

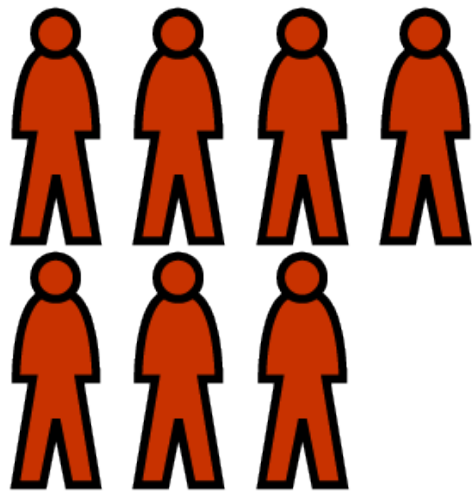
# Why Care About Depression?

Depression is a leading cause of disability worldwide (WHO)

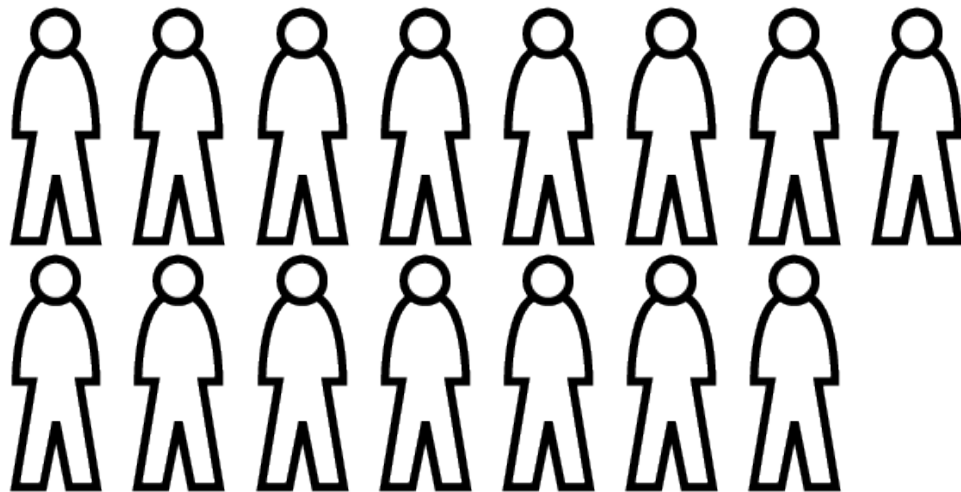


Depression causes as much, or more loss in physical, mental and social capacity as most chronic diseases, such as diabetes;





Severe **depression** (Major Depression) affects 6.6% of adults each year, Women 2:1 more than men (Kessler et al., 2003)



**Depressive symptoms** affect 10-20% of adults each year;

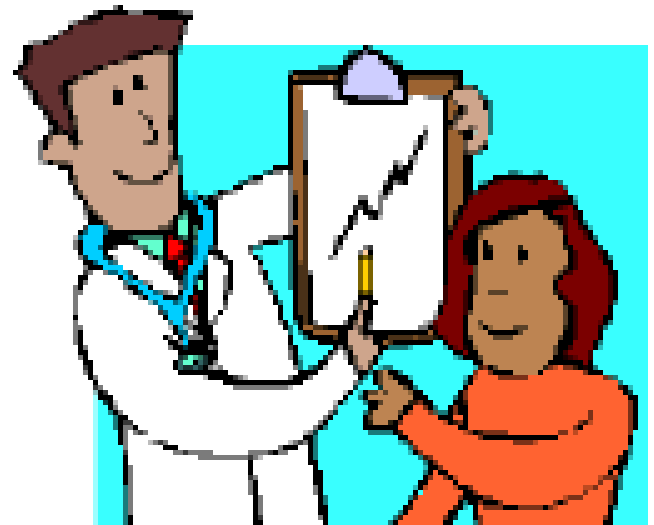
# Suicide is a leading cause of death in 15-24 year olds



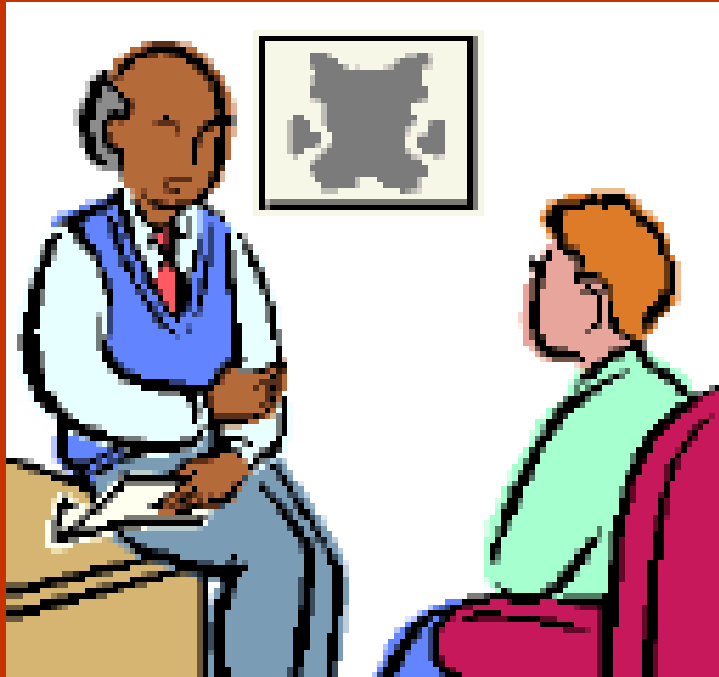
Depression in elderly is associated with poor outcomes for medical conditions such as myocardial infarction and diabetes.

# Treatments for Depression

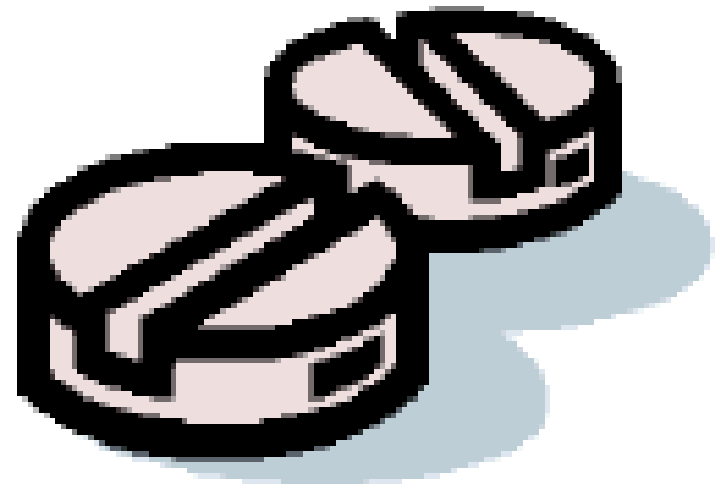
are Effective!



70-80%  
RECOVERY RATE



**PSYCHOTHERAPY**



**MEDICATION**  
**(antidepressants)**

# Depression Treatment Facts

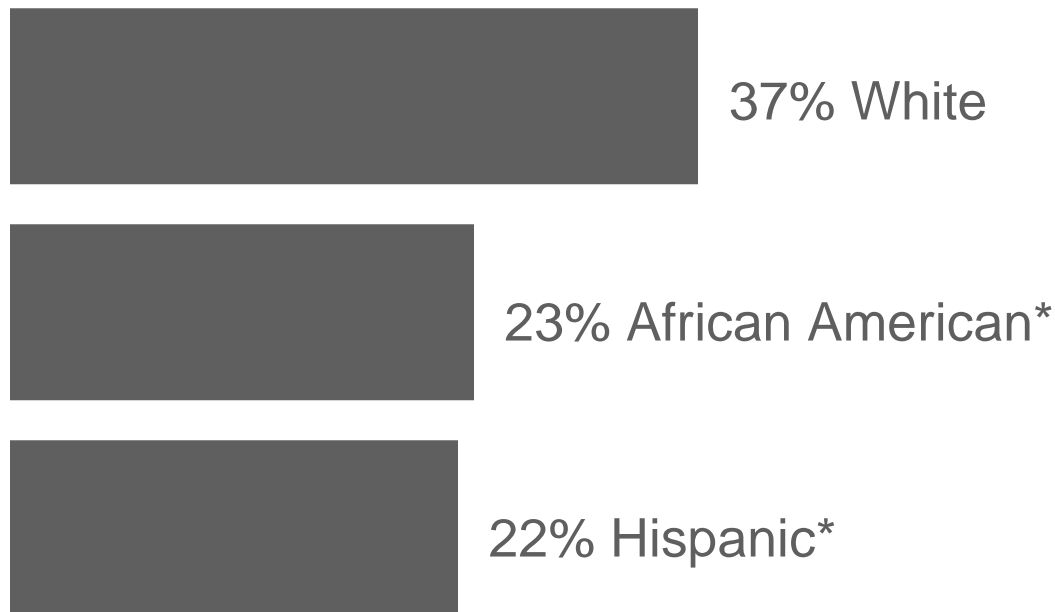
Source: Young, et al., (2000)

- 78-85% of depressed adults see primary care doctors in a year
- Only 18-28% see a mental health specialist
- About half receive some treatment
- Only a quarter receive possibly adequate treatment (Young, 2001; Kessler, 2003)

Among Adults Who Need  
Mental Health or Substance Abuse Care

# Underserved Minorities Less Likely to Receive Treatment

\* Compared to White,  $p < .05$ ; Source: Wells, et al., (2001)



# Improving Depression Care Improves Outcomes

## Partners In Care (PIC)



- National study of depressed patients in primary care practices
- Practices either followed usual care (UC) or had programs that supported good depression care (**quality improvement or QI**)

## CLINICS WERE RANDOMIZED



**Usual Care  
(UC)**



**QI-THERAPY**  
support for  
psychotherapy

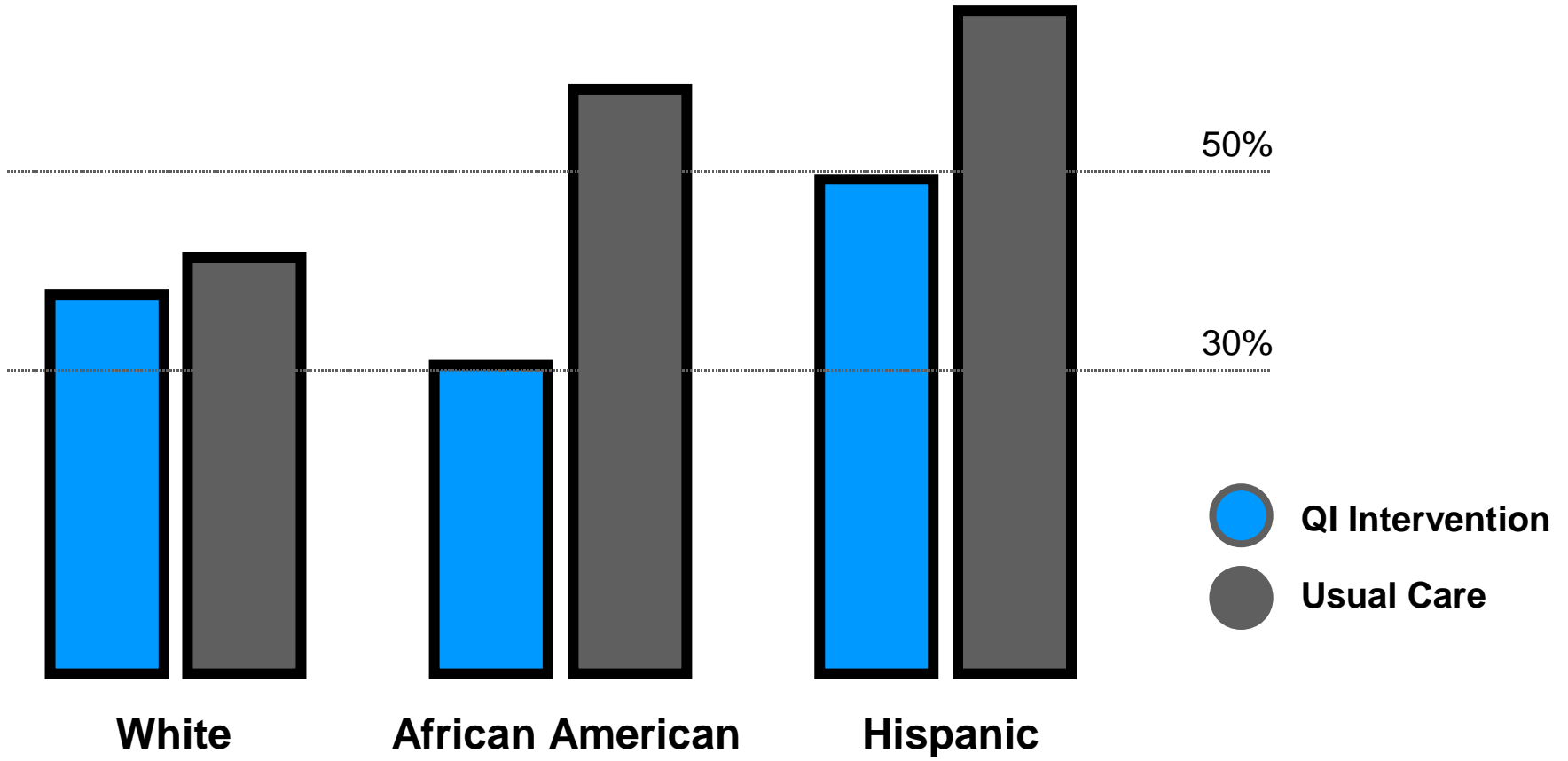


**QI-MEDS**  
support for  
medication  
management

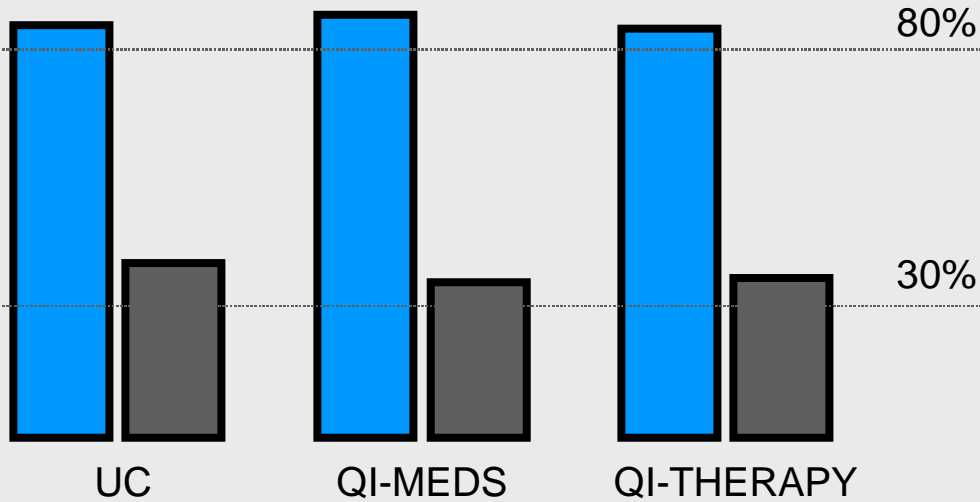


# Quality Improvement Lowered % Depressed at One-Year

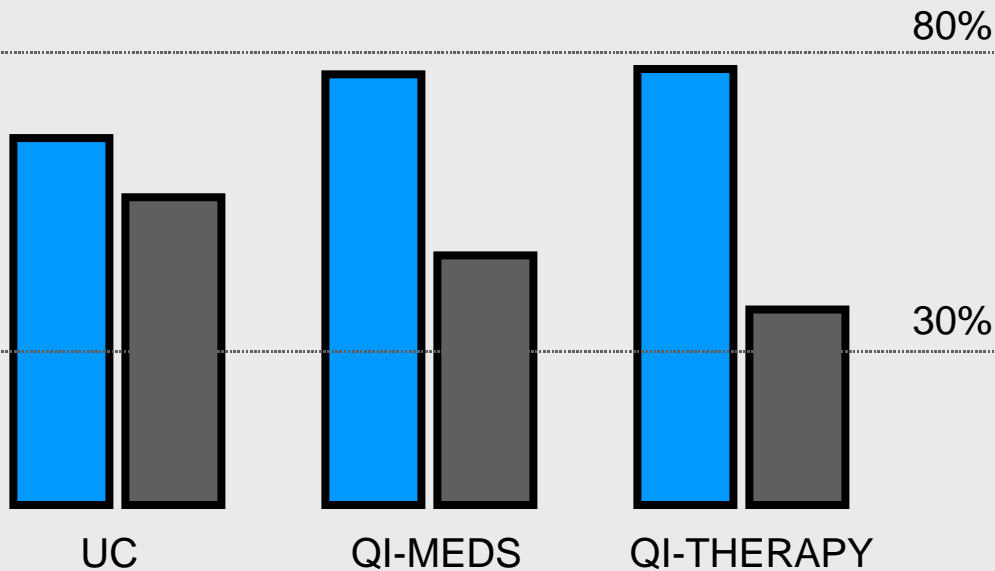
Source: Miranda, et al., (2003)



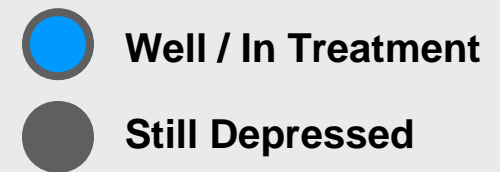
## Whites



**Disparities Gone  
Five Years Later**



## African Americans and Hispanics



# Greater Employment for QI than UC



Sources: Wells et al (2000); Schoenbaum et al (2001); Schoenbaum et al (under review)

- 18-21 more employed days over two years

## *Testimonials from Partners in Care*

*“My sense of desperation is gone. I do not feel so alone and helpless in combating my day-to-day problems. My anger has subsided to the point that people see me differently (because I am different!) and my relationships with people have improved dramatically.”*

*“I have made many positive changes in my life and somehow I feel stronger than I was before my depression. Will the depression ever come again? I hope not but I know if it does, I’ll be ready for it.”*

**LET'S TALK ABOUT DEPRESSION:  
BUILDING A HEALTHY AND HOPEFUL  
FUTURE**



# 1. Symptoms of Depression

- ⊕ Feeling sad or “empty”
- ⊕ Losing interest in things
- ⊕ Trouble concentrating, thinking, remembering
- ⊕ Trouble sleeping or sleeping too much
- ⊕ Loss of energy or feeling tired
- ⊕ Loss of appetite or eating too much
- ⊕ Losing or gaining weight without trying
- ⊕ Crying or feeling like crying

# 1. Symptoms of Depression (cont.)

- ⊕ Feeling irritable
- ⊕ Feeling worthless or guilty
- ⊕ Feeling hopeless or negative
- ⊕ Thinking about death or suicide
- ⊕ Headaches, body aches, pains
- ⊕ Stomach and bowel problems
- ⊕ If you have multiple symptoms most days for weeks, months, or years you could have depression
- ⊕ *Depression is a real illness that is treatable*

## 2. Stress Can Play a Role

- ⊕ Loss in the family
- ⊕ Serious arguments
- ⊕ Family or marital problems
- ⊕ Work problems or trouble finding work
- ⊕ Serious injury or illness
- ⊕ Financial problems
- ⊕ Serious injury or illness in the family
- ⊕ Discrimination
- ⊕ Housing problems

# 3. Addiction Can Play a Role

## Signs of Drinking Problems

- ⊕ Having 5 or more drinks a day
- ⊕ Thinking you drink to much
- ⊕ Weeks of binge drinking  
(7 or more drinks a day)
- ⊕ Ever having a fifth of liquor in one day

## Use of illegal substances (drugs)

# 3. Tell Someone about Your Depression

- ⊕ Your primary care doctor
  - Ask for referrals
- ⊕ Your local mental health clinic
  - Ask for assessment and treatment
- ⊕ Your case worker or outreach worker
  - Ask for help to get services you need
- ⊕ A family member, friend, or spiritual advisor
  - Ask for support to stay hopeful and get to care

# 4. Know Treatment Options

- ⊕ Talk Therapy (psychotherapy or counseling)
  - Requires a trained and licensed therapist
  - Weekly sessions for 2-12 months
- ⊕ Medication (antidepressants)
  - Requires a physician or nurse practitioner
  - Visits weekly or monthly
  - Medication daily for 6-12 months

*Treatment only works if you go!*

# 6. Know Your Choices

- ⊕ Prior treatment history—what worked?
- ⊕ Choice of treatments—what fits you?
- ⊕ Family's concerns for you—listen!
- ⊕ Your concerns for your family—help them get help if needed

# 5. Resources for Treatment

- ⊕ Costs—ask your doctor
- ⊕ Insurance—find out your options
- ⊕ Providers—get referrals for evaluation and treatment
- ⊕ Religious leaders—seek spiritual advice and comfort
- ⊕ Transportation—get help to get to services
- ⊕ Social Support—talk to friends, family
- ⊕ Work—ask for time to go to doctor
- ⊕ Language and cultural competence—check providers' reputations in the community, ask for translators
- ⊕ Fair treatment—ask others who have been helped

# 6. Know What to Ask

- ⊕ Depression is a medical illness so see your doctor first –ask about your condition
- ⊕ Treatment—what’s available?
  - Costs and side effects
- ⊕ Other help you need?—ask your case worker
- ⊕ Referral to a therapist or specialist
  - Ask for a written referral note
- ⊕ *Be honest with your providers!*

# 7. What You Can Do to Help Yourself

- ⊕ What healthy activities do you enjoy?
- ⊕ What healthy activities help you relax?
  - Can you exercise more?
  - Are you eating a healthy diet?
  - Tip for getting active—break it into small steps that you can master
- ⊕ Stick with your treatment
- ⊕ Follow up with your doctor

# 8. Put Safety First

- ⊕ Some people think about suicide
  - Then it's time to get help right away!
    - *Getting Treatment Will Help!*
    - *Always Maintain Hope!*

# 9. Stay Healthy

- ⊕ Identify stress and do the things that help you cope
- ⊕ Notice your symptoms early, listen to others who notice them
  - Tell your doctor right away, so treatment can be considered
  - Remember what helped you and let your doctor know

# 10. For Family Members

- ⊕ Be patient—your loved one will be better with treatment
- ⊕ Help your loved one get into treatment
- ⊕ Other family members may be depressed
  - Help them get help or tell your doctor about your concern for others in your family
- ⊕ If you have concerns about the *safety* of your loved one
  - Tell your doctor right away
  - Bring them for evaluation or treatment