

Is There a Pill for That?

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ICMA Conference Presenter



Work/Life Out of Balance



- High stress, fast paced, demanding environments
- Competing interests at work and home
- “Fishbowl” effect
- Coping with unexpected crises at home and work

Restoring Work/Life Balance

- Important to mental and physical health and well being
- Enhancing personal and professional relationships
- Reduces isolation
- Harmony lessens conflict



Strategies to Restore Work/Life Balance

- Role of medications
- Role of the mental health professional
- Alternative Therapies

Is there a pill for that?

Yes, there is a pill for virtually everything!!

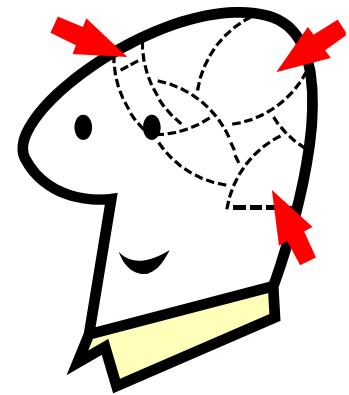
- In 1987 meds = \$500M sales, today pharmaceutical sales top \$29B*
- One in eight people take medication for a variety of reasons including depression and anxiety
- Depression often goes undiagnosed
- Stigma associated with seeking help



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Waiting for the Next Magic Pill, Talia Puzantian, Psychotherapy Networker, July-August 2014

How Does Medication Work?



- Positively effects brain chemistry
- **Serotonin** is associated with sleep patterns and a sense of well-being
- **Dopamine** is associated with the reward system of the brain
- **Neurogenesis** is a process by which new neurons are created in the brain to correct a deficiency
- Depression reflects a lack of serotonin

The Role of a Mental Health Professional

- Evaluate psycho-social problems with individuals and families
- Formulate a clinical diagnosis
- Validate feelings and serve as a sounding board
- Discuss treatment options
- Assist clients to find purpose and connections



Alternative Therapies

- Unconventional mind-body approaches* such as yoga, mindfulness, EMDR, sensory motor therapy, martial arts and theater
- Creating new experiences
- Finding your passion, joy and
- renewed purpose



* "When Talk Isn't Enough," Dr. Bessel Van Der Kolk, Boston University, Psychotherapy Networker, July-August 2014

Mindfulness Meditation

“Paying attention in a particular way, on purpose. In the present moment, non-judgmentally.” –Jon Kabat-Zinn,1990

“Mindfulness is about falling awake.” -2006



The Practice of Mindfulness Meditation

- Treatment for emotional behavioral disorders
- Increases psychological health
- Dissolves personal suffering
- Addresses chronic illnesses
- The “Heart of Buddhism”
- I am my thought versus I am having a thought



There Is So Much More Than A Pill For That!

- Medication can be useful under certain circumstances with careful management
- Find a sounding board to assist with managing stress, anxiety and depression
- Consider alternative therapies that can be beneficial in coping with emotional upheaval and contribute to well-being and work/life balance

Questions/Comments?

Additional Information...





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