

MIND MATTERS

A PUBLICATION OF UAMS DEPARTMENT OF PSYCHIATRY

HOLIDAY DEPRESSION

by Robert M. Jarvis, M.D.

Why are the holidays stressful? The holiday season is replete with expectations — many unrealistic, and most of them rigidly positive in nature. We're supposed to be happy and joyous. We're supposed to feel love towards others and to be generous with our time, energy and resources. We're supposed to spend time with our children, siblings, grandparents, grandchildren, cousins, aunts and uncles, and friends. And we're all supposed to get along. We're not supposed to feel any other way. These expectations and reality often collide during the holidays, and the dissonance that collision creates leaves us feeling less than joyous.

For many in the American culture, time rarely pauses to allow such high expectations to come to fruition. We continue to work while the holiday season throws much more at us than most of us can handle. When families get together, often old conflicts or rivalries are rekindled. We scurry around our homes and towns cleaning, preparing, decorating, shopping,

waiting in line to buy things and later waiting in line to return them! We travel great distances in short periods of time to see family and friends. It's costly and tiring. We push ourselves to the limit physically and mentally, and the effort takes a toll. When it's over, what is left? Often, it feels as if little is left as we return to the routine, the mundane of our "regular" lives. The support and hope of the holiday season dwindle or, worse, suddenly drop off. Consequently, sometimes, we are despondent, resentful or demoralized.

The idea of the existence of "the holiday blues" is largely based upon anecdotal evidence and has been perpetuated in the popular media and by "pop-psychology." The notion that the winter holiday season is associated with an increase in psychopathology has not been supported by research. In fact, the majority of studies on this subject have consistently shown a decrease in the number of psychiatric emergencies, outpatient visits, hospital admissions, and suicides in the days and weeks before Christmas, and a proportional increase afterward.



Robert Jarvis, M.D., is director of the Mood Disorders Clinic with the Programs for Adults in the UAMS Department of Psychiatry.

People may tend toward feeling down, sad or anxious, but the presence of increased emotional support from family and friends during the holidays may counterbalance this.

How can one differentiate a true depressive disorder from transient and benign holiday-related mood changes? Most cases of holiday-related "depression" are better labeled as normal reactions to the high stress of the holiday season. Some people might meet criteria for what is known in psychiatry as an "adjustment reaction with depressed mood or anxiety," and fewer may meet criteria for the more serious "major depression." To

Holiday Depression (continued on Page 4)



UAMS



COLLEGE OF MEDICINE
DEPARTMENT OF PSYCHIATRY

UNIVERSITY OF ARKANSAS FOR MEDICAL SCIENCES

Note from the Chairman

Dear Friends,

The holidays are here, and I hope that you and your family are enjoying them. As I think about the holidays, families and our department, I am reminded of our mission statement: "to improve treatment for people with mental disorders and their families through professional education, research and standard setting clinical care." For me at this time of year, our mission to families stands out. First of all, we are committed to providing the highest quality, patient-centered care to your family members who are our patients. Secondly, we work hard to help the families, as well as the patient.

One of the many ways we help families is to provide consultation and advice to the family concerning their loved one who might be ill. Just this past week, we provided consultation about treatment options to a middle-aged son about his mother, who lives in another state, who may be becoming depressed again following surgery; to the father of a daughter/mother who appears to be developing alcoholism in the midst of a very successful life; and to the parents of a young man with schizophrenia who does not take his medication regularly and becomes ill, perhaps needlessly. Families are important to us, and we are committed to helping them as they navigate the difficult passageway of mental illness.

At this time of year, I also want to say thank you for your support over the past year. There are numerous ways that you help us: you entrust us by referring patients to us, you volunteer your time, you give generously of your money to support our efforts, and you tell others about the work we are doing. All of these actions help more than you will know; without your support and encouragement, we would not be able to do what we do. Many thanks for your generosity.

In this issue, Dr. Robert Jarvis, director of the UAMS Mood Disorders Clinic in our Programs for Adults, has some great tips for making the holidays go smoother, and to help you realize if you are faced with more than a case of holiday blues. We also have enough upbeat information about the Department of Psychiatry in this *Mind Matters* to make even a grinch smile.

Our plans continue to be finalized for your new building for the UAMS Psychiatric Research Institute, and we are close to beginning construction. The PRI will be at a right angle to the new hospital and attached to a new parking deck. The location will allow easy access from the hospital and parking and be complimentary to other new construction on campus. We still plan for five floors, including two inpatient floors, the Dierks Research Laboratory, the Walker Family Clinic and a floor for education and administration. We are now getting into the details of the interior of the building and are looking to make it functional and pleasing to the eye while still being good financial stewards.

The PRI will be more than just a building to house our many programs. It will be a pathway to change in Arkansas. We will have one of only nine such institutes in the nation to provide a comprehensive, cohesive facility with inpatient, outpatient

and research components that will be available to all Arkansans. We still need \$8 million to finish the project, but the energy and enthusiasm are growing, and I know we will reach our goals.

That energy was evident in October when we held our best Friends of Psychiatry membership event ever. Susan and I were thrilled to visit with about 200 Friends of Psychiatry at our home, enjoying the Hunters' Moon and listening to live jazz under the stars. Many of you joined Friends for the first time that night, and even more of you renewed your membership, and your commitment, to the support of the department. We brought in a record amount of funding for the Friends event, which will be used to support activities of the Advisory Board, Beautiful Minds, and special outreach and education projects of the board.

CAREfully Catered, a nonprofit organization created to support Arkansas CARES, held its grand opening in October. To officially mark the occasion, Little Rock Mayor Jim Dailey tossed a healthy green salad instead of cutting the traditional ribbon. There were few dry eyes in the room after Lynda Gibson, an Arkansas CARES graduate and culinary student, told how the program has turned her life around and allowed her to support her children for the first time in her life. I can't tell you how rewarding it is to see our department changing lives for the better.

We looked at the health of the U.S. health care system in early November as Dr. Robert Brook spoke as part of the Annie Lea Shuster Lecture on Social Medicine. Some of you may remember that Annie Lea shared our space in Psychiatry for many years as she directed the national Robert Wood Johnson Clinical Scholars Program. It was wonderful to visit again with Annie Lea and to hear Dr. Brook's inspirational talk.

At the end of November, we held the investiture for Dr. Warren K. Bickel, the Wilbur D. Mills Chair in Alcoholism and Drug Abuse Prevention. It was a beautiful ceremony that accentuated the tremendous amount of research being generated by the Center for Addiction Research. Once again, it pointed out the synergy that is carrying us along toward our future goals of eliminating the stigma of mental illness and finding new and innovative treatments.

I hope you and your family enjoy a peaceful holiday season. As the new year unfolds, we look forward to the construction phase of the Psychiatric Research Institute, continued growth in the Department of Psychiatry and even more exciting discoveries through our excellent research programs.

Best Wishes,



G. Richard Smith, M.D.



Beautiful Minds Looks at Drug Dependency

The Beautiful Minds in September explored “Why Do We Use Drugs to Treat Drug Dependency,” with Alison Oliveto, Ph.D., professor and vice chairman for research and senior scientist for the Center for Addiction Research in the UAMS Department of Psychiatry.

Dr. Oliveto explained that drug dependence is a chronic, relapsing disorder and that withdrawal from some drugs can be uncomfortable at best and life-threatening at worst. There is a higher prevalence of drug abuse in individuals with organic mental health disorders like schizophrenia, bipolar disorders, major depression and post-traumatic stress disorder.

According to Dr. Oliveto, there are many ways to use medications to help people with addictions reduce their dependence on drugs and encourage abstinence and prolong the time between slips and relapses.

“Medication is not a silver bullet,” Dr. Oliveto said. “Effectiveness of a medication is maximized when medications are given in conjunction with strong psychosocial therapy.”

Department of Psychiatry Featured in *Soirée Magazine*

The UAMS Department of Psychiatry dominated the November issue of *Soirée*. G. Richard Smith, M.D., chair of the department, was featured on the cover and an in-depth interview inside. Don Munro, a member of the UAMS Department of Psychiatry Advisory Board, shared his support for the department on the back cover in an advertisement.



Department of Psychiatry Event Raises Friends and Dollars

Hot jazz and the Hunters' Moon brightened the evening for the UAMS Friends of Psychiatry membership event Oct. 17 at the homes of Susan Sims Smith and G. Richard Smith, M.D., and Ann Blair and Bert Parke.

More than 200 Friends of Psychiatry joined the party, raising more than \$15,000, a record event for the Department of Psychiatry.

“This event is our way of saying thanks to all of you, the Friends of Psychiatry, who have shared your ideas, your enthusiasm and your support in order to provide the best mental health services to all Arkansans,” Dr. Smith.

A gourmet buffet was supplied by Judy Adams of Catering to You, with chocolate flowing freely from a fountain to everyone's delight.

Tropical flowers from Phil Cato at About Vase bestowed a look of elegance to the evening. The creative lighting by Byl Harrell of Bylites turned the yards of the Smiths and the Parkes into a showcase.

The entertainment, a harmonious background of jazz, along with a rousing rendition of “Happy Birthday” to Dr. and Mrs. Smith, was provided by Wine and Roses.



Diane Mackey, Jim Hathaway, Gay Hathaway, and Sheila Mehaffy enjoy the edge of Dr. Rick Smith's porch during the Friends membership event in October.



Bert Parke and Ann Blair Parke received a thank you gift for sharing their backyard with Dr. Rick Smith and Susan Sims Smith during the Friends event.

HOLIDAY DEPRESSION

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distinguish the two, it is important to consider the duration of the episode, its severity, and the degree of social and occupational dysfunction. A physician or mental health worker is qualified to make such a distinction.

One in six Americans will experience major depression at some point in life. As many as 20 million Americans meet criteria for major depression each year. Research has shown that depression strikes women twice as much as men and that genetics plays a role. If a close family member of yours has experienced major depression, the likelihood that you will at some point as well goes up significantly. Additionally, once a person experiences a major depressive episode, the likelihood of future episodes increases. Therefore, it is essential that each depressive episode receive careful diagnosis and aggressive treatment. If the “holiday blues” continue several weeks into the new year, it is best to visit with a psychiatrist to determine if the cause is more than seasonal stress.

Here are some suggestions to get you through the holiday blues this year: If you are lonely, don't let yourself be alone. Lonely plus alone is a bad combination. If you are grieving, increase your contact with friends and family. Talking about departed loved ones helps one to feel supported.

Don't postpone shopping or planning for meals. Plan ahead carefully. Consider shopping and wrapping gifts with others for a more relaxed and social experience. Pace yourself in these endeavors. Shoot for somewhere

Tips

If I were limited to one tip to reduce risk for depression/mood changes during the holidays, it would be: maintain a routine — especially as it pertains to sleep.

Take care of yourself by:

- Getting regular and sufficient rest (Sleep deprivation or sleep habit changes can lead to mood changes.)
- Limiting caffeine and alcohol (Both affect sleep, and alcohol is a central nervous system depressant.)
- Moderating your eating (Significant changes can lead to guilty feelings as well as weight change.)
- Maintaining already-established exercise routines



between a social marathon and a self-centered retreat.

Remember that it is within the normal range of experience to feel some mixture of sadness, disappointment, anxiety or other emotional discomfort during the holidays. Knowing and accepting this can reduce feelings of guilt and worry. If you already have a depressive or anxious condition, take extra care in these times by staying in touch with your provider and staying in treatment.

Know yourself and your own expectations. What do you want out of the holiday season? Be honest with yourself about how much you can realistically afford to give in terms of your time, energy, and resources. Know your loved ones also, and try to understand them and their hopes and expectations. In other words, make a realistic appraisal of social and familial expectations. For gift-giving occasions, consider

drawing names and setting a dollar limit on gifts to be exchanged within a group; caution, however, that this can cause stress if there is disagreement about the dollar limit!

Consider planning and scheduling desirable social activities for after the major holidays, say into early and middle January. Having some fun things planned for after the holiday rush may reduce the feeling of letdown or sudden drop-off in the support of the holiday season.

Remember – you don't have to be happy every minute of every day. It's O.K. to feel down. Give yourself permission not to feel euphoric all the time, and have a pleasant and peaceful holiday season!



HOLIDAY REDS, GREENS AND BLUES

Most of us can be overwhelmed this time of year as we plan gatherings, meals, and present giving for our families, friends and colleagues. This season of loving can quickly become a time of loathing, especially when we expect everything to be perfect — having our homes perfectly decorated, buying the perfect gifts, family members acting perfectly at every gathering.

One of the most helpful questions for a family or an individual to ask this time of



year is, “What has to happen for this to feel like Christmas for me, for us?” Every year when I ask this question of my family, I am always pleasantly surprised at how short the list really is:

“There has to be one night when we drive around and look at the lights.

Can we please decorate the tree and then turn out all the lights and drink hot chocolate while we listen to Christmas music? When is the best night for all of us to make gingerbread cookies to take to the neighbors? Who do we want to spend some time with during the holidays?”

We have also begun to ask the question, “What has to be on the table for this to feel like Christmas for you?” Again, I am always surprised by how short the list is, which makes time spent in the kitchen easier!

Having celebrations of light during the darkest time of the year has been a part of our human yearnings for a very long time. We will be wise to recognize the darkness that floods the lives of those we love and to carefully consider how we can share a little of our light with them during the reds, greens and blues of this holiday (holy-day) season.

Peace to all,

Rev. Dr. Karen Aiken, associate pastor of Second Presbyterian Church in Little Rock

HAPPIER HOLIDAYS

As a child, I remember thinking, “I hate Christmas. I just hate it.” The air would start getting tighter around Thanksgiving and, by the time Dec. 25 rolled around, I felt like I was living in a pressure cooker. I hated the holidays.

My gifts from “Santa” were always goofy or totally the opposite of what I wanted. I received books that were too hard for me to read, heavy wool coats, ugly used bicycles or the letters saying that instead of getting me something for Christmas, they had adopted a family in need. Young children don’t understand that concept, trust me.

The other thing I hated about Christmas was the decorations in our house. We lived in a manse, so the lovely, little old ladies brought their leftover wreathes, cracked and broken ornaments, and 200 nativity scenes of all shapes and sizes. There never was a jolly ol’ Santa. It was horrible, and we all hated it. Only later when we got older did it become funny.

The worst thing was the fruitcakes. Hundreds of them would begin arriving

the first of December. We had more tin fruitcake containers in our house than the factory – and why in the blazes can’t you throw those things away?

For years, I would dread the holidays. There was some levity when I had small children and we were able to play Santa, but as they grew, the dread of holidays slowly returned.

Two years ago, I totally unraveled during a holiday season and I went for help. Why did I hate the holidays? Of course, the answer included much more than just the holidays. With the help of a good therapist, I was able to unwrap the whole mess, look at the parts I did enjoy (and much to my surprise, there were some) and begin creating a holiday which fit me and my family.

I learned to let the past fall into history with strong assurances those ugly memories would never be in my life again. I’ve learned to decorate my house and enjoy every colorful ball and funny Santa. I smile each time I place a nativity scene in just the right place.

Now, our house is full of color each holiday. I throw away any decoration that is broken. The music starts early in the morning and plays all day and

night. We make a big deal out of getting one special gift, and we adopt families, too.

After working with my therapist, I know to assure myself that nothing can hurt me. If I become scared, I acknowledge how hard I am working to make changes with my holiday memories.

This holiday season, I am looking forward to putting up my decorations and to finding more and more times when I find myself whistling “Happy Holidays, Happy Holidays.”

Give yourself a huge gift this year. If you hate the holidays, get some help. It could be the best gift you ever receive.

A volunteer for the UAMS Department of Psychiatry



UAMS' CAREfully Catered Tosses Salad for Grand Opening

Little Rock Mayor Jim Dailey tossed a healthy salad instead of cutting a ribbon in October to announce the grand opening of CAREfully Catered, a new catering business affiliated with the University of Arkansas for Medical Sciences (UAMS).

CAREfully Catered specializes in healthy food and is staffed by women who have overcome addictions. It is a nonprofit organization created to support Arkansas CARES (Center for Addictions Research, Education, and Services), a residential substance abuse treatment program for mothers and their children. Arkansas CARES is a program of the UAMS College of Medicine Department of Psychiatry.

Lynda Gibson, Arkansas CARES graduate and a culinary student, thanked the developers of CAREfully Catered and Arkansas CARES for helping her get her life back on track. She broke into tears as she shared her



Lynda Gibson, a graduate of Arkansas CARES, shares a moment with Cindy Crone, director of the program.



Jan Snider, chairman of the CAREfully Catered board, laughs as Little Rock Mayor Jim Dailey and representatives from North Little Rock toss a healthy green salad to mark the grand opening of CAREfully Catered.

troubled past, but smiled as she talked about her love for cooking and how she has made a new start in life.

“We are excited about CAREfully Catered and grateful for the diverse partners that have come together to support healthy changes in individuals and in our community,” said Cindy Crone, director of Arkansas CARES. “CAREfully Catered is helping mothers in recovery learn marketable skills while providing all of us a convenient way to obtain tasty, nutritious meals and help a worthwhile cause in our community.”

CAREfully Catered prepares healthy foods for its customers, employs and trains mothers who have successfully

overcome addictions, and provides scholarships and training in the culinary arts in collaboration with the Arkansas Culinary School of Apprenticeship.

CAREfully Catered is funded in part by a four-year grant from The Robert Wood Johnson Foundation, matched by tax-deductible contributions from local donors. Christ Episcopal Church has donated the use of its kitchen for food preparation and office space.

CAREfully Catered can be reached by phone at (501) 372-0448, by fax at (501) 372-2586, or by E-mail at carefullycatered@sbcglobal.net.

CENTER FOR ADDICTION RESEARCH RECEIVES \$4.5 MILLION GRANT

The Center for Addiction Research at the University of Arkansas for Medical Sciences (UAMS) has received a \$4.5 million grant to continue studies on substance abuse and computerized treatment.

The studies focus on treatments for outpatients who are dependent on opioids, such as heroin and oxycontin, or dependent on both opioids and cocaine.

The goal is to enhance the efficiency of treatment. Among the interventions studied is the use of computerized programs to encourage abstinence from drugs and risky behavior.

The five-year grant was awarded by the National Institute on Drug Abuse, part of the National Institutes of Health. People interested in participating in the studies may call (501) 526-7969. All calls are confidential.

While involved in the trials, participants will be prescribed buprenorphine, a new medication proven to assist opioid-dependent patients. UAMS has one of only three outpatient clinics in the state providing prescription medications for heroin dependence. The Center for Addiction Research is part of the UAMS College of Medicine's Department of Psychiatry.

WARREN K. BICKEL INVESTED AS WILBUR D. MILLS CHAIR OF ALCOHOLISM AND DRUG ABUSE PREVENTION



The UAMS Center for Addiction Research again took the spotlight in November as its director, Warren K. Bickel, Ph.D., was invested as the

Wilbur D. Mills Chair of Alcoholism and Drug Abuse Prevention.

The formal ceremony took place Nov. 30 in the Fred W. Smith Conference Center in the Jackson T. Stephens Spine and Neurosciences Institute on the

UAMS campus. Dr. Bickel was celebrated by peers, friends and family for his dedication to research into the mysteries of addiction.

Dr. Bickel is a national authority on examining the underlying behavioral processes of drug dependence in humans and has conducted research that examines novel, cost-effective ways to deliver treatment. His continuing research includes the behavioral economics of drug choice, impulsivity in drug dependence and daily discounting, and improving combined buprenorphine behavioral treatment.

New Chemical Dependence Outpatient Program

The UAMS Department of Psychiatry Programs for Adults has established a new Chemical Dependence Outpatient Program (CDOP) to offer intensive substance abuse outpatient services.

CDOP is a comprehensive, cognitive, behavioral approach to addiction counseling. Sessions are held for individual, group and family counseling. Didactic sessions are also available for clients and family members on addiction.

The eight-week program is comprehensive, as well as flexible for individual needs. It is recommended that each

patient attend at least one group session and one individual session per week for the duration of the program.

Bobby Ward, a substance abuse professional counselor and lead counselor for the CDOP, is Arkansas Substance and Drug Abuse Board-certified and has more than 15 years of experience counseling people with addictions.

To receive more information or schedule an appointment with our counselor, please call the Programs for Adults at (501) 686-5900.

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A charitable gift annuity is a special way to make a gift and enjoy income for life. In exchange for your gift of cash or securities, you receive a fixed income for the rest of your life (or for the lives of two people). The payout rate is guaranteed and is determined by your age; the older you are, the higher the rate. This rate, therefore, may be higher than that being earned currently from traditional savings or other dividend accounts. A gift annuity also offers significant tax benefits. You realize the savings of an immediate income tax deduction when the gift is made, and a portion of your annual payment is considered tax-free return of principal. It is also possible to create a gift annuity and defer income payments until some future date; this is called a "deferred payment" gift annuity and can be attractive in some circumstances. Many of the same benefits apply, and a future income stream is guaranteed.

So, consider the advantages and satisfaction of a charitable gift annuity when thinking of year-end gifts in support of the UAMS Department of Psychiatry. It can make a lot of sense!

For more information, contact John F. Coffin, director of planned giving at UAMS (501) 526-7197 or Renie Rule, development officer for the UAMS Department of Psychiatry, at (501) 526-7795.



The UAMS Psychiatric Research Institute is scheduled for completion in 2008.

New Faculty and Senior Staff

The Department of Psychiatry in the UAMS College of Medicine welcomes new faculty and senior staff members:

Betty Azad, R.N., Licensed Chemical Dependency Counselor, Interim Director of Nursing, Arkansas State Hospital Division of Behavioral Health Services

Lisa Baldwin, Clinical Operations Manager, ARCARES

Renea Brazil, Grants Manager, Center for Addiction Research

Christina Clark, Executive Assistant, Psychiatry Administration

Mollie Goza, Human Resources Manager, Psychiatry Administration

Elaine King, Practice Manager, Psychiatry Administration

Lawrence Labbate, M.D., Professor, Central Arkansas Veterans Healthcare System

Michael Mancino, M.D., Instructor, Substance Abuse Treatment Center, CAVHS

Andrea Shea Stillwell, Psy.D., Assistant Professor, Arkansas Health Center

Bobby Ward, Substance Abuse Professional Counselor, Chemical Dependency Outpatient Program, Programs for Adults

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Child Study Center (501) 364-5150	Arkansas State Hospital / Division of Mental Health Services (501) 686-9000
Student Mental Health Services (501) 686-8408	
Employee Assistance Program (501) 686-2588	Central Arkansas Veterans Healthcare System (501) 257-1000

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Join the Friends of UAMS Psychiatry!

The Friends of UAMS Psychiatry is a group of concerned citizens who encourage research, help overcome stigma, improve public awareness of effective treatment, and ensure the availability of mental health services and providers. Many thanks go to the more than 200 people who have joined the Friends since last July, the beginning of our fiscal year. Individual memberships start at \$25 and may be submitted in the attached envelope. Call Ellon Cockrill at (501) 686-5483 for information on how you can make a difference.



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