



MoodNews

UPDATES FROM THE MOOD TREATMENT CENTER | SPRING 2019

Mental Health Care Cards

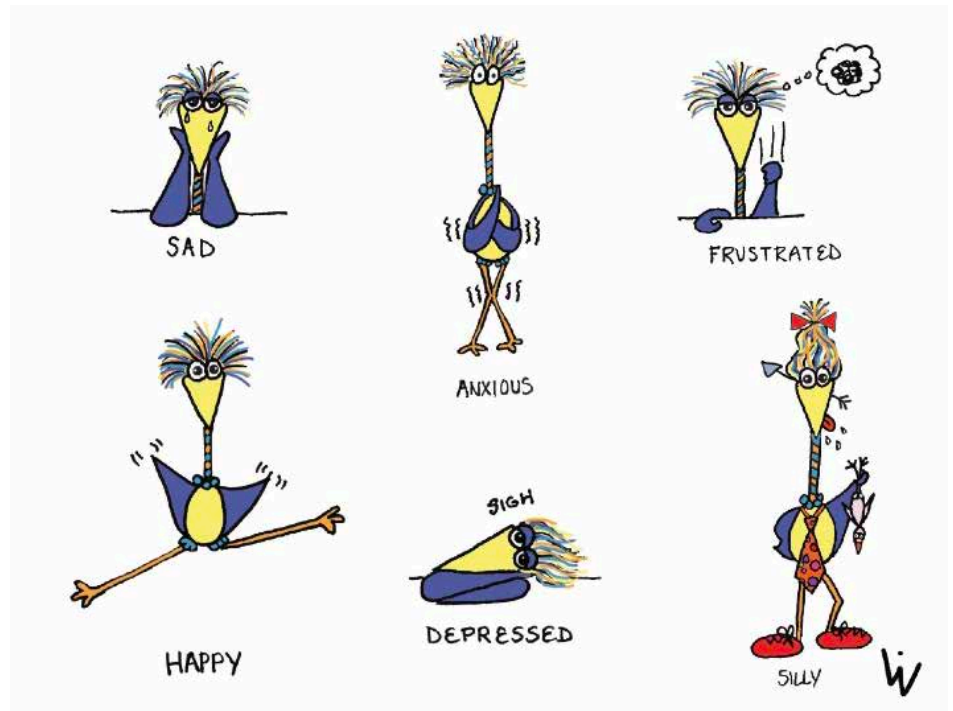
Do you know someone who is suffering from depression? Or maybe someone has supported you through that time and you'd like to say "thanks." This is where the simplest actions can make a powerful difference. Sending a note of support to someone who is depressed can improve their mood, and studies have found that it actually lowers their risk of suicide.

"Get well soon" cards are common for physical illnesses, but when it's the brain that gets hurt those expressions of support are often few and far between.

That's why we've partnered with artist Lynne McDowall who has created a new line of Mental Health Care Cards. As a person living with anxiety and Bipolar Disorder, Lynne created these cards from her own experience with mental health issues, both in herself and in others she cares about.

Cards like these can also help the sender. Giving freely to others is one of the more reliable paths to a happier life.

Mental Health Care Cards are available at each of our offices or online (www.ihsart.com). All profits will go to Idle Hands



THESE MOODS ARE ALL A PART OF YOU,
AND IT'S YOU I LOVE.

Studios to support further therapeutic applications of art.

Magnetic Therapy for OCD

Transcranial magnetic stimulation (TMS) uses a magnet to the mood center in the brain. It can treat depression when antidepressants don't work, and has fewer side effects than most medications.

TMS can also be aimed at other parts of the brain, and that is pointing the way to new treatments for a host of mental problems. Last

summer, it was approved for obsessive compulsive disorder (OCD), and we've started using it for that condition with good results.

TMS has been used for depression since 2008. During the treatment, people sit under a high intensity magnet that activates the brain circuits involved in OCD. The full treatment lasts 20 minutes a day, 5 days a week, for 6 weeks.

The benefits of TMS in OCD are significant: 2-3 times the effect of medication, according to a review of 20 studies.

OCD is an anxiety disorder that floods the mind with obsessive self-doubt. These “obsessions” are usually about something being wrong, dangerous, unclean, inappropriate, immoral, disgusting, or disorderly. Obsessions cause great discomfort, and people with OCD engage in “compulsions” to relieve that anxiety. Compulsions can include cleaning, straightening, checking, superstitions, rituals, and asking for reassurance.

The Buzz About Ketamine

Ketamine is making a big splash in the news for a good reason. It is the first rapid-acting antidepressant, and has proven to be a powerful treatment for depression and suicidality. The problem is, ketamine has only been available as an intravenous (IV) drug, so it's welcome news that the FDA has cleared a new version, esketamine, that will be delivered through a

Treatment Breakthroughs

People with mood disorders can expect a full recovery. Below are new discoveries that offer hope for those still struggling with symptoms:

Medication and Devices

Transcranial Magnetic Stimulation (TMS) for OCD

Spravato (Esketamine) for depression

Minocycline for OCD and autism

Adhansia for ADHD

Sunosi for narcolepsy

Natural

L-Theanine for anxiety, sleep, and memory

Coenzyme Q10 for depression

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

nasal spray.

Like other treatments for depression, ketamine enhances brain-growth by increasing neuroprotective compounds like BDNF. It differs from other antidepressants, however, in that it works through the neurotransmitter glutamate. We already use medications that work through glutamate, like lamotrigine, amantadine, riluzole, and memantine, but none of these are as effective as ketamine.

Esketamine is not available yet, but we can expect it may be on the market sometime in 2020.

An Antioxidant for Depression

Coenzyme Q₁₀, an antioxidant that's part of a healthy diet, treated bipolar depression in a recent controlled trial. It also improves energy in the elderly and in people with medical illnesses.

Besides being a natural therapy, this breakthrough is remarkable because it's the first treatment that works by repairing the body's main energy producer: the *mitochondria*. New research has linked mitochondrial damage to bipolar disorder, which makes sense as ups and downs in energy are the hallmark of bipolar. Coenzyme Q₁₀ works better if people exercise when they take it, and exercise is also involved in mitochondrial repair.

Group Therapies

Coping Skills for Emotional Resilience.

This 10-week teaches mindfulness and other skills to improve relationships, mood swings, and stress management.

Autism Spectrum Support.

This practical group teaches skills to manage dating, job challenges, independence, and everyday relationships. For people age 18-30 (Patti Eaves, LCSW).

Dialectical Behavioral Therapy (DBT).

DBT is a powerful set of stress-management tools. It can work when other therapies have not and involves more than regular therapy. The full program includes weekly individual sessions, skill-building educational groups, and phone coaching to help integrate those skills into your life.

Interested? Write us at grouptherapy@moodtreatmentcenter.com

New Providers

We've expanded our eating disorders services and brought on 4 new medication providers. We also offer discounted therapy through our therapy interns, in partnership with Wake Forest University.

Boone: Kaitlyn Boone, child and adult therapy. Ginny Brookshire, general and addictions therapy. Heather Herman, psychiatric NP. Erica Mann, child and adult psychiatric NP.

Winston-Salem: Kaitlyn Boone, child and adult therapy. Mark Chrisinger, therapy intern. Suzanne Doyle, general and addictions therapy. Keisha Horton, therapy. Lynda Noffsinger, general and eating-disorders therapy. Joe Harris, psychiatric NP intern.

Clemmons: Laura Ingalls, therapy. Erica Mann, child and adult psychiatric NP.

Greensboro: Jake Morris, therapy. Larisa King, psychiatric NP intern.

Read more at moodtreatmentcenter.com/providers