

Parents Against Depression Gala

September 9, 2017

Bethesda North Marriott Hotel & Conference Center
5701 Marinelli Road
North Bethesda, MD 20852



Sponsored by



President's Note

If we had known what we know now when our son was thirteen years old, I feel very strongly that, our beloved Dominic would not only be here, but would be living his life to the fullest as a scientist.

For the Dominics of the world who are suffering from treatment-resistant depression, the best option currently available is to show sufferers how to manage their depression.

There is a higher chance of recovery from cancer if it is treated at Stage 1, rather than at Stage 4. Similarly, by diagnosing and treating depression in its early stages, we can better prevent someone from falling into severe depression.

Now we understand why our son Dominic was preoccupied with wanting his teens and twenties back to start all over again. He knew intuitively that if we had started earlier to treat his illness, his chances of not falling into severe depression would have been much higher. Unfortunately, we could not grant him his wish.

Our message is simple: depression is a brain disease, and there is no shame in asking for help. Early intervention is the key.

Thank you for attending our gala! Your support will greatly help us in fulfilling our mission.

Dr. Nirmala Britti, President, PAD



Home:

<http://www.home.parentsagainstdepression.org/>

Facebook:

<https://www.facebook.com/ParentsAgainstDepression>

Twitter:

<https://twitter.com/supportpad>

YouTube:

https://www.youtube.com/channel/UC15AZ3_oQg_qgxAWmS_Qeo_w

We envision a world where mental health is an integral part of overall health and where all young people can access the resources and support needed to address early signs of depression.

At PAD, our mission is to reduce the number of preventable suicides among young people between 13 and 30 years of age by increasing awareness, identifying gaps in diagnosis and treatment, and advocating long-term policy change relating to depression.



WWW.TISTATECH.COM

TISTA Science & Technology Corporation, founded in 2005, is a Veteran-Owned business serving the Federal Government across the nation in Health IT and Cybersecurity services. We are committed to the community we serve by raising social awareness and supporting civic engagement.

Program

**6:00PM-7:30PM | REGISTRATION & WELCOME
RECEPTION**

7:30PM-9:00PM | SPEAKERS & DINNER

**9:00PM-11:00PM | DANCING & AUCTION
CLOSE-OUT**

Auction Instructions

- When the auction bidding begins, please write your name and bid amount on the Bidding Sheet for the respective item.
- Bids can be made until bidding closes.
- **The Silent Auction items will be available for bidding from 6:00PM until 15 minutes after the last speaker ends.**
- The winning bid will be circled on each bidding sheet once the auction closes.
- Winners are asked to proceed to the “Check Out” table to claim their prize!
- Payments can be received in the form of cash, credit card, or check.

50/50 Raffle

- Tickets are available as 1 for \$5 or 3 for \$10.
- Participants keep 1 part of the raffle ticket and the other half is placed in the basket.
- Tickets are sold throughout the night up until the closing of the Silent Auction.
- The winner of the 50/50 raffle will be announced at 10:00PM.

Featured Speakers



*Anthony &
Nirmala*

Founders of PAD, the Brittis lost their beloved Dominic to depression and suicide on March 25th, 2013. Nirmala and Anthony committed themselves to save the Dominics of the world. Nirmala has a Ph.D. in Educational Psychology from the University of Illinois. She is also a Certified Public Accountant. She and Anthony are in private practice in Montgomery County, Maryland.



Dr. Tana Hope

Dr. Tana Hope is the co-director of clinical services at the Aliceanna location for the Child and Family Therapy Clinic within the Behavioral Psychology Department of Kennedy Krieger Institute. She is also an Instructor of Psychiatry at the Johns Hopkins University School of Medicine. Dr. Hope received her doctoral degree in clinical psychology from Louisiana State University. Her concentration of study was in clinical psychology, including both pediatric and adult behavioral medicine; and, secondary areas of study in psychopharmacology and school psychology. She completed her doctoral internship at the Kennedy Krieger Institute and Johns Hopkins School of Medicine. As a clinical psychologist, Dr. Hope utilizes empirically-supported treatments including cognitive-behavioral, dialectical-behavioral, and functional family therapies, within the context of the family system. Her primary clinical interests include working with families to improve communication and interactional patterns that interfere with family functioning, and assisting individuals diagnosed with anxiety, depression, high functioning autism spectrum disorder, attention-deficit hyperactivity disorder (ADHD), and Tourette Syndrome. Dr. Hope has special interests in public awareness of mental health issues and actively participates in the Behavioral Psychology Department's Community Outreach Program providing seminars and educational lectures to schools and special area interest groups.

Featured Speakers



Kevin
Breel

As a writer, his debut memoir *Boy Meets Depression* achieved critical acclaim. **Forbes Magazine** called it “a small book well worth reading” and **NPR** dubbed it “honest and compelling”. As a comedian, Kevin has headlined theatres and colleges with his unique, storytelling show. As an activist for mental health, Kevin has been a guest speaker at **Harvard University, Yale, and MIT**. Kevin has also spoken at **Fortune 500 Companies, for The Government of Canada, and even at TED**; where his viral talk has amassed over 4 million views. The talk entitled “Confessions of a Depressed Comic” is **one of the most viewed** TED talks in history- alongside the likes of Steve Jobs and Bill Gates.

Kevin has been a part of multi-million-dollar fundraising events, helped to advise political reform and is one of the National Ambassadors for the prestigious Bell LET'S TALK Campaign. A recipient of multiple awards for social activism around mental health, *Parade Magazine* recently named Kevin to their list of “**Most Influential Millennials in the World**” alongside Mark Zuckerberg.



Allison
Hickey

The Honorable and Brigadier General (Retired) Allison Hickey, former Under Secretary for Benefits at the Department of Veterans Affairs, was responsible for more than 20,000 VA employees and the delivery of \$95 billion dollars in non-medical benefits to more than 12 million Veterans, their families and survivors. She is credited for leading a highly successful transformation effort to improve the quality and timeliness with which Veterans' benefits are processed and delivered and eliminated a decades old backlog by 90% and improve productivity by more than 81%. During her 4.5-year tenure, VBA digitally transformed all 8 lines of business and delivered 6 simultaneous enterprise systems improving performance across all 8 lines of service through a period of unprecedented growth in the number of Veterans seeking benefits. Hickey was part of the first class of female cadets to graduate from the Air Force Academy in 1980, and rose through ranks to become a Brigadier General during her 27-year military career. Today, she is president and CEO of All Solutions LLC, a small business specializing in transformation and change-management strategy, business process reengineering, and information technology consulting.

Members of PAD Team



*Harry
Grandinett*

Harry Grandinett is a founding member of PAD and Vice President of the Board of Directors. He is happily retired from a career in healthcare marketing and now devotes his time to presenting PAD's PowerPoint to high school students, working on his small farm, and writing. He is Dominic's uncle.

Michele was raised in Hagerstown, Maryland and earned her degree in Education from the University of Maryland, College Park. She began her teaching career in 1981 and has spent the last 29 years coaching volleyball and teaching health and physical education at Gaithersburg High School.



*Michele
Staymates*



*Veronica
Beltran*

Veronica was raised in Montgomery County, MD. She is a senior at the Robert H. Smith School of Business, University of Maryland, College Park. She has been a PAD team member since its inception in 2013.

Ivan was raised in Montgomery County. He graduated from the Robert H. Smith School of Business, University of Maryland, College Park this past May with a degree in Accounting. Ivan has been a PAD team member since its inception more than 3 years ago.



*Ivan Sanchez
Orozco*

Entertainment



Kevin Gopala-Rao
Violinist

A violinist from the DC area, Kevin practices both classical and modern styles of music. Since age 4, he has been classically trained following the Suzuki repertoire. After years of practicing classical music, Kevin gained interest in modern music and started developing covers for current, popular songs. While primarily working towards a career in healthcare, Kevin continues his musical career by performing at various events such as church services, weddings, and concerts.

Samson Dah, from New York, was classically trained under Fat Gao with jazz tutelage under Joe Metzger. He is mostly known for playing for churches and praise teams. Currently, he is a pianist at the Filipino Capitol SDA Church and the Chinese Capitol SDA Church. He also teaches piano.



Samson Dah
Pianist

Photography



Shawn Smith
Event Photographer



Aperture Junkie
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Depression . . .

Early Intervention is Key

According to the World Health Organization, depression is the leading cause of ill health and disability worldwide. **300 Million** people worldwide suffer from severe depression, **16 Million** of whom are in the United States alone. **800,000** suicides worldwide and **30,000** in the United States are directly linked to depression.

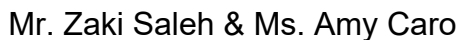
As noted in a recent *Time* magazine article, “The Anti Antidepressant”, **1/3** of people suffering from severe depression do not respond to treatment.

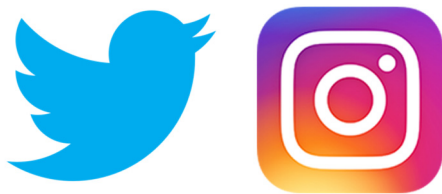
According to the National Institute of Mental Health, **1/2** of all lifetime cases of mental illness begin by **age 14**.

From 2014 until today, we have reached over **5,000** students and their parents and teachers via live health class presentations in Montgomery, Carroll, and Washington Counties in Maryland and Page County, Virginia.

Our message is important. It has the potential to save lives. We are in the process of incorporating our materials into health class curriculums across counties. Page County, Virginia is leading the way by incorporating our materials in their curriculum for the Fall of 2017. With your support, we hope to go nationwide and reach tens of thousands of students.

A Special Thanks to Our Generous Sponsors





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