



MoodNews

UPDATES FROM THE MOOD TREATMENT CENTER | FALL 2019

Sesame Street gets Therapeutic

"I've got all these feelings... and they're all mixed together, and I don't know what to do," says Big Bird in new series that helps children develop coping skills and process trauma.

These workshops and videos are free online. Watch them with your kids as a discussion starter:

sesamestreetincommunities.org/topics/traumatic-experiences



Sesame Street's newest Muppet has a mother who struggles with addiction

Separately, Sesame Street added a new character to their roster who is struggling with addiction in her family. "Hi, it's me, Karli. I'm here with my friend Salia. Both our parents have had the same problem, addiction," she says in her online debut.

The film *Inside Out* is another great resource to help children process difficult emotions.

Stigma and Identity

An opportunity to tell your story

We've partnered with Western Carolina University in a unique study that will look at how depression and bipolar disorder impact relationships, identity, and stigma.

Participants will meet for a confidential interview with Kristin Smyth, PhD, LCSW. Anyone who

has been diagnosed with depression or bipolar disorder and is age 13-60 can sign up, and each participant will receive \$15 in compensation for their time

To register, contact Dr. Smyth at (828) 333-1774 or kmsmyth@wcu.edu.

Dark Chocolate Helps Depression

A little piece a day keeps depression away, or at least lowers the risk by 70%, according to a new study of 14,000 adults.

The same link was not found for milk chocolate, or for sugar in general, which means it may be something special in the dark chocolate itself. There are many possibilities. Dark chocolate has flavanols that protect brain cells, as

Treatment Breakthroughs

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

Medications

Secuado (Asenapine patch) for schizophrenia and bipolar

Esketamine (Spravato) for depression and suicidal crises

Adhansia XR, a 16-hour methylphenidate stimulant, for ADHD

Pitolisant (Wakix) and solriamfetol (Sunosi) for narcolepsy

Bremelanotide (Vyleesi) for low sex drive in women

Pregabalin (Lyrica) is now available generic, for pain and anxiety

Natural

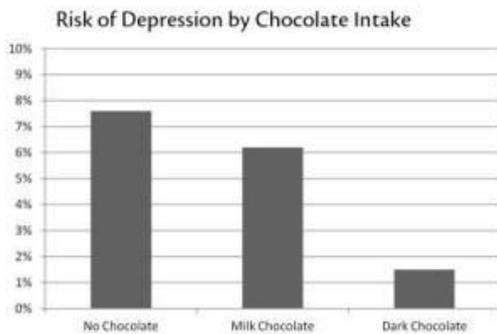
L-Theanine for anxiety, sleep, and memory

Coenzyme Q10 for depression

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

well as other ingredients that improve mood like anandamine and phenylethylamine, a neuromodulator. In other studies, dark chocolate improved memory and reduced the risk of diabetes and heart disease, particularly when it's greater than 70% dark.

I wouldn't overdue the dark chocolate however. Limit to 1-2 ounces a day. Dark chocolate can cause migraines, insomnia (it has more caffeine per ounce than coffee), and kidney stones. It's also not good for the teeth – best to brush after eating it.



It's possible these results were due to other factors than dark chocolate itself. For example, it could be that health-minded people choose dark chocolate because of all the good news around it. However, the link remained after adjusting for education, age, income, marital status, weight, medical illnesses, physical activity, smoking status, alcohol intake, and total intake of calories and sugars.

Read more about dietary changes that help depression at:

moodtreatmentcenter.com/minddiet.pdf



Moji Coffee Opens

Have your coffee with a purpose at Moji Coffee in downtown Winston-Salem (690 Trade St). Moji employs people with intellectual and developmental disabilities to help them gain job skills and live independent, meaningful lives.

People with disabilities often lack confidence in their abilities, and 1 in 5 are unemployed. As the success of Moji has soon, there is no reason they can't do good work.

Moji joins other coffee shops with a similar mission, including A Special Blend (3900-C W. Market St, Greensboro) and Bitty & Beau (in Wilmington, Charleston, and Savannah).

New Providers

Polo Rd, Winston-Salem: Our new therapists provide DBT, CBT, addictions therapy, and EMDR for trauma: Alex Chauvin, Brian Kreher, Virginia Love, and Tina Spach.

Country Club Rd, Winston-Salem: HM Humphrey provides marital and individual therapy. Kristen Pascal offers CBT and mindfulness therapy.

Adams Farm Pkwy, Greensboro: Michelle Sadler provides medication treatment. Alyssa Triolo provides DBT and CBT.

New Seminars

Reserve your spot at moodtreatmentcenter.com/group-therapy
Dialectical Behavior Therapy (DBT). An ongoing program that teaches skills to manage major stress, mood swings, and relationships. Country Club office in Winston-Salem.

Managing Difficult Emotions. In this brief DBT group you will learn stress management skills including mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. Starts 1/7/20 for 10 consecutive Tuesdays from 10:30 am to 12 pm. Country Club office in Winston-Salem.

Crisis Skills. Have you ever experienced a crisis? Felt hopeless? Had difficulty coping? Starting in December, this group will teach crisis survival skills, from the creative to the practical.

Mindfulness. Drop in for a free session of mindfulness-based stress reduction, 5:30-7:00 pm Tuesdays 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.

Practice Updates

Expanded **eating disorders** services.

Discounted therapy through our intern service, in partnership with Wake Forest University.

Cheryl Goldberg has brought a cutting-edge psychotherapy for **trauma** to MTC called *Brainspotting* as part of a research program with the University of Kentucky.