

Conquering Depression: *Different Approaches for All Ages*

AGENDA

12 – 1:00 p.m. **Doors Open for Registration**

1 – 1:30 p.m. **Welcome and Introductions**

1:30 – 2:00 p.m. **Reporting When Nobody Wants to Talk**

Carol Williams, News Anchor at WCPO

2 – 3:00 p.m. **Track 1: Treating Depression without Medication**

Which natural remedies actually work?

Debra B. Schroeck, MS, PA-C: Instructor, Psychiatry and Behavioral Neuroscience at University of Cincinnati

Track 2: Parting with Post-Partum Depression

Learn to recognize the symptoms and deal with the effects

Jyoti Sachdeva, MD: UC Health Women's Center; Assistant Professor, Psychiatry and Behavioral Neuroscience at University of Cincinnati

3 – 4:00 p.m. **Track 1: Depression – The “Mindful” Way Out**

How to pay attention to change your mood
Richard Sears, PsyD, MBA: Integrative Medicine; Associate Professor, Psychiatry and Behavioral Neuroscience at University of Cincinnati

3 – 4:00 p.m.

Track 2: When Your Child Has Depression

Signs to look for, effects on performance at school, how a parent can help

Jeffrey R. Strawn, MD, FAPA: Director, Pediatric Anxiety Disorders Clinic; Assistant Professor of Psychiatry & Pediatrics, Psychiatry & Behavioral Neuroscience at University of Cincinnati

4 – 5:00 p.m.

Track 1: Medication 101

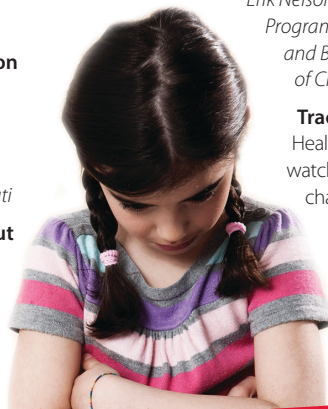
Everything you wanted to know but were afraid to ask

Erik Nelson, MD: Director, Depression Research Program; Associate Professor, Psychiatry and Behavioral Neuroscience at University of Cincinnati

Track 2: Depression as We Age

Health-related causes, symptoms to watch for, diagnosing the illness, treatment challenges, understanding dementia

Muhammad Aslam, MD: Director, Geriatric Psychiatry Fellowship Training Program; Associate Professor, Psychiatry and Behavioral Neuroscience at University of Cincinnati



Saturday, November 15, 2014

1:00 – 5:00 p.m.

Conference Center at Daniel Drake Center

151 West Galbraith Road
Cincinnati, OH 45216



This free symposium is for anyone who has suffered from depression and for their family members and friends.

Learn about the latest science and research behind today's most advanced therapies in a relaxed and friendly environment. There will be time for questions and discussion.

Register

Register online or for more information, go to **www.ucneuroscience.com/events**. This is a free symposium that is open to the community.

For more information

For more information, contact Sonya Kirkland (513) 558-4866 or Sonya.Kirkland@uc.edu

About the UC Mood Disorders Center

The Mood Disorders Center's goal is to detect depression, bipolar disorder and related conditions earlier, treat them more effectively and prevent their recurrences and progression.

Our multidisciplinary team includes psychiatrists, neuropsychologists, psychiatric nurses, social workers and researchers who collaborate to bring the most advanced, discovery-driven therapies to our community.



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