



Thao Nguyen Foundation Inc. Newsletter

Fifth Issue
December 2014

TOGETHER, WE BRING LIGHT TO MENTAL HEALTH AWARENESS

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Greetings from the President

by Nhung Nguyen, Ph.D.

I hope this Newsletter finds you well. It is hard to believe that another year has come to an end. Please join me in welcoming Dr. James Manley as a new member on TNF Board of Directors. James will be our Secretary. He replaced Dr. Karen Ross who stepped down in June this year. I'd like to thank Karen for her valuable service to the Foundation.

Continuing with the mission of promoting mental health awareness, you will find that we included in this issue two recent research reports on suicide prevention.

We are getting an early start on planning for the third annual Thao's Into the Light Race next year. Last year, we had some delay in locating a venue for the race. This year, we decided to search for a permanent venue to avoid changing location for the race every year. Please read more about this exciting event on page 2.

I'm pleased to share with you the Foundation's Initiative on a Speaker

Series, scheduled to be rolled out in the Fall of 2016. The purpose of this Speaker series is to invite speakers who are well-known authors and/or researchers who have experience in mental health treatment to come talk to us about mental health in general and suicide prevention in particular. I hope you will participate in the Speaker Series. More details will follow in future Newsletters.

As the holiday season is upon us, please consider making your year-end tax-deductible donation to TN Foundation. Donations can be made securely on our web site www.tnscholarshipforthearts.org. We could not have achieved this much without your donations and support. On behalf of the Board of Directors, please accept my heart-felt thanks for your continued support. Have a healthy holiday season and a very happy 2015!

Greetings from the President

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Third Annual Thao's Into the Light Race 2015 Preview

By Nhung Nguyen, President

Thao's Into the Light Race aims at promoting mental health awareness and suicide prevention. We want to give a hopeful voice to all currently affected by mental illness. The event is held annually and includes a 5K run and 1 mile family walk. For more information, please contact nhung@tnscholarshipforthearts.org



TN Foundation's Board of Directors:

Nhung T. Nguyen, President/Treasurer
James Manley, Secretary
Michael D. Biderman, Director

I am glad to announce that the Third Annual Thao's Into the Light Race will take place on May 3rd 2015 at the TCB Trail, Sparks Nature Center, on the grounds of the beautiful Gunpowder Falls State Park. More information about the trail and the park can be found here: <http://dnr2.maryland.gov/publiclands/Pages/central/tcb.aspx>. Please mark the date on your calendar and join us. More details will be posted on the Foundation web site. We also need volunteers to organize the event successfully. If you are interested in volunteering, please send me an email at nhung@tnscholarshipforthearts.org.

I understand some of your concern about changing the location of our Race every year, but last year's venue was limited such that with the three loops, it would be hard to do the timing accurately when the number of runners becomes large. I hope that the TCB trail will be the permanent location for our future races.

Please help us in making our next year's 5K run and 1 Mile walk another success. Thank you in advance for your time and support! Together, we'll make a difference in mental health awareness and suicide prevention.

Do You Know?

1. As of 12/12/2014, we raised \$2,886.52 in 2014. This is a decline from 2013. Please help us do a better job in fundraising by making a donation today.
2. We established an endowed scholarship "Thao Nguyen Memorial Scholarship" at Loch Raven High School and Drexel University.
3. Our Second Annual Thao's Into the Light Race held on 5/24/2014 was a success despite a smaller turnout compared to the First Race in 2013.
4. We launched the Grant Research Funding initiative to support research that aims at exploring and finding new treatment for mental illness.

National Suicide Prevention Hotline: Call 24/7:
1-800-273-8255

Or visit:
<http://www.suicidepreventionlifeline.org/learn/coping.aspx>

PLEASE THANK OUR 2014 DONORS

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IF YOU WANT TO CONTRIBUTE AN ARTICLE

Contact Nhung Nguyen,
 President, TN Foundation Inc.
nhung@tnscholarshipforthearts.org
 410-663-0207

Lithium in the prevention of suicide in mood disorders: Updated systematic review and meta-analysis

Summarized from Cipriani, Hawton, Stockton, & Geddes. *British Medical Journal*, June 2013

In this meta-analysis, the authors assessed whether lithium has a specific preventive effect for suicide and self-harm in people with unipolar and bipolar mood disorders. A total of 48 randomized controlled trials (including 6674 participants and 15 comparisons) were included in the meta-analysis. Lithium was more effective than placebo in reducing the number of suicides.

No clear benefits were observed for lithium compared with placebo in preventing deliberate self-harm. In unipolar depression, lithium was associated with a reduced risk of suicide and also the number of total deaths compared with placebo. When lithium was compared with each active individual treatment, a statistically significant difference was found only with carbamazepine for deliberate self-harm. Lithium tended to be generally better than the other active comparators, with small statistical variation between the results.

Lithium is an effective treatment for reducing the risk of suicide in people with mood disorders. Lithium may exert its anti-suicidal effects by reducing relapse of mood disorder, but additional mechanisms should also be considered because there is some evidence that lithium decreases aggression and possibly impulsivity, which might be another mechanism mediating the anti-suicidal effect.



Doug Sanford, winning gold medal at the Solstice Swim Meet in Germantown on 12/5/2014 dedicated his swim to TN Foundation. Thanks, Doug for your continued support.

A systematic review on psychotherapy and counseling For suicide prevention

Summarized from Winter, Bradshaw, Bunn, & Wellsted. *Counselling and Psychotherapy Research*, September 2013

In this article, the authors reported a meta-analysis of 15 previous systematic reviews and meta-analyses of the literature concerning the outcome of counselling and psychotherapy with people at risk of suicide; They conducted a meta-analysis of 67 outcome studies in this area; and a narrative review of 17 studies of the therapeutic process. The authors reviewed the literature published between 1981 and 2008 by authors from the USA or the UK, as well as other European countries, Australia, Canada, India, and Sri Lanka. There was evidence of the effectiveness of dialectical behavior therapy, cognitive-behavioral therapy, and problem solving therapy, as well as other forms of therapy. Therapist and client variables, as well as the therapeutic relationship, appear to be related to treatment effectiveness. People at risk of suicide should have access to psychological interventions, including, but not necessarily limited to, those within the cognitive-behavioral spectrum. Therapies for which there have been promising findings, but which are under-researched, should be a research priority.