



# 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,  $\alpha$ -blocker,  $\beta$ -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

