

DEPRESSION: Out of the Shadows

BIOS

Interviewees - Personal Profiles:

Philip Burguieres

As one of the youngest CEOs ever to run a Fortune 500 company, Philip Burguieres had the world by the tail. But this self-described workaholic's predisposition toward depression eventually emerged. Fearing the backlash of stigma around mental health problems, Burguieres resigned without offering any reason. "I never thought I'd work again," he said. However, Burguieres eventually met former football star John Sage, who also battled the disease. Their friendship was healing. Burguieres re-entered corporate life as vice chairman of the NFL team, the Houston Texans.

Hart Lipton

Elementary school is the pinnacle of childhood, a carefree time of learning, discovery and growth, right? Not for all kids. Seventeen-year-old Hart Lipton remembers his pre-teen years as a dark period. "I was in sixth grade when my world just started to fall in on me," remembers Hart. The sudden onset of his depression startled and confused his family, and he was originally diagnosed with clinical depression and ADHD. His treatments proved ineffective. Four years later, he is now treated for bipolar 2 illness, a disorder related to depression in which biology plays a greater role. As a high school student and accomplished graffiti artist, Hart and his family are now learning strategies to best live with this disorder.

DaShaun "Jiwe" Morris

Young Jiwe, fatherless and abandoned by his drug-addicted mother, sought safety and community from the Bloods, one of America's most violent gangs. His early life, rife with drugs, theft, and gang rivalry, provided the endless grief and loss that eventually led to his depression and post-traumatic stress disorder. With the guidance of mentor Terrie William, Jiwe is finding the support he needs to seek a brighter future. He is currently receiving therapy and encouraging other young people to choose a positive path.

Sherwin Nuland

Dr. Sherwin Nuland, renowned surgeon and author of the best-selling book *How We Die*, spent his Brooklyn childhood feeling deeply ashamed of his immigrant father, whom he considered a combative, quick-tempered failure. But while his early family life was riddled with humiliation and a vague sense of danger, leaving home was still difficult: upon his entrance to Yale Medical

School, he experienced a significant episode of depression. Sherwin's symptoms abated with minimal therapy, but eventually he fell into a debilitating depression when his marriage broke up. Medication did not work, but ECT (electroconvulsive therapy) treatments saved his life

Andrew Solomon

By his mid-twenties, Solomon established himself as a multi-disciplinary wunderkind, earning international accolades for his work as a novelist, journalist and historian. Then came the wrenching illness, and subsequent death, of his mother. This heartbreaking period eventually ignited a major depression in 31-year-old Solomon, rendering him unable to work or even care for himself. He was helped by a combination of medications and talk therapy. This experience formed the bedrock for his National Book Award-winning *The Noonday Demon: An Atlas of Depression*, a tour de force examining the disorder in personal, cultural, and scientific terms.

Terrie M. Williams

As a public relations agent to the stars, Williams had it all. By day, she represented the likes of Eddie Murphy and Miles Davis, but her private life was a different story. "I would get home and just weep uncontrollably for hours at a time," said Williams. Eventually, she went public with her story of depression, reaching out to other people in her community. "African Americans would rather tell you they went to jail than tell you they have depression. The stigma is profound," says Terrie.

Ellie Zuehlke

Together with her husband Jeffrey, Ellie Zuehlke anticipated the arrival of her first child with joy and excitement. Instead, she became one of the many women who experience postpartum depression. Ellie became a ghostly presence in her own home, disconnected from her son and husband and entertaining thoughts of suicide. With a combination of talk therapy, medication, and everyday support, Ellie emerged intact, crediting Minneapolis psychiatrist Dr. Helen Kim with saving her life. Now, three years later, Ellie and Jeffrey are considering a second child, but will take preventative measures for fear the postpartum depression may return.

Interviewees - Medical Experts:

Dr. Charles Nemeroff

Dr. Nemeroff, both a psychiatrist and neurobiologist, is chair of the Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine in Atlanta, Georgia. His research focuses on exploring the relationship between depression and early life trauma, identifying life events that may increase the likelihood of depression, and studying the mechanism of action of antidepressant drugs. Dr. Nemeroff earned both his M.D. and a Ph.D. in neurobiology at the University of North Carolina.

Dr. Helen Mayberg

Dr. Mayberg is an Emory University neuroscientist whose research employs neuroimaging. In this relatively new practice, Dr. Mayberg uses sophisticated technology to examine inside the human brain, searching for both the genesis, and the impact, of depression. Her pioneering experimentation has also included the use of deep brain stimulation (DBS) therapies, which are currently used for patients with neurological problems such as Parkinson's disease and dystonia, to restore a healthy rhythm to the brains of depressed people. After achieving her M.D. at the University of Southern California, Dr. Mayberg specialized in neurology, completing her residency training at Columbia University's Neurological Institute in New York City.

Dr. Carlos Zarate

Dr. Zarate is Chief of Experimental Therapeutics of the Mood and Anxiety Disorders Program at the National Institute of Mental Health, and Clinical Professor of Psychiatry and Behavioral Sciences, George Washington University. He trained in psychiatry at the Massachusetts Mental Health Center/Brockton VAMC Program of the Consolidated Department of Psychiatry of Harvard Medical School. Following his residency, he was Director of the Bipolar and Psychotic Disorders Outpatient Clinic at McLean Hospital. From 1998 to 2000 Dr. Zarate was the Chief of the Bipolar and Psychotic Disorders Program at the University of Massachusetts Medical School. In January 2001, he joined the Mood and Anxiety Disorders Program at the National Institute of Mental Health (NIMH). His research focuses on the pathophysiology and novel therapeutics of mood disorders and includes pioneering work on fast acting antidepressants.

Thomas R. Insel, M.D., Director, National Institute of Mental Health

Thomas R. Insel, M.D., is Director of the National Institute of Mental Health (NIMH), which leads the nation's effort to understand, treat, and prevent mental disorders affecting approximately 44 million Americans, including one in five children. These illnesses include depression, autism, schizophrenia, obsessive-compulsive disorder (OCD), anxiety disorders, post traumatic stress syndrome (PTSD), anorexia nervosa, attention deficit hyperactivity disorder (ADHD), and bipolar disorder, to give just a few examples.

Appointed as Director in 2002, Dr. Insel's association with NIMH actually spans over two decades, as he began his research career at the Institute in 1979, leaving it in 1994 to become Professor of Psychiatry at Emory University in Atlanta, Georgia. While at Emory he founded and led the Center for Behavioral Neuroscience, and continued his groundbreaking line of research, begun at NIMH, on the molecular basis of social behaviors.

A prolific author, Dr. Insel has published over 200 scientific articles and four books. He is a member of the Institute of Medicine, a Fellow of the American College of Neuropsychopharmacology, and the recipient of several awards. Dr. Insel graduated from the combined B.A.-M.D. program at Boston University.

Larkin McPhee – Writer/Producer/Director

Ms. McPhee is the producer, director and writer of the film. For twenty years, Larkin McPhee has made award-winning documentary films, examining subjects ranging from the nuclear disaster at Chernobyl (“Suicide Mission to Chernobyl,” for which McPhee received an Emmy Award) to the high-minded ideas emanating from the intellectual stronghold, the Institute for Advanced Study in Princeton, New Jersey. She has produced two of the most successful shows in the history of PBS pledge drives on the subject of personal finance, featuring Suze Orman. McPhee is perhaps best known for her intimate, sensitive portrayals of people in critically acclaimed films such as the award-winning “Dying To Be Thin,” a *NOVA* special on eating disorders that won the CINE Golden Eagle and CINE Special Jury Award for Best Broadcast Film in Science and Technology, and “Children By Design,” one hour of an eight-hour PBS Series called “Secret of Life” on the marvels and perils of the genetic revolution..

Laure Donnelly, Executive Producer, WGBH

Laurie Donnelly has nearly 30 years of experience in national productions and over 20 years at WGBH Boston. As the Emmy-award winning Executive Producer of WGBH’s Lifestyle Unit, Donnelly produces content and provides leadership for some of public television’s most innovative new series including *Gourmet’s Diary of a Foodie*, *Food Trip with Todd English*, *From the Top: Live from Carnegie Hall*, *This Old House*, *Ask This Old House*, and *Real Simple*. Her most current roles include working as Executive Producer for primetime programs within the multi-part PBS Health Campaign series, including *The Hidden Epidemic: Heart Disease in America*, *The Truth About Cancer*, *Caring for Your Parents*, and *DEPRESSION: Out of the Shadows*. She is also currently serving as Executive Producer of the Emmy-award winning PBS series, *The Victory Garden*, and the public television series *Simply Ming* starring celebrity chef Ming Tsai.

Phylis Geller – Executive Producer, Twin Cities Public Television

Phylis Geller is an award-winning producer and media executive who has overseen programs in all genres, including history, science, drama, performance and children’s programs. She is President of Norman Star Media, and in addition to *DEPRESSION: Out of the Darkness*, is currently producing and directing a theatrical documentary on coal mining. Other recent projects include: *The Appalachians*, a three-part public television series; *Korean War Stories*, a PBS special which won the national Emmy award for Best Historical Documentary; *COSMIC JOURNEY: The Voyager Interstellar Mission and Message*, for A&E, which was nominated for the national Emmy as Best Science Documentary. Ms. Geller began her career as a producer for *Theater in America* at Thirteen/WNET, and has served as senior vice president of production at KCET/Hollywood, WETA /Washington, and Maryland Public Television.