

INSPIRATIONS FROM THE HEART...



Dear Families,

When winter arrives we all tend to get a little gloomy. It's cold outside and the days are shorter. We often hear people refer to having the "winter blues" but this condition is a form of depression called **Seasonal Affective Disorder (SAD)**. I have many articles that deal with depression and anxiety in this newsletter. I hope it will help families understand more about the symptoms and treatment of depression. Do not be afraid to ask for help. You can contact the WV Suicide & Crisis Hotline number at 1-800-784-2433. Also, don't forget to get your flu shot.

Your Parent Partner,

Tammy

TOP 9 DEPRESSION SYMPTOMS

1. **Depressed Mood**-A person may report feeling "sad" or "empty" or may cry frequently. Children and adolescents may exhibit irritability.
2. **Decreased Interest or Pleasure**-A person may show marked diminished interest or pleasure in all, or almost all, daily activities.
3. **Weight Changes**-Significant changes in weight when not attempting to gain or lose may be indicative of depression. In children, this may also present as a failure to make expected weight gains.
4. **Sleep Disturbances**-Insomnia or sleeping too much may be a symptom of depression.
5. **Psychomotor Agitation or Retardation**-The person may be observed to be either agitated and restless or physically slowed down in their movement.
6. **Fatigue**-Deep fatigue or a loss of energy is a symptom of depression.
7. **Feeling of Worthlessness or Guilt**-A depressed person may feel that they have no value or they feel inappropriately guilty about things they have no control over.
8. **"Brain Fog"**-A depressed person may have a diminished ability to think, concentrate or make decisions.
9. **Thoughts of Death**-A depressed person may have recurring thoughts of death, especially thoughts of suicide, with or without a specific plan.

EXCERPTS TAKEN FROM WWW.DEPRESSION.ABOUT.COM



PREVENTING THE FLU 2008-2009

The Centers for Disease Control and Prevention (CDC) recommends that all children should get influenza vaccine. This includes both healthy and those with high risk conditions, 6 months through 18 years old. Also, all adults who have contact with children younger than 5 years old should get vaccinated. Do not delay in getting the vaccine as soon as it is available.

I've Had a Baby—Why Aren't I Happier?

Q. What are the baby blues?

A. The baby blues are so common that they're considered a normal part of the adjustment to motherhood. As many as four out of five women will see some change in their mood during the first two week postpartum.

Q. What are the symptoms of baby blues?

A. Symptoms include tearfulness, anxiety, sleeplessness, and mood swings.

Q. Do baby blues require treatment?

A. Usually, they don't. What helps is rest, healthful food, and added reassurance and support from family and friends.

Q. What if a new mother's mood doesn't improve?

A. Then she might have a more serious kind of postpartum depression. One in five new mothers will have postpartum depression with anxiety. Symptoms can show up any time within the first year after birth. They include:

- * Excessive worry or anxiety about the baby's well-being
- * Irritability
- * Feeling overwhelmed or hopeless
- * Feeling disoriented or confused
- * Difficulty sleeping
- * Significant weight loss
- * Feeling emotionally detached from the baby



Q. What can be done to help?

A. For this more serious type of depression, a doctor's help is needed. If a mother doesn't realize she needs help, those around her should not hesitate to encourage her to talk to a healthcare provider. Treatment can include psychotherapy and medication for depression and anxiety.

EXCERPTS TAKEN FROM AMERICAN BABY

SEASONAL AFFECTIVE DISORDER

Seasonal affective disorder (SAD), also know as **winter depression** or **winter blues**, is a mood disorder in which people who have normal mental health throughout the year experience depressive symptoms in the winter or, less frequently, in summer, repeatedly, year after year. The US National Library of Medicine notes that "some people experience a serious mood change when the seasons change. They may sleep too much, have little energy, and crave sweet and starchy food. They may also feel depressed. Though symptoms can be severe, they usually clear up."

There are many different treatments for classic (winter-based) seasonal affective disorder, including light therapies with bright lights, anti-depression medicine, ionized-air administration, cognitive-behavioral therapy, and carefully timed supplementation of the hormone melatonin.

EXCERPTS TAKEN FROM WIKIPEDIA.ORG

ANXIETY DISORDERS

Anxiety Disorders affect about 40 million American adults age 18 years and older (about 18%) in a given year, causing them to be filled with fearfulness and uncertainty. Unlike the relatively mild, brief anxiety caused by stressful event (such as speaking in public or a first date), anxiety disorders last at least 6 months and can get worse if they are not treated. Anxiety disorders commonly occur along with other mental or physical illnesses, including alcohol or substance abuse, which may mask anxiety symptoms or make them worse. In some cases, these other illnesses need to be treated before a person will respond to treatment for the anxiety disorder.

These are different types of anxiety disorders:

- *panic disorder
- *obsessive-compulsive disorder (OCD)
- *post-traumatic stress disorder (PTSD)
- *social phobia (or social anxiety)
- *specific phobias
- *generalized anxiety disorder (GAD)

Each anxiety disorder has different symptoms, but all cluster around excessive, irrational fear or dread. Effective therapies for anxiety disorders are available, and research is uncovering new treatment that can help most people with anxiety disorders lead productive, fulfilling lives. If you think you have an anxiety disorder, you should seek treatment right away.

excerpt taken from www.nimh.gov

DO YOU KNOW YOUR PHOBIAS?

- | | | |
|------------------|-----------------|-------------------|
| 1. Arachnophobia | 5. Entomophobia | 9. Nosocomephobia |
| 2. Ailurophobia | 6. Ergophobia | 10. Aichmophobia |
| 3. Arsonphobia | 7. Zoophobia | 11. Odontophobia |
| 4. Cyberphobia | 8. Lygophobia | 12. Herpetophobia |

1. Fear of Spiders 2. Fear of Cats 3. Fear of Fire 4. Fear of Computers 5. Fear of Insects 6. Fear of Work 7. Fear of Animals
8. Fear of darkness 9. Fear of hospitals 10. Fear of needles pointed objects 11. Fear of having dental work 12. Fear of reptiles such as snakes

www.ncpamd.com/Kids Pages

OBSESSIVE COMPULSIVE DISORDER (OCD)

Early indications of OCD can be seen in children and teenagers. The disease usually begins gradually and worsens with age. Symptoms of OCD can be mild or severe. Some people have only obsessive thoughts without compulsive behavior.

All people with OCD realize that in addition to being excessive and disruptive, their obsessions and compulsions are excessive, compulsive, and unreasonable.

Obsessions are recurrent, intrusive, and unwanted thoughts, impulses, or images that cause significant anxiety.

Compulsions are repetitive, often ritualized behaviors that are intended to suppress the anxiety caused by obsessions. Compulsions common in OCD are the following:

- | | | |
|---|---|------------------------|
| *Asking for assurance | *Avoiding places or situations | *Cleaning |
| *Hoarding possessions | *Doing certain tasks slowly and deliberately | *Counting |
| *Repeating behaviors, including speech and action | *Washing, e.g., excessive hand-washing or bathing | *Doubting and checking |

EXCERPTS TAKEN FROM www.mentalhealthchannel.net

GIVE KIDS A SMILE

The Mercer-McDowell Dental Society, in conjunction with the American Dental Association, is sponsoring a program for the uninsured, unserved and low income families in the area that have children 2 thru 17 that need dental care but can not afford it, on Feb. 7, 2009.

This event will be held at the office of Dr. David Najar located at 1514 North Walker Street, Princeton, WV.

If you have children that may qualify for this program or know someone that might call **304-487-3711** or you may write to GKAS 1514 North Walker Street, Princeton, WV 24740. Please respond by January 15, 2009 to register.

Bridges is a newsletter from WV Birth to Three Region 7. WV Birth to Three is an early intervention program for children with developmental delays. If you have concern about your child's development please contact us at :

1-866-207-6198



WV Birth to Three/RAU 7
PO Box 5650
Princeton, WV 24740
1-866-207-6198

5 WAYS TO PREPARE YOUR CHILD FOR A TRIP TO THE DENTIST

1. **Keep it low key.** Talk about it no more than a day or two before the visit.
2. **Stay upbeat.** A trip to the dentist can be exciting for children. Explain that "a dentist is a doctor who helps us have healthy teeth."
3. **Do not say it won't hurt.** That may worry and distract children, or even make them fearful.
4. **Use the dentist's name.** Hearing the dentist's name will make the visit more personal for the child.
5. **Make the appointment early in the day.** Children may behave better in the morning and won't have all day to think about the visit.

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Mailing Label

WV Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA) and administered through the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health.

Regional Administrative Units VI and VII are coordinated by MountainHeart Community Services, Inc.