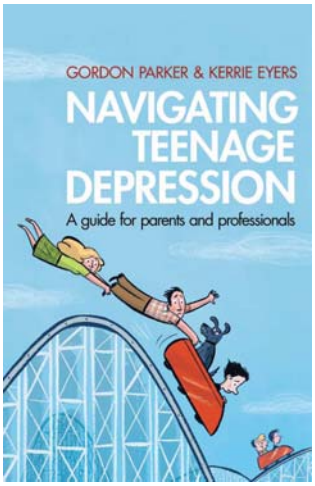
The Institute was confronted with some inspiring stories; yet deeply troubling. An example: ' I remember crying myself to sleep when I was about nine years old, engulfed in a terrible grief I couldn't comprehend, let alone explain. I felt 10 years older than my peers and isolated from my teachers. I felt I knew terrible truths about the world they would never understand.'

The gravity of the situation is further emphasised; especially when you consider one in five Australian children aged 4 to 17 have significant mental health concerns. At the same time, young adults aged 18 to 24 have the highest prevalence of mental disorders of any age group.

Alarm bells were going off. Youth suicide has become the third most common cause of death in the 18 to 24 age group. This prompted the Black Dog Institute to take up the challenge to provide young people and their parents, as well as professionals, with the 'tools' to manage a way forward.

The new book , edited by the Executive Director of the Black Dog Institute and experienced clinician and researcher, Professor Gordon Parker and psychologist and teacher, Kerrie Eyers, outlines the Black Dog Institute's approach and logic for teasing out the strands in teenage mood disorders. It lays out a systematic approach for sorting through depression and bipolar disorder amongst adolescents. It is interspersed with excerpts from the personal stories of those who submitted entries to the writing competition.

The book will be published by Allen and Unwin and will be available in bookstores soon costing $24.99.



Gordon Parker and Kerrie Eyers
Allen and Unwin 2009

> "I felt I knew terrible truths about the world they would never understand."

"At last, a sensible, well-written and inclusive description of the most common psychiatric disorder in young people: depression."
Dr Michael Carr-Gregg, prominent adolescent psychologist and author

"This splendidly clear and very readable book provides an excellent guide to the varieties of depression in adolescence, the range of causal elements that have to be considered, and how to plan approaches to treatment. The views of adolescents and their families are also given full attention. A "must" read for parents and for professionals"
Professor Sir Michael Rutter, Institute of Psychiatry, London

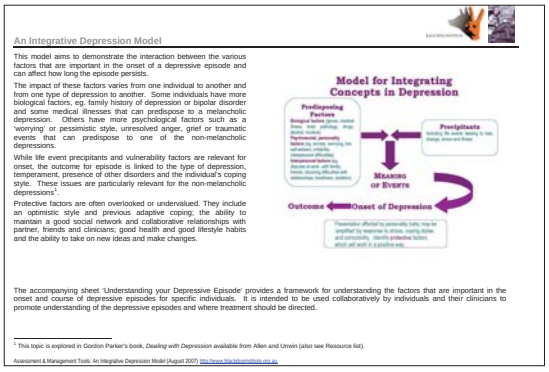
THE PSYCHOLOGICAL TOOLKIT

INTEGRATIVE DEPRESSION MODEL

When managing patients with mood disorders (and other mental health problems) it is helpful to not only make a diagnosis but also to understand why THIS PATIENT is presenting at THIS TIME with THIS PROBLEM. Such an understanding is known as a 'formulation'
It is particularly helpful in helping you and the patient understand what is going on and drawing up an appropriate, focused and individualised treatment plan. The PTK sheets called 'An Integrative Depression Model' can be used to facilitate this process.

The first page introduces the model (in diagrammatic and text form)and encourages exploration of :
- predisposing factors (biological, personality, social and interpersonal)
- precipitants to this episode
- the personal meaning the patient makes of these events (may be related to past traumas/life events)
- things that may be perpetuating the problem and importantly may be protective

The second page provides a blank template of this model that can be very profitably filled in with the patient in session as you explore the issue together. It can also provide much of the material for a GP MHTP, and could be an helpful to include a copy with any referral to a psychologist or other mental health professional.


An Integrative Depression Model

This model aims to demonstrate the interaction between the various factors that are important in the onset of a depressive episode and can affect how long the episode persists.

The impact of these factors varies from one individual to another and from one type of depression to another. Some individuals have more biological factors, eg. family history of depression or bipolar disorder and some medical illnesses that can predispose to a melancholic depression. Others have more psychological factors such as a 'worrying' or pessimistic style, unresolved anger, grief or traumatic events that can predispose to one of the non-melancholic depressions.

While life event precipitants and vulnerability factors are relevant for onset, the outcome for episode is linked to the type of depression, temperament, presence of other disorders and the individual's coping style. These issues are particularly relevant for the non-melancholic depressions*.

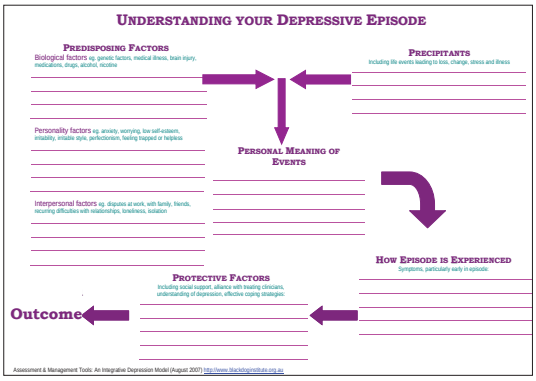
Protective factors are often overlooked or undervalued. They include an optimistic style and previous adaptive coping; the ability to maintain a good social network and collaborative relationships with partner, friends and clinicians; good health and good lifestyle habits and the ability to take on new ideas and make changes.

Model for Integrating Concepts in Depression
Predisposing Factors
Precipitants
Meaning of Events
Outcome
Onset of Depression

The accompanying sheet 'Understanding your Depressive Episode' provides a framework for understanding the factors that are important in the onset and course of depressive episodes for specific individuals. It is intended to be used collaboratively by individuals and their clinicians to promote understanding of the depressive episodes and where treatment should be directed.

* This topic is explored in Gordon Parker's book, *Dealing with Depression* available from Allen and Unwin (also see Resource list).

Assessment & Management Tools: An Integrative Depression Model (August 2007) http://www.blackdoginstitute.org.au



All these resources can be dowloaded from the Black Dog Institute website

A SPECIAL EVENT

Child and Adolescent Bipolar Disorder Conference for Health Professionals

Thursday 8 October 2009

Issues and Controversies in the Detection and Management of Bipolar Disorder in Young People

An exciting amalgam of professional views together with insights from creative individuals living with bipolar disorder.

A forum for health professionals involved in the assessment and management of young people with mood disorders (including psychiatrists, paediatricians, general practitioners, psychologists, school counsellors and allied mental health care providers).

The program includes sessions on prevalence and presentation, as well as issues in management and treatment. Program and speaker information, and registration available from the Black Dog Institute's Health Professionals website at http://www.blackdoginstitute.org.au/healthprofessionals/index.cfm.

This one-day conference will be held at the Black Dog Institute in Randwick, NSW.

Registration online is essential
By 18 September 2009
$150 at blackdoginstitute.org.au/healthprofessionals
Registration includes lunch and refreshments

Further information:
Larissa Briedis
Manager, Professional Education Programs
02 9382 4518 l.briedis@blackdog.org.au
www.blackdoginstitute.org.au

PROGRAM UPDATE

GP COURSE DATES

SEPTEMBER

2ND - Perinatal Seminar: Black Dog Institute
12TH - Troubled Teens: Grafton
16TH - Demystifying Depression (Registrars): Wollongong
26TH - The ABC of CBT (Part 1): Black Dog Institute
27TH - The ABC of CBT (Part 2): Black Dog Institute
30TH - Exercise the Mood: Black Dog Institute

OCTOBER

10TH - Demystifying Depression: Cowra
11TH - The ABC of CBT (Part 3): Black Dog Institute
17TH - Demystifying Depression: Penrith
18TH - Demystifying Depression: Fairfield/Liverpool
24TH - Troubled Teens: Black Dog Institute
25TH - Troubled Teens: Orange
31ST - Troubled Teens: Wollongong

NOVEMBER

4TH - Demystifying Depression (Registrars): Parramatta
7TH - Demystifying Depression: Hawkesbury Hills
13/14TH - Demystifying Depression: Melbourne GPCE
14/15TH - Demystifying Depression: Melbourne GPCE
21ST - Demystifying Depression: Black Dog Institute
21ST - Demystifying Depression: Gosford
25TH - Exercise the Mood: Black Dog Institute
28TH - Demystifying Depression: Newcastle

DECEMBER

2ND - Demystifying Depression (Registrars): Balmain
5TH - Demystifying Depression: Blue Mountains

To register for a program please visit our website: blackdoginstitute.org.au, email katie at k.denton@blackdog.org.au or call 02 9382 8518

For off-site programs please contact the relevant Division (contact details are on our website).

NEW PTK SHEETS - TROUBLED TEENS

We have added three new resources to Section 1 of the Psychological Toolkit. These are lists for GPs, parents and young people of useful books, websites and phone numbers to assist in understanding and managing mood disorders in young people.

All these resources can be dowloaded from the Black Dog Institute website.

GPCE Sydney May 2009

The BDI again had a presence at this annual event in Sydney. Dr Iain McMillan, our new Clinical Director, presented a seminar on Bipolar Disorder, highlighting some of the current thinking (and differences of opinion) on diagnosis, subtypes and treatment issues.

Dr Margaret Gottlieb, one of our GP facilitators, gave a very useful introduction to the resources in the Psychological Toolkit at a 'Meet the Expert' session.

The education team manned a stall in the exhibition area and had the opportunity to talk with many delegates about the resources available through the BDI.

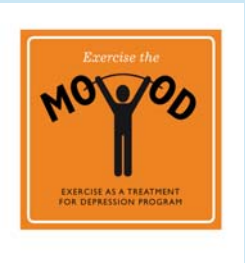
GPCE Melbourne Nov 2009

This year we are going to be at this event for the first time. We are presenting our foundation 6-hour workshop 'Demystifying Depression' twice over the 3 days. This will give Victorian GPs (and others attending) the opportunity to complete the MHST requirements to receive the differential rebate for preparing MHTPs from Jan next year.

THE ABC OF CBT

This has now been run in conjunction with divisions in Canberra and currently in Kogarah (in Sydney). We are also running it again at the Institute in Randwick in September/October.Feedback continues to be very positive. If your division would like to host this 20-hour program next year contact Katie on 02 9382 8518 or email on k.denton@blackdog.org.au

EXERCISE THE MOOD: EXERCISE AS A TREATMENT FOR DEPRESSION



Our new program was delivered for the first time by GP Dr Sarah Weaver and Exercise Physiologist Chris Tzar at Randwick on July 29th to more than 50 psychologists, GPs and other health professionals.

Those present were encouraged to use some new information and strategies to help get their depressed patients moving! See course dates for further opportunities to attend this program, or contact Katie if you would like us to bring the program to you.

GENERAL NEWS

BLACK DOG INSTITUTE AND NEW MEDICARE DEVELOPMENTS

The Professional Education Team are in close contact with the GPMHSC, RACGP and DoHA regarding the new Medicare requirements for Mental Health Skills Training.

At this time, precise requirements are undetermined. We encourage GPs to contact RACGP with any questions around the new requirements

We currently have two programs which are both accredtied to provide MHST:

- **Demystifying Depression: Managing Depression in General Practice**
- **Troubled Teens: Managing Adolescent Mood Disorders in General Practice**

We are running a large number of these courses before the end of the year and will continue to provide appropriate courses into the New Year.

See our list of course dates on the previous page for details of programs we are running in your area.

PLEASE REFER YOUR PATIENTS

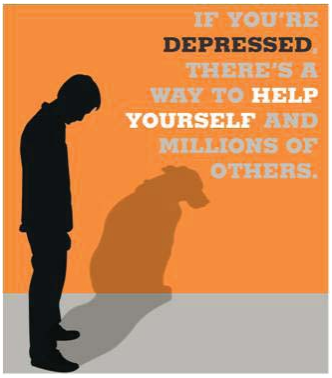
NEW STUDY: MINDFULNESS IN BIPOLAR DISORDER

The Bipolar Disorders Unit at the School of Psychiatry, UNSW and The Black Dog Institute are now inviting people with bipolar disorder to participate in a psychological treatment study examining mindfulness meditation as a novel maintenance therapy for bipolar disorder. Participants must be between ages 18 and 70, have received a diagnosis of bipolar disorder and be on mood-stabilizing medication currently managed by a psychiatrist or general practitioner. Participation is completely confidential.

For more information please call us on:

02 9382 9266

MELANCHOLIC CLINICAL TRIAL – PLEASE REFER



The Black Dog Institute is currently recruiting people with a melancholic depression to participate in a 12-week treatment trial. All participants will receive an active treatment. The Black Dog Institute will assume patient management once enrolled in the study. Screening criteria applies. For more information please phone 9382 8206 or email melancholicdepression@unsw.edu.au

NEW TEAM MEMBER!

We are delighted to welcome a new team member to the Professional Education Team. On Friday 26th June, Katherine Dabich, our Education Project Officer, gave birth to a healthy baby boy, Miles. Congratulations!

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 located at the Prince of Wales Hospital and affiliated with the University of New South Wales. The Institute is supported by the NSW Department of Health.

Black Dog Institute, Hospital Road, Prince of Wales Hospital, Randwick NSW 2031