



A Program of Conley Outreach Community Services
P.O. Box 931, Elburn, IL, 60119.
conleyoutreach.org
630/365-2880

Community Care Team News September/October 2004

Thursday October 7th is **National Depression Screening Day**. This issue is dedicated to raising awareness about depression and bipolar disorder (manic-depression). For more information about local screening sites, contact Conley Outreach at 630/365-2880 or Suicide Prevention Services at 630/482-9699.

What is Depression?

Depression is more than a day of feeling low. It is a long-lasting, often recurring illness as real and disabling as heart disease or arthritis. Adults who experience clinical depression may feel an oppressive sense of sadness, fatigue, and guilt.

Clinical depression is a serious illness, not a personal weakness.

What are the Symptoms?

Symptoms of depression may include:

- persistent sad, anxious or “empty” mood
- sleeping too much or too little
- changes in weight or appetite
- loss of pleasure or interest in activities
- feeling restless or irritable
- persistent physical symptoms that don’t respond to treatment
- difficulty concentrating, remembering or making decisions
- fatigue or loss of energy
- feeling guilty, hopeless or worthless
- thoughts of death or suicide.

What Causes Depression?

Many things can contribute to clinical depression:

- chemical changes in the brain
- hormonal changes
- genetic vulnerability
- difficult life events, such as divorce, retirement or death of a loved one
- presence of other mental or physical illness
- abuse of alcohol or drugs

How Common is Depression?

Clinical depression affects more than 19 million Americans each year. It is estimated that 10 percent of the population suffers from depression. Women are more than twice as likely to suffer from depression.

Can Children Get Depressed?

It is estimated that 5 out of 100 children and teens suffer from depression.

Children under stress, who experience loss, or who have attention, learning, conduct or anxiety disorders are at a higher risk for depression. The behavior of depressed children and teenagers may differ from that of depressed adults. If one or more of these signs of depression persist, parents should seek help:

- frequent sadness, tearfulness, crying
- hopelessness
- decreased interest in activities or inability to enjoy previously favorite activities
- persistent boredom; low energy

- social isolation; poor communication
- low self esteem and guilt
- extreme sensitivity to rejection and failure
- difficulty with relationships
- frequent complaints of physical illness such as headaches and stomachaches
- frequent absences from school or poor performance in school
- poor concentration
- a major change in eating or sleeping
- talk of or efforts to run away from home
- thoughts or expressions of suicide or self destructive behavior.

What is Bipolar Disorder?

It is estimated that one in 100 people have bipolar disorder. It usually manifests itself before the age of 35. People with bipolar disorder have extreme moods that swing between intense elation and intense sadness. In the manic “up” phase, the individual may be so unrealistically self-confident, energized or hostile that relationships and careers are destroyed. He or she may think they have a special relationship with world leaders or celebrities or commit to multiple meetings, social activities, and critical deadlines on the same day, believing they can do anything. On a destructive high, the person may make irrational decisions that risk personal health and family finances.

In the depressed stage, that same person can feel so low, fatigued and helpless that any activity is difficult. Thoughts often turn to suicide.

What are the Symptom?

Manic behaviors include:

- increased energy
- inappropriate elation
- decreased need for sleep; may go for days with little or no sleep
- increased sexual activity
- uncharacteristic participation in high risk activities that are likely to lead to painful results, such as spending sprees, foolish investments, over scheduling or gambling
- loud, fast or incoherent speech
- disconnected, racing thoughts
- easily distracted,
- suddenly irritable
- conviction that he or she is all-powerful
- sudden paranoia or rage
- denial that anything is wrong
- alcohol or drug abuse
- delusions and hallucinations

In the depressive cycle, the behaviors are like those of people with clinic depression.

What is the Treatment?

Both depression and bipolar disorder are highly treatable. Depression can be successfully treated through psychotherapy and in moderate to severe cases, medication.

Seventy percent or more of those people with bipolar disorder respond well to medication that reduce the frequency and intensity of manic episodes. Lithium carbonate is the medication most often used to treat bipolar disorder. A combination of medication and counseling is recommended for successful treatment. **A complete diagnostic evaluation by a licensed physician or psychologist is critical for accurate diagnosis of depression and bipolar disorder.**

Conley Outreach Community Services
Depression/Bipolar Resources 2004

Crisis Services

Suicide Prevention Services (SPS)	630/482-9699 (office)
SPS Depression Hotline	630/482-9696
Toll Free Suicide Prevention Hotline	1-800-SUICIDE (784-2433)
Crisis Line of the Fox Valley (AID)	630/966-9393
North Kane County Crisis Line (Ecker Center)	847/888-2211
DeKalb County Crisis Line (Ben Gordon)	815/758-6655

Mental Health/Psychiatric Services

AID (Association for Individual Development Pathways (psychosocial rehab program) Crisis Intervention Services (psychiatric crisis) Psychiatric service, case management, medication monitoring Hosing/In home support)	630/859-1291
Community Counseling Center Psychiatric services, medication	630/966-7400
Ecker Center for Mental Health Crisis residential (short term psychiatric crisis) Psychiatric Emergency Program (PEP) Ongoing therapy/long term mental illness	847/695-0484
Provena St. Joseph Hospital Adolescent Behavioral Health (Inpatient/Outpatient)	847/695-3200
Provena Mercy Center Psychiatric services Child Development Program (inpatient 3-13) Nelson Adolescent Program (inpatient/outpatient)	630/801-2657 (psychiatric services) 630/801-2625 (behavioral health)
Linden Oaks Hospital Inpatient and outpatient services for children, adolescents and adults	630/305-5500
NAMI (National Alliance for the Mentally Ill)	630/896-6264 (Southern Kane) 847/683-2371 (Northern Kane)
Mental Health Juvenile Justice Initiative	847/695-3680
Aunt Martha's Youth Services Crisis Intervention	630/896-7900

Psychiatric Evaluations/Medication management

Individual & Family Counseling

Ben Gordon Mental Health Center	815/756-4875
Community Counseling Center	630/966-7400
The Family Center of NIU	815/753-1684
Family Counseling Service	630/844-2662
Family Service Agency	815/758-8616
Heartland Counseling	630/365-0899
TriCity Family Services	630/232-1070
Taking Control (adolescent & family programs)	630/801-1669

Support Groups

Depressive & Bipolar Support Group (Tuesdays 6:30-8:30 Provena Mercy Behavioral Health Building 1325 N. Highland Aurora)	630/653-3660
Postpartum Depression Support Group	630/208-3999
Survivors of Suicide Support Group (3 rd Monday at SPS office at Stone Manor 528 South Batavia Ave. Batavia)	630/482-9699
Relatives with Bipolar Support Group	630/762-0987

Websites

www.depression-symptoms.com
www.depression.com
www.focusondepression.com
www.depression-treatment.com
www.nmha.org
www.nimh.nih.gov
www.psycom.net
www.depression.org
www.bipolarmania.info.com
www.bipolarhelpcenter.com