



2020 Virtual Luncheon
**MANAGING DEPRESSION
AND ANXIETY IN THE TIME OF**
COVID



Helen and Arthur E. Johnson
Depression Center

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

University of Colorado Anschutz Medical Campus
Helen and Arthur E. Johnson Depression Center
Virtual Luncheon

**MANAGING DEPRESSION
AND ANXIETY IN THE TIME OF
COVID**

featuring healthcare clinicians
from the CU Johnson Depression Center

THURSDAY, OCTOBER 29, 2020 • 12:00 P.M. - 1:00 P.M.



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PROGRAM

Welcome • *Reggie Rivers, Event Moderator*

Remarks • *C. Neill Epperson, MD, Department Chair, Department of Psychiatry*

Video

Mission Moment • *Reggie Rivers*

Panel Discussion: *Managing Depression and Anxiety in the Time of Covid*

Moderated by C. Neill Epperson, MD

Amy Lopez, PhD, LCSW • *Depression Center Clinician*

Chris Schneck, MD, Medical Director • *Depression Center*

Jay Shore, MD, Director of Telemedicine • *Depression Center*

Closing • *Reggie Rivers*



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Helen and Arthur E. Johnson
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Dear CU Johnson Depression Center supporter,

When the CU Johnson Depression Center opened its doors in 2008, its mission was to improve the lives of people with depression and mood disorders through clinical excellence, innovative research, community programs and education.

Since opening, we have conducted more than 60,000 patient sessions, trained thousands in suicide prevention and stretched our integrated care practices throughout the state. We have provided robust telehealth services stretching as far as Alaska, as well expanded our care to veterans and military families.

Our success would not be possible without our philanthropic partnerships and generous support for our annual luncheon. This year marks the 10th anniversary of the CU Johnson Depression Center Luncheon. We've been talking about mental health for a decade now, and it has been inspiring to watch the luncheon grow in both attendance and support. Proceeds from the annual luncheon make up almost half of the operating budget for the center and provide support for our many trainings and community outreach programs. Our goal is to support our mission, raise awareness about mental wellness and provide a forum to address contemporary issues in field of mental health.

When we started planning for this luncheon, we were in a much different place in the world then we are now. While we live through this pandemic, and have gone virtual using telemedicine to reach our patients, and virtual platforms to do community outreach, it is more important than ever that we share our cutting-edge mental healthcare expertise with the community.

The work of the CU Johnson Depression Center is more critical than ever, and while we are taking this luncheon virtual on our 10th anniversary, your support remains crucial in changing lives.

Sincerely,

Bridget Grier
2020 Luncheon Chair

Connie Wieggers
2020 Luncheon Chair

TRANSFORMING LIVES

YOUR IMPACT AT THE JDC

Statistics generated from 2019
financial statements



7,780
patients
served



977
unique
benefactors



5,103 people
trained
122 trainings



300+
free community
trainings



\$16,284,631
total
giving



638
first-time
benefactors

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2020
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Martha Solis-Turner and Jamie Turner
Nadia and David Watts

We apologize for any omissions due to deadlines.

RESOURCES



The Helen and Arthur E. Johnson Depression Center offers a variety of free educational programs and trainings focused on mental wellness. Each program is approximately one hour in length, but can be modified to best fit the needs of the audience.

Trainings and programs are offered in variety of settings including schools, workplaces, hospitals universities, churches and the homes of community members throughout the state of Colorado.

If you or your organization is interested in hosting a Community Program, please contact us **depressioncenterprograms@cuanschutz.edu**

The Johnson Depression Center specializes in evidence-based, innovative approaches to diagnosing and treating patients with complex mood disorders including: depression, bipolar disorder, anxiety disorders and related conditions. For more information or to seek care: 303-724-3300, **depression.center@cuanschutz.edu**

The Steven A. Cohen Military Family Clinic at University of Colorado Anschutz Medical Campus provides personalized mental health care to post-9/11 veterans and their family members regardless of discharge status, role while in uniform, or combat experience. Services are provided by culturally-competent professionals trained to work with veterans and military families. **cohenclinic@cuanschutz.edu**

Colorado Crisis Services: If you don't know where to begin getting help with a mental health, substance use or emotional concern for yourself or someone you know—start here. They provide confidential and immediate support, 24/7/365. If you are in crisis or need help dealing with one, call this toll-free number 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional.



CU Johnson Depression Center is pleased to celebrate a decade of raising awareness about mental health through our annual luncheon. Thank you for supporting us!

2020



**Virtual
Luncheon**

2019



**Jeremy
Bloom**

2018



**Jean
Twenge**

2018



**Nir
Eyal**

2017



**Andrew
Solomon**

2016



**Charles
Haley**

2015



**Linea and Cinda
Johnson**

2014



**David
Feherty**

2013



**Chip
Conley**

2012



**Glenn
Close**

2011



**Judy
Collins**



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BLOOM
by anuschka

Special thanks to

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for the beautiful floral creations.

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