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.
PROGRAM

Welcome • Reggie Rivers, Event Moderator

Remarks • C. Neil 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. Neil 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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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 Wiegers
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
300+ free community trainings
$16,284,631 total giving
1st

122 trainings
638 first-time benefactors
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Martha Solis-Turner and Jamie Turner
Nadia and David Watts

We apologize for any omissions due to deadlines.
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!
Special thanks to Bloom by Anuschka for the beautiful floral creations.