

Arapahoe Mental Health Center
155 Inverness Drive West, Suite 200
Englewood, CO 80112

To our friends and neighbors,

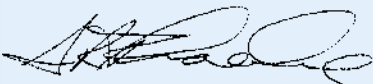
Arapahoe/Douglas Mental Health Network is pleased to provide *Mindful Living*, a newsletter designed to support the emotional wellbeing of our community.

Each issue will focus on a specific mental health topic that affects us all, either directly or indirectly — at home, in the schools, at workplaces and in the community.

This issue is devoted to the not-often-talked about topic of depression — something all too common. The good news is, depression is generally treatable.

It is our hope that *Mindful Living* will provide you and others with helpful information and resources. After all, according to the National Institute of Mental Health, one out of every four adults suffers from a diagnosable mental disorder in a given year.

By bringing these tough topics to the forefront, we hope to decrease the stigma surrounding mental health — and find help for many.



Sincerely,
Scott Thoenke, MS Ed, CACIII
Executive Director and CEO

Mindful Living

SPRING 2009

A publication of Arapahoe/Douglas
Mental Health Network

THIS ISSUE

The good news about depression: it is treatable.

lift your spirits!

breathe deeply

stretch walk

see friends

read

exercise

drink water

dance

simplify

play

get more rest

laugh

listen to music

share



Staying Healthy in Tough Times

By Alyce Duckworth, LCSW
Supervisor, Prince Street Academy
Arapahoe/Douglas Mental Health Network

We are all painfully aware that our nation is in the midst of a serious financial crisis. And while some of us may try to ignore the bad news, the constant barrage from the media, our dwindling savings, and the realities of daily life continually remind us that the tough times are real. For some of us, the recession is mildly stressful. For others, it is downright depressing.

An 89-year-old woman recently confided in me that she was experiencing flashbacks to the Great Depression. She sees many similarities between those dark days and what is going on now and she is feeling quite anxious. But even those of us who don't remember the Great Depression may be experiencing similar feelings.

In times of widespread crisis such as this, more people than usual may experience mental health issues, especially symptoms of anxiety and depression. Extreme stress can be a trigger for individuals who have never before experienced symptoms. It can also exacerbate symptoms in those already struggling with issues.

If you are struggling, take heart. There are things you can do! The tips on the pages that follow may help you get through the tough times. The goal is to counteract the stressors that can harm your good mental and physical health.

Start — or maintain — a regular stress-reducing routine. Continue with at least one activity or pursuit that you have found relaxing before, even if it's the last thing you feel like doing.

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Free!

Stress/Life Balance Screening at the 9Health Fair

Are you experiencing mental and physical symptoms of stress during this economic downturn? Some of us are feeling a bit down in the dumps, while others of us might be experiencing something more serious.

Take a quick survey. Get feedback. If you wish, talk with a counselor at no cost. Stop by the Arapahoe/Douglas Mental Health Network booth for a free screening at one of these locations:

Sunday, April 19, 2009
Littleton Hospital

Saturday, April 25, 2009
Sky Ridge Medical Center

Sunday, April 26, 2009
Parker Adventist Hospital

Review screening results.
Ask questions.
Talk to a clinician at no cost.



Mindful Living

Mindful Living is published three times a year by Arapahoe/Douglas Mental Health Network (ADMHN).

303 779 9676 Phone
303 889 4900 Fax
admhn.org

This is your newsletter!
We welcome your comments, input, questions and ideas for articles.

PLEASE E-MAIL:
mglick@admhn.org

WRITE US AT:
ADMHN Community Relations
155 Inverness Drive West
Suite 200
Englewood, CO 80112

If you no longer wish to receive our newsletters and other written communications, please e-mail, write or call us.

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Arapahoe/Douglas Mental Health Network offers comprehensive mental health services for adults, seniors, families and children.

- Counseling — Individual, Group, Family
- Psychiatry — Medications
- Case Management
- Substance Abuse Treatment
- Adult Acute Treatment Unit
- Adult Supported & Residential Housing
- Vocational & Social Rehabilitation — Clubhouse
- Victim Services
- Criminal Justice Services
- Day Treatment Therapeutic School
- School-based Services
- Pharmacy
- Education and Wellness Programs
- Speakers Bureau

Information & Initial Appointment
303 730 8858

Emergency & Crisis Intervention
303 730 3303

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So often, the thing that would be the most helpful to our discouraged mood is the thing we least feel like doing when we're feeling down. For me, it's running and exercising. I don't always feel like doing it, but I always feel much better



afterward. Then I snuggle down with a good book! The point is, make time for your own personal stress reduction.

Avoid the news.

The news is usually slanted toward the negative, and during these tough times, the negativity seems to

have increased dramatically. Research has shown that those who are exposed to more news programming tend to have a more negative outlook on life overall. You don't have to stick your head in the sand, but do try to avoid focusing on all the bad news, at least for a while.

Seek support in your community.

You can find inexpensive sources of support and camaraderie in your community. Get involved with your local church, synagogue, or mosque; attend neighborhood gatherings; and check out the classes and outings at the local recreation center. If you are out of work, join a job club.

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ADMHN Serves Even More People in Our Community!

In 2008 and early 2009, Arapahoe/Douglas Mental Health Network served a record number of Colorado residents — 7.3 percent more than in the previous time period.

According to Scott Thoenke, ADMHN's Executive Director and CEO, "There are more people than ever seeking mental health services across the nation.

Likewise, in Arapahoe and Douglas counties, we are seeing a significant uptick in the number of people we serve." This includes those with private insurance as well as those with Medicaid and Medicare coverage.

"The need is greater than ever for services for under- and uninsured individuals."

- Scott Thoenke, Executive Director and CEO



We are also getting many more requests for speakers on topics such as *Managing Your Stress in Tough Economic Times*.

Even as we serve more people, like many other organizations, ADMHN has experienced some financial challenges. Some of our funding is down, and grants are not as easy to come by. But rest assured that we have tightened our belts to ensure that we are here to serve our community for the long run. We are here for you. 🌟

Help others.

Many other people are also struggling today. Volunteering is a great way to connect with your community while also helping you to get out of the doldrums. It does everyone good! During times of widespread stress, volunteering with the most vulnerable populations in our community is especially important. Reach out to a senior in your neighborhood through an Adopt-a-Grandparent program, or volunteer at a women’s shelter.

Create a new financial plan.

If your personal finances are in disarray, meet with a financial advisor who can help you create a plan to get you and your family through the crisis.

Seek professional support.

If you are struggling, consider talking to a therapist or physician. You may find individual, group or family therapy helpful. Getting started is as easy as making a phone call!

As for me, I'm heading out for a run now. Then I'll settle down with a good book. I'm taking the time to ensure my good mental health. I hope you'll take the time to do the same with your own personal stress relievers. ✨

Alyce C. Dworkin



If you'd like to meet with a therapist at Arapahoe/Douglas Mental Health Network, please call 303 730 8858 for information and an initial appointment.



Join our mailing list!

Get news, information on events and classes, and more. Sign up at admhn.org. Click on *Join Our Mailing List*. Or, call 303 779 9676.

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Thank you from all of us at Arapahoe/Douglas Mental Health Network. ✨

Reflects July 1, 2008 to February 28, 2009. Every effort has been made to ensure the accuracy of our donor list. If any error or omission has inadvertently occurred, please contact the Development Office at 303 793 9601.

You've Made a Big Difference

Thank you to the following individuals who have helped provide critically needed mental health care to under- and uninsured individuals in our community. Your donations — to our Annual Fund, to our programs, in honor of a friend or loved one, and to sponsor our events — are deeply appreciated.

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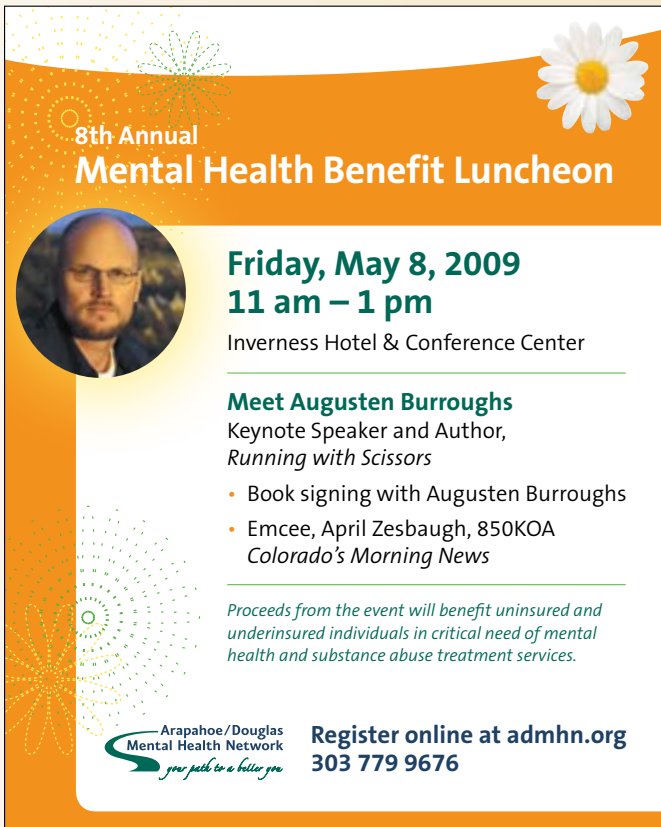
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**8th Annual
Mental Health Benefit Luncheon**


**Friday, May 8, 2009
11 am – 1 pm**

Inverness Hotel & Conference Center

Meet Augusten Burroughs
Keynote Speaker and Author,
Running with Scissors

- Book signing with Augusten Burroughs
- Emcee, April Zesbaugh, 850KOA
Colorado's Morning News

Proceeds from the event will benefit uninsured and underinsured individuals in critical need of mental health and substance abuse treatment services.

 **Register online at admhn.org
303 779 9676**

Depression Resources



Treatment Works!

Depression is treatable. Even people who have severe depression can often be helped by treatment. The most common treatments are:

- Psychotherapy,
- Medication (such as antidepressants), or
- Both.

According to the National Institute of Mental Health, the earlier that treatment begins, the more effective it can be.

Anyone Can Get Depression

Mental health disorders are more common than you might think. According to the National Institute of Mental Health:

- One of every four adults ages 18 and older suffers from a diagnosable mental health disorder in a given year.
- About six percent of all adults suffer from a serious mental illness.
- Major depressive disorder is the leading cause of disability in the U.S. for people ages 15-44.

Symptoms of Depression

Each person who experiences depression is likely to have a somewhat different set of symptoms. In addition, the severity, frequency and duration of symptoms can vary from one individual to another. According to the National Institute of Mental Health, symptoms of depression include:

- Persistent sad, anxious or “empty” feelings
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide or suicide attempts
- Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment

Online Depression Resources

GENERAL

www.namiadco.org - *Local NAMI affiliate and support group!*
www.nimh.nih.gov/health/publications/depression/index.shtml

COLORADO

www.coloradoguidelines.org/guidelines/depression.asp

MEN

www.nimh.nih.gov/health/topics/depression/men-and-depression/index.shtml

WOMEN

www.nimh.nih.gov/health/publications/women-and-depression-discovering-hope/index.shtml

SENIORS

www.nihseniorhealth.gov/depression/toc.html

CHILDREN

www.kidshealth.org/kid/feeling/thought/sadness.html
www.empowercolorado.com/ - *Local EMPOWER support group!*

TEENAGERS

www.kidshealth.org/teen/your_mind/mental_health/depression.html

Don't wait!

If you or someone you know are considering suicide, immediately call 911 or the National Suicide Prevention Lifeline.

It's the right thing to do.

NATIONAL SUICIDE PREVENTION LIFELINE

1 (800) SUICIDE (784 2433) or
1 (800) 273 TALK (273 8255)

ADDITIONAL RESOURCES JUST FOR TEENAGERS

www.yellowribbon.org
e-mail: ask4help@yellowribbon.org



FOCUS: PARENTING!

Becoming a Love and Logic Parent®

Would you like to discover some easy-to-learn tools that can help you solve your most vexing parenting issues? Join us for this popular Love and Logic® workshop.

You will learn:

- how to share control with your children and
- how to parent with empathy and logical consequences.

“When parents apply the Love and Logic® principles, their children benefit tremendously,” says Melissa Jaques, MA, LPC, a therapist at Arapahoe/Douglas Mental Health Network and trained facilitator.

“Children learn how to anticipate and understand the consequences of their actions. They develop problem-solving skills, and they learn how to make better decisions. Again and again, I have seen families become happier and less stressed. This approach to parenting really works,” says Melissa. ✨

One-Hour Introductory Class **Free!**

This class will introduce you to some great parenting tools and give you a preview of what’s available in the full workshop series. Whether you take the full workshop or not, you’ll definitely come away with some ready-to-use ideas!

Saturday, May 30, 1 pm
155 Inverness Drive West
Englewood, CO 80112

Reservations required.
Call 303 749 7000.

Workshop Series Available

We offer the full eight-hour workshop on two consecutive Saturdays or six Mondays.

Call for more information
and to sign up. 303 749 7000

Live Happier!

Many free and low-cost educational programs are offered by Arapahoe/Douglas Mental Health Network. Get the most out of life. Sign up today!

Anger Management for Adolescents

Teenagers learn how to understand their anger, decrease it and manage it in appropriate ways.

To learn more, call Dan Weisse at 303 999 2302.

What Every Foster/Adoptive Parent Needs to Know

Foster and adoptive parents learn about the unique parenting issues that sometimes arise when they welcome children into their home.

To register, call 303 797 9432.

Parenting the Strong-Willed Child

Parents and guardians learn how to help a child to keep his/her strong personality while encouraging appropriate behavior at home, at school and in the community.

The eight-week program begins April 21.

To register, call 303 347 6440.

Stress in a Tough Economy **Free!**

Learn practical tips and techniques to help manage your stress in these challenging times.

Thursday, May 14 or Monday, June 22, 6:30 pm – 7:30 pm
To register, call 303 749 7000.

Accessing Services: Navigating the Mental Healthcare System **Free!**

How does one get help for a loved one with emotional problems or mental illness? Get tips for navigating the mental healthcare system and support groups in the community. Sponsored by the local affiliate of the National Alliance on Mental Illness (NAMI Arapahoe/Douglas).

Wednesday, May 13, 7 pm or Saturday, June 20, 10 am
(1½ hours). For reservations, call 303 779 9676.

SSI and Medicaid Benefits: Do You Qualify? **Free!**

Individuals get help in determining if they are eligible for Medicaid or Social Security Insurance (disability) benefits.

First Tuesday of every month, 4 pm – 5 pm
5500 S. Sycamore St., Rayburn Room (2nd floor)
Littleton, CO 80120

No reservation is required for this FREE session.
Just show up!

Separation and Divorce: How to Cope **Free!**

Let’s face it. While separation and divorce are scary, you can make it through. Learn practical ways to cope and actively take control of the situation.

Thursday, May 7, Monday June 29, or Monday July 13,
6:30 pm – 7:30 pm. To register, call 303 749 7000.



More Locations to Serve You!

We recently opened two new offices at our new Inverness location to better serve those who live in the eastern parts of Arapahoe and Douglas counties.

The new **Child & Family Services** office provides mental health counseling and treatment services for infants through 18-year-olds (or older, if still in high school) and their families. Most insurance plans, including Medicaid, are accepted.

Turning Points, A Counseling & Psychiatric Practice, is geared to those with private insurance.

Just steps from the Dry Creek light rail station, the Inverness offices are convenient to I-25, with plenty of free parking.

New clients and referrals are welcome. Learn more at admhn.org.

For information and an appointment, call 303 730 8858. ✨

Arapahoe County Commissioner Susan Beckman (left) and former Douglas County Commissioner Melanie Worley officially dedicated our new Inverness building (155 Inverness Drive West) at a ribbon-cutting ceremony on Thursday, February 26, 2009.



Speakers Bureau

Are your employees, congregants or group members stressed out?

Invite them to an informative, lively talk on relieving stress, balancing work and family life, or another mental health topic. Give the members of your group or organization a great learning experience — at no cost to you!

Our **Speakers Bureau** can send an experienced therapist to your office or community center to talk about one of many timely topics, such as:

- Dealing With Depression
- Managing Stress
- Grief & Loss (including job loss)
- Caring for Elderly Parents
- Balancing Work & Family
- Parenting Issues
- Suicide Prevention
- Coping With Loved Ones Who Have Mental Illness

Check online at admhn.org for a complete list of topics.

To arrange a speaker for your organization, please contact Jamie DeBartolomeis at jdebarto@admhn.org or call 303 793 9625. ✨

A community service of Arapahoe/Douglas Mental Health Network



Fast, Easy and Free! Online Mental Health Screening

Online screenings are fast, easy and completely anonymous. Visit admhn.org and click on **Free Mental Health Screening** on the right side of the Web page.

Then select the words **online screening**. The screenings are available in English and Spanish.