

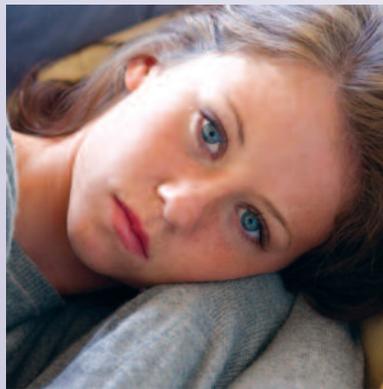


Old Vineyard Behavioral Health Recognizing and Treating Depression

By Carolyn S. Peterson

Spring is the time of year known for its symbols of renewal. With more light from the longer days, blooming trees and flowers, warmer weather and more time to spend outside, you might think what many refer to as “the winter blues” would disappear, yet people still struggle with depression. It is difficult to identify if the feeling is coming from stressors in our lives, chemicals within our bodies, or both. Major Depressive Disorder is the most prevalent mental health disorder in the United States.

“According to the National Institute of Mental Health, 18.8 million American adults suffer from depressive illness in any given year. The best treatment for depression is often the combination of medication and therapeutic approaches. It is very important to be aware of your warning signs, know that you are not alone, and to reach out to those who will support you. At Old Vineyard Behavioral Health, we can help. We teach about individual triggers, warning signs, and help you develop your coping skills. We also teach you how to regulate emotions, manage stress and emphasize the importance of support. There is always hope and



someone to talk to,” said Terri Economos LCSW, MHA, Director of Clinical Services at Old Vineyard Behavioral Health Services (OVBHS).

Everyone occasionally feels “blue” or sad. But for most of us, these feelings are short-lived and pass within a period of time. When you have depression, it interferes with daily life and causes pain for you and those who care about you. Patients with Major Depressive Disorder, also known as Major Depression, suffer from a combination of symptoms that undermine their ability to sleep, study, work, eat and enjoy

activities they once found enjoyable. Even though depression can affect every aspect of one’s life, it is highly treatable. The sooner a person is treated, the more effective the treatment will be. “The signs of depression are not black and white, but may run on a continuum. You may not see yourself doing the things that made you happy in the past, your activity may decrease, your appetite may change, you may have difficulty concentrating or experience feelings of overwhelming sadness. These are just a few signs and can be different for everyone. The bottom line is, such people are not

behaving 'like themselves.' Any concerning signs should alert the individual or their family to speak to a professional and seek a free evaluation here at Old Vineyard Behavioral Health," recommended Terri.

Since 2005, Old Vineyard Behavioral Health Services, situated on a beautiful and serene campus, has been serving our community and across the state from "Murphy to Manteo." They offer 102 beds and have over 250 employees. "OVBHS has three levels of care, which include an inpatient hospital for adolescents and adults, as well as adult outpatient programs. The adolescent inpatient program serves teens 12–17 years old and involves daily school instruction. The adult inpatient hospital has a general psychiatric treatment program, a program for seniors, and one for dual diagnosis patients (individuals who struggle with both mental illness and substance abuse). We also offer adult outpatient programs. The partial-day-treatment group program, 8:45 a.m.–3 p.m., Monday through Friday, focuses on interpersonal skills, mood regulation, stress management and mindfulness over a 2–3 week period. The intensive outpatient morning program, 8:45 a.m.–noon, is a similar program with a smaller group and a shorter day," stated Lyssa Haynes, Director of Business Development. For the intensive outpatient program, the

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individual can choose which mornings work best for his or her schedule.

Major Depression can be an isolating time during one's life, but with the support of family and friends, proper diagnosis and treatment, depression is highly treatable. "Education about depression, medication and skill-building are important, along with a support system. This is one reason group therapy is so

successful; it shows we are not alone, educates and gives us an opportunity to practice skills. Our approach to treatment of depression is holistic, involving an individual's family and friends, whenever that is possible. Our professionals at OVBHS can help with not only diagnosis and treatment, but assist an individual through any insurance concerns.



Depression is highly treatable, but getting help early can make a difference in how quickly you begin to feel like yourself again," Lyssa commented.

Old Vineyard Behavioral Health Services has a 24-hour assessment and referral line, 336-794-3550. OVBHS is located at 3637 Old Vineyard Rd., Winston-Salem, NC, near Hanes Mall. For additional information, please call or visit www.oldvineyardbhs.com.

Are you struggling with a recent change in your life?

Is it difficult to make it through every day?

Perhaps you have experienced a **new diagnosis, new medication, trauma, divorce, a death or another loss**, or have a **tough time managing a difficult child**.

All of these may leave you feeling overwhelmed, depressed, anxious, angry or even reluctant to get out of bed.

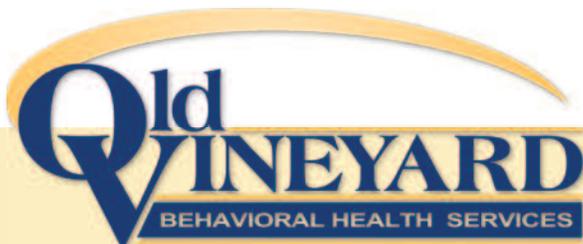
Old Vineyard Behavioral Health is here to HELP YOU manage your change.

You will...

- Learn new skills and better ways to cope.
- Meet with others who feel the same way that will share your journey.
- Meet daily with a therapist and a behavioral health nurse who will support you.
- Meet daily with a psychiatrist to monitor your medications and make sure that they are working for you.

Call now and speak with a licensed therapist to discuss your options and whether this outpatient program is the right fit for you or visit

www.oldvineyardbhs.com



TAKE THE NEXT STEP

OLD VINEYARD BEHAVIORAL HEALTH PARTIAL DAY PROGRAM
3637 Old Vineyard Road, Winston-Salem • **336-794-3550**