



## News Release

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FOR IMMEDIATE RELEASE

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### **SOUTHWESTERN MEDICAL FOUNDATION AND UT SOUTHWESTERN EXPLORE CHANGING THE GAME IN CARE AND TREATMENT OF THE BRAIN WITH ITS YOUNG LEADERS**

*The Cary Council Kicks off Fall 2016 Learning from Leaders, Julie Hersh and Dr. Madhukar Trivedi, About the Center for Depression Research and Clinical Care at UT Southwestern*

**DALLAS – SEPTEMBER 29, 2016** – The Cary Council, a group of young emerging leaders for both Southwestern Medical Foundation and UT Southwestern, kicked off its 2016-2017 year with a private event Thursday Sept. 29 that focused on the cutting-edge research and advances in mental health being made at UT Southwestern Medical Center.

The event, “Learning from Leaders: Changing The Game In Care And Treatment of The Brain,” featured fascinating discussions about the latest breakthroughs and the persistent stigmas of mental health. Speakers included Julie Hersh, President of the Hersh Foundation and author of *Struck by Living: From Depression to Hope*, Dr. Madhukar Trivedi, Director of the UT Southwestern’s Center for Depression Research and Clinical Care, and Kathleen Gibson, President and CEO of Southwestern Medical Foundation.

The Cary Council was formed in 2015 to create a greater awareness of the mission of the Foundation and UT Southwestern among young professionals and community philanthropists. The Council is made up of the next generation of community leaders who meet to learn about the importance of the education of our doctors, the promises of science-based medical research and its impact on clinical care. The name of The Cary Council honors Dr. Edward H. Cary (1872-1953), who helped found Southwestern Medical Foundation and Southwestern Medical College, known today as UT Southwestern.

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“I’d like to thank the Cary Council for hosting this discussion about an issue that affects so many people often from an early age regardless of gender or socio-economic status,” said Dr. Trivedi. “UT Southwestern Medical Center is dedicated to creating a research environment that will enable us to find the most innovative solutions in mental healthcare.”

The event marked the year’s first meeting of The Cary Council, a group vital to the future of academic medicine in our community. Key members of the Council have recently stepped up to form its Steering Committee, a group devoted to inspiring the next generation of our community’s leaders to get involved in the future of academic medicine in Dallas and North Texas.

Steering Committee members have developed a Charter to serve as the Council’s guiding principles. Committee members are also working on a signature project to help raise funds for a specific area of need at UT Southwestern.

By hosting events such as “Learning from Leaders: Changing The Game In Care And Treatment of The Brain,” The Cary Council aims to gather the brightest minds in science and medicine to give the community a clearer understanding of the mission and the importance of academic medicine in our midst.

With a consistent craving for knowledge and how to apply that knowledge towards our city’s current landscape, The Cary Council shows how invested they are in the future of Dallas and the health of its citizens. With Julie Hersh and Dr. Trivedi speaking on the current evolution of mental healthcare, the evening provided hope and inspiration to everyone who attended.

Julie Hersh, President of the Hersh Foundation, is an outspoken national advocate for mental health awareness and author of *Struck by Living: From Depression to Hope*. Founded in 1997 by Julie and Ken Hersh, the Foundation promotes mental health and cultivates future leaders through investments in organizations primed to create quantum-shift change in mental healthcare.

“As a society, we need to dispel the myths about mental illness and help people understand that it is a manageable disease,” Julie Hersh said. “The Hersh Foundation is thrilled that The Cary Council is helping create a dialogue about mental health and all the groundbreaking work being supported by our community through the Center for Depression Research and Clinical Care at UT Southwestern.”

The Center was established in 2015 with a \$5 million lead gift from the Hersh Foundation and it is a cornerstone of UT Southwestern’s Peter O’Donnell Jr. Brain Institute.

The Center is led by Dr. Trivedi, Chief of the Division of Mood Disorders and holder of the Julie K. Hersh Chair for Depression Research and Clinical Care and the Betty Jo Hay Distinguished Chair in Mental Health at UT Southwestern. He’s a world-renowned researcher whose work focuses on pharmacological, psychosocial and nonpharmacological treatments for depression. He has received numerous awards, including the Gerald L. Klerman Award from the National Depressive and Manic-Depressive Association’s Scientific Advisory Board. Dr. Trivedi has also published more than 420 articles and chapters related to the diagnosis and treatment of mood disorders.

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Dr. Trivedi's remarks at the Cary Council Event gave guests a more complete understanding of The Center's approach to the diagnosis, treatment and care of mental illness. With its mission of early recognition, personalized treatment, and expanded physician referral networks, the Center plays an integral role in improving public health in our community.

"The possibilities for significant advances in the understanding of depression and other mental health disorders have never been greater," said Dr. Podolsky. "Dr. Trivedi and other researchers at UT Southwestern are paving the way for important discoveries that can enable earlier diagnosis and treatments tailored to an individual's needs."

Michael Kahn, a founding member of The Cary Council, gave closing remarks and discussed the Council's accomplishments and future plans, including the development of a Council Steering Committee.

"The Cary Council is excited to help build awareness for UT Southwestern's wonderful brain initiative," said Kahn. "Dr. Madhukar Trivedi and Julie Hersh demonstrate the power of a world class medical researcher and civic leader working together—to ensure world class patient care in Dallas."

Kathleen Gibson, President and CEO of Southwestern Medical Foundation, thanked The Cary Council for its interest and engagement in understanding the importance of UT Southwestern's "Campaign for the Brain."

"We are honored to have this new generation of talented Cary Council leaders helping expand our message and reach," Gibson said. "It is a great privilege for Southwestern Medical Foundation to play a role in the development of key leaders who will lead our future and help us work toward continual improvement in the health of our community."

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## ***ABOUT SOUTHWESTERN MEDICAL FOUNDATION***

*In 1943, Southwestern Medical Foundation established Southwestern Medical College and helped to nurture its growth from a fledgling medical school into one of the preeminent medical research and academic centers in the world. Today, UT Southwestern Medical Center enjoys an international reputation for discovering the basis for disease through research, applying the discoveries to the clinical care of patients, and educating the next generation of health care professionals.*

*It has been the Foundation's privilege to foster a unique culture where generosity can be imbued with meaning. The Foundation currently manages over \$800 million and 1,000 donor funds, creating a financial resource that will enable advances in health care benefiting the citizens of this community, state, and nation for years to come.*

*For more information, please visit [www.swmedical.org](http://www.swmedical.org) and connect with the Foundation on Twitter (@swmfoundation) and [Facebook.com/SWMedicalFoundation](https://www.facebook.com/SWMedicalFoundation).*

## ***ABOUT THE CARY COUNCIL***

*Named after the founder of Southwestern Medical Foundation, Dr. Edward H. Cary, The Cary Council is a group of young leaders formed in 2015 as a joint initiative of Southwestern Medical Foundation and UT Southwestern. The council is dedicated to creating a greater awareness of the mission of the Foundation and UT Southwestern Medical Center among young professionals and emerging community leaders. Members of The Cary Council meet and act to develop expertise and help drive the messages and missions of Southwestern Medical Foundation and UT Southwestern Medical Center.*