



American Society for Quality ([www.asq.org](http://www.asq.org)) – Washington DC and Maryland Metro, Section 509 ([www.asq509.org](http://www.asq509.org))

Biomed/Biotech Special Interest Group (SIG) Meeting  
(<http://www.asq509.org/ht/d/sp/i/31557/pid/31557>)

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## “Current Challenges and Hopes in Mental Health - Depression Disorder, Substance-use Disorders, and Violence”

To be presented by

**Xiaoping Shao, MD**

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Attending Psychiatrist

Veteran Affairs' Medical Center in Washington DC

**Thursday, October 12, 2017**

6:00 – 6:20 PM – Networking; Pizza/drink

6:20 – 8:45 PM – Program

8:45 – 8:55 PM – Door-prizes drawing; Networking

**Online Registration site:** <http://www.asq509.org/ht/d/DoSurvey/i/35817>

**Open to Public** –

**\$5:** [non-ASQ members](#) to cover pizza/drink cost;

**Free:** ASQ members, veterans, senior citizens, past speakers, US PHS Commissioned Corp officers, teachers, students, interns, residents, postdocs, FDA Commissioner's Fellows, MJ-DC members, NTUAADC members, CAPA members, NTMUADC members, CKUAADC members, NTHUAADC members, NJTUAADC members, CCACC volunteers/employees, FAPAC members, CBA members, AAGEN members, NCARSQA members, OCA-DC members, AAMB members, ACAP members, DC Leaders Club members, BioTrain volunteers, current job-seekers, Tai-Chi classes students in Metropolitan DC.

**Location:** Kelly's Deli Conference Center, 7529 Standish Place, Rockville ([Derwood, for GPS users](#)), MD 20855

**Registration Deadline:** Please register by **Thursday noon, October 12, 2017.**

**Question:** Please contact Dr. C.J. George Chang, Chair of Biomed/Biotech SIG, ASQ509; [gchang2008@yahoo.com](mailto:gchang2008@yahoo.com) or 240-793-8425 (cell).

**Driving directions: By Cars:** From I-270 (N or S bound): Take Exit 9A and exit from the FIRST right exit; turn left (east) onto Shady Grove Dr.; turn right (south) onto Rockville Pike (**Route 355**); turn left (east) onto East Gude Dr.; turn left (north) immediately onto Crabb's Branch Dr.; turn left (west) immediately onto Standish Place. The first building on your right side is 7519 Standish Place; open parking). [The venue is on the first floor of 7529 Building with its external entrance opposite to the left side of 7519 building main entrance.](#) **By Metro trains:** Off from Red Line **Shady Grove Station**, and take RideOn **Route 59 TOWARD ROCKVILLE** and get off from “**Calhoun Place**” stop. Standish Place is next to the Bus stop. Our venue is within 2 min of walking distance from the stop.

## Summary

We will introduce the basic concept of mental illness, our current understanding of risk factors, and a brief overview of mental illness. Does having a mental health problem make an individual violent? The answers to this question will be explored in this talk.

Depression is a common mental disorder. Globally, more than 300 million people of all ages suffer from depression. Depression is the leading cause of disability worldwide, and is a major contributor to the overall global burden of disease. At its worst, depression can lead to suicide. This talk will provide information on the screening, diagnosing, treatment and prevention of this illness. The challenges on addressing the stigma attached to depression or any mental illness will be discussed.

Many people who are addicted to drugs are also diagnosed with other mental disorders and vice versa. Compared with the general population, people addicted to drugs are roughly twice as likely to suffer from mood and anxiety disorders, with the reverse also true. Alcohol Use Disorder and Cannabis Use Disorder will be discussed in this talk.

## Speaker's Bio: Xiaoping Shao, MD

Dr. Xiaoping Shao is an **attending psychiatrist** at the Veterans Affairs'



Medical Center in Washington D.C. She completed her psychiatric residency training at Harvard Medical School and has been practicing psychiatry in the D.C. Metropolitan area for more than 10 years.

Dr. Shao has also been involved with community psychiatric services by working on the project, ***Mental Health 360*** among the Chinese community in Montgomery County, Maryland. Dr. Shao is certified by the American Board of Psychiatry and Neurology, and by the American Board of Addiction Medicine. She is also a **fellow** of the American Psychiatric Association, and an **adjunct clinical assistant professor**, George Washington University.

This event is cosponsored by NTU Alumni Association DC Chapter ([www.ntuaadc.org](http://www.ntuaadc.org)) and Chinese American Professional Association DC Chapter ([www.capadc.org](http://www.capadc.org)).