
A Sierra Tucson Publication

An Introduction to Mood Disorders & Treatment Options



SIERRA TUCSON®

Introduction

The term “mood disorder” refers to a category that includes the following mental health issues:

- **Anxiety Disorders**
- **Depression**
- **Obsessive-Compulsive Disorder (OCD)**
- **Panic Disorders**
- **Post-Traumatic Stress Disorder (PTSD)**

If you or someone you love has been suffering with a mood disorder, then you are well aware of how devastating this group of diseases can be. Mood disorders can rob individuals and families of both health and hope – but the good news is that it doesn’t have to be this way.

For too long, mood disorders such as the ones listed above were misunderstood, misdiagnosed, and misinterpreted -- which led to the mistaken belief that nothing could be done to help the millions of sufferers to live healthier and more satisfying lives.

Today, thankfully, we know the truth: Mood disorders are real -- and treatable -- mental health conditions. And regardless of what you may have previously thought, heard, or believed about mood disorders, the following are all true statements:

- 1. Help is available**
- 2. Treatment works.**
- 3. Life can get *much* better.**

Overcoming depression, OCD, panic/anxiety or bipolar disorder is a matter of finding the ideal blend of therapies, techniques and medications that best meet the specific needs of each patient.

This publication is designed to serve as an introduction to mood disorders and treatment. The pages that follow provide basic information about the most common types of mood disorder, followed by treatment options that have allowed thousands of individuals and families to overcome their disorders and live happier, healthier, and more satisfying lives.

Depression

Depression is one of the most common mood disorders and often co-occurs with other diagnoses such as drug and alcohol abuse, anxiety, or trauma.

Although occasional ups and downs are part of normal life, if those feelings of sadness, emptiness, or lifelessness intensify or persist, you may have depression.

Depression generally falls into one of two categories:

Major depression (also referred to as clinical depression) – A disabling episode, lasting at least two weeks, in which one experiences intense feelings of sadness, hopelessness and despair. Individuals who are experiencing major depression may be unable to work, study, concentrate, or experience pleasure.

Dysthymia (also referred to as chronic depression) – A persistent, low-grade form of depression that lasts for an extended period of time (at least two years). Dysthymic individuals experience symptoms similar to those of major depression – and may lapse into periods of major depression. However, their symptoms are typically not disabling.

Recognizing depression is the first step toward healing. The following are signs that you may need help:

- Changes in appetite and sleeping patterns
- Feelings of worthlessness, hopelessness, or guilt
- Lack of interest in your usual hobbies, work, or activities
- Fatigue or inability to concentrate
- Difficulty making a decision
- Overwhelming sadness or suicidal thoughts or behaviors

At Sierra Tucson, effective depression treatment is about more than medication – it involves a strategic combination of group therapy, family therapy, Cognitive-Behavioral Therapy, Integrative Therapies, and medications (if needed).

Anxiety

Anxiety is a reaction to stress that can take many forms, including panic disorders, obsessive-compulsive disorder, and phobias. In its most debilitating state, anxiety sufferers experience the following symptoms:

- Dread confronting everyday situations
- Feeling afraid or panicked or unable to calm down
- Feeling as though you're having a nervous breakdown
- Inability to concentrate
- Rapid heartbeat

Anxiety disorders fall into three broad categories.

1. **Generalized anxiety disorder** usually starts in childhood and is marked by continuous, low-level feelings of dread that often result in a restrictive and fearful existence.
2. **Panic disorder** ordinarily starts in early adulthood, and features episodes of intense fear, perhaps short-lived, but terrifying and debilitating.
3. **Post-traumatic stress disorder (PTSD)** develops after a person has experienced a traumatic incident. Once thought to be limited to survivors of military combat, PTSD is now a recognized psychobiological disorder that can affect individuals who have experienced serious accident, a terrorist attack, abuse, or a significant loss.
4. **Obsessive-compulsive disorder (OCD)** is characterized by unwanted and repeated thoughts, feelings, sensations, and behaviors.
5. **Social phobia (or social anxiety disorder)** has its origins in the "anticipatory anxiety" that surrounds the possibility of a panic attack. Untreated social phobia can have a devastating impact on an individual's life.

Only about one-third of people who are suffering from an anxiety disorder receive treatment, even though these disorders are, in fact, highly treatable.

Obsessive-Compulsive Disorder (OCD)

Obsessive-compulsive disorder (OCD) is a term frequently used, rarely understood, and often missed in diagnosis.

In most cases, when a person refers to somebody who is obsessive-compulsive, he or she is referring to someone whose habits and mannerisms are finicky or detail-oriented. This is not OCD. This is a part of a person's profile and only becomes a problem in the extreme, when it interferes with daily functioning.

The true diagnosis of "obsessive-compulsive disorder," on the other hand, is entirely different. About 3% of the population has this disorder. However, many people with OCD never get the diagnosis or treatment that they need.

The National Institutes of Health defines obsessive-compulsive disorder in the following terms:

Obsessive-compulsive disorder is an anxiety disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations (obsessions), or behaviors that make them feel driven to do something (compulsions).

Often the person carries out the behaviors to get rid of the obsessive thoughts, but this only provides temporary relief. Not performing the obsessive rituals can cause anxiety.

OCD symptoms often include repetitive behaviors (also known as "rituals"). Common rituals associated with OCD include cleaning, washing one's hands, showering, and continuously checking and rechecking that a door is locked or lights in another room have been turned off.

Fortunately, today we have a number of treatments that can be highly effective for OCD. If individuals with obsessive-compulsive disorder are recognized and treated, they can lead a normal lifestyle.

Treatment

Sierra Tucson utilizes the most innovative and effective strategies for treating anxiety and co-occurring disorders, such as Cognitive-Behavioral Therapy, EMDR, Integrative Therapies, DBT Skills Training, exercise, and/or medication therapy, along with a full spectrum of additional treatment modalities.

Sierra Tucson's Mood and Anxiety Program (MAP) is designed to meet the needs of people suffering from depression, bipolar disorder, anxiety or panic disorders, obsessive-compulsive disorder, and other affective disorders.

Whether you've been struggling with depression or an anxiety disorder for a few months or your entire life, the experts at Sierra Tucson know that your quality of life can improve. With a 25-year history of personalized treatment and expert care, we have helped hundreds of people suffering from depression and anxiety disorders go on to lead productive, fulfilling lives.

The Sierra Model® specifically addresses the complex interplay between each individual's mind, body, spirit, and emotions, using a blend of the following therapeutic interventions:

- Cognitive-Behavioral Therapy (CBT)
- Medication Management
- Psycho-Educational Lectures
- Eye Movement Desensitization and Reprocessing (EMDR)
- Dialectical Behavior Therapy (DBT) Skills Training
- Therapeutic and Recreational Activities such as Equine-Assisted Therapy
- Personalized Fitness and Nutrition Plans
- Acupuncture, Chiropractic, Massage Therapy, Qigong, Reiki, Shiatsu, Somatic Experiencing®, Yoga, and Zero Balancing
- Comprehensive Family and Youth Program

From the moment you pick up the phone to call our team of mental health professionals, you will be treated with dignity, respect, and an appreciation for the impact a mood or anxiety disorder has had on the life of you and your loved ones.

Emphasis is placed on engaging the patient in the therapeutic process as soon as possible, and each patient's treatment plan is based on his or her individual needs. Focus on continuing care is critical throughout the patient's stay to help ensure a smooth transition and a higher likelihood of sustained recovery.

Offering a safe, nurturing environment, Sierra Tucson is ideal for those capable of handling an open campus yet in need of intensive therapy and sustained engagement within the patient community.

About Sierra Tucson

Since 1983, Sierra Tucson has provided “Compassionate Care and Clinical Excellence.”

Multi-licensed as a Psychiatric Hospital and Behavioral Health Residential Treatment Center, Sierra Tucson excels at treating coexisting disorders and has developed internationally acclaimed programs for Chemical Dependency, Eating Disorders, Mood and Anxiety Disorders, Pain Management, and Sexual and Trauma Recovery.

For over 27 years, Sierra Tucson has provided world-class treatment to thousands of people using the most progressive, effective therapies available. In-depth Assessment Services are available on an inpatient or outpatient basis. Sierra Tucson has been awarded dual Accreditation by The Joint Commission and Pain Program Accreditation by the American Academy of Pain Management.

For more about Sierra Tucson visit www.sierratucson.com or call (800) 842-4487.

Sierra Tucson is a proud member of CRC Health Group, which offers the most comprehensive network of specialized behavioral healthcare services in the nation.

With the largest array of personalized treatment options, individuals, families, and professionals can choose the most appropriate setting for their behavioral, addiction, weight management, and therapeutic education needs.

CRC Health Group is deeply committed to making its services widely and easily available to those in need, while maintaining a passion for delivering the most advanced treatment available.

For more about CRC Health Group visit www.crchealth.com or call (877) 637-6237.

