Interventions for Depression

...Besides “waiting it out”...

3-9-2012
Objective

- Recognize appropriate therapeutic interventions for depression in people with I/DD.
Emotional Release

- Music, art
  - Creative expression; mood expression
- Social expressiveness
  - Is there a chance to share?
- Friendships
  - People who listen & care
  - Reciprocity
Emotional Release

- Being valued as a productive member of society
  - Greeted in public
  - Team (social) fun/joy
- Work – paid or volunteer
- Community membership
Interpersonal connection

- Individual Therapy
  - Supportive
  - Psychodynamic
  - Rate matches individual’s capacity for intensity

- Group Therapy
  - Gender; Specific problem
  - Size, frequency, safety
Interpersonal connection

- **Behavior Therapy**
  - **DBT:** structured assignments; stepwise; relearning the personal meaning of symptoms
  - **CBT:** particularly helpful for anxiety disorders

- **Art Therapy**
  - Expression within context; use of different media; therapist present!
Physiologic Factors

- **Diet**
  - Sugar; caffeine; sedatives...
  - High-low see-sawing creates depression, amplifies pain

- **Food intake**
  - Frequency; balanced; interesting
Physiologic Factors

- Medical conditions
  - Chronic pain conditions
    - Skeletal, muscular
    - Oxygenation
  - Secondary depression
  - Thyroid functioning
  - Energy metabolism
- Obesity
  - Mobility; gravitational effects
- Cancer
Fitness effects

- Regular aerobic exercise
  - Oxygen utilization, circulation
  - Strength, balance
  - Outlook
- Relaxation techniques
  - Visualization, desensitization
  - Meditation
- Yoga, stretching
Sleep issues

- **Sleep hygiene**
  - Decrease stimulation before bed
  - Avoid awake activities in same location
  - Lighting: dim – dark; enough for orientation when day/night cycles easily confused
- **Regular, sufficient sleep**
  - Individual variability
  - Broken periods as increase in age
- **Assure no sleep apnea**
Therapeutics

- Medications
  - Effects overlap
- Procedures
  - Depression
  - Pain: TENS
- Alternative therapies
Medications & Treatment

- **Antidepressants**
  - SSRI, SNRI, TCA, MAOI
  - ECT, DBS, TMS

- **Anxiolytics**
  - BZD, SSRI, a-blocker, b-blocker
  - Alcohol, opiates
Medications

- Augmenting strategies
  - Combinations of medications
  - Adding lithium, antipsychotic, anxiolytic medications
  - Use of CAM (complementary and alternative medicine)
Alternative therapies

- Acupuncture
- Massage therapy
- Aroma therapy
- Herbal therapy
- Ayurvedic therapy
Less than perfect

- Multiple causes simultaneously
- Medication interactions
- Progressive decline or degeneration
- Identify what can be changed or improved
Mores, Morals, and Morale

- Social expectations
  - I/DD does not predict experience
  - Appropriate standards (+/-)
- Values and ethics
  - Respect, boundaries, supports
  - Maintain safe practices
- Keeping engaged
  - Abiding with a person in pain
  - Self-care & self-awareness