THE HEINZ C. PRECHTER BIPOLAR RESEARCH FUND

Bipolar Genes Project & Gene Repository

AT THE UNIVERSITY OF MICHIGAN DEPRESSION CENTER

Fall / Winter 2009 • Volume 2 Issue 1

OUR MISSION

To support research into psychiatric genetics, Bipolar disorder, neuroimaging and neuroscience in order to find genetic solutions for individuals with Bipolar to help them live an excellent quality of life.

- *It provides direct support for the first independently funded in the nation. Repository investigators are hunting for the genetic component of the illness.*
- *The fund established a longitudinal study on Bipolar disorder to help identify predictors of the course of the illness and how it will respond to treatment.*
- *Additionally, the fund is working toward a personalized approach to mental health care, with the ultimate goal of creating a "customized" approach to treating an individual's Bipolar illness.*

1-877-UM-GENES

www.prechterfund.org

MOMENTUM BUILDS *for Challenge Grant Finish*

With just a few weeks remaining, the race is on to successfully meet a $1 million challenge grant necessary for much-needed, breakthrough research on Bipolar disorder at the University of Michigan Depression Center. The grant is being offered by the World Heritage Foundation-Prechter Family Fund and will continue will continue through December 2009.

Last year, a $500,000 challenge grant by an anonymous donor was met and exceeded, thanks to a generous group of donors.

$1 MILLION BIPOLAR CHALLENGE
www.prechterfund.org

The successful completion of the two challenge grants will mean U-M scientists and their colleagues have $3 million to pour into research on Bipolar illness.

Every dollar received as part of the challenge grants will be dedicated exclusively to further the work of the Heinz C. Prechter Bipolar Research Fund. The monies will fuel the search for the specific genes that make a person vulnerable to developing Bipolar disorder and that cause the disease to run in some families.

To help the current challenge grant cross the finish line, use the attached envelope to enclose your gift, visit **www.prechterfund.org** for a secure online giving form or telephone **734.764.6161**.

SAKS FASHION SHOW *A Smashing Success*

More than $140,000 was raised for the Heinz C. Prechter Bipolar Research Fund at a stunning Saks Fifth Avenue fashion show featuring the designs of ETRO.

University of Michigan Depression Center

BIPOLAR RESEARCH
PRECHTER BIPOLAR RESEARCH FUND

Photo by: Josh Band

"Alone we can do so little;
together we can do so much."

Helen Keller

Since its inception, one of the main objectives of the Heinz C. Prechter Bipolar Research Fund has been to bring together the brightest minds in the scientific community. Our fund has forged collaborative partnerships with some of the leading universities and scientists in the world. And, we are always actively pursuing additional collaborations. In fact, in the coming weeks, Columbia University will be joining the Prechter research initiative.

We are already seeing significant progress as a result of these collaborations. For example, our researchers are on the cusp of a very exciting discovery with our metabolic study, which means we soon may have biomarkers for Bipolar illness.

But, of course, there is still much to be done. We need more collaborations as we search for the genetic underpinnings of Bipolar disorder. We need more partnerships if we are to truly unravel the mysteries of this complex disease.

However, like everything else, good science needs funding. As the only independent Bipolar research entity in the nation, our mission can be daunting at times. With your help, the fund can and will make a difference. Together, through collaboration with you – our friends and supporters – and the world's leading scientists, we will make a difference in the lives of the more than 5.7 million adult Americans who have this devastating illness.

Waltraud E. Prechter

"I feel that I have made a little bit of difference,
and when it really comes down to it,
that's what we live for –
to make a difference in this world."

Heinz C. Prechter 1942 - 2001

Tragedy struck the family of Heinz C. Prechter on July 6, 2001. The legendary business leader and philanthropist fell victim to suicide after battling Bipolar disorder, also known as manic depression, for most of his adult life. He was only 59 years old.

In order to prevent others from going through what her family endured, and to honor her husband's memory, Waltraud "Wally" Prechter established the Heinz C. Prechter Bipolar Research Fund at the University of Michigan Depression Center. The fund's mission is to support breakthrough research in psychiatric genetics, neuroimaging and neuroscience in order to find a cure for Bipolar disease.

Photo by: John Sobczak

Pictured at the Saks fashion show gala are (top photo): Henrietta Friedholm, Roger Friedholm, Cynthia Ford; (center, left photo) Tom Denomme, Barbara Denomme, Julie Taubman, Robert Taubman; (center, right photo) Wally Prechter, Al Taubman; (bottom, left photo) Judy Sherman, Betty Jean Awrey, Dale Austin; (bottom, right photo) Dr. Melvin McInnis, Joe Knollenberg, Sandie Knollenberg.

BIPOLAR RESEARCH
PRECHTER BIPOLAR RESEARCH FUND

Fashion Show "Thank You"

The fashion show benefit was made possible by the generous support of:

Sponsors
Comerica Bank
Elevate
Erhard BMW
Hylant Group
Jones Family Foundation
Scott Snow (Financial Advisors) LLC

In-kind Support
ETRO
Saks Fifth Avenue
Hour Detroit
Dragon Blue
Jacques-Cardin Apple Cognac
Ritz Carlton-Dearborn
Waltraud E. Prechter

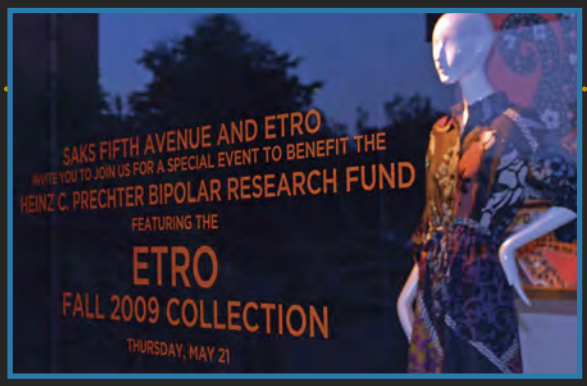
BIPOLAR TAKES CENTER STAGE *at Saks Fashion Show*

Over $140,000 was raised to combat Bipolar disorder at a stunning Saks Fifth Avenue fashion show held earlier this year to benefit the Heinz C. Prechter Bipolar Research Fund. Showcasing the unique and rich fall collection of Italian fashion house, ETRO, the highly anticipated event drew more than 200 guests and some of Detroit's top models to Saks at the Somerset Collection in Troy, Mich.

Introducing the show was Cheryl Hall Lindsay, director of fashion and public relations at Saks, followed by comments from Waltraud ("Wally") Prechter. Dr. Melvin McInnis, who heads up the Prechter Bipolar Genetics Repository at the University of Michigan Depression Center, provided show attendees with a brief overview of research being conducted by the Prechter initiative.

Proceeds from the show benefit the fund's gene repository, which is a one-of-a-kind project in the nation. The repository collects DNA samples from individuals with and without Bipolar disorder. The DNA is evaluated to find clues to early diagnosis and a roadmap to understanding causes and identify treatments.

All monies raised at the fashion show have been matched as part of a challenge grant (see related story) by the World Heritage Foundation – Prechter Family Fund.



Researchers Delve Into Metabolics of Bipolar

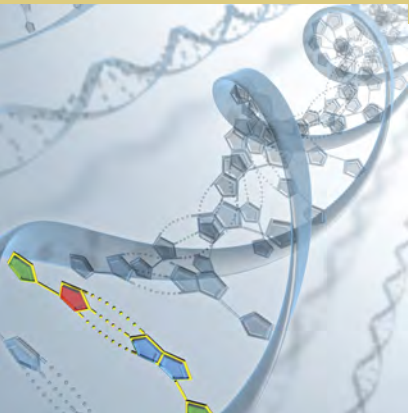
Prechter team researchers have initiated a break-through metabolomic study to assess the metabolic profiles in blood samples of individuals with and without Bipolar disorder. The team's hypothesis is that there will be a distinct metabolic profile in those with Bipolar compared to those who do not have the disorder.

"What this means is that we will have biomarkers for Bipolar, not unlike the biomarkers for heart disease such as cholesterol, blood pressure and triglycerides," said Dr. Melvin McInnis, the lead scientist for the Prechter efforts. According to McInnis, the metabolomic hypothesis is a tremendous step forward. "This would be a disease indicator that could be seen and measured. Up until now, we have only had a set of questions to diagnose someone with Bipolar disorder."

McInnis reports that blood samples have been collected from 147 individuals (those with and without Bipolar) and will be analyzed using various intricate technologies to assess the metabolic profiles in the samples. The work is being done in collaboration with Chris Beecher, Ph.D., from U-M's Pathology Department. A grant for the study is being prepared for the Michigan Institute for Clinical and Health Research, a U-M entity charged with providing seed monies to develop projects to the point of being able to compete for federal funding.

Melvin McInnis, M.D., an internationally known expert in the field of Bipolar disorder and depression, heads up the Prechter Bipolar Genetics Repository at the University of Michigan Depression Center.

Bipolar Genetics Repository



Repository Sees Numbers Grow; More Help Still Needed

The Prechter Bipolar Genetics Repository has marked a milestone of 1,000 individuals participating in the project. Although this number is significant, it represents 25 percent of the goal for the repository. The ultimate objective is to study DNA samples from 2,000 Bipolar patients and 2,000 individuals without the disorder.

The collection of these confidential, coded DNA samples will enable scientists from around the world to better understand Bipolar disorder and search for clues to the inherited traits of the illness.

Anyone interested in participating in the Prechter Repository study must be between the ages of 18 and 65 and diagnosed with Bipolar; or, to be in the control group, cannot have mental illness in their family.

To participate in or to learn more about the project, call toll-free: **1.877.UM.GENES** (1.877.864.3637) or visit **www.prechterfund.org**.

Columbia University to Join Effort

Columbia University will soon join the team of premier academic institutions that are working collaboratively with the Heinz C. Prechter Bipolar Research Fund. Columbia will join the University of Michigan, Cornell University, Johns Hopkins University and Stanford University in partnering on this large-scale genetic project, marking a new era in the research of Bipolar disorder.

Columbia University Medical Center

University of Michigan Depression Center

Weill Cornell Medical College

STANFORD SCHOOL OF MEDICINE
Stanford University Medical Center

JOHNS HOPKINS MEDICINE

Welcome Dr. Pescovitz

Ora Hirsch Pescovitz, M.D., was appointed the University of Michigan's executive vice president for medical affairs and chief executive officer of the Health System earlier this year. In this role, Dr. Pescovitz is responsible for the leadership and management of the Health System, which includes the Medical School, clinical services of the U-M Hospitals and Health Centers and the Michigan Health Corp.

University of Michigan Health System

"I recently met Wally Prechter and began what I hope will be a long-term friendship. I was impressed with her passion for the University, her commitment to the Depression Center, and most importantly, her dedication to finding a cure for Bipolar disease. The University of Michigan and its Health System is privileged to have such an influential, knowledgeable and charismatic advocate. I am inspired by her focus, and she is a clear example of the type of person that makes this Health System great. I look forward to our ongoing collaboration as we marshal awareness, philanthropic support and scientific advances toward a cure." **Dr. Ora Pescovitz**

Lecture SERIES

Photo by: Dave Merchant

Gathered at the lecture series are (left to right): Dr. Melvin McInnis, Waltraud Prechter, Dr. Maria Oquendo, Dr. John Greden and Scott Snow.

Features Noted Bipolar Expert

Dr. Maria Oquendo, a national expert on suicidal behaviors in Bipolar patients, was the featured speaker at the third annual Heinz C. Prechter Bipolar Research Fund Lecture held earlier this year in Ann Arbor, Mich. Dr. Oquendo discussed the risks and prevention measures for suicidal behavior in people affected with Bipolar disorder.

A leading authority on the subject, Dr. Oquendo shared with audience members that the lifelong risk of completed suicide in Bipolar disorder is 10-20 percent. She further noted that the lifetime risk of attempted suicide is 20 percent. Dr. Oquendo also provided data from a study comparing pharmacologic treatment in the prevention of suicidal behaviors.

Dr. Oquendo is a professor of Clinical Psychiatry, vice chair for education, residency training director, and director of clinical studies in molecular imaging and neuropathology at the NYS Psychiatric Institute and Columbia University.

The lecture series was launched two years ago and features distinguished researchers in the field of Bipolar disorder. Open to the public and provided free of charge, the lectures are held annually.

The series was generously sponsored by:

Chrysler Corp., Comerica Bank, Dearborn Sausage Company, General Motors Foundation, Neiman-Marcus, Scott Snow Financial Services and Ernst & Young.

Meet Our Team

Surprisingly, it was through a love of art that led **Gloria Harrington** to her current project management role with the Prechter Bipolar Research Group. As a fine arts major in college, she volunteered in the community with "at risk" adolescents using art as an outlet and coping mechanism. In 2007, Gloria completed a Master in Social Work at Wayne State University with a concentration in community practice and social action. During that same year, she joined the staff at the University of Michigan Depression Center.

"What initially drew me to the Depression Center was that it is full of life and art, as well as multi-disciplinary in nature. Furthermore, the Depression Center and the Heinz C. Prechter Bipolar Research Fund both promote the idea that personalized medicine in mental health is achievable."

She accepted the role as project manager of the Heinz C. Prechter Research Projects almost a year ago. She feels that since each person is unique, individualized treatments need to be developed. "We are not just biologically unique, but how we cope with life events, including illnesses, depend on many environmental and sociological factors," she noted. The longitudinal study of Bipolar disorder, which the Prechter fund supports, is examining the biological and genetic underpinnings of the illness, as well as looking at personality, risk factors and neuropsychological functioning. "It is this multi-faceted approach that is so intriguing to me," she stated.

"Our team envisions helping those who live with Bipolar disorder to have a better understanding of this complex illness, while at the same time, building global research collaborations to find more effective personalized treatments," said Harrington.

Gloria Harrington, MSW
Project Manager
Heinz C. Prechter
Research Group

People on the Move

Welcoming...

Nicole Burgeson, joined the Prechter Bipolar team this summer as a research associate. A recent University of Michigan graduate, she has a Bachelor of Science degree in Psychology, with an emphasis on Brain, Behavior and Cognitive Sciences. She has a specific interest in adolescents struggling with Bipolar and depression-related illnesses and plans to pursue a Ph.D. in Clinical Psychology in the future.

Sarah Greenberg, also became part of the program as a research associate earlier this year. She joins the team as a recent graduate from Michigan State University with a Bachelor of Arts degree in Psychology. She has future plans to pursue a Ph.D. in Clinical Psychology and is exploring Bipolar and depression-related illnesses as her specific area of interest.

Kelly Ryan, Ph.D, comes to the Prechter team as a clinical lecturer. She joined the group this fall after completing her Ph.D. in Clinical Psychology from Wayne State University. She recently completed her postdoctoral fellowship in Clinical Neuropsychology at the University of Michigan Health System. She has clinical experience working with various medical and psychiatric populations. Her research interests are in clinical neuropsychology, specifically how neuropsychological and illness factors can be used to understand functional outcomes, such as overall well being and everyday functioning, in individuals with chronic mental and physical illnesses, and ways in which this information might guide treatment.

Chris Russell, has joined the team as a data entry operator. His undergraduate degree is in Information Science, and he is currently pursing a MBA at Eastern Michigan University.

Many thanks for their contributions…

Elizabeth Garcia, a research associate, has recently moved on to join another research team within psychiatry and the VA system working on a peer-to-peer project with the veteran population.

Laura Phelps, a research associate, left the Prechter Bipolar University of Michigan.

Stephanie Prechter, a research associate, left to pursue outreach efforts and focus on suicide prevention.

Christine Ribbens Grimm, a research associate, is taking a leave of absence to attend the University of Michigan accelerated nursing program.

Michael-Paul Schallmo, a data entry analyst and Neuropsych Research Associate, transitioned to the University of Minnesota to begin his Neuroscience Ph.D. program.

Fund's Founder Talks With *Ambassador* Magazine

Ambassador magazine Publisher Denise Ilitch recently sat down with Waltraud ("Wally") Prechter for a "Q&A" session, asking her about everything from the Heinz C. Prechter Bipolar Research Fund to how those suffering from Bipolar disorder can get help. The interview was featured earlier this year in the magazine's anniversary issue.

In Wally's own words, "Fighting the stigma that is still very pervasive in the mental health arena and the fact that there is very little funding for Bipolar research in our nation" is the biggest challenge she faces in working in this important medical arena.

The accomplishments she is most proud of: "My children and the Heinz C. Prechter Bipolar Research Fund with its genes project and longitudinal study."

Her advice to parents whose children may be impacted by Bipolar disorder: "Find the very best psychiatrist and therapist for your child. Educate yourself about the illness and its treatment. Be an advocate for your child. Do not make the illness a family secret and stigmatize it even more."

Ambassador magazine is a luxury lifestyle publication based in Birmingham, Mich. For more information, visit www.ambassadormag.com.

NEWS BRIEFS

- **Dr. Melvin McInnis,** head of the Prechter Bipolar Genetics Repository, recently attended the 17th Annual World Congress on Psychiatric Genetics 2009 in San Diego, Calif. The four-day conference provided the medical community with a look at the dramatic discoveries in psychiatric genetics and their clinical application.

- **Joe Caruso,** author of the best-selling book, *The Power of Losing Control*, was the featured speaker at the Prechter Bipolar Research team's annual meeting. A syndicated newspaper columnist who has hosted his own public television special, Caruso told the group, "It's critical for us to keep our larger objectives and goals in mind while we make our daily lists of tasks *and* while we do these daily tasks. I call this not forgetting **The Why Behind The What."** He added, "Remembering **The Why Behind The What** has been the driving force of amazing accomplishments, goals discoveries, and yes, even cures…"

- The recent Saks Fifth Avenue fashion show to benefit the Heinz C. Prechter Bipolar Research Fund featured banners and a show program that sported a new "Bipolar Research" logo. The black-and-white logo was designed by **Stephanie Prechter,** a former research associate at the Depression Center.

BIPOLAR RESEARCH
PRECHTER BIPOLAR RESEARCH FUND

- Every fourth Tuesday of the month, the **Prechter Seminar Series** is held, featuring U-M researchers with expertise in Bipolar-related illnesses. The monthly lecture for U-M Depression Center faculty and staff presents current findings on a wide range of topics such as biology, genetics, epidemiology, etiology, neuropsychology, brain imaging and treatment options. For more information on the seminars, contact milliej@umich.edu.

HEINZ C. PRECHTER BIPOLAR RESEARCH FUND ADVISORY BOARD

Mark Amo
Eileen Ashley
Thomas G. Denomme
John A. & Sharon James
The Honorable Damon J. Keith
Margot Kidder
Joseph Knollenberg
Sandie Knollenberg
Denise Lutz
Gregory Mahar
Dr. Sarah McCue
Stephanie Prechter
Scott Snow

as of October 2009

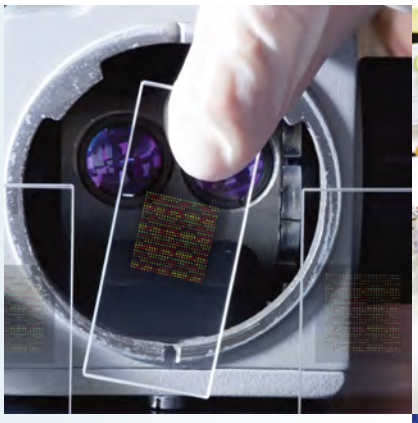
The Heinz C. Prechter Bipolar Research Fund

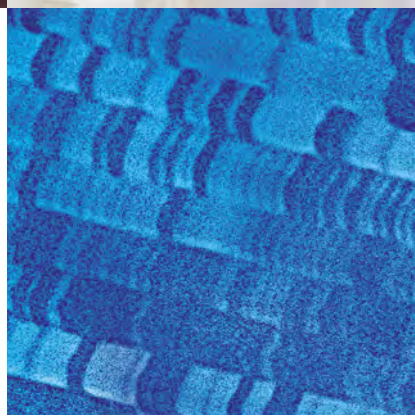
U-M Depression Center
Rachel Upjohn Building
4250 Plymouth Road
Ann Arbor, MI 48109

1-877-UM-GENES
www.prechterfund.org

PRECHTER

Progressive
Research
Efficient
Collaborative
Health and Hope
Timely and good data; Translational
Exemplary in the nation and the world
Results





Executive Officers of the University of Michigan Health System: Ora Hirsch Pescovitz, M.D., Executive Vice President for Medical Affairs; James O. Woolliscroft, M.D., Dean, U-M Medical School; Douglas Strong, Chief Executive Officer, U-M Hospitals and Health Centers; Kathleen Potempa, Dean, School of Nursing.

The Regents of the University of Michigan: Julia Donovan Darlow, Laurence B. Deitch, Olivia P. Maynard, Denise Ilitch, Andrea Fischer Newman, Andrew C. Richner, S. Martin Taylor, Katherine E. White, Mary Sue Coleman (ex officio).

The University of Michigan is an equal opportunity/affirmative action employer. Copyright ©2009 Regents of the University of Michigan, Ann Arbor, Michigan, 48109