



GTH: GATEWAY TO HOPE

Lunch & Learn: Introduction to Depression

PRESENTED BY

Carolina Vargas

Community Education Coordinator

Hope and Healing Center & Institute

Our four-part approach



01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



02. Training

Develop local networks of guidance and support with Gateway to Hope training.



03. Clinical Services

Provide personalized mental health care through dedicated professional services.



04. Research

Explore and advance new resources and approaches for unmet mental health needs.

The Four Rs

RECOGNIZE a mental health problem

REFER to a mental health professional

RELATE to those in distress

RESTORE through supportive community



RECOGNIZE

a mental health problem

A first-person perspective photograph of a person standing on a paved surface. Two large yellow arrows point away from each other, one to the left and one to the right. The word 'FACTS' is written in bold black letters on the left arrow, and 'MYTHS' is written in bold black letters on the right arrow. The person's feet, wearing blue and white sneakers, are positioned at the base of the arrows. The background is a solid yellow color on the left side of the image.

FACTS

MYTHS

Depression Myths vs. Facts

Depression
is not a
real disease



Studies of genetics, hormones, nerve cell receptors, and brain function reveal that depression can cause mood-regulating nerve circuits in brain areas to function abnormally.



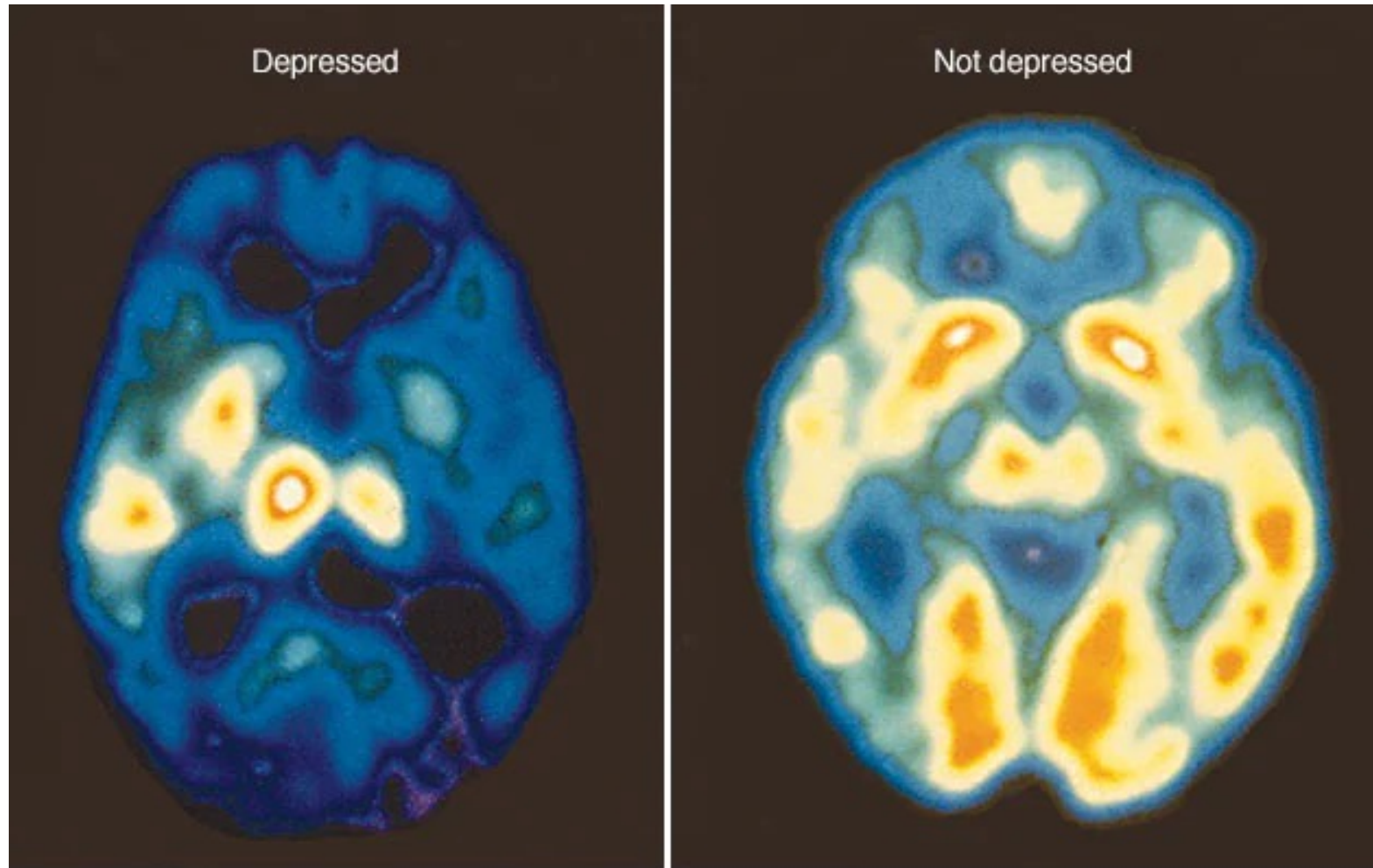
Depression Myths vs. Facts

Depression is
just self-pity



People with clinical
depression are not lazy or
simply feeling sorry for
themselves. Nor can they
“will” depression away.





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Depression Myths vs. Facts

Teen are unhappy
by nature



Many teens are moody,
and/or argumentative but
prolonged sadness or
irritability is not normal for
teens.



**The content discussed in this presentation does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment.*

More Depression Facts

- Major depressive disorder is the leading cause of disability in the United States and the second leading cause of disability worldwide
- While depression is a dark and painful condition, treatments can bring significant relief to those who are suffering.



What is Depression?

A mood disorder that affects how you feel, think and handle daily activities and routines.

Major depression lasts at least two consecutive weeks and is severe enough to interrupt daily activities.



Prevalence and Age of Onset

- In the United States it is estimated that 16.6% of the population has major depressive disorder and 2.5% have persistent depressive disorder.
- Age of onset for the first major depressive episode is usually late adolescence/early adulthood although the first episode can occur at any age.

Understanding Depression



Symptoms of Depression



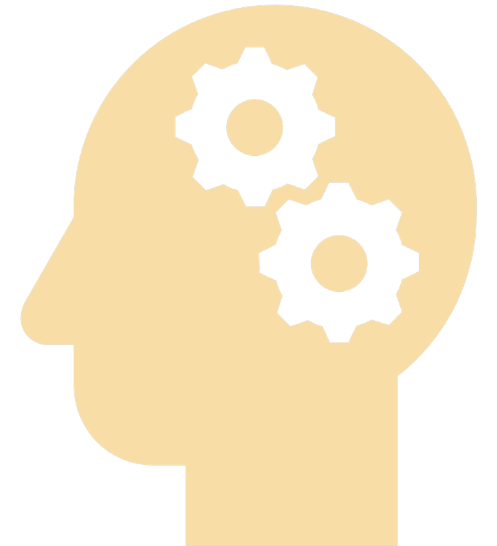
- Persistent feeling of sadness, emptiness, hopelessness, helplessness, or worthlessness
- Loss of pleasure in hobbies and activities
- Decreased energy
- Unusual sleep patterns
- Difficulty concentrating and remembering
- Changed in appetite or weight
- Pain without a clear physical cause
- Thoughts of death or suicide, or suicide attempt



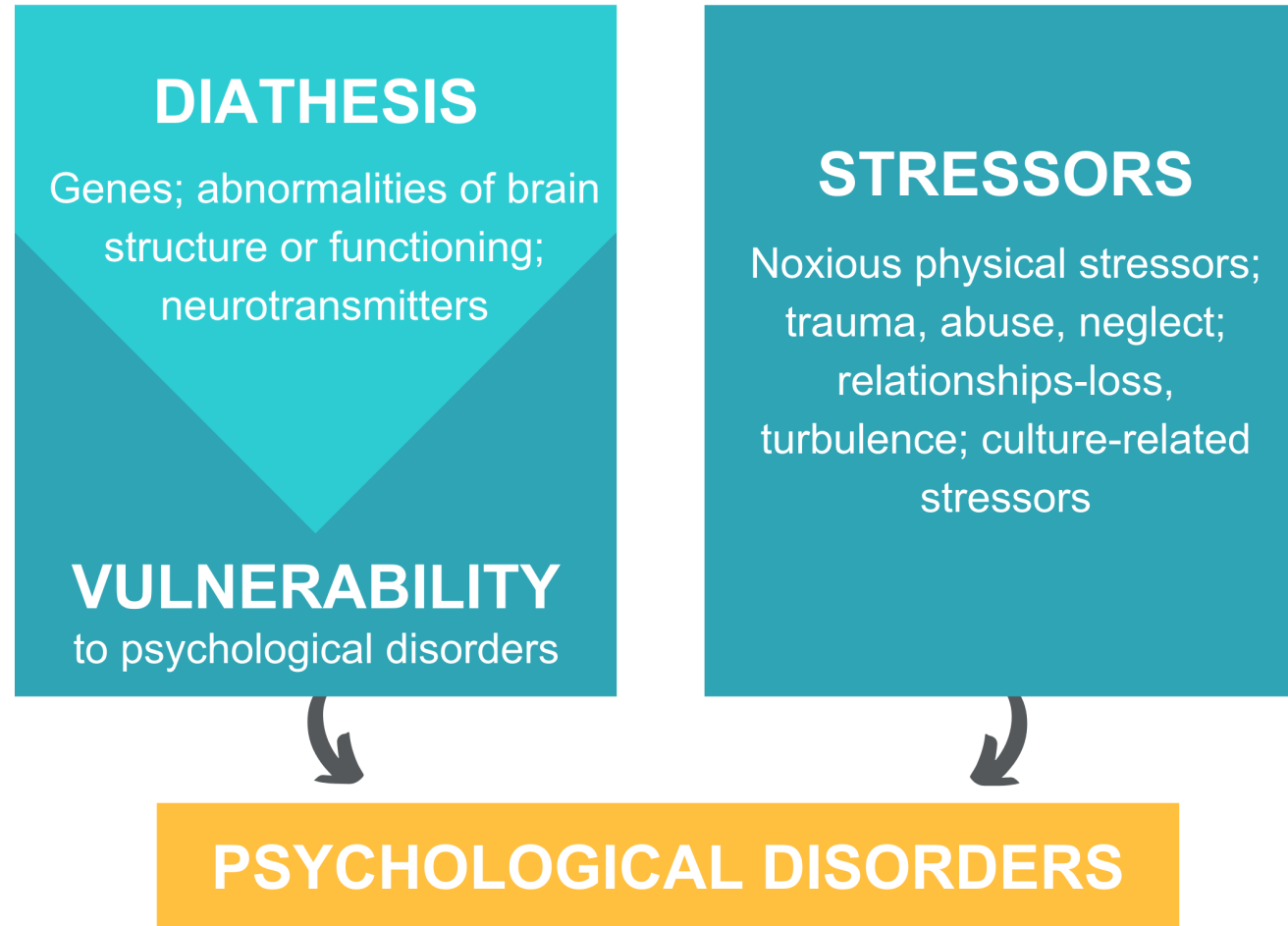
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What Causes Depression?

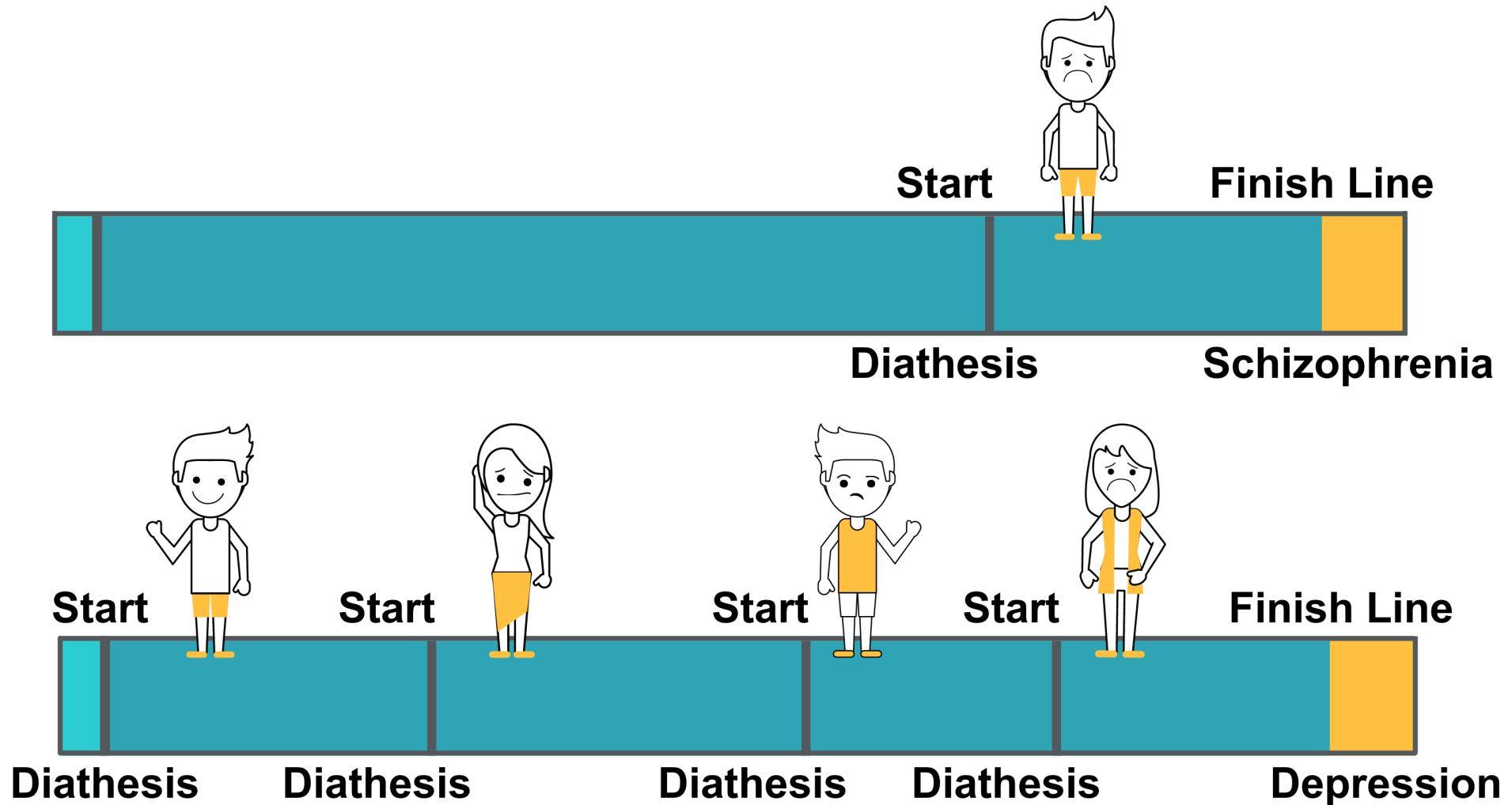
- Research Suggests depression is caused by a combination of genetic, biological environment, and psychological factors
- Many chronic mood and anxiety disorders in adult begin as high levels of anxiety in children



What Causes a Mental Disorder?



What Causes a Mental Disorder?



Types of Depression



- Reactive Depression
- Major Depressive Episode



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Reactive Depression

- A period of sadness or melancholy that occurs in reaction to a personal loss or trauma is often referred to as a **reactive depression**.
- While in some instances a reactive depression may be severe enough to require treatment, it is normally of short duration and self-correcting.
- In the depressive disorders, however, the depressed mood arises spontaneously and is long lasting, the symptoms are severe, and the individual is unable to function normally.



Major Depressive Episode

- **A major depressive episode** is characterized by either a persistent depressed mood or loss of interest or pleasure in daily activities over at least a two-week period.
- Four or more of the following symptoms must also be present:
 - significant weight change or change in appetite
 - sleeping too much or not being able to sleep
 - psychomotor agitation or retardation
 - fatigue or loss of energy
 - feelings of worthlessness or excessive guilt
 - an inability to concentrate or indecisiveness
 - recurrent suicidal thoughts.



Types of Depressive Disorders



- Major Depressive Disorder
- Persistent Depressive Disorder (Dysthymia)



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Major Depressive Disorder

- Characterized by a major depressive episode that lasts at least two weeks and is severe enough to cause marked impairment in the individual's ability to function in their daily life.
- A person may experience a major depressive episode only once, but more commonly episodes occur several times in a lifetime.



Persistent Depressive Disorder (Dysthymia)

- Dysthymia is a less severe form of depression that is characterized by a chronically depressed mood for at least two years.
- The symptoms of dysthymia, while not seriously disabling, keep the individual from functioning well or feeling good.
- Many people with dysthymia experience major depressive episodes during their lives.



REFER

to a mental health professional



Treatment

- Treatment usually lasts for about a year.
- There is a small percentage of individuals who have recurrent depression and require ongoing treatment to maintain recovery.



The Right Mental Health Provider

- Primary Care Doctor (General Practitioners)
- Counselors (LPC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & Treatment Facilities

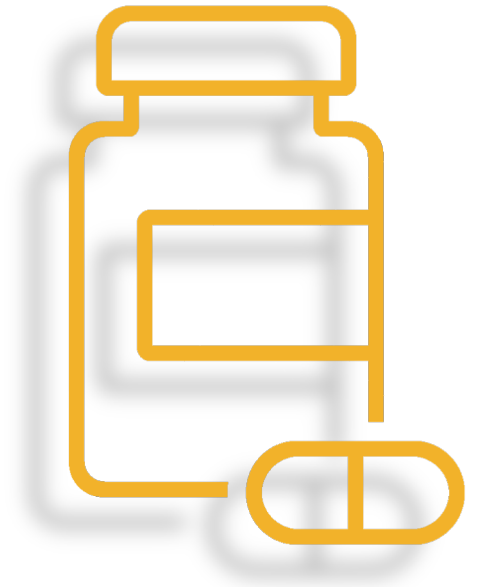
Treatment Options

In many instances a combination of several treatments will be most effective.

- Antidepressants
- Psychotherapy
- Electroconvulsive Therapy
- Transcranial Magnetic Stimulation

Antidepressants

- Antidepressant medication are given to alter the levels of the neurotransmitters serotonin norepinephrine in the brain.
- Symptom improvement may be seen in just a few week but typically medication generally needs to be taken for three to eight weeks for the full effect to be achieved.
- It is common for patients to try several different antidepressant types and doses to find the most effective treatment for them
- It is important that antidepressant are managed by a doctor, and that patience don't suddenly stop the usage of them without supervision of a professional



Psychotherapy

Research has found that two psychotherapeutic (talk therapy) approaches are effective in treating the depressive disorders.

- Interpersonal Psychotherapy (IPT)
- Cognitive-behavioral therapy (CBT)



Psychotherapy: Interpersonal Psychotherapy (IPT)

- IPT puts an emphasis on the way symptoms of depression are related to a person's relationships.
- The goals of IPT are symptom reduction, improved interpersonal functioning, and increased social support.



Psychotherapy: Cognitive-Behavioral Therapy

- Cognitive Behavioral therapy is a well research theory that is utilized in talk therapy.
- The major aim of cognitive-behavioral therapy (CBT) is to help the client eliminate negative beliefs and/or behaviors and replace them with positive ones.

Other Treatments



- Electroconvulsive Therapy
- Transcranial Magnetic Stimulation

Electroconvulsive Therapy

- Electroconvulsive therapy (ECT) is a procedure in which electric currents are passed through the brain, intentionally triggering a brief seizure.
- Clinical research clearly shows it to be an effective treatment for major depression.
- The electrical stimulation causes a brief seizure in the brain, lasting about thirty seconds. It is not fully understood how ECT is effective in treating depression, although it is theorized that like antidepressants ECT alters the levels of certain neurotransmitters in the brain.
- Prior to the procedure, the patient is given a muscle relaxant, and the procedure itself is performed under mild anesthesia.

Transcranial Magnetic Stimulation

- Transcranial magnetic stimulation (TMS) is a procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression.
- During the procedure, a large electromagnetic coil is placed against the patient's scalp near the forehead.
- The electromagnet creates electric currents that stimulate nerve cells in the prefrontal cortex thought to be involved in mood control and depression.
- The procedure is painless, has no reported side effects, and is usually done as an outpatient procedure in a psychiatrist's office or clinic.
- Daily sessions are usually required for four to six weeks to obtain the full therapeutic benefit.



RELATE

to those in distress

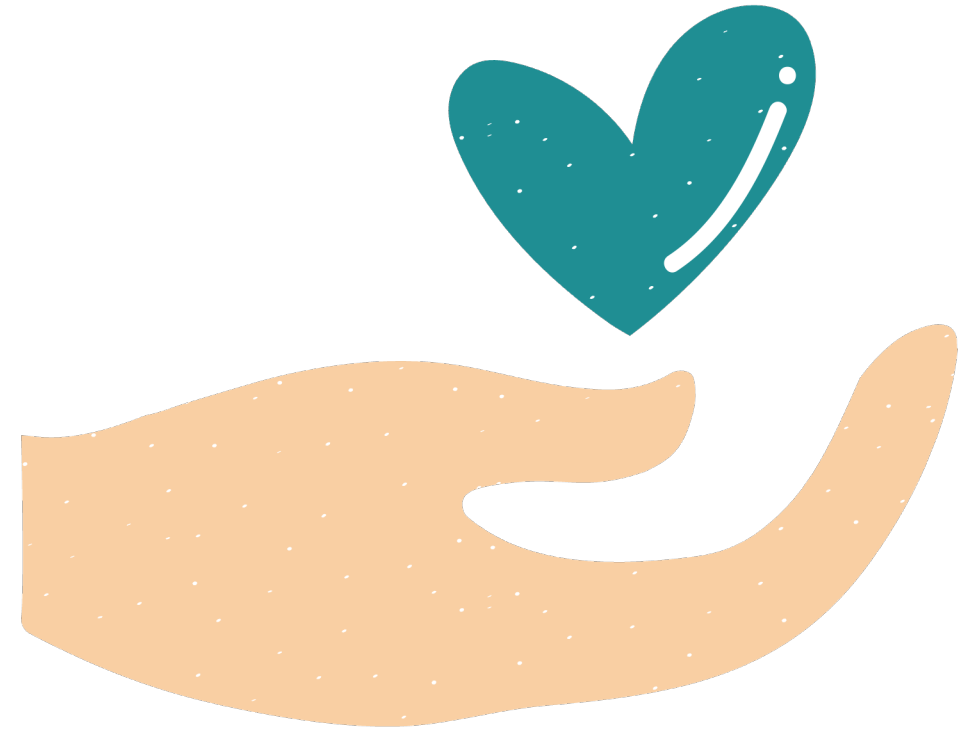
Relating to those with Depression

- Encourage them to set goals
- Constructive Thinking
- Encourage and exemplify Self-Care
- Provide Hope
- Know that the mood will improve gradually, not all at once. Be patient!
- Help with medication management if applicable



Relating to those with Depression

- Know about referral resources
- Learn more about depression
- Know the symptoms and THEIR symptoms
- Know that the individual will want to isolate themselves- be supportive





RESTORE

through supportive
community

Psychoeducation

Beneficial for those living with a mental health issue and their loved ones by providing them with information and support to better understand and cope with the disorder.

- Learn about the condition
- Interpersonal learning
- Support structure




A Spiritual Perspective

- The depressive disorders share a core spiritual feature, hopelessness. The Scriptures teach us that “faith is the assurance of things hoped for, the conviction of things not seen” (Hebrews 11:1).
- The Lord’s loving kindnesses indeed never cease, for His compassions never fail. They are new every morning; great is Your faithfulness” (Lamentations 3:21–23)

Gateway to Hope Trainings

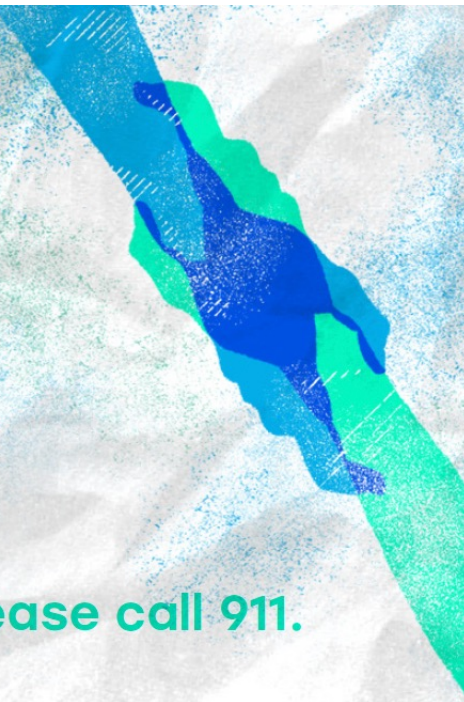


Hope Line



**Houston
Hope Line**
(832) 831-7337
Relief. Just a call away.

Open daily 5–8pm
*In case of emergency, please call 911.



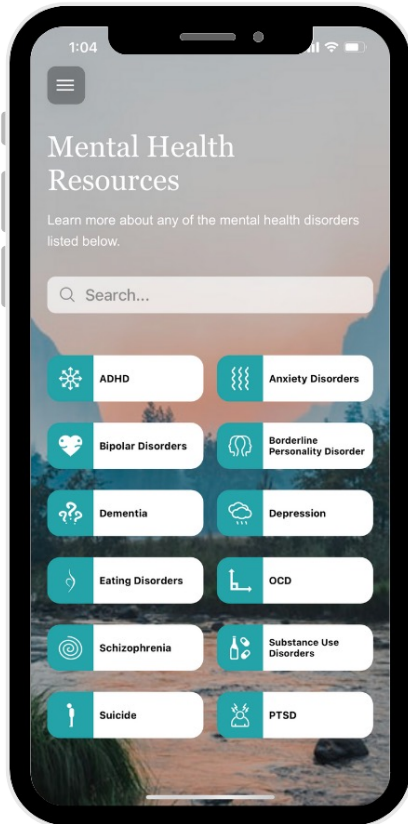
Relief. Just a Call Away.

Mental Health Gateway Websites



MentalHealthGateway.org
MentalHealthGateway.org/es

Mental Health Gateway App



- Mental health resources
 - PDFs
 - Videos
 - Guides and Workbooks
- Easy access to trainings
- Special features for Mental Health Coaches
 - Forum
 - Access to GTH Provider database

We're Here for You!

- Gateway to Hope Team:
 - Mariana Barahona
 - 346-335-8628
 - mbarahona@hopeandhealingcenter.org
 - Carolina Vargas
 - 713-830-4143
 - cvargas@hopeandhealingcenter.org



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