Health

Network aimed at understanding, treating depression adds Pine Rest, MSU College of Human Medicine

The power of collaboration

The NNDC’s mission is to foster robust collaborations within and across the NNDC’s network to accelerate the discovery and development of new treatments for mood disorders.

The NNDC is a nonprofit network of leading clinical and academic centers of excellence in the U.S., working to transform the field of depressive illnesses and related mood disorders.

The NNDC brings together experts from across the nation who:
- Actively pursue initiatives in education, research, clinical care delivery and community outreach to improve quality of life for patients with mood disorders.
- Engage in interdisciplinary collaborations both within their home institution and across the network to accelerate dissemination of research.
- Identify opportunities for multi-site studies and emerging partnerships to advance the diagnosis and treatment of depressive and bipolar illnesses.
- Promote measurement-based care, quality improvement and research through the NNDC Mood Outcomes program, available for use at NNDC member sites.

NNDC Executive Director Pat Rinzel said the organization is pleased to welcome the two local centers.

“MSU and Pine Rest are joining the NNDC at an exciting time. Our growing collaborative network will be enriched by their membership, and their impact will be amplified through the network, creating important work being done in the field of mood disorders.”

Dr. John Groden, executive director of the University of Michigan Comprehensive Depression Center and Founding Chair of the NNDC, said, “To conquer depressive and bipolar illnesses, we need to develop personalized, precise treatments — those interventions that are most effective for the different underlying causes that lead to mood disorders.”

Groden said members of the MSU College of Human Medicine and Pine Rest teams have special expertise in selected new areas, such as the emerging field of inflammatory depressions and that their expertise would aid the entire network.

Commenting on the NNDC’s growth from 19 smaller Centers of Excellence to 24, he said, “there is huge power in collaboration: they are the keys to future breakthroughs.”

How it started

The work to join NNDC began three years ago, Pine Rest has developed and enhanced several clinical programs that target patients with difficult-to-treat depression, including a new Treatment Resistant Depression Consultation Program, Electroconvulsive Therapy Clinic and Transcranial Magnetic Stimulation Clinic. Pine Rest also just celebrated the third anniversary of its unique Mother and Baby Program for perinatal mood and anxiety disorders, starting in pregnancy up to three years postpartum — one of only three in the country. Pine Rest’s services cover the full spectrum of care, from 200 inpatient beds to 20 outpatient clinics treating 43,002 adults, adolescents and children annually. A large majority of whom present with depressive illnesses and related mood disorders.

The partnership with the MSU College of Human Medicine in this project is synergistic on many levels because of the current collaboration on a variety of projects.

Pine Rest is a teaching hospital of MSU College of Human Medicine. The two institutions developed Pine Rest’s psychiatry residency program together, and Pine Rest’s medical staff members serve as clinical faculty in the college’s Division of Psychiatry and Behavioral Medicine. MSU brings the power of a Big Ten research university and a growing medical school with a statewide reach.

Both institutions already are working together on several research projects, as well.

“We are very excited to join this partnership between Pine Rest, MSU and the NNDC,” said Dr. Aron Souss, interim dean of MSU College of Human Medicine. “The NNDC offers tremendous opportunities for collaboration, with clinical and academic research throughout their national network. In addition, this partnership offers our medical students exposure to the newest approaches to treating mood disorders.”

Dr. Vitaliy Voytenko, a Pine Rest psychologist, chair of the Pine Rest Best Practice Work Group and clinical assistant professor at MSU College of Human Medicine, and Dr. Eric Achtyes, a Pine Rest psychiatrist who serves as the college’s director of its Division of Psychiatry and Behavioral Medicine, will work together with the NNDC staff in defining this new relationship.

MSU and Pine Rest have collaborated on several National Institutes of Health, industry and foundation research projects to further expand the understanding of depression and its treatment, including:
- The evaluation of the clinical impact of the antidepressant pharmacogeneic algorithm in an outpatient clinical setting: A randomized double-blind pilot study.
- Field testing of the computerized adaptive testing — depression inventory.
- The biological triggers of depression in pregnancy.
- Use of antidepressants near delivery and risk of postpartum hemorrhage in a cohort study of low-income women in the United States.
- Response rates in patients with symptoms of depression to ECT at the Pine Rest ECT Clinic.
- Evaluating the clinical effectiveness of a specialized perinatal day treatment program for women.
- The impact of forgiveness and spiritual distress in an inpatient psychiatric setting.

The Pine Rest MSU College of Human Medicine faculty members have been published in several high impact scientific journals on depression, bipolar disorder, bioethics, epidemiology, inflammation, smoking cessation, selective serotonin reuptake inhibitors (SSRIs) and platelet function, and have worked on projects involving novel antidepressants including agonistic and scarkuman. Faculty members also serve as reviewers for numerous peer-reviewed journals, and see members of NII study sections and review committees.

Other members

Other network member sites include those affiliated with Brigham & Women’s Hospital, Partners HealthCare—Harvard Medical School; Duke University, Emory University, Florida State University; Johns Hopkins Medical School; Massachusetts General Hospital, Partners HealthCare—Harvard Medical School; Mayo Clinic; Melan Hospital, Partners HealthCare—Harvard Medical School; Medical University of South Carolina; Baylor College of Medicine and Stanford University; the universities of California San Francisco and San Diego State; University of Cincinnati & Lindner Center of HOPE; University of Colorado Denver; University of Illinois at Chicago; University of Iowa; University of Louisville; UMass Medical School; UMass Memorial Health Care; University of Michigan; University of Pennsylvania; University of Texas Southwestern Medical School; Weill Cornell Medical College.