## Depression helped by medication, psychotherapy

by c-mail (bridgecomm@aol.com), as a public service.

The series was reviewed by J.P. Lelezi, D.O., Director of Consultation and Pediatric Huspiec in the Department of Psychintry and Behavioral Neuroscience of Wayno State University, and by Helene Mills, Ed.D. former principal at Seaholm High School, Birmingham and currently assistant professor in the Education Leadership Department at Oakland University, Rachester.

Early and accurate diagnosis of depressive illnesses is important because students cannot afford to lose several months of their lives to depression. Depression can lead to school failure or to suicido. Depression must be distinguished from normal grief, adjustment disorders, learning disabilities, attention deficit disorder and the co-varying factors present in the adolescent's life. A physical examination may be needed to rude out the pessibility of an infection, hormonal problem, or gastroinesthal disorder. To assist professionals, formal diagnostic interviews and scales

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ALL ABOUT FAMILIES FAMILIES

are now available. Depressed adolescents treatment will take time. The however, may adolescent needs to be encourbe unwilling to

■ In any instance where school professionals think a teen may be suffering from depression, contact the family.

Family systems therapists bring the family together repeatedly for therapeutic sessions in an attempt to analyze and after the structure and power in the family. The aim is to change family communication patterns and other habits that may be maintaining adolescent depression.

Hospitulization of depressed teenagers is not common, however may be necessary. The admittance to a hospital is not a failure but a form of support. If the teen would not be in the protect-de environment, there would be a greater incidence of deeth. Today, hospitals are into short-in-time duration.

In any instance where school professionals think a teen may be suffering from depression, contact the family. Assist them in seeking a psychiatrist or psychologist who is experienced in working with depressed adolescents. ion. Hospitalization of depressed

depressed, if you or your staff hear a teen talk about wanting to die or wishing that he or she were dead. Too often the mourning porents are enraged, stating "why didn't you tell me before she died?" Recognizing the tremendous influence of high school educa-tors in the lives of young peo-ple, the authors offer their sup-port and gratitude.

Birmingham resident Alice McCarthy, Ph.D., is a nationally known parent educator, writer and editor. Her Healthy Teens may be ordered for 89.20 including skipping & handling and tax by calling (248) 646-1020, Monday - Friday, 9 am. 4 pm. 5hc is the mother of fire children and grandmother to eight young children. To Icave a message for the control of the control of

## Depression screenings set for Oct. 8

Pree depression screenings are being held on Thursday, Oct. 8, as part of National Depression Screening Day, sponsored by the American Psychiatric Association and a coalition of mental health organizations and institutions. Two area sites are:

At William Beaumont Hospital, screenings will be 6-8 p.m. in Beaumont's Administration Building Auditorium, 3601 W. Thirteen Mile Road, Royal Oak.

Screening is free, but you must make an appointment by calling toll-free, 1-800-6337-7377.

At the Center for Anxiety and Mood Disorders in Wost Bloomfield, free screenings and a chance to speak to a mental beath professional privately will be available.

The ADA is on 6256 Orchard Lake Road, just north of Maple.

Lake Road, just north of Maple. For more information call 932-3733.





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