
Universal Awareness of Adolescent Depression

Karen L. Swartz, MD, director of the Adolescent Depression Awareness Program (ADAP), will describe her innovative program during her keynote presentation on Friday, October 15, at the 2010 ASHA Conference in Kansas City, MO.

The title of her presentation is *Universal Awareness: The Adolescent Depression Awareness Program*.

ADAP is a school-based program designed to educate high school students, faculty, and parents about adolescent depression. Now in its 11th year, the ADAP curriculum has been taught to more than 16,000 high school students.

Dr. Swartz and the ADAP team have also developed a comprehensive training program that prepares high school counselors and teachers as ADAP instructors, which facilitates the dissemination of the program. In addition to the Baltimore-Washington area, the program has been taught in Oklahoma, Delaware, Texas, and Minnesota.

Dr. Swartz is now working with colleagues within the National Network of Depression Centers on further national expansion of this innovative program.

Dr. Swartz received the national 2007 Welcome Back Award, which honors one psychiatrist annually, in recognition of her leadership in destigmatizing depression through community education. In 2008 she was selected as the one psychiatrist in Maryland honored with the National Alliance for the Mentally Ill's "Heroes in the Fight Award" for both efforts to destigmatize mental illness and clinical excellence. In 2009 Dr. Swartz was inducted as a Distinguished Fellow of the American Psychiatric Association.

Her other research has focused on psychiatric disorders in women and psychiatric disorders in the general population, including the study of whether affective disorders predict migraine headaches, the incidence of social phobias in the Baltimore area, and the heterogeneity and course of affective disorders. Dr. Swartz has written articles for such journals as *Archives of General Psychiatry*, *Health Education & Behavior*, *Current Opinion in Psychiatry*, the *International Review of Psychiatry*, and the *Journal of the American Academy of Child and Adolescent Psychiatry*.

Dr. Swartz received her B.A. from Princeton University and her M.D. from the Johns Hopkins University School of Medicine. She completed her psychiatry residency at Johns Hopkins Hospital, where she served as chief resident. She is the Director of Clinical and Educational Programs at the Johns Hopkins Mood Disorders Center. Dr. Swartz is also the Associate Director for Residency Education and an Associate Professor in the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins School of Medicine.



She is Co-Director of the Women's Mood Disorders Center and is a recognized expert on the subject of premenstrual dysphoria disorder (PMDD), mood disorders during pregnancy, postpartum depression and psychosis, and menopause-related depression.

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