



# Thao Nguyen Foundation Inc. Newsletter

## Fourth Issue July 2014

TOGETHER, WE BRING LIGHT TO MENTAL HEALTH AWARENESS

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## Greetings from the President

by Nhung Nguyen, Ph.D.

As I wrote this newsletter column, I had an opportunity to reflect on how much the Foundation has grown over the past year and 2 months in terms of promoting mental health awareness and advancing educational attainment. We have organized two 5K run and 1 Mile fun walk fundraising events with success. These events serve as a conduit to promote mental health awareness.

We established an endowed scholarship in memory of Thao at Loch Raven High school. Another endowed scholarship was established at Drexel University.

We launched a research grant funding process to explore treatment options for people affected by mental illness. All grant proposals will be due by December 31<sup>st</sup>. If you know of any researcher or

organization that is interested in applying for the grant, please forward the message. More information about the grant application can be found on the foundation website, [www.tnscholarshipforthearts.org](http://www.tnscholarshipforthearts.org).

I am also pleased to share with you that on May 22<sup>nd</sup>, I attended the Senior Award Ceremony at Loch Raven High school where the second Thao Nguyen Memorial Scholarship was awarded.

We could not have achieved this much without your donations and support. On behalf of the Board of Directors, please accept my heartfelt thanks for your continued support. Until next time, enjoy the rest of the summer!

### Greetings from the President

An update on Thao Nguyen Foundation's activities. Read more....

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## Second Annual Thao's Into the Light Race a big success

By Nhung Nguyen, President

Thao's Into the Light Race aims at promoting mental health awareness and suicide prevention. We hope 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](mailto:nhung@tnscholarshipforthearts.org)

### Please thank our sponsors:

Bagel Bistro  
 Charm City Run  
 Dunkin' Donuts  
 Food Lion  
 Home Depot  
 Mental Health Association of Maryland  
 Prigel Family Creamery  
 Safeway  
 Subway  
 Vita Revive



*Jack Flowers, first place overall at the finish line. This is the second year in a row that Jack won first place overall. Way to go, Jack!*

The second Annual Thao's Into the Light Race took place on May 24<sup>th</sup> 2014 on the beautiful historic grounds of Jerusalem Mill Village, Gunpowder Falls State Park. The weather could not have been better. The cool breeze made it perfect for runners and walkers alike. This year we had difficulty finding a location. Thanks to Marcie DiMarco who suggested this place, the historic grounds of Jerusalem Mill turned out to be a perfect location for the size of our event.

The timing service was generously provided to us by Maryland Timing thanks to Dave Cooley, a board member of the Baltimore's Road Running club. Margaret Flowers, Doug Sanford, and Jonathan Holtzman were our course marshals. Photo snapshots of the race were provided to us by Ted Hendy and Donna Bonar. A total of 29 runners and 18 walkers participated in this event. A group of 11 volunteers were busy with on-site registration, food and water preparation for the race. Everyone enjoyed listening to live music provided



*Runners and Walkers enjoyed light refreshments at the Second Annual Thao's Into the Light Race*

by a local music band whose members were all Thao's friends from high school.

It would be remiss not to mention that we had an honor to have Ms. Adrienne Ellis, a representative from the Mental Health Association of Maryland, our race sponsor, speak at our event.

The event was concluded with an award ceremony. Winning our first place for male and female runners respectively were Jack Flowers and Beth Carson. Congratulations to both!!! All in all, the event was filled with hopeful voice and beautiful memories of Thao. We hope to see you all next year!



### First Rate Runners

Jack Flowers from Baltimore, MD and Beth Carson from Beaver Falls, PA won first place for Male and Female overall.



### Forging Future partnership

Adrienne Ellis, Maryland Association of Mental Health spoke at the Second Annual Thao's Into the Light Race.

#### PLEASE THANK OUR VOLUNTEERS

- Liliana Alvarado
- Dave Cooley
- Sean Costello
- Marcie DiMarco
- Mike Early
- Margaret Flowers
- Ted Hendy
- Jonathan Holtzman
- Yvette Lane
- Mariana Lebron
- Douglas Sanford

#### IF YOU WANT TO CONTRIBUTE AN ARTICLE

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Live music played by Thao's friends at the Second Annual Thao's Into the Light Race

### Interventions to reduce stress in university students: A review and meta-analysis

By Cheryl Regehr, Dylan Glancy, & Anabel Pitts, *Journal of Affective Disorder*, May 2013,

Recent research has revealed concerning rates of anxiety and depression among university students. Nevertheless, only a small percentage of these **students** receive treatment from university health services. Universities are thus challenged with instituting preventative programs that address student stress and reduce resultant anxiety and depression. A systematic review of the literature and **meta-analysis** was conducted to examine the effectiveness of interventions aimed at reducing stress in university students. Included in the meta-analysis were studies that represented a variety of intervention approaches with students in a broad range of programs and disciplines. Twenty-four studies, involving 1431 students were included in the meta-analysis. Cognitive, behavioral and mindfulness interventions were associated with decreased symptoms of anxiety. Secondary outcomes included lower levels of depression and cortisol. Included studies were limited to those published in peer reviewed journals. These studies over-represent interventions with female students in Western countries. Studies on some types of interventions such as psycho-educational and arts based interventions did not have sufficient data for inclusion in the meta-analysis. This review provides evidence that cognitive, behavioral, and mindfulness interventions are effective in reducing stress in university students. Universities are encouraged to make such programs widely available to **students**. In addition however, future work should focus on developing stress reduction programs that attract male students and address their needs.

### Anti-depressants that aren't "Anti-depressants"

By Jim Phelps, M.D., [psycheducation.org](http://psycheducation.org)

<u>Not Pills</u>	<u>"Natural" pills</u>	<u>Psychiatrist's pills</u>
Exercise	omega-3 fatty acids (fish oil)	lithium
Cognitive-Behavioral Therapy	n-acetylcysteine (NAC)	Lamotrigine
Light manipulations	optimize thyroid	Quetiapine

1. Antidepressants can make bipolar disorder worse in several ways:
  - a. They can cause hypomania where there was none.
  - b. They can induce cycling, or make it worse.
  - c. They may keep a person from becoming truly stable.
  - d. And they might, just might, cause some long-term harm, perhaps even irreversible harm.
2. Therefore: antidepressants should be avoided, as much as possible, in bipolar disorder treatment.
3. Some antidepressant tool is commonly necessary in bipolar disorder.
4. Yet true "antidepressants" should be avoided, if possible, in bipolar treatment.
5. Therefore, one should maximize use of all other antidepressant approaches before using typical "antidepressants".