

MIRA Reporter

Mental Illness Research Association

• Fall 2002 Funding Brain Research • Raising Awareness Vol. 9 No. 3 •

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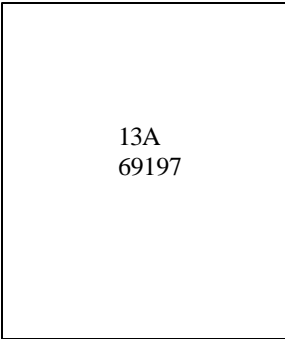
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WALTRAUD E. PRECHTER SPEAKS OUT ON DEPRESSION



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69197

Waltraud E. Prechter

from even acknowledging their own mental health problems, disclosing them to others, much less seeking medical help and treatment. As a result of stigma, the vast majority of Americans afflicted never seek treatment. Contrary to common belief, mental illness is not a character flaw or a sign of personal weakness. It is caused by a chemical imbalance within our most prized organ – the brain – and can lead to extreme changes in mood, thought, energy and behavior. There is no shame in manic depression or any other mental disorder. Like diabetes or heart disease, mental illness clearly is a physical illness...

Excerpts of a speech given by Mrs. Heinz Prechter at the "The Cure Frontier: Gala Dinner" benefiting the Heinz C. Prechter Fund for Manic Depression, on Friday, October 4, 2002...

"...Since the day Heinz fell victim to manic depression, not a week has passed that individuals have not felt compelled to share with me their stories and struggles with bipolar disorder and suicide. Make no mistake about it: Mood disorders are real! They strike neighbors, coworkers, friends, and family members. They are more prevalent in our communities than we allow ourselves to imagine. My story is only one of millions of stories across America. Yet too many of us suffer needlessly in isolation. Powerful and pervasive, the stigma of mental illness prevents sufferers

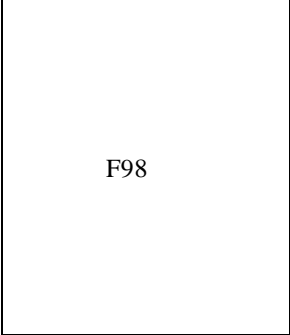
(Continued on page 4)

BOARD MEMBER PROFILE... Harold D. Portnoy, MD

It was as a resident in the late 1950's that I first heard of drugs that were being tried to correct disordered brain chemistry. One of the first drugs was for the treatment of Parkinson's disease, and dramatically changed treatment from primarily surgery to almost exclusively medication. By the 1960's the first psychotropic drugs were developed. When a drug can alter a mental illness then we must accept that mental illness is a disease, just like diabetes or pneumonia. Before this time, medicine was hamstrung by Freudian theory that indicted bad family, sex, and intrapsychic conflicts. While medicine now recognizes mental illness as a group of diseases, our society sometimes treats mental illness as it did 100 years ago – as something akin to witchcraft. When Pat Elwell asked me to join with him in founding the Mental Illness Research Association, I was thrilled that I could help, in a small, way to further research for this difficult group of diseases.

MIRA's concept for funding research has been to look for research that may lead to a breakthrough, but is not yet well enough established to command federal monies. MIRA provides the seed money, small grants of \$30,000 to \$50,000. This money is enough to determine if the project is viable before the researcher applies for a larger grant. MIRA has always been primarily directed towards mental illness research but it has also taken on the responsibility of community education. This is vital. Only if we

(Continued on page 5)



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Harold Portnoy, MD

President's Corner...

F80

Mary Jean Teachman

We are heading toward the Holiday Season and I would like to take this opportunity to give thanks for MIRA and for all of our supporters. Without you, there would not be a MIRA.

We had a very successful 10th Anniversary Gold Key Dinner. Thanks to all of you who attended and also to all of our talented entertainers. We are grateful to be able to raise funds for our research and educational programs. One of our goals at MIRA is to make a difference in the lives of people who are suffering from brain disorders through research. As **Mrs. Waltraud Prechter**, widow of Heinz Prechter, the featured speaker at our Gold Key Event said so eloquently, "There is no difference between a disease from the neck on up or the neck on down. All have a physical cause." Another thing to be grateful for is that talking about brain diseases has finally come out of the closet. Only when people understand brain disorders will we remove the stigma of having one.

I recently had the opportunity to listen to another wonderful speaker who talked about the issues of mental illness. **Dr. David Satcher**, former Surgeon General for the United States, gave out some startling statistics:

- ◆ 400 million people, globally, suffer from mental disorders including substance abuse and addiction.
- ◆ 30,000 deaths each year in the United States are caused by suicide.
- ◆ 80 – 90% of the people who do commit suicide have brain diseases.

Dr. Satcher gave us hope by saying that most brain diseases are treatable with medication and other techniques. However, fewer than half of the adults with these diseases get help and only a third of the children diagnosed receive treatment because of the stigma attached to brain disorders. Stigma deters treatment!

Again, all of our many friends have made MIRA possible and we hope we can count on you to continue to assist us with our mission of funding research and spreading awareness of mental disorders.

May you and your loved ones have a joyous and happy Holiday Season.

Memorial Tributes

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Mr. & Mrs. Pat Elwell

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Michael's Lamp Shop
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Ms. Hope Veal

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Ms. Jeanne Rutila
Staff of USDA-APHIS-VS-EA
Ms. Katherine Thompson
Mr. & Mrs. Joe Weaver

*What a wonderful way to
honor your loved one's memory
and... support MIRA's mission*

10th Gold Key Event Celebrates a “Bit of Broadway”

By: Carol A. Rosenblum

F91

Carol Rosenblum

Friends and supporters of MIRA gathered at the Marriott Centerpoint on Saturday, September 28th, for **MIRA’s 10th annual Gold Key Event**. Entitled “A Bit of Broadway”, the event featured entertainment by local radio and television broadcasting personalities. This year’s emcee, **Dick Purtan**, not only introduced the local stars, but also performed with five of his six lovely daughters **Jackie, Jessica, Jill, Joann, Julie** and his wife, **Gail**. The Purtan family sang a touching rendition of “Edelweiss” from “The Sound of Music”. WOMC

personality, **Big Al Muskovito**, from the “Purtan Show”, joined the group, adding a touch of comedy to the performance. The **Johnny Trudell Orchestra** provided back-up for meteorologist and guitarist **Jim “Mad Dog” Madaus** from WKBD UPN 50. WDIV’s **Devin Scillian** followed by belting out several songs, to his own guitar accompaniment. Not to be outdone, WDIV’s **Chuck Gaidica** stepped down into the audience and serenaded his lovely wife, **Susan**, with the theme song from “The Godfather”. WXYZ’s **Christy McDonald** wowed the audience with several Broadway tunes, as well. As always, we are most grateful to our friends from the local media, who truly put their hearts into their performances.

The Gold Key Event gives us the opportunity to acknowledge the hard work and dedication of individuals who have helped us in the struggle against mental illness. **Hoot and Elaine McInerney**, this year’s honorary chair couple, spotlighted the award ceremony. This year’s recipient of the Bishop Harrington Award was **Robert Wangbichler**, former President of Michigan’s Pheasant Ring Community and retired VP of Human Resources for The Budd Company. Pheasant Ring’s mission is to help autistic people reach their highest level of function. Under Bob’s guidance, the organization has created seven homes for autistic individuals and helped families modify their own homes to meet their children’s needs. He has also worked to fund research on autism and to establish respite care facilities where parents can leave autistic youngsters for a weekend. Bob’s other community services include the Boys’ and Girls’ Club of Troy and many years as a Troy city commissioner. MIRA recognizes and congratulates Bob for his exemplary service to the community.

This year’s recipient of the MIRA Milestone Award is the **Medtronic Company**. This annual award honors an individual or organization whose contribution has made a significant impact on the lives of those suffering from brain disorders. Medtronic, a world leader in medical technology, has helped alleviate the symptoms of Parkinson’s Disease patients. These patients now have the option of Medtronic’s “Deep Brain Stimulator”, which delivers adjustable pulses of electrical stimulation to precisely targeted areas of the brain with an implanted device similar to a cardiac pacemaker. This is one of the most significant recent advances in the treatment of Parkinson’s Disease and related brain disorders. This device allows these patients to lead healthy and productive lives. Accepting for Medtronic was **Brian Neely**.

MIRA’s “Above and Beyond Award” is presented each year to an individual whose dedication and commitment to MIRA’s mission is exemplary. This year we recognized **Jeff Cauley** for his spirit of giving and generosity, which clearly goes “above and beyond” expectations. Through his sponsorship of the MIRA Corvette Raffle, Jeff Cauley has been involved with MIRA since 1994. Jeff not only sponsors the raffle, but also actively promotes it to his customers at Cauley Chevrolet and sells a substantial number of tickets to help fund MIRA’s programs. His efforts contribute significantly to MIRA’s growth and success.

Waltraud “Wally” Prechter was the highlight of the evening. Mrs. Prechter, widow of the late Heinz Prechter, gave a heartfelt and inspirational commentary (see cover story) on the struggles of her late husband with bipolar disorder (manic depression). She also spoke generally about bipolar disorder and the challenges it presents to society. For example, she pointed out that about 2.7 million Americans suffer from bipolar disorder. Finally, she outlined how she came to terms with the pain of her husband’s suicide and subsequently worked to establish the Heinz C. Prechter Fund for Manic Depression. Wally infused her speech with such conviction and courage that she brought the audience to its feet in a standing ovation.

The evening continued with music, dancing, and a raffle for a beautiful diamond necklace, donated by **MB Jewelry Design**. As always, we must acknowledge the generosity of all of you who made our Gold Key Event such a success.

We thank you for your continued support.

#20
69172

University of Michigan Depression Center - Gold Key Sponsor

#14
69178

Wyeth Pharmaceuticals - Gold Key Sponsor

Waltraud Prechter Cont...



(Continued from page 1)

We are blessed by living in the United States of America, one of the most advanced and productive nations on this planet. We thrive in the knowledge-based economy of the 21st century. Americans create value not so much with their hands anymore, but through our ability to reason, communicate, motivate, share ideas and foster productive relationships. Today, our brain is the cornerstone of our lives and our economy. Manic depression destroys all these skills essential to our economy that relies on mental performance. Therefore, it is no surprise that the World Health Organization has called manic depression one of the most disabling illnesses in the world and even compared it to blindness and paraplegia. An estimated 2.7 million adult Americans suffer from bipolar disorder. Close to 19 million individuals suffer from depression alone. According to the U.S. Department of Health, manic depression adds significantly to the overall economic burden of mental disorders of \$170 billion a year in health care expenditures and economic loss due to lost productivity, absenteeism, and premature death. 200 million workdays are lost each year due to depression alone. Therefore, mental illnesses like manic depression are clearly the single largest threat to our economic and physical well-being in America!

Heinz's vision was fearless and bold. After his passing, I made a commitment to fight the illness that took him from us. Following his vision, my children and I established a foundation in my husband's memory to help find cures for manic depression. The Heinz C. Prechter Fund for Manic Depression will invest in the long-term future of young and promising researchers in the field of bipolar disorder while tapping into the brain-trust of established research centers of excellence...All greatness and every breakthrough starts with an idea you allow yourself to think. This is our vision: Wellness is possible! Cures are possible! Dear friends, together we will make a difference... Thank you."



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Dominic Caradonna at (586) 994-8935

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- Wyeth Pharmaceuticals
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Silver Key Sponsors

- Kyle and Darlene Dresbach
- Oakland University

You are sincerely appreciated

#6
69150

Jeff Cauley, recipient of the "Above & Beyond Award", and Mary Jean Teachman

#35
69157

Bob Wangbichler, recipient of the Bishop Harrington Award and Joe Weaver

Board Member Profile...

OCCMHA Update

(Continued from page 1)

change society's outlook can we expect large amounts of money to be directed to mental illness research. Supporters of MIRA can be proud of their contribution to - hopefully - the eventual eradication of mental illness. We are doing important work and I, personally, believe we should continue on the same path of seeding research and educating the public.

I am a lifelong Michigander. I was born and raised in Detroit and educated at Wayne State University. I entered the University in 1949 under a combined undergraduate-graduate curriculum that resulted in a Bachelor of Science degree in Chemistry in 1953 and Doctor of Medicine in 1956. In medical school I met Dr. Fred Morin, who started me on my road in research. I was so interested in neurophysiological research that I considered just doing research. Dr. Morin convinced me to go into neurosurgery with the idea of continuing research as well as applying research-based ideas to the care of patients. When I entered neurosurgical residency, I continued research under the direction of Dr. E.S. Gurdjian, Chief of Neurosurgery at Grace Hospital and the Director of the Neurosurgical Program at Wayne State University. When I went into private practice in 1964 with Oakland Neurological Clinic, in Pontiac., I continued to do research, particularly in the area of hydrocephalus (water on the brain). During this time I also helped develop some of the devices, called shunts, used in the treatment of this disease. In the 1980s in conjunction with the Department of Physics at Oakland University, I was part of a group looking into waveform analysis of intracranial pressure waves and their relationship to autoregulation of the cerebral vasculature. All in all, I have published over 70 papers.

During my years in practice I have had the privilege of being honored on several occasions: Excellence in Research; Oakland Health Education Program, Center for Medical Education (1992); March of Dimes Humanitarian of the Year Award (1992); 1998 Gold Key Award and the Pat Elwell 'Above and Beyond' Award (1999), Mental Illness Research Association; and, the Robert H. Pudenz Award for Excellence in CSF (Cerebrospinal Fluid) Physiology (1998).

About the family. My wife, Lynne, is a registered nurse, who later became a pharmaceutical representative and trainer for Bristol-Myers until she retired to become a mother. My eldest daughter, Lisa, is married and is a veterinarian with Georgetown University research laboratories. My eldest Son, Steven, is a psychologist involved in a special, federally-funded program of the Detroit school system for troubled students. My youngest daughter, Susan, has her own public relations firm based in New York, and my youngest son, Brad, is a sophomore at Cranbrook where he swims competitively. Finally, there is Rocky, our Golden Retriever, who absolutely loves kids.

- ◆ The Oakland County Community Mental Health Authority is proud to have received a full three-year accreditation from the Joint Commission on Accreditation of Health Organizations. JCAHO is the organization that monitors and insures high standards of operation in the health care industry. The Authority staff worked diligently for a year to bring in to compliance all of its policies and procedures with those of JCAHO's best practice guidelines.
- ◆ The Oakland County Community Mental Health Authority Board approved a three-year contract with William J. Allen to be its Executive Director through September 30, 2005. Mr. Allen has been acting as the Interim Executive Director since January 1, 2002. He states "I look forward to working with Authority Board members, Authority staff and core agencies to focus on consumer choice and improved quality of life over the next few years."
- ◆ Mr. Allen brings over 25 years of public mental health experience to the Executive Director position. Cliff Johnson, Authority Board Chairperson said, "Bill Allen is the pre-eminent community mental health executive in Michigan. We are extremely fortunate to have obtained his full-time services as chief executive officer of the Oakland County program. This is a crucial step forward in our ongoing effort to transform the Oakland program into a state-of-the-art model for all of Michigan."

Honorarium's

Please consider using this option when trying to decide how to honor that special person in your life (birthday, anniversary, engagement, etc...). Your donation will not only help support MIRA's Mission, but is also **tax deductible** at the same time! **Call the MIRA office at (248) 338-1299 for details.**

DR. RICHARD ATKINS

Mr. & Mrs. Jeffrey Shillman

MARY DITTRICH

Mr. & Mrs. Mark Jones

GARY DOYLE'S RETIREMENT

Ms. Kathleen Abbott
Mr. David Bartczak
Ms. Shirley Friedly
Mr. & Mrs. Marcia Gibbens
Ms. Cathy Goodell
Ms. Liana Holton
Mr. Keith Johnson
Ms. Carol Rosenblum
Ms. Susan Schwerin

Gold Key Moments

#26
69130

Jim Madaus

#28A
69091

Christy McDonald

#35A
69085

Chuck Gaidica

#18A
69101

Devin Scillian

#8
69184

Wayne State University - Gold Key Sponsor

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69190

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#12
69180

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#35A
69211

Caughey Chevrolet - Gold Key Sponsor

#16A
69194

Dick Purtan, Master of Ceremonies

#12
69144

*Brian Neely of Medtronic
recipient of the MIRA Milestone Award*

#13A
69106

The Purtan Family & Big Al Muskovito as the Von Crapp Family

Gold Key Moments

#19
69066

Honorable Joe & Sandi Knollenberg

#4A
69241

Dick & Gail Purtan

#27
69058

Marsha & Morry Bednarsh

#9
69076

Mary Jean & Dr. Gerard Teachman

#12
69073

Paula & Pat Elwell

#3
69082

Vicki & Dr. Rick Berchou

#18
69067

Paul & Pat Jacques

#31
69054

Stephanie & Dr. David Olen

John McDermott...A Celtic Delight

By: Joe Weaver

Nearly seven hundred people rose to their feet in a standing ovation as tenor, John McDermott ended his concert with a stirring and moving rendition of "Danny Boy." "What an experience," one man shouted as he clapped enthusiastically. McDermott, one of the original members of the "Irish Tenors", came to the Detroit area to help MIRA raise funds for brain research and its expanding educational programs. Mary Dittrich, MIRA Board member and Owner of Dittrich Olds-GMC, located in Waterford, worked for months to bring the popular singer to the Detroit area. Through her generosity, most of the expenses were covered so that research and education.

Not only did John McDermott sing superbly, but he audience. He talked of his Irish father from whom deduced each of his songs with an explanation of its captivated for two and a half hours. The huge the perfect venue for McDermott's concert.

"I always end my concerts with Danny Boy," makes you long to be home again." He went on to lyric coupled with an Irish aire, which surprised a history of the song was related to the Irish potato women to America.

Before the concert began, MIRA President, Mary Jean Teachman came on stage and welcomed the audience, thanking them for supporting MIRA and its many projects. MIRA Board member, Joe Weaver, introduced John and his four musicians, noting that Mr. McDermott was born in Scotland of Irish parents and now lives in Toronto.

After the concert in Clarkston, Mr. McDermott and his four accompanists joined concertgoers in a private "Afterglow Parry" at the Centerpoint Marriott in Pontiac.

Special Thanks

to

Mary Dittrich

and

Dittrich Olds - GMC

for sponsoring

this benefit

concert

also shared his warm and vibrant personality with the he inherited his wonderful singing voice, and intro- origin. His crisp and strong delivery had the audience Clarkston High School Performing Arts Center was

McDermott said. "If you're Irish, it's the song that explain that the song Danny Boy was really a Scottish few Irishmen in the audience. Many thought the famine and the huge exodus of young men and

15B

Mary Dittrich & John McDermott

16B

Ed & Shelly Rogin with John

17B

Jeanie Spoiniski, John and Maggie Madigan

18B

Gerry & Mary Jean Teachman posing with John

“Mr. Hockey” and Pick’s Disease...

Scanned on
disk

MIRA Vice President, Angela Weaver and the legendary “Mr. Hockey” smile for the camera at the annual “Pheasant Ring Dinner” offering hope for people with Autism. The smiles quickly faded as they discussed the hardships involved coping with loved ones suffering the ravages of brain-related disease.

Arguably the greatest player on ice, this champion of champions is now facing his toughest challenge. He is struggling to get the best care possible for his wife Colleen, stricken by Pick’s Disease. This disease is a form of dementia, characterized by a slowly progressive deterioration of social skills and changes in personality, leading to impairment of intellect, memory, and language.

This model couple, who have done so much for so many, now need the prayers and support of the huge numbers who have followed their extraordinary journey in hockey. We join them in prayer that research can bring the cure.

Angela Weaver & Gordy Howe

By: Joe Weaver

Mark Your Calendar

MIRA’s Marion Zehnder Memorial Golf Outing

Monday, June 16, 2003

at the beautiful and challenging

FORTRESS OF FRANKENMUTH

Did You Know??

*Celebrities who suffered from depression
throughout their lives:*

Graham Greene (1904-1991), writer

Vivien Leigh (1913-1967), actress

Del Shannon (1934-1990), musician

Norman Wexler (1926-1999), screenwriter & playwright

Virginia Woolf (1882-1941), writer

14B

*Jeff Cauley, Mary Jean Teachman, Cathy Goodell, Pam Dansbury & Cecelia Mackey
presenting MIRA with a \$3,000 donation from the Americas Corvette Club of Michigan*

MIRA’s Mission Statement

*To advance medical treatments and cures for mental
illnesses through private sector fund-raising*

*To encourage researchers through recognition
and support*

*To erase the stigma of mental illnesses by fostering
an awareness of their physical basis.*

MIRA Calendar’s

Through research and education,
MIRA presents

A New Dawn and Renewed Hope

Featuring photos of beautiful sunrises
taken by MIRA Board member,
Dr. Gerard Teachman

\$10.00 donation

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With Special Thanks to Jeff Cauley of Cauley Chevrolet

Raffle Application

1st Prize: **"2003" Corvette**

or

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Plus 3 other prizes:

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Digital Camera

**YOU NEED NOT BE
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Amount enclosed \$ _____ Check _____ Or Visa/MasterCard _____

Account # _____ Exp. Date _____

Signature _____

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State License #R66269. Your ticket stub will be mailed directly to you.