



MoodNews

UPDATES FROM THE MOOD TREATMENT CENTER | SPRING 2020

Mindful Coloring

They're not just for kids. The mindful coloring kits we've installed in our waiting rooms are for all ages. We just couldn't ignore the research on these things.

Studies since 1999 have found that coloring reduces stress, builds confidence, and improves attention.

Mindfulness is a mental skill that improves depression and anxiety. While you can learn it, there are many activities that tend to pull the mind into this natural state. They tend to be things that fully occupy



you, engage your senses, and help you lose track of time (as in "time flies when you're having fun") - activities that are challenging enough to keep your attention, but not so difficult as to be overwhelming. It's different for everyone - sports, gardening, cooking, playing music, and of course, coloring are all good places to start.

Need more mindfulness? Join our free seminar (see side bar on back).

Medicare Accepted

It can take an act of Congress to find a therapist who takes Medicare. Literally. Medicare only allows a small minority of professional therapists into their network, and Congress is currently

debating whether to expand that coverage.

While we wait for them to act, we have good news. Nearly all Medicare plans have agreed to cover therapy services here because our medical providers work closely with the therapists.

Person of the Year

Greta Thunberg was honored as *Time Magazine's* person of the year for 2019. The 16 year old climate change advocate is also open about living with Asperger's syndrome, a high-functioning form of autism. While she acknowledges that Asperger's has limited her at times, she also credits it as a "superpower" that has helped her think outside the box.

Treatment Breakthroughs

People with mood disorders can expect a full recovery. Below are recent discoveries that offer new hope:

Medications

Lemborexant (Dayvigo) for insomnia

Dextromethorphan with memantine for bipolar depression

Secuado (Asenapine patch) for schizophrenia and bipolar

Lumateperone (Caplyta) for psychosis and schizophrenia

Therapy

Brainspotting for trauma

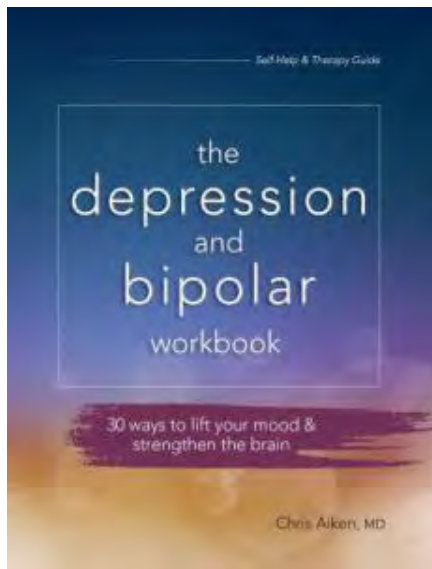
A 30-minute weekly meditative practice for bipolar depression

Natural

L-Carnosine for depression

Rhodiola rosea for depression, stress, and anxiety

Saffron for ADHD, depression, weight loss, and sexual dysfunction



Natural Ways to Beat Depression

Our medical director, Chris Aiken, teamed up with PESI Press to create *The Depression and Bipolar Workbook*. Written for people who suffer from depression or bipolar disorder, the book walks you through a day in the life, highlighting the essential steps you can take along the way to lift mood, improve focus, and manage repetitive worries and rumination.

The book expands on Dr. Aiken's previous work, *Bipolar, Not So Much*, with new material. Included in the "30 techniques to change the body and the brain in ways that medications can't" are:

Food The first diet-plan that treats depression

Anxiety Simple techniques to quiet repetitive worries

Memory Simple ways to improve memory and concentration

Temperature Carefully timed hot baths, cold water, and cool bedrooms improve mood and sleep

Air quality Air purifiers that treat depression

Nature From water to forests to four-legged friends, contact with nature improves mood and concentration

Apps and Social Media How to make them work for your brain

Plus a complete therapy program for insomnia, dawn simulators and brisk awakening for energy and depression, and details on how to filter blue light in the evening to deepen sleep and stabilize mood.

Available on Amazon or at our front desk.

New Providers

New Therapists: Susan Blevins, Christy Miller, Danielle Minter, Matt Ross, and Kayt Warren have joined our Boone office, which has expanded in size. In Winston-Salem, Julie Gleim and Marianna Bowen started in late 2019.

New NPs: We've expanded medical services with a host of talented psychiatric NPs. Larisa King and Michelle Sadler (Greensboro), Kellie Newsome (Polo Rd, Winston-Salem), Katy Snow (Marshall St, Winston-Salem), and Kadie York (Clemmons). Katy Snow sees adults and also has a special focus on children and adolescents.

New Seminars

Reserve your spot at moodtreatmentcenter.com/group-therapy
Or email grouptherapy@moodtreatmentcenter.com

Dialectical Behavior Therapy (DBT). An ongoing program that teaches skills to manage major stress, mood swings, and relationships. Available at our Greensboro and Winston-Salem offices.

Mindfulness. Drop in for a free session of mindfulness-based stress reduction, 5:30-7:00 pm Thursdays at 1615 Polo Rd in Winston-Salem.

On-Site Labs

Psychiatric treatment is increasingly guided by laboratory tests, from vitamin levels to inflammatory biomarkers. We now provide blood draws for labs.

No appointment needed. Bring your lab order to 104 Cambridge Plaza Dr, Winston-Salem. Walk-in hours are Mon-Wed 9 am to 12 pm. The drawing fee is \$10.

Telemedicine

We now offer telemedicine appointments for those rare days when you are unable to make it into the office. We don't provide routine care by telemedicine, but will be happy to see you through the digital lens on days when the weather, illness, car trouble, or other unforeseen circumstances prevent you from making it in.

The process is simple. Just call or email (scheduling@moodtreatmentcenter.com) to request it and we'll send you a link to our secure video chat. The app works on most smart phones or laptops. Find more help at: moodtreatmentcenter.com/telemed

Most insurers cover telemedicine.