



**Depression and Bipolar
Support Alliance**

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FOR IMMEDIATE RELEASE

**Depression and Bipolar Support Alliance (DBSA) Honors Top Researchers
with Gerald L. Klerman Awards**

(CHICAGO, May 15, 2012) — The Depression and Bipolar Support Alliance (DBSA), the nation's largest patient-run organization focusing on depression and bipolar disorder, presented its prestigious Klerman Awards to Amy M. Kilbourne, Ph.D., M.P.H., Tina R. Goldstein Ph.D., and John F. Greden, M.D., on Sunday, May 6, in Philadelphia, Pennsylvania. Named after Gerald L. Klerman, M.D., a pivotal figure in psychiatry, these awards are the highest honors that DBSA extends to members of the scientific community. Presented annually, they recognize researchers whose work contributes to understanding the causes, diagnosis, and treatment of depression and bipolar disorder.

The 2011 Gerald L. Klerman Young Investigator Award recipients are Amy Kilbourne, Ph.D., M.P.H., and Tina Goldstein, Ph.D. Dr. Kilbourne is Associate Professor of Psychiatry at the University of Michigan and Associate Director of the VA Ann Arbor National Serious Mental Illness Treatment Resource and Evaluation Center (SMITREC). She is also a Core Faculty member of the VA Ann Arbor Center for Clinical Management Research and the University of Michigan Comprehensive Depression Center.

Dr. Kilbourne's research focuses on improving medical and psychiatric outcomes for persons with bipolar disorder through integrated care models. To that end, she has proposed and implemented novel psychosocial interventions that combine best practices in care management and behavioral medicine that have been widely published and presented in national and international venues. Currently, she serves as Principal Investigator on several NIH and VA grants that have involved a multidisciplinary team of collaborators and has led establishment of collaborative projects among multiple sites of the National Network of Depression Centers. Dr. Kilbourne received her masters and doctoral degrees in epidemiology and health services from the University of California, Los Angeles.

Dr. Tina Goldstein is Assistant Professor at the University of Pittsburgh School of Medicine. Dr. Goldstein's research centers on the assessment and treatment of youth with, and at-risk for, bipolar disorder. She is especially interested in prevention of suicidal behavior in this population. Through early identification and treatment, her work aims to minimize the long-term debilitating effects of early-onset bipolar disorder for youth and their families. She has received funding for her research from the National Institute of Mental Health, the American Foundation for Suicide Prevention, the Ryan Licht Sang Bipolar Foundation, and other foundations.

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Dr. Goldstein has published articles in the *Journal of the American Academy of Child and Adolescent Psychiatry*, the *Journal of Affective Disorders*, *Journal of Clinical Psychiatry*, and the *Archives of General Psychiatry*. She received her Ph.D. in Clinical Psychology from the University of Colorado, Boulder and went on to complete a clinical internship and an NIMH T32 postdoctoral fellowship at the University of Pittsburgh School of Medicine.

For his career-long contributions to mental health research, the 2011 Gerald L. Klerman Senior Investigator Award recipient is John Greden, M.D., Executive Director of the University of Michigan Comprehensive Depression Center and the Rachel Upjohn Professor of Psychiatry and Clinical Neurosciences in the Department of Psychiatry. He is a Research Professor in the Molecular and Behavioral Neuroscience Institute. Dr. Greden has had an outstanding career in developing and testing innovative treatments for major depression.

Dr. Greden received his Medical Degree from the University of Minnesota Medical School, completed an internship at UCLA Harbor General Hospital in Los Angeles, and was a resident in psychiatry at the University of Minnesota Hospitals and Walter Reed Army Medical Center. He has published more than 268 scientific papers dealing with stress-neuroendocrine monitoring, prevention of recurrences, treatment resistant depression, and the development of biomarkers. He is acknowledged in various listings of the “The Best Doctors” and the “Top 100 Psychiatrists” in America. At the University of Michigan, Dr. Greden served as Chair of the Department of Psychiatry for 22 years, is a devoted educator, having delivered more than 300 invited presentations on depression and other topics nationally and internationally, and was twice acknowledged as “Teacher of the Year” at the Medical School. In 2001, he proposed establishment of the University of Michigan Comprehensive Depression Center, the inaugural Center of its kind. To promote national and global impact, he simultaneously helped catalyze the founding of the National Network of Depression Centers (NNDC) and currently serves as Chair of the NNDC Board. He also is President of the Board of the American Foundation for Suicide Prevention, and a member of the DBSA Scientific Advisory Board. Dr. Greden is currently collaborating with DBSA on an NIH-program to increase consumer involvement in mental health research.

The Klerman Awards’ namesake, Gerald L. Klerman, M.D., was one of DBSA’s earliest supporters and professor and associate chairman of research at Cornell University Hospital Medical College. He conducted the first clinical trial showing the efficacy of medication and psychotherapy in preventing recurrent depression. For that trial, he developed interpersonal psychotherapy, an evidence-based treatment widely used today and modified for the adjunctive treatment of patients with bipolar disorder who are undergoing pharmacotherapy. Additionally, Dr. Klerman led the first large-scale, multisite study to understand the diagnosis, course, and genetics of major depression. Still ongoing, the study has provided critical findings on the nature of depressive disorder.

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*The **Depression and Bipolar Support Alliance (DBSA)** is the leading patient-directed national organization focusing on depression and bipolar disorder. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments, and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably. Assisted by a scientific advisory board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has more than 1,000 peer-run support groups across the country. Nearly five million people request and receive information and assistance each year. DBSA's mission is to improve the lives of people living with mood disorders. For more information about DBSA or depression and bipolar disorder, please visit www.DBSAAlliance.org or call (800) 826-3632.*

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