

2024 Carolyn P. Horchow  
Women's Health Symposium

**UTSouthwestern**  
Medical Center

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# Don't Stop Believin': Hope for treatment resistant mental illness

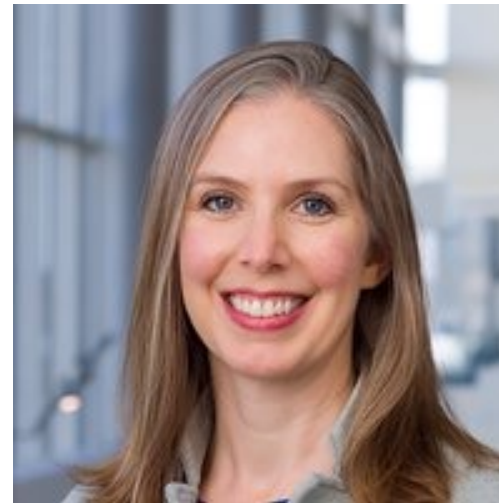
Kala Bailey, M.D.  
Assistant Professor of Psychiatry  
Vice Chair, Clinical Affairs

# It's More Common Than You Think...

- **25%** of adults will experience a major depressive episode in their lifetimes
- Over **30%** of adults experience an anxiety disorder at some time in their lives
- Antidepressants are the most commonly prescribed medications in the U.S., followed by antihypertensive drugs
- More than **1 in 10** adults take antidepressant medications, which can be used to treat both depression and anxiety



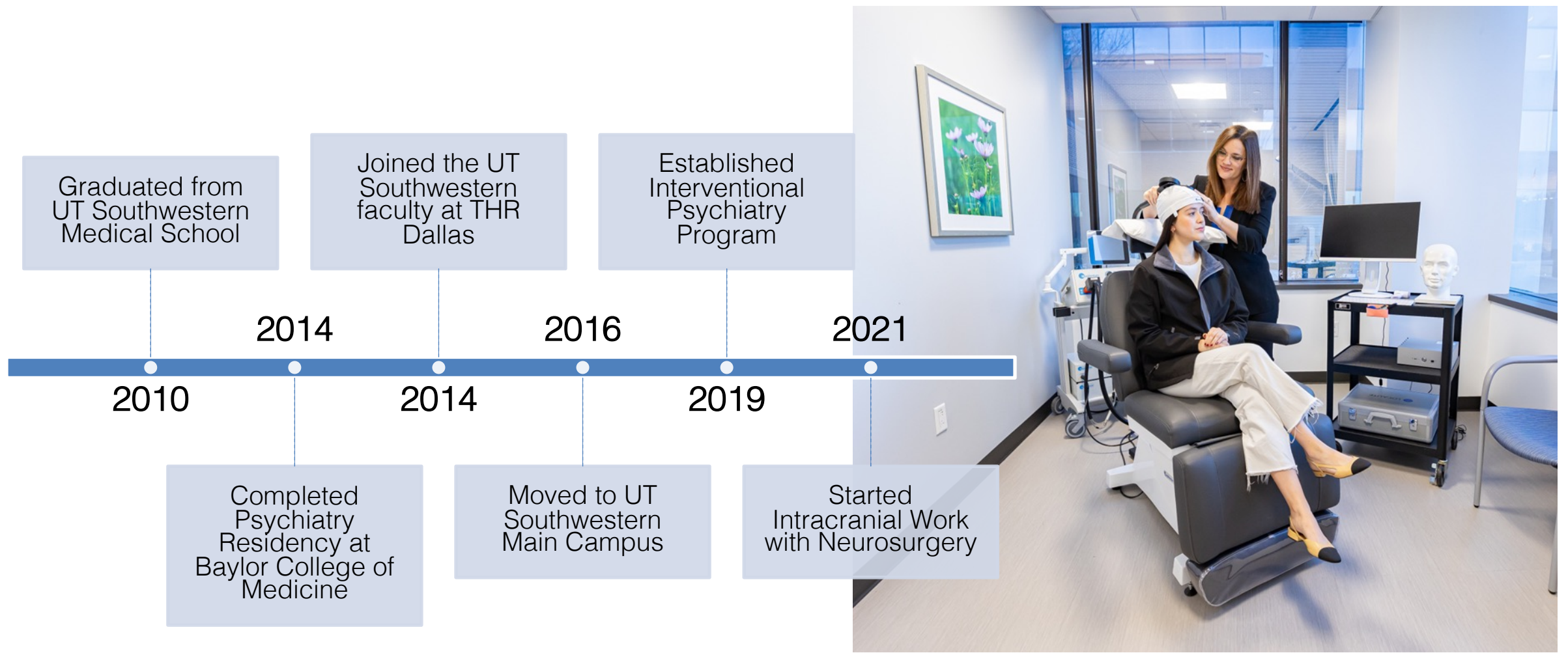
*“Older age should be a **vibrant** and **joyful** time of life. In fact, some studies show older adults are happier than younger adults. If someone recognizes that an older person is withdrawing from activities they used to enjoy, or not experiencing joy from the previously joyful parts of his or her life, then this is cause for additional evaluation and treatment.”*



*-Molly Camp, M.D.*

*Clinical Director, Neuropsychiatry and Geriatric Psychiatry*

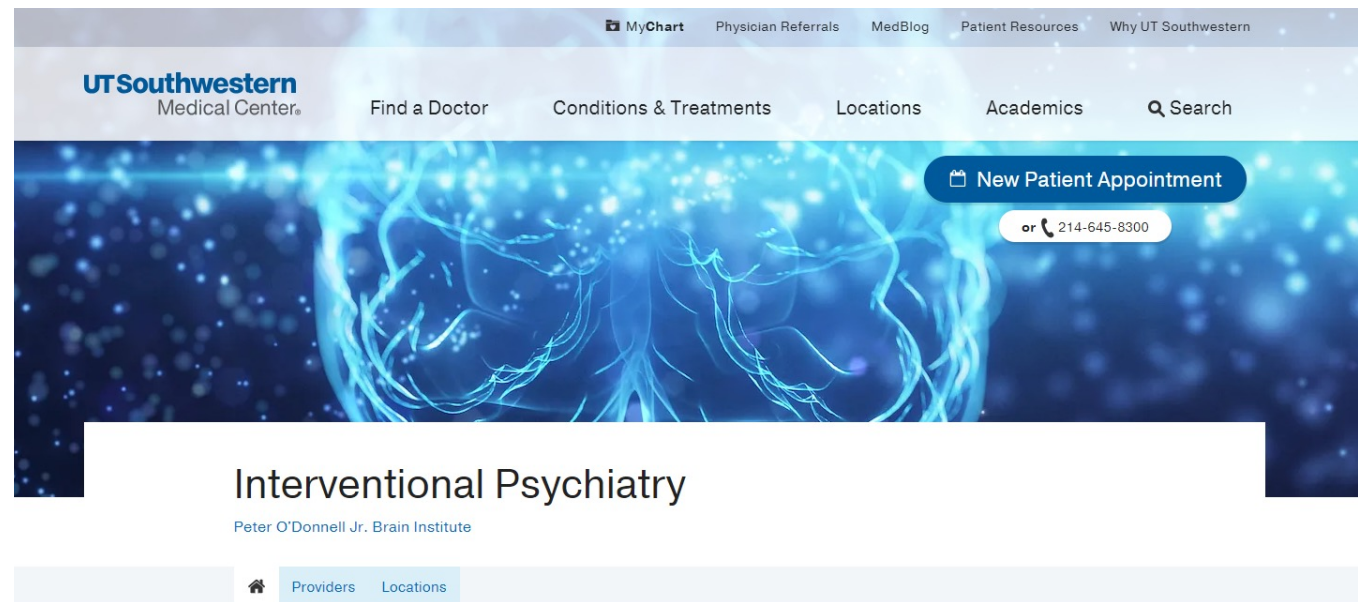
# My Journey





# What Is Interventional Psychiatry?

- An emerging subspecialty of psychiatry that uses advanced brain stimulation procedures (TMS, ECT, MST, VNS, DBS) and specialized medical treatments (ketamine) for difficult-to-treat mental disorders
- Efficacy of antidepressants – **30%** of patients will be “treatment resistant”



# Why UTSW?

- Fully integrated program with a single portal of entry
- Cutting edge treatments
  - FDA approved
  - Investigational
- Interdepartmental and interdisciplinary collaboration



# Janice's Story





# Electroconvulsive Therapy (ECT)

- Gold standard treatment for depression, 70-80% effective
- Effective for catatonia, psychosis, mania



# Electroconvulsive Therapy (ECT) Myths

1. ECT is like *One Flew Over the Cuckoo's Nest*
2. ECT is a miracle cure
3. I'll get injured during the seizure
4. I'll have permanent brain damage



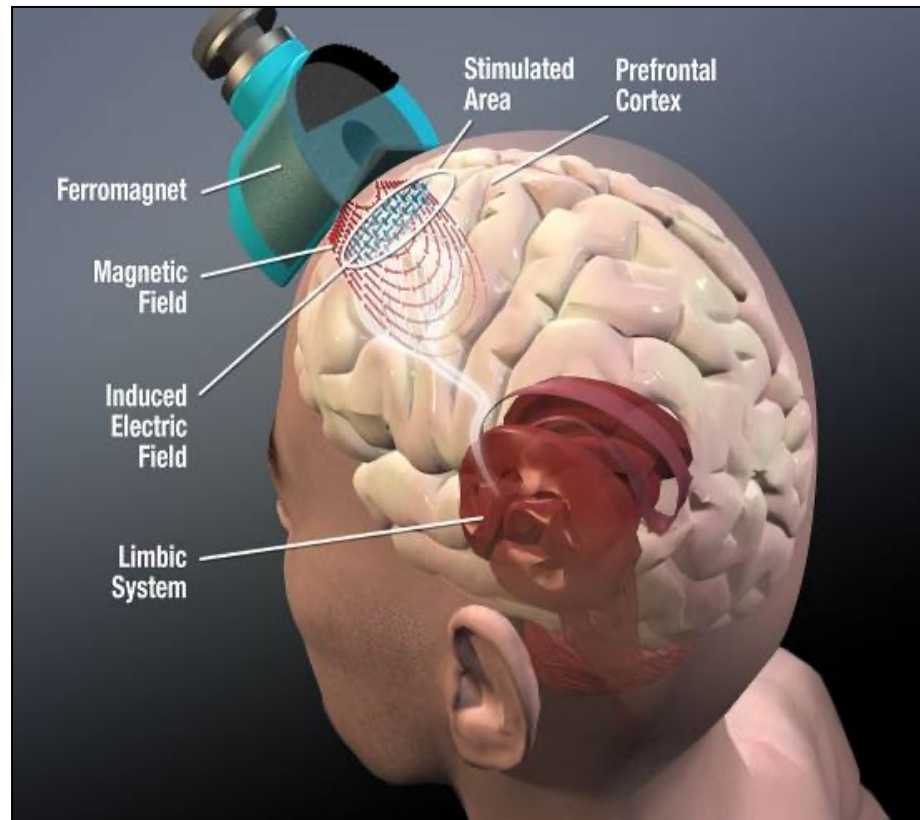


# Magnetic Seizure Therapy



- Similar to ECT, but with magnetic stimulation instead of electricity
- Advantage = lower cognitive risk

# Transcranial Magnetic Stimulation (TMS)



- Minimal side effects, no cognitive effects
- 30-40% effective

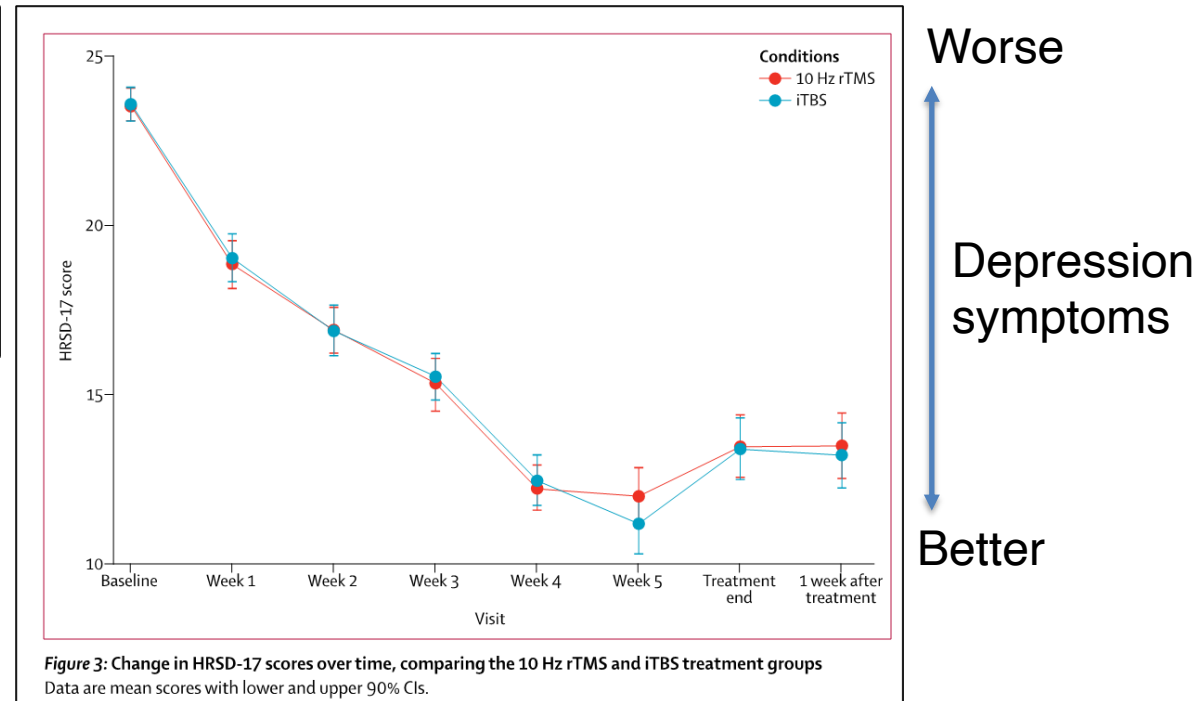
# Transcranial Magnetic Stimulation (TMS)

- Theta Burst TMS (iTBS) = much faster and equally effective

## Effectiveness of theta burst versus high-frequency repetitive transcranial magnetic stimulation in patients with depression (THREE-D): a randomised non-inferiority trial

Daniel M Blumberger, Fidel Vila-Rodriguez, Kevin E Thorpe, Kfir Feffer, Yoshihiro Noda, Peter Giacobbe, Yuliya Knyahnytska, Sidney H Kennedy, Raymond W Lam, Zafiris J Daskalakis, Jonathan Downar

- Neuronavigation
- Accelerated protocols/SAINT
- Inpatient TMS
- Alternative placements, new indications



Blumberger et al. Lancet Psychiatry. 2018.

# Ketamine Based Treatments

- IV ketamine
- Spravato (esketamine)
  - 50-60% effective



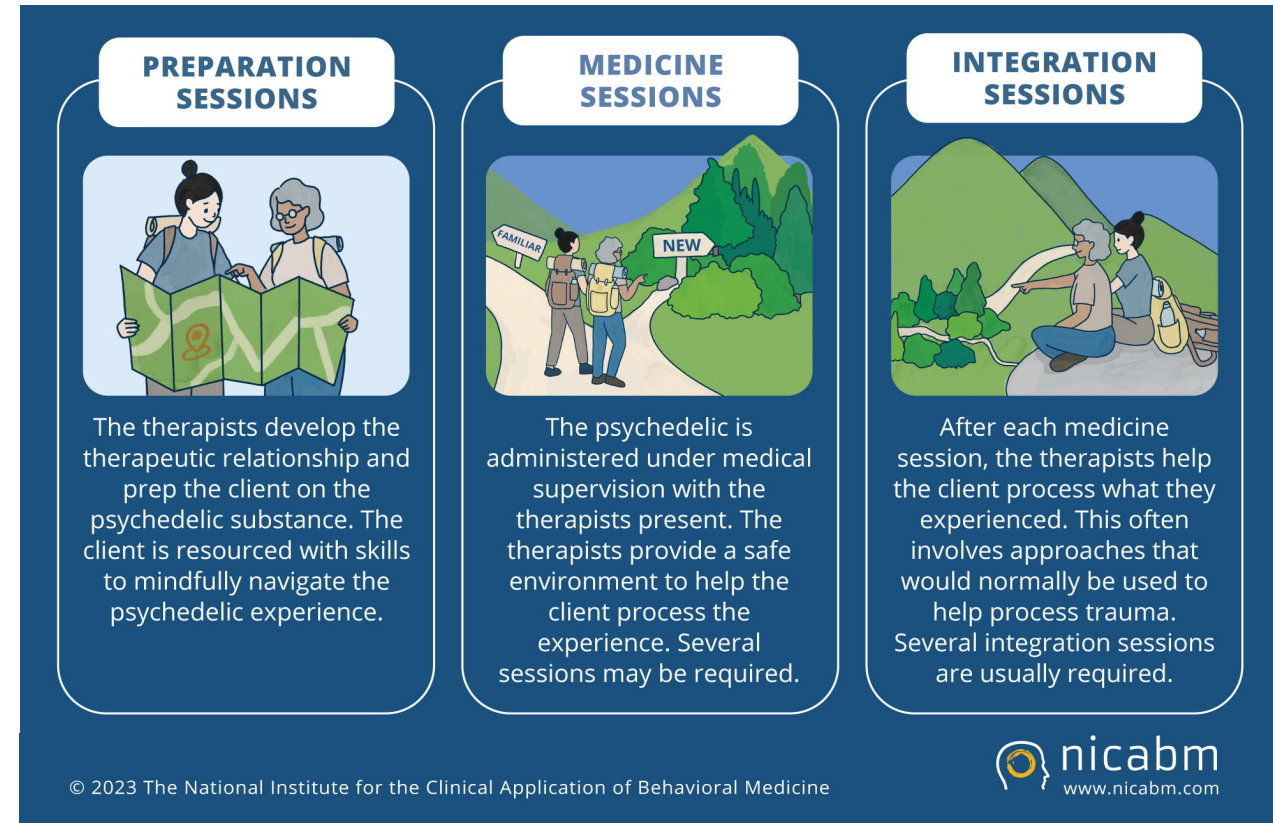
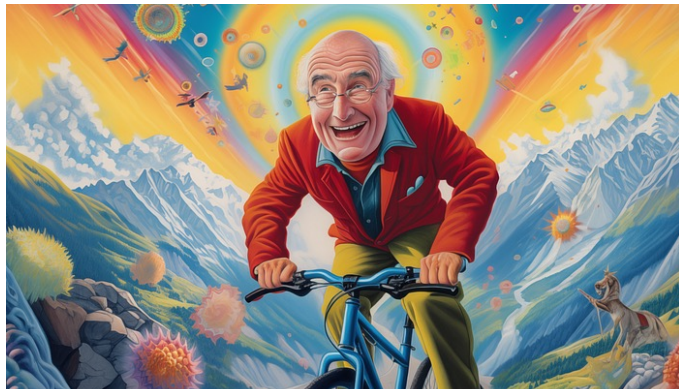
“What about oral ketamine?”





# Psychedelics

- Psilocybin and MDMA are both Schedule I drugs
- Psilocybin-assisted psychotherapy for treatment-resistant depression
- MDMA-assisted therapy for PTSD

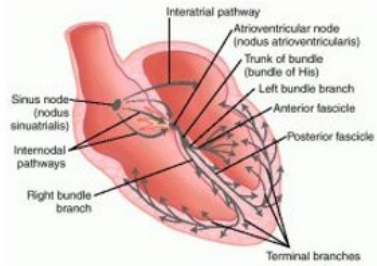




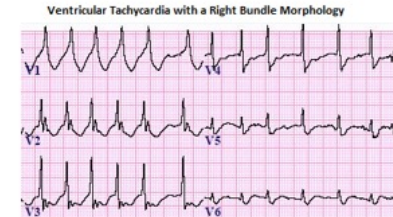
# Deep Brain Stimulation (DBS)

If your heart is sick, you get a pacemaker. But what happens if your brain is sick?

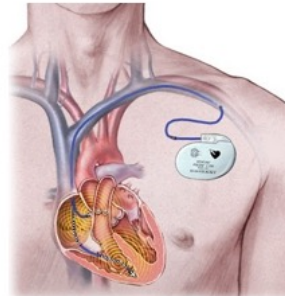
## Cardiac Disease



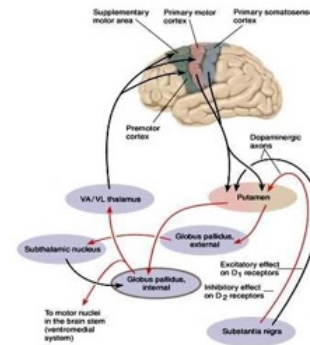
## Cardiac Arrhythmia



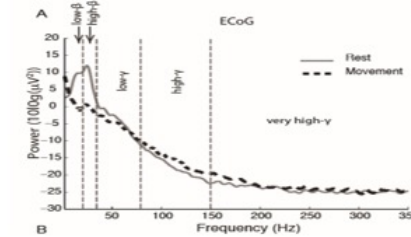
## Cardiac Pacemaker



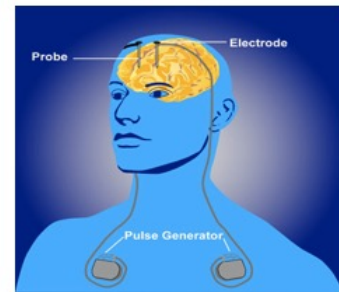
## Brain Disease



## Brain Arrhythmia



## Brain Pacemaker

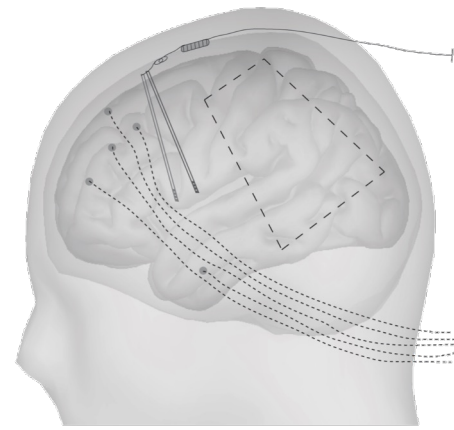
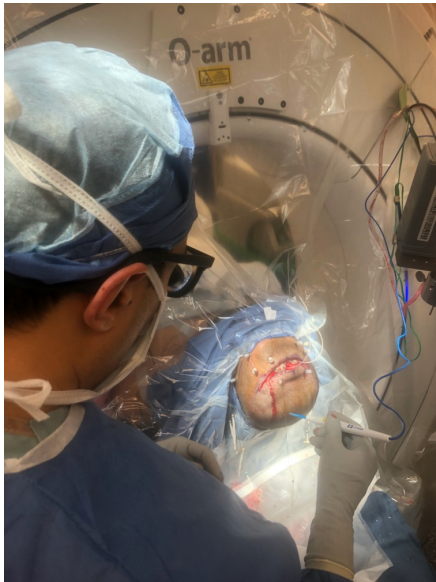


# Deep Brain Stimulation (DBS)

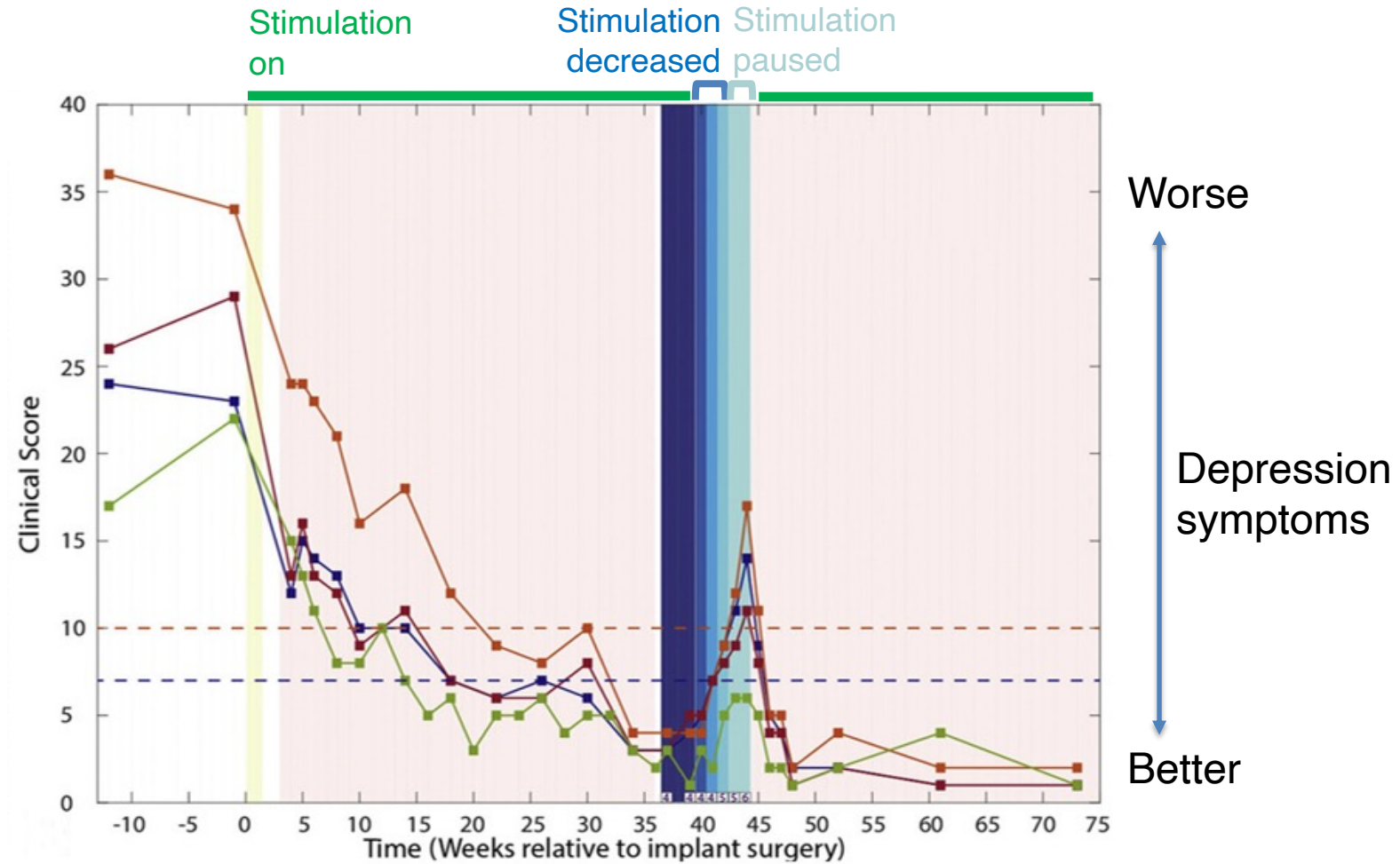
- Collaboration with Neurosurgery
- Investigating treatments for patients with depression, OCD and psychosis
- Advantages = DBS is removable and modifiable



*Nader Pouratian, M.D., Ph.D.  
Chair, Department of Neurosurgery*



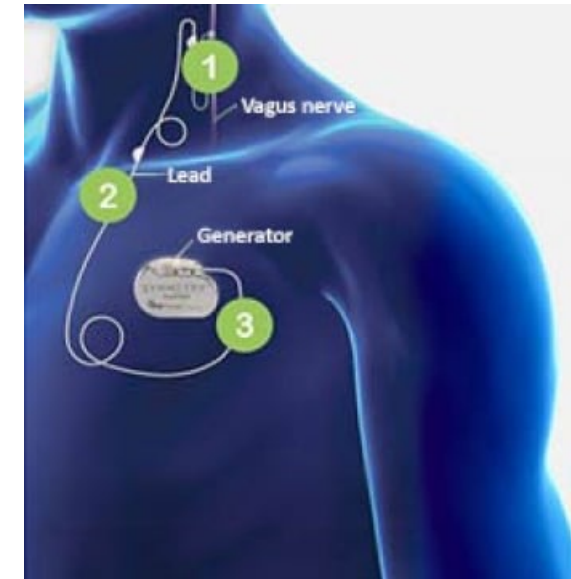
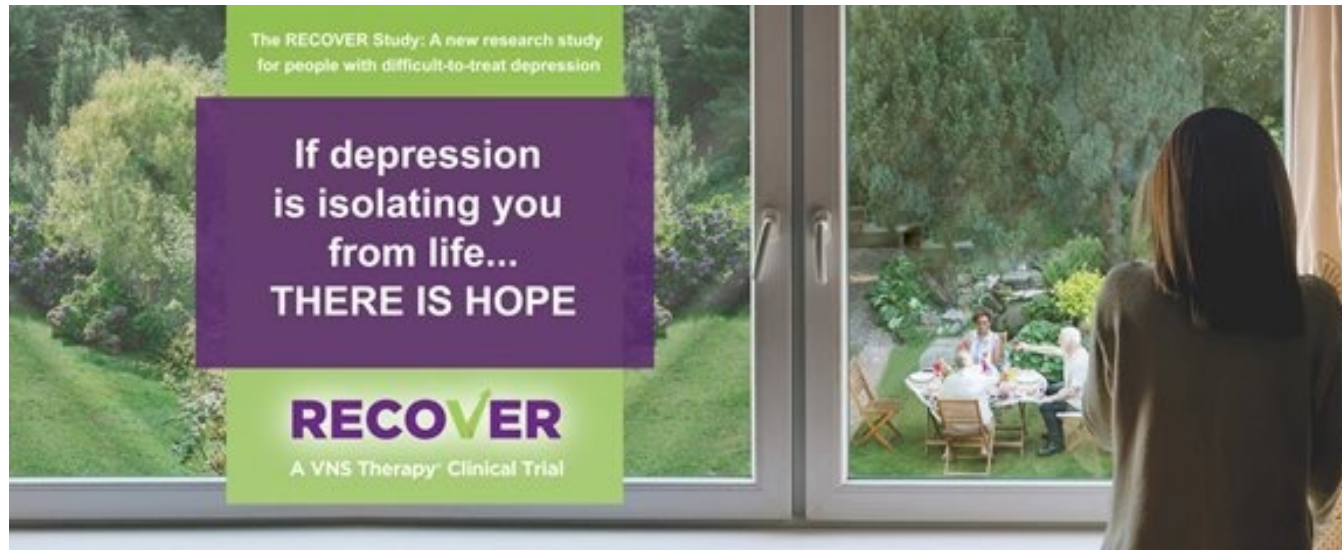
# Study: Deep Brain Stimulation Improved Depression



Sheth, Bijanki.... Pouratian. *Biol Psychiatry*. 2021 3223(21)01747-9

# Vagus Nerve Stimulation (VNS)

- Another collaboration with Neurosurgery
- RECOVER study, currently enrolling patients with bipolar depression





# How to Access Care

- Call [214-645-8500](tel:214-645-8500) and request an Interventional Psychiatry or Treatment Resistant Depression evaluation
- If inpatient care is required, call our intake number, [PsychLink 214-630-7285](tel:214-630-7285), present to the nearest ER, or call 911





# Final Thoughts...

- Dangers of prolonged illness
- These are not last resort treatments
- There is **HOPE**



# Questions?

**Thank you!**

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**Interventional Psychiatry Clinic  
214-645-8500**