

A communication periodical for our clients, staff & the community at large

# The Chronicle

A Paterson Counseling Center Newsletter

## Special points of interest:

- We have over a dozen counselors dedicated to serving our clients
- Paterson Counseling Center is licensed by the State of NJ
- Did you know that our counselors are required to undergo continuous training
- We are looking to expand the client base at the clinic and are looking for referrals from our clients

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Healthy Advice

## Coping with Depression — The Basics

Everyone occasionally feels blue or sad, but these feelings usually pass within a couple of days. When a person has depression, it interferes with his or her daily life and routine, such as going to work or school, taking care of children, and relationships with family and friends. Depression causes pain for the person who has it and for those who care about him or her.

Depression can be very different in different people or in the same person over time. It is a common but serious illness. Treatment can help those with even the most severe depression get better.

### What are the symptoms of depression?

- Ongoing sad, anxious or empty feelings
- Feelings of hopelessness
- Feelings of guilt, worthlessness, or helplessness
- Feeling irritable or restless
- Loss of interest in activities or hobbies that were once enjoyable, including sex
- Feeling tired all the time
- Difficulty concentrating, remembering details, or difficulty making decisions
- Not able to go to sleep or stay asleep (insomnia); may wake in the middle of the night, or sleep all the time

- Overeating or loss of appetite
- Thoughts of suicide or making suicide attempts

Not everyone diagnosed with depression will have all of these symptoms. The signs and symptoms may be different in men, women, younger children and older adults.

### Can a person have depression and another illness at the same time?

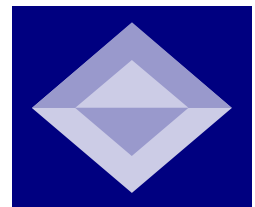
Often, people have other illnesses along with depression. Sometimes other illnesses come first, but other times the depression comes first. Each person and situation is different, but it is important not to ignore these illnesses and to get treatment for them and the depression. Some illnesses or disorders that may occur along with depression are:

Anxiety disorders, including post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder, social phobia, and generalized anxiety disorder (GAD);

Alcohol and other substance abuse or dependence;

Heart disease, stroke, cancer, HIV/AIDS, diabetes, and Parkinson's disease.

Studies have found that treating



depression can help in treating these other illnesses.

### When does depression start?

Young children and teens can get depression but it can occur at other ages also. Depression is more common in women than in men, but men do get depression too. Loss of a loved one, stress and hormonal changes, or traumatic events may trigger depression at any age.

### Is there help?

There is help for someone who has depression. Even in severe cases, depression is highly treatable. The first step is to visit a doctor. Your family doctor or a health clinic is a good place to start. A doctor can make sure that the symptoms of depression are not being caused by another medical condition. A doctor may refer you to a mental health professional.

The most common treatments for depression are psychotherapy and medication.

SOURCE: Cell Press, news release, Jan. 23, 2008

## Lo Queue Deberias Saber Sobre Las Drogas

Estos días, las drogas están por todas partes y a veces parece que todo el mundo las usa. Muchos jóvenes están tentados por el entusiasmo y la evasión que las drogas parecen ofrecer. Pero obtener información puede ayudarte a ver la realidad de las drogas y ayudarte a alejarte de ellas. Sigue leyendo para aprender más.

La verdad sobre las drogas  
Gracias a la investigación médica y farmacéutica, hay miles de drogas (fármacos) que ayudan a la gente. Los antibióticos y las vacunas han revolucionado el tratamiento de las infecciones. Hay medicamentos que disminuyen la presión arterial, tratan la diabetes y reducen el rechazo del cuerpo a órganos transplantados. Los medicamentos pueden curar, retrasar o prevenir enfermedades, ayudándonos a llevar una vida más feliz y saludable. Pero también existen muchas drogas ilegales y nocivas que algunas personas toman para que les ayuden a sentirse bien o divertirse.

Cómo actúan las drogas? Las drogas son sustancias o compuestos químicos que alteran la forma en que nuestro cuerpo trabaja. Cuando las haces entrar en tu or-

ganismo (a menudo tragándotelas o inyectándotelas), encuentran su camino al torrente sanguíneo y desde allí son transportadas a otras partes de tu cuerpo, como el cerebro. En el cerebro, las drogas pueden intensificar o entorpecer tus sentidos, alterar tu sentido de alerta y a veces disminuir el dolor físico. Una droga puede ser beneficiosa o nociva. Los efectos de las drogas pueden variar según la clase de droga administrada, la cantidad que se toma, con cuánta frecuencia se utiliza, con cuánta rapidez llega al cerebro y qué otras drogas, alimentos o sustancias se toman a la vez.

Muchas sustancias pueden ser nocivas para tu cuerpo y tu cerebro. Beber alcohol, fumar tabaco, tomar drogas ilegales e inhalar pegamento puede causar daños graves en tu organismo. Algunas drogas alteran seriamente la capacidad de la persona para tomar decisiones y elegir cosas saludables.

Los jóvenes que beben, por ejemplo, son más propensos a participar en situaciones peligrosas, como conducir bajo la influencia del alcohol o mantener relaciones sexuales sin protección.

Y al igual que hay muchas drogas disponibles, hay muchas razones por las que probar drogas o empezar a consumirlas. Algunos adolescentes las toman sólo por el placer que creen puede producir. Es posible que a la larga alguien intentará convencerles de que las drogas pueden hacerles sentir bien o que puedan divertirse más si las toman.

Algunos jóvenes creen que las drogas les ayudarán a pensar mejor, a ser más populares, a mantenerse más activos o a ser mejores atletas. Otros simplemente sienten curiosidad y creen que probarlas no les hará daño. Otros quieren encajar en un grupo. Muchos jóvenes consumen drogas para ganarse la atención de sus padres o porque creen que las drogas les ayudarán a escapar de sus problemas. Pero la verdad es que las drogas no solucionan los problemas. Simplemente ocultan los sentimientos y los problemas. Cuando desaparecen los efectos de las drogas, permanecen los sentimientos y los problemas -o empeoran. Las drogas pueden arruinar todos los aspectos de la vida de una persona.

Source: family doctor.org

## Changes On The Way

Thank you for the feedback that we have received on our newsletter. Many of you enjoy reading the articles and we have expanded the content to include information from a number of health related sites and journals on the web.

Because we serve all of the community you may notice an article or two in Spanish as we seek to ensure that we provide variety and breadth of information to all of our clients. Please continue to

read our newsletter and provide suggestions on how we can make the newsletter even better. In the near term you will also be able to view our newsletter on our website.

If you have an item that you want to have published in the newsletter please reach out to Audrey Garris for inclusion.

We welcome all input and contributions for publication.

## On The Wall

Don't forget to observe the charts and graphs throughout the clinic that speak to our overall performance. This information is based on direct feedback from our clients as well as analysis of clinical information within our processing systems.

We rely on this information to enhance treatment services for our clients and identify training opportunities for staff.