

Sarah
Samples,
LSW

District Social
Worker

901-238-1252



Anna
Johnson,
LSW

SPED
Social Worker

901-486-0269

SOCIAL WORK SPOTLIGHT

Seasonal Affective Disorder

Maggie started off her junior year of high school with great energy. She had no trouble keeping up with her schoolwork and was involved in several after-school activities. But after the Thanksgiving break, she began to have difficulty getting through her assigned reading and had to work harder to apply herself. She couldn't concentrate in class, and after school all she wanted to do was sleep.

Maggie's grades began to drop and she rarely felt like socializing. Even though Maggie was always punctual before, she began to have trouble getting up on time and was absent or late from school many days during the winter.

At first, Maggie's parents thought she was slacking off. They were upset with her, but figured it was just a phase — especially since her energy finally seemed to return in the spring. But when the same thing happened the following November, they took Maggie to the doctor, who diagnosed her with a type of depression called **seasonal affective disorder**.

What Is Seasonal Affective Disorder?

Seasonal affective disorder (SAD) is a form of depression that appears at the same time each year. With SAD, a person typically has symptoms of depression and unexplained fatigue as winter approaches and daylight hours become shorter. When spring returns and days become longer again, people with SAD experience relief from their symptoms, returning to their usual mood and energy level.

Have any of your students displayed a change in mood, lack of enjoyment, low energy, change in sleep, change in eating, difficulty concentrating, or less time socializing?

Continue reading [here](https://kidshealth.org) to learn more about how to help your students with Seasonal Affective Disorder. (Information taken from-<https://kidshealth.org>)



November 21, 2019 is the 47th annual World Hello Day. Anyone can participate in World Hello Day simply by greeting ten people. This demonstrates the importance of personal communication for preserving peace.

COMMUNITY RESOURCE SPOTLIGHT



The Adolescent Program provides a structured and organized therapy program with after school schedules. Adolescents receive teen counseling services that include medical monitoring, individual therapy, group therapy, family therapy, and family support/parenting groups. Group therapies are provided from 4 pm until 7:30pm, Monday through Friday. Diagnostic assessments and medication monitoring are done during regular business hours.

Individual and family therapies are scheduled at the convenience of the patient and therapist. Pyscamore also offers a weekly group for the parents of adolescents in the program. Parents learn they are not alone in their concerns for their children – others are in the same situations. Parents are able to ask questions and learn new techniques to help address their adolescent's behavior problem from family systems perspective.

The adolescent program may be appropriate for teenagers between the ages of 13 and 17 with persistent symptoms such as: depression, stress disorders, drug abuse, anger outbursts, disruptive behaviors, mild pervasive development disorders, eating disorders, attention deficit/hyperactivity disorder, and self-injury.

Pyscamore does not treat schizophrenia, intellectual disabilities/challenges, severe psychosis, actively suicidal adolescent, and physically combative patients.

IF YOU FEEL LIKE YOU HAVE A STUDENT THAT WOULD BENEFIT FROM PSYCAMORE'S SERVICES, PLEASE LET US KNOW. WE WOULD LOVE TO HELP YOU MAKE A REFERRAL.

Contact Us:

- **Sarah Samples:** Request form can be found by using the following link: <https://www.desotocountyschools.org/mentalhealth>
- **Anna Johnson:** Request form can be found by using the following link: <https://www.desotocountyschools.org/behaviorservices>