



Dr. Peter S. Kramer

About Our Speakers

Our keynote speaker, **Dr. Peter S. Kramer**, is Clinical Professor of Psychiatry and Human Behavior at Brown University, Providence, Rhode Island. *The New York Times* described Dr. Kramer as “possibly the best known psychiatrist in America” — an accolade *U.S. News and World Report* said was “for good reason.” He is the author of five books including *Listening to Prozac*, a book which revolutionized the way we think about antidepressants, and the recent *Against Depression*, a “fascinating, informative and provocative book that helps frame the conversation about depression that will take place over the next 20 years” (*San Francisco Chronicle*). Dr. Kramer is also the award-winning host of the weekly public radio series, *The Infinite Mind*.



Terry Wise

Our featured speaker, **Terry Wise**, is an attorney and investment banker who, widowed at 35, suffered from depression and an attempted suicide. She then became an award-winning author and speaker. Her highly acclaimed book, *Waking Up: Climbing Through the Darkness* (foreword by Rabbi

Harold Kushner), is in use at numerous universities. Ms. Wise was the recipient of the 2005 Welcome Back Award, sponsored by Eli Lilly and Company, which recognizes distinguished achievement and work that has had a major impact on those who are concerned about depression.

This Conference is organized by Beth Emeth The Free Synagogue. The costs of the Conference are underwritten by the Naomi Ruth Cohen Charitable Foundation, an Illinois 501(c)(3) not for profit corporation. The Foundation promotes educational programs, such as this Conference, and supports organizations engaged in mental illness research, education, self-help, anti-discrimination and advocacy. Contributions to the Foundation may be sent to 1023 Sheridan Road, Evanston, Illinois 60202

About Our Day

“Depression is the most devastating disease known to mankind...not AIDS, not breast cancer, but depression is the major scourge of mankind.” These are the words of our keynote speaker, Dr. Peter Kramer, in his recent highly acclaimed book, *Against Depression*. This year’s Conference will further examine this disorder across the life cycle. Two years ago we looked at depression in children and adolescents. The 2005 conference addressed depression in adults 50 and over. This year we will focus on depression in adults 20 to 50.



While depression can be effectively treated, it often goes undiagnosed. And the longer it goes untreated, the deeper the injury and the wider the social and family consequences. This conference will discuss how depression can be recognized and treated. We will explore the significant life changes in adults 20 to 50 — marriage and divorce, childbirth and parenting, illness and loss — that are often associated with depression.

This year’s speakers are nationally recognized experts on depression. Dr. Kramer is an author who critics have said “offers hope to the millions who suffer from depression and radically alters the debate on its treatment.” Our featured speaker, Terry Wise, an author who has survived both depression and an attempted suicide, provides an eloquent message about the consequences of untreated depression and the ways to achieve emotional health. Our discussion group leaders are professionals and scholars who have studied and treated the many aspects of adult depression.

If you want to know more about depression in adults aged 20 thru 50 — whether you are a professional, consumer, family member or part of the concerned public — you should attend the 2006 Community Mental Health Conference.



Conference Sponsors

- Advocate Health Care
- Advocate Illinois Masonic Medical Center
- Advocate Medical Group Behavioral Health Services
- Am Shalom
- Am Yisrael
- American Foundation for Suicide Prevention
- Anshe Emeth Synagogue
- Beth Emeth The Free Synagogue
- Beth Tikvah Congregation
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- Evanston Northwestern Healthcare
- Evanston RoundTable*
- Evanston Sentinel*
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- Family Focus of Evanston
- Family Service of Glencoe
- Family Service of Winnetka-Northfield
- Fourth Presbyterian Church
- Health & Medicine Policy Research Group
- Hillels of Illinois Regional Programs
- Housing Options
- Illinois Psychological Association
- Immanuel Lutheran Church
- Interfaith House
- Jewish Children's Bureau
- Jewish Family & Community Service
- Jewish Federation of Metropolitan Chicago
- Jewish Healing Network of Chicago
- Jewish Reconstructionist Congregation
- Jewish Vocational Service
- C.G. Jung Center
- K.A.M. Isaiah Israel
- Lake Street Church of Evanston
- Lakeside Congregation for Reform Judaism
- League of Women Voters of Evanston
- Maine Center
- Mental Health Association of Illinois
- Mental Health Association of the North Shore
- Metropolitan Family Services
- Midwest Palliative & Hospice Care Center
- Midwest Psychotherapy Associates
- Moriah Congregation
- Mt. Zion Apostolic Church
- NAMI Cook County North Suburban
- NAMI of Greater Chicago
- NARSAD
- Niles Family Service
- North Shore Congregation Israel
- North Suburban Synagogue Beth El
- Northminster Presbyterian Church
- NorthShore Magazine*
- Northwest Suburban Jewish Congregation
- Oakton Community College
- Open Studio Project
- Pioneer Press*
- Response Center
- Resurrection Behavioral Healthcare – St. Francis
- Rush University Medical Center
- Samaritan Counseling Center
- Second Baptist Church
- St. Athanasius Roman Catholic Church
- St. Luke's Episcopal Church
- St. Nicholas Roman Catholic Church
- Temple Beth Israel
- Temple Beth-El
- Temple Chai
- Temple Jeremiah
- Temple Judea Mizpah
- Temple Shalom
- The ARK
- The Family Institute at Northwestern University
- The Family Service Center of Wilmette/Glenview/Northbrook
- The Josselyn Center
- The Lilac Tree: Women in Transition, Inc.
- Thresholds
- Trilogy, Inc.
- Union for Reform Judaism
- Unitarian Church of Evanston
- United Synagogue of Conservative Judaism
- Vineyard Christian Church
- Willow House
- Wilpower, Inc.

Please Note: Many sponsors will be available to provide advice and information.

Overcoming the Stigma of Mental Illness



A Conference Open to Everyone Who Wants to Know More About Adult Depression

Fifth Annual Community Conference



NAOMI RUTH COHEN CHARITABLE FOUNDATION

Sunday, June 4, 2006

12:45 p.m. – 5:30 p.m.

Beth Emeth Synagogue

1224 Dempster • Evanston, Illinois

Discussion Groups

Attend one of the following small group discussion sessions at 3:45 p.m. Please indicate two choices on the registration form. Preference will be given to participants who register early.

1. Depression Basics

How clinical depression impacts a person's life, how it is treated, and how to ensure depression does not come back following its successful treatment.

2. Depression Medication for Young Adults — When, Why, and Why Not?

Available medical treatments for young adults with depression, including risks, benefits, and medication's role in comprehensive treatment.

3. Understanding the Links Between Depression and Addiction

The connection between depression and addiction, treatment and self-help options, and strategies for maximizing health for individuals impacted by depression and addiction.

4. Parental Stress

How Much is Too Much? Explore the complexities of handling the stress of parenting.

5. Parenting Children with Depression

An opportunity to share experiences and ask questions. The impact of a depressed child on a family and the job of caring for that child.

6. The Resilient Child

How can parents help children cope with disappointments or more serious trauma?

Setting guidelines and limits and allowing for healthy autonomy to foster resiliency in children.

7. Post Partum Depression

Distinguishing post partum depression from "baby blues;" treatment options including medication, finding support systems and planning for future possible pregnancies.

8. Grief and Depression, What's the Difference?

Depression vs. grieving, complicated grieving, healthy grieving, coping with grief and determining when additional intervention is necessary.

9. Suicide/Survivors

A meeting place for individuals who have survived a loved one's suicide, and professionals who work with these individuals. The process of bereavement, and finding resources that provide support.

10. Depression and Illness... Must They Always Go Together?

People with chronic and acute illness have symptoms of depression. Explore the ways depression and chronic and acute illnesses overlap one another.

11. Coping with and Recovering from Depression

Explore ways of dealing with negative thoughts, feeling overwhelmed, combating social isolation and managing stress.

12. Holistic and Integrative Therapies for the Treatment of Depression

Research-based interventions, including

writing techniques, nutritional supplementation and biofeedback process.

13. Update on Legislation and other Policy Initiatives

Federal and State level initiatives undertaken by legislatures and government agencies to bring about mental health reform.

14. Divorce and its Emotional Consequences

There are inevitable emotions that one experiences when divorcing. Exploring the emotional rollercoaster resulting from divorce.

15. Depression and the Impact on Couples Relationships

Background information on depression and marriage; how to prevent marital distress which can cause depression.

16. Depression in the African-American Community

Within the African American community, depression is often referred to as 'feeling under the weather' or 'having the blues.' We will discuss the prevalence of depression, how to recognize it and how to get appropriate treatment.

17. Faith Communities

Ways a faith community can contribute to mental illness recovery and understanding; participants will share examples and activities from their own faith communities.

18. Community Residential Options

Learn about local housing options for adults with mental illness.

Sunday, June 4, 2006

Schedule of Events

11:45 – 12:45 p.m.
Registration (Exhibits Open)

12:45 p.m.
Welcome:
Rabbi Andrea London,
Beth Emet The Free Synagogue, Evanston

12:50 p.m.
Opening Remarks:
Lawrence M. Cohen, President,
Naomi Ruth Cohen Charitable Foundation

1:00 p.m.
Keynote Address: **Dr. Peter S. Kramer**

1:45 p.m.
Featured Speaker: **Terry Wise**

2:30 p.m.
Question and Answer Session
with both presenters

3:00 p.m.
Break...light sandwiches will be served

3:45 p.m.
Discussion Groups

5:00 p.m.
Concluding Remarks:
"Taking Charge of Our Own Stress"
Iman Abdul Malik Mujahid, Chairman,
Council of Islamic Organizations of
Greater Chicago

5:30 p.m.
Optional — Wrap Up and
Sharing of Information



Registration Form

Please return this form to:
Beth Emet The Free Synagogue
1224 Dempster Street • Evanston, IL 60202

Name: _____

Organization: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____

E-mail Address: _____

How did you hear about the conference? _____

My two choices for the breakout discussion session are:

_____ or # _____

Registration Fee:

\$20 before 5/25/06 \$ _____

\$25 after 5/25/06 \$ _____

Fee for Social Work and LCPC CEU's:

5 CEU's, \$10 \$ _____

CME's, \$10 \$ _____

Total Payment \$ _____

Payment required at time of registration

(by mail, fax, or register online at
www.naomicohenfoundation.org)

Method of Payment:

Check (payable to Beth Emet Synagogue)

Please charge my credit card:

Visa MasterCard

Name of Cardholder: _____

Card #: _____

Expiration Date: _____

Scholarships Available

For further information

call **847.869.4230 x335** or fax to **847.869.7830**