

JANUARY 2021

# WALNUT STREET THERAPY HUB

The Official Walnut Street Newsletter For All Things Therapy

## WHAT CAN DEPRESSION LOOK LIKE?

Learn more about what symptoms of depression can look like in children.

## HOW TO REFER A STUDENT

Do you have a student you would like to refer for therapy services? Here are the steps how.

## COPING SKILL OF THE MONTH

You can never have too many coping skills in your toolbox. This month is all about sensory bottles.



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## ABOUT THE THERAPIST

Hi, I am Amanda Berg! I moved down to Des Moines in January of 2020 after I got married to my awesome husband, Carter. Carter is currently in medical school at DMU. I received my Master's degree at Adler Graduate School up in MN. My degree is in both Clinical Mental Health Counseling and Art Therapy. Art Therapy is using art in therapy to help someone express themselves in a way they may not be able to with words alone.

# WHAT CAN DEPRESSION LOOK LIKE?

Oftentimes, when people they think of depression they tend to think of adults, though children can be affected by depression as well (Rodden, 2017). Some symptoms to be on the lookout for if you are unsure if your child may be dealing with depression include: tearfulness or crying, decreased interest in activities, unable to enjoy once favorite activities, persistently bored, low energy, low self-esteem, increase anger or irritability, poor concentration, difficulty following directions, changes in eating or sleeping patterns, and poor communication (Rodden, 2017).

Depression in children can also look a lot like other mental health disorders, such as ADHD or anxiety, or symptoms could be caused by a medical condition (Bhatia, 2018). If you are unsure if your child is dealing with depression it is important to reach out to your child's doctor and/or a mental health therapist to have them assessed.

## HOW TO REFER A STUDENT

School-based therapy is appropriate for a variety of needs including symptoms of behavioral and emotional concerns, as well as family and trauma related concerns. If you know of a student who could benefit from therapy services, you can reach out to Kate Busch, School-Counselor, or start filling out the referral form yourself. All parents/ guardians **must** be notified prior to a referral being made. Forms should be turned into Kate Busch. I currently have openings and can quickly get your students intake process started.

## COPING SKILL OF THE MONTH

Coping skills are used at times when we feel emotionally dysregulated as a way to re-regulate ourselves and be able to move forward in a situation. Therapists tend to teach their clients multiple coping skills, because no one coping skills will work for all situations. One way to think about this is a toolbox: by learning new coping skills, you are adding more "tools" to your toolbox that you can use in the future.

Sensory bottles are a good tool to use to help learn self-regulation (Beck, 2019). Children or adults "can use a sensory bottle when they feel anxious, overwhelmed, "wound-up", or overstimulated" to calm and relax themselves (Beck, 2019). Doing so connects the person to their proprioception, which is how someone is able to sense their own "location, movements, and actions" through your nervous system (Santos-Longhursts, 2019). You can find sensory bottles online to buy, or you can make your own. There are different types of sensory bottles you can make as well, such as liquid or dry sensory bottles (Beck, 2019). The type of sensory bottle I most commonly think of is a plastic bottle filled with water and glitter, then you shake the bottle up and watch all the glitter fall back to the bottom. With dry sensory bottles, you can fill them with sand or even rice, and hide little objects (like beads) for someone to find by shifting the bottle around (Beck, 2019). By focusing in on the sensory bottle can help your body return to a state of calmness.

### Sources:

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