



# FLOURISH

## Understanding and Preventing Mood Disorders

### Hello Readers!

Welcome to our fall newsletter. This is the largest and longest running study of young people at variable risk for developing mood disorders of its kind in the world. As such, there is growing interest around the world from neurobiologists and other researchers interested in studying the risk and protective factors over the course of development. One such research group, led by Dr. Jim Kennedy at the University of Toronto, is going to be working with us collaboratively on this aspect of the study.

Dr. Anne Duffy, the principal investigator responsible for the study has accepted a dedicated Clinical Research Professorship from Campus Alberta Innovates Program (CAIP) at the University of Calgary. This position enables her protected time to continue the research and travel to see the families in Southern Ontario and the Maritimes. Dr. Duffy's new email address is: [acduffy@ucalgary.ca](mailto:acduffy@ucalgary.ca)

We are recruiting new relatives in existing families this fall as well as catching up with all of you in the study and we look very much forward to seeing you. If you know of a family member who might be willing to join the study, please don't hesitate to let us know and we can explore the possibilities. Thank you for your participation and support!



### LINKS AND RESOURCES

Electronically accessible information you may find helpful:

- Community-based children's mental health services in Ontario <http://www.kidsmentalhealth.ca/>
- The Mental Health Foundation of Nova Scotia <http://www.mentalhealthns.ca/en/home/default.aspx>
- Short videos on coping with mental health issues: [Help for Work and Life Issues](#)
- Inspirational presentation on a successful woman living with mental illness [TED talk: Elyn R. Saks](#)
- Mood Disorders Ottawa is a registered, nonprofit volunteer-run organization that supports people with mood disorders and their loved ones: [www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca)
- Canadian Mental Health Association of PEI <http://pei.cmha.ca/>

## RESEARCH RESULTS

### What Has Been Happening

Dr. Duffy was recently hosted by the University of Michigan in Ann Arbor to present the latest findings in regard to the study and will also be presenting at the upcoming meeting of the American Academy of Child and Adolescent Psychiatry (AACAP) in San Francisco. We have just published a paper describing the development of substance use disorders in adolescence and young adulthood and the relationship with mood disorders (for a recent news release see: <http://www.news-medical.net/news> or Duffy et al., 2012 ePub Journal of Affective Disorders for the article).

### WHAT CAN YOU DO TO IMPROVE RESILIENCE?

Mental Health: My Action Plan (M.A.P.) is all about *you* and what *you* can do to have the best possible mental health

It was inspired, designed, developed and guided by individuals who have been affected by mental illness. It draws from a variety of sources and perspectives and captures the experiences of individuals and their loved ones who have been there – people who have gone through their own recovery journeys and who now share their experiences with others. Mental Health M.A.P. takes a holistic approach, helping you to take control of your recovery and continue your path to wellness.

[www.mymentalhealthmap.ca](http://www.mymentalhealthmap.ca)



### FOR YOUR INFORMATION



There are countless medications that are used to treat mood disorders and other psychiatric difficulties. We will include information on different medications in each newsletter. Please follow the link below to read medication information about bupropion (Wellbutrin):

**Medication Information - [Bupropion](#)**



### READER'S CORNER: BOOK REVIEWS

- [Just Like You](#) is a children's book that sheds light on what it's like to be a child who suffers from anxiety.
- [The Center Cannot Hold](#) is an empowering memoir by Elyn R. Saks, who was diagnosed with schizophrenia and given a grave prognosis.

### WE WANT TO KNOW!

Do you have any comments, questions or suggestions? Is there anything you would like to see in future newsletters? We invite and welcome your feedback ☺ Please direct your responses to newsletter editor-in-chief Shannon McCloskey. Thanks for reading!

### CONTACT US

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