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# Kenosha Area Family and Aging Services, Inc.

*Promoting Independence for All Generations*



## Resource Guide For Older Adults suffering with Depression



IT IS IMPORTANT TO REMEMBER THAT FEELING DOWN, SAD OR BLUE IS NOT NORMAL AND HELP IS AVAILABLE. THE INFORMATION IN THIS RESOURCE BOOK IS MEANT TO PROVIDE YOU WITH COMMUNITY OPTIONS AND AN UNDERSTANDING OF DEPRESSION. REMEMBER, YOU DO NOT HAVE TO BE ALONE IN THIS!

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Research has shown that a simple act of kindness directed toward another improves the functioning of the immune system...in both the recipient of the kindness and the person extending the kindness. Even more amazing is that persons observing the act of kindness have similar beneficial results. Imagine this! Kindness extended, received, or observed beneficially impacts the physical health and feelings of everyone involved!

Wayne Dyer





# EMERGENCY NUMBERS

If you feel you are in need of emergency counseling due to emotional or mental health problems call:

657-7188 or  
800-236-7188

Someone is available to talk with you 24 hours a day 7 days a week.

For medical emergencies or fire call:

911

24 hours a day 7 days a week.



# Age Page

National Institute on Aging

## Depression

Everyone feels blue now and then. It's part of life. But if you no longer enjoy activities that you usually like, you may have a more serious problem. Being depressed without letup can change the way you think and feel. Doctors call this "clinical depression."

Being "down in the dumps" over a period of time is not a normal part of getting older. But, it is a common problem, and medical help may be needed. For most people, depression will get better with treatment. "Talk therapy," medicine, or other treatment methods can ease the pain of depression. You do not need to suffer.

There are many reasons why depression in older people is often missed or untreated. As a person ages, the signs of depression are much more varied than at younger ages. It can appear as increased tiredness, or it can be seen as grumpiness or irritability. Confusion or attention problems caused by depression can sometimes look like Alzheimer's disease or other brain disorders. Mood changes and signs of depression can be caused by medicines older people may take for arthritis, high blood pressure, or heart disease. The good news is that people who are depressed usually feel better with the right treatment.

### **What causes depression?**

There is no one cause of depression. For some people, a single event can bring on the illness. Depression often strikes people who felt fine but who suddenly find they are dealing with a death in the family or a serious illness. For some people, changes in the brain can affect mood and cause depression. Sometimes, those under a lot of stress, like caregivers, can feel depressed. Others become depressed for no clear reason.

People with serious illnesses, such as cancer, diabetes, heart disease, stroke, or Parkinson's disease, sometimes become depressed. They may worry about how

their illness will change their lives. They might be tired and not able to deal with something that makes them sad. Treatment for depression can help them manage their depressive symptoms and improve their quality of life.

Genetics, too, can play a role. Studies show that depression may run in families. Children of depressed parents may be at a higher risk for depression. And, depression tends to be a disorder that occurs more than once. Many older people who have been depressed in the past will be at an increased risk.

## **What to Look For**

How do you know when you need help? After all, as you age, you may have to face problems that could cause anyone to feel depressed. Perhaps you are dealing with the death of a loved one or a friend. Maybe you are having a tough time getting used to retirement and you feel lonely. Possibly, you have a chronic illness. Or, you might feel like you have lost control over your life.

After a period of feeling sad, older people usually adjust and regain their emotional balance. If you are suffering from clinical depression and don't get help, your depression might last for weeks, months, or even years. Here is a list of the most common signs of depression. If you have several of these and they last for more than two weeks, see a doctor.

- An "empty" feeling, ongoing sadness, and anxiety
- Tiredness, lack of energy
- Loss of interest or pleasure in everyday activities, including sex
- Sleep problems, including trouble getting to sleep, very early morning waking, and sleeping too much
- Eating more or less than usual
- Crying too often or too much
- Aches and pains that don't go away when treated
- A hard time focusing, remembering, or making decisions
- Feeling guilty, helpless, worthless, or hopeless
- Being irritable
- Thoughts of death or suicide, a suicide attempt

If you are a family member, friend, or health care provider of an older person, watch for clues. Sometimes depression can hide behind a smiling face. A depressed person who lives alone may appear to feel better when someone stops by to say hello. The symptoms may seem to go away but when someone is very depressed, the symptoms usually come back.

Don't ignore the warning signs! If left untreated, serious depression can lead to suicide. Listen carefully if someone of any age complains about being depressed or says people don't care. That person may really be asking for help.

## **Getting Help**

The first step is to accept that you or your family member needs help. You may not be comfortable with the subject of mental illness. Or, you might feel that asking for help is a sign of weakness. You might be like many older people, their relatives, or friends who believe that a depressed person can quickly "snap out of it" or that some people are too old to be helped. They are wrong.

A health care provider can help you. Once you decide to get medical advice, start with your family doctor. Your doctor should check to see if your depression could be caused by a health problem (such as hypothyroidism or vitamin B12 deficiency) or a medicine you are taking. After a complete exam, your doctor may suggest you talk to a mental health worker, for example, a social worker, mental health counselor, psychologist, or psychiatrist. Doctors specially trained to treat depression in older people are called geriatric psychiatrists.

Don't avoid getting help because you may be afraid of how much treatments might cost. Often, only short-term psychotherapy (talk therapy) is needed. Treatment for depression is usually covered by private insurance and Medicare. Also, some community mental health centers may offer treatment based on a person's ability to pay.

Be aware that some family doctors may not understand about aging and depression. If your doctor is unable or unwilling to help, you may want to talk to another health care provider.

Are you the relative or friend of a depressed older person who won't go to a doctor for treatment? Try explaining how treatment can help the person feel better. In some cases, when a depressed person can't or won't go to the doctor's office, the doctor or mental health specialist can start by making a phone call. A phone call can't take the place of the personal contact needed for a complete medical checkup, but it might inspire the person to go for treatment.

## Treating Depression

Your doctor or mental health expert can often treat your depression successfully. Different therapies seem to work for different people. For instance, support groups can provide new coping skills or social support if you are dealing with a major life change. Several kinds of talk therapies are useful as well. One method might help you think in a more positive way. Always thinking about the sad things in your life or what you have lost might have led to your depression. Another method works to improve your relations with others to give you more hope about your future.

Getting better takes time, but with support from others and with treatment, you will get a little better each day.

Antidepressant drugs (medicine to treat depression) can also help. These medications can improve your mood, sleep, appetite and concentration. There are several types of antidepressants available. Some of these medicines can take up to twelve weeks before you feel like they are working. Your doctor may want you to continue medications for six months after your symptoms disappear.

Some antidepressants can cause unwanted side effects, although newer medicines have fewer side effects. Any antidepressant should be used with great care to avoid this problem. Remember:

- The doctor needs to know about all prescribed and other-the-counter medications, vitamins, or herbal supplements you are taking.
- The doctor should also be aware of any other physical problems you have.
- Be sure to take antidepressants in the proper dose and on the right schedule.

If you are still very depressed after trying different treatments, electroconvulsive therapy (ECT) may be an option. Don't be misled by the way some movies and books have portrayed ECT (also called electroshock therapy). ECT may be recommended if medicines or other therapies do not work for you. ECT is given as a series of treatments over a few weeks. Like other antidepressant therapies, follow up treatment is often needed to help prevent a return to depression.

## **Help from Friends and Family**

Family and friends can play an important role in treatment. You can help your relative or friend stay with the treatment plan. If needed, make appointments for the person or go along to the doctor, mental health expert, or support group.

Be patient and understanding. Ask your relative or friend to go on an outing with you or to go back to an activity that he or she once enjoyed. Encourage the person to be active and busy but not to take on too much at one time.

## **Preventing Depression**

What can be done to lower the risk of depression? How can people cope? There are a few steps you can take. Try to prepare for major changes in life, such as retirement or moving from your home of many years. One way to do this is to try and keep friendships over the years. Friends can help ease loneliness if you lose a spouse. You can also develop a hobby. Hobbies may help keep your mind and body active. Stay in touch with family. Let them help when you feel very sad. If you are faced with a lot to do, try to break it up into smaller jobs that are easy to finish.

# HOBBY IDEAS

- Go for a walk
- Read a book
- Garden
- Write a story

- Keep a journal
- Listen to a book on tape
- Take pictures
- Make a scrapbook
- Listen to music
- Draw, paint, color—be creative!

- Volunteer
- Learn something new
- Visit the zoo
- Visit a friend or neighbor
- Pick up an instrument—it's never too late to learn!

- Go bowling
- Bird watch—keep track of all the birds you see!
- Collect something
- Learn to cook something new
- Watch a movie
- Do a puzzle

- Learn a new language
- Make jewelry for yourself and your friends
- Ride a bike
- Make a quilt

- Play a game
- Adopt a pet
- Look at the stars
- Knit, crochet, sew—whatever you enjoy

- Go to a museum
- Make a list of things you enjoy doing and pick a few to try
- Make a new friend
- Call someone you haven't talked to in a while

- Visit a hobby store for more ideas!

# SUPPORT GROUPS

**Where:** Bipolar and Depression Support  
St. Luke's Medical Building  
1244 Wisconsin Avenue  
Racine, WI 53403

**When:** First and third Tuesday of each month @  
5:30pm

**Phone:** 262-637-0582

**Where:** Bridges Community Center  
5718 7th Avenue  
Kenosha WI 53141

**Fees:** No fees

**Ages:** For all ages

**When:** Depression Support Group  
Mondays—1pm to 2pm  
Recovery for General Mental Health  
Tuesdays—1pm to 2pm  
Friday—11am to 12pm  
Coffee Hours: Monday 9-10  
Bipolar: 11-12 pm

# *Resources for Persons with Mental Health Concerns*

Developed 09/08 by KAFASI, Friendly Visitor Services  
Updated 04/10

## *Geriatric Services*

### **Aurora Center for Senior Health and Longevity**

1020 N 12<sup>th</sup> Street 3<sup>rd</sup> Floor  
Milwaukee, WI 53233

Main: 414-219-7300 Alternate: 414-219-7378

Web Page: [www.aurorahealthcare.org](http://www.aurorahealthcare.org)

#### **Program Details:**

Aurora Sinai Medical Center (Private non profit)  
Manager, Rosemary Murtha  
Fee: varies call for details

#### **Program Service:**

The center provides comprehensive assessments that focus on the medical, psychological, cognitive and social issues that may impede or interfere with a senior's ability to live independently. A report of the findings and recommendations will be sent to the patient's primary care physician. Those who may benefit from a geriatric assessment are older persons with: - Decline in mental or physical health - Memory loss - Frequent falls - Behavioral changes - Episodes of confusion - Wandering - Declines in ability to care for self - safety issues – incontinence.

**10400 75<sup>th</sup> Street  
Kenosha, WI 53142**

Main phone: 262-948-6648

Web Page: [www.aurorahealthcare.org](http://www.aurorahealthcare.org)

#### **Program Details:**

Aurora Medical Center, Kenosha (Private non profit)  
Senior Care Resource Coordinator: Marsha Kehl, RN MSN  
Fees: Medicare, Medicaid (T19), Private Insurance Private Pay

#### **Program Service:**

Senior Care Resource Connection 's purpose is to improve the health status of the elderly, facilitate the early identification of senior needs, reduce fragmentation and offer access to services currently in Kenosha Counties. This is accomplished by partnering with physicians, community agencies, caregivers, seniors and their families.

## **Crisis Intervention** **Mental Health Public Funding and Information**

**Community Intervention Center**  
**Kenosha Human Development Center**  
5407 8<sup>th</sup> Avenue  
Kenosha, WI 53140

Main: 262-657-7188 24 hrs Toll Free: 800-236-7188

Web Page: [www.khds.org](http://www.khds.org)

**Program Details:**

Kenosha Human Development Services (Private non profit)  
Fees: None

**Program Services:**

The Community Intervention Center, (CIC) is the hub of a managed care system functioning as the single point of entry for all eligible persons needing public funding for alcohol-drug problems, developmental disabilities or mental illness. Crisis Intervention: Crisis Intervention is an emergency counseling service available to adults, 24 hours a day, seven days a week. "Crisis" utilizes mobile counselors professionally trained to intervene in personal crisis. Counselors de-escalate situations caused by alcohol and drug abuse, mental illness, emotional problems and trauma due to crime. KARE: The Kenosha Adult Residential Emergency (KARE) Center is a professionally supervised, ten (10) bed home in the city of Kenosha. The Center is designed to provide a positive alternative to hospitalization for adults who are experiencing an emotional crisis or who are in need of social setting detoxification, as well as those who are homeless due to mental illness. Admission is arranged through Adult Crisis or other CIC personnel. Intake and Assessment: The Intake and Assessment Unit acts as the gatekeeper for the Kenosha County Division of Disability Services clients. Persons are evaluated, treatment plans developed, and services are coordinated and authorized for Kenosha County residents who are mentally ill or alcohol or drug dependent but are without personal financial means or insurance. Examples of services available would include outpatient therapy, psychiatric services, inpatient services, respite and care management. Intake-Assessment may occur by appointment at the CIC, in a hospital setting, at the KARE Center or in a client's (consumer's) home. Additional Services: - Care Management (Developmental disability or mental illness) - Homeless Mentally Ill program - Guardianship Program (Corporate) - Assistance with Three-party petitions for involuntary civil commitment of mentally ill persons. - Adult Protective Services unit - Supportive Apartment Program - Mental Health Aides

## **Private Behavioral Health Providers**

### **Aalto Enhancement Center**

3734 7<sup>th</sup> Avenue Suite 12  
Kenosha, WI 53140

Main: 262-654-9370

#### **Program Details:**

For Profit

Owner: Kathy Aalto

Psychiatrist: Not seeing new patients

New patients: Nurse Practitioners Debra Mayo and Elyassa Shalitsky -

Fees: Varies, call for details & payment options

\*Serve clients of all ages

#### **Program Services:**

Outpatient mental health services and substance abuse services: - Full continuum of mental health services - Clinical evaluations, depression screening - Psychiatric intake/assessment - Substance abuse assessment/counseling - Massage Therapy - Biofeedback

### **Behavioral Health Services**

**Aurora Medical Center**  
12225 71<sup>st</sup> Street  
Kenosha, WI 53142

Main: 262-948-4870 Toll free 24 hr 877-666-7223

Aurora Medical Center Kenosha (Private, Non-Profit)

Web page: [www.aurorahealthcare.org](http://www.aurorahealthcare.org)

#### **Program Details:**

\*Serve clients of all ages with an Aurora Medical Center Physician

Psychiatrist on staff

Fees: Many private insurance, Medicare, (Title 19 – only as supplement) call for fees

#### **Program Services:**

Outpatient behavioral health services: - Mental health evaluations. - Individual, couples and family counseling. - Psychiatric services.

## **Inner Resource Counseling**

4103 60th Street  
Kenosha, WI 53144

Main Phone: 262-652-3000

### **Program Details:**

For Profit

Owner: Kathy Weeks

Hours: Monday – Thursday 12:00 pm - 9:00 pm

Fees: Psychotherapy \$150 initial fee. \$120.00 for fifty minute sessions. Accepts Medicare, Private insurance and private pay

### **Program Service:**

Mission: To provide an approach to counseling where emphasis is placed on the total wellbeing of the person; body, emotions, mind, and spirit are inseparable and interdependent. Outpatient mental health services: -Individual, couple and family counseling.

## **Interconnections**

920 60<sup>th</sup> Street  
Kenosha, WI 53140

Main Phone: 262-654-5333

Email: [jbrando4@wi.rr.com](mailto:jbrando4@wi.rr.com)

### **Program Details:**

For Profit

Co-Director: Theresa Potente

Psychiatrists: Drs. Herbert Roehrich and Matthew McCarthy on staff part time – currently not taking new patients

Hours: Monday-Friday 9:00 am – 5:00pm

Fees: Varies, call for details.

\*Serve clients of all ages

### **Program Service:**

Outpatient mental health and substance abuse services – full continuum of mental health services – clinical evaluations, depression screening – psychiatric intake/assessment.

## **Johansen and Schneider Psychological Services, S.C.**

6121 Green Bay Road, Suite 230  
Kenosha, WI 53142

Main Phone: 262-654-8366

### **Program Details:**

For Profit

Owners: Debra or Susan Schneider

Psychiatrist available: No

\*Serve clients of all ages

Hours: Monday – Thursday 8:00 am – 8:00 pm, Friday 8:00 am – 5:00 pm.

Fees: Accepts private insurance and private payments

### **Program Services:**

Outpatient mental health services – individual, couple, and family counseling.

## **Oakwood Clinic Associates, Branch Office**

Two locations

24726 75<sup>th</sup> Street  
Kenosha, WI 53168

4109 67<sup>th</sup> Street  
Kenosha, WI 53142

Main Phone: 262-652-9830

Web Page: [www.oakwoodclinical.com](http://www.oakwoodclinical.com)

E-mail: [info@oakwoodclinical.com](mailto:info@oakwoodclinical.com)

### **Program Details:**

For Profit

Hours: Monday – Thursday 9:00 am – 5:00 pm

Fees: Varies, call for details. Payment options: Medicare, Medicaid (T-19), private insurance and private pay

Psychiatrist available: No

Contact: Jennifer Pozorski

\*Serve clients of all ages

### **Program Services:**

Outpatient mental health services: - Mental health evaluations - Individual, couple and family counseling - Group therapy - Medication management - Alcohol and drug assessments, counseling - Anger management - Gambling counseling - Victims and offenders of domestic abuse – Depressions support groups

## **Pathways Consulting, LLC**

6121 Green Bay Road, Suite 220  
Kenosha, WI 53142

Main Phone: 262-652-7222

Web Page: [www.pathwaysconsultingllc.com](http://www.pathwaysconsultingllc.com)

E-mail: [o.sheri@sbcglobal.net](mailto:o.sheri@sbcglobal.net)

### **Program Details:**

For profit

Clinic Director: Sharon O'brein

Psychiatrist available: No

Hours: Monday – Friday 9:00 am – 7:00 pm; weekends by appointment

Fees: Accepting new Medicaid clients, no HMO's

Contact: Sharon O'Brien, Judith Gilbert, Virginia Fennema, Kim Weber,  
Janice Kampa-Tews and Lora Reinders

\*Serve clients of all ages

### **Program Services:**

Outpatient mental health services; individuals, couple, and family counseling. No Depression groups.

## **Professional Services Group**

2108 63<sup>rd</sup> Street  
Kenosha, WI 53143

Main phone: 262-652-2406

Web Page: [www.psgcip.com](http://www.psgcip.com)

### **Program Details:**

For Profit

Person in Charge, Brian Wolf, Ph.D.

Psychiatrist available

Hours: Monday 8am-5pm, Tuesday 8am-7pm, Wednesday 8am-9pm, Thursday 8:00am – 8:00 pm and  
Friday 9:30am-1:30pm.

Fees: Most Private Insurances, some Medicare/Medicaid cases and Private pay

\*Serve clients of all ages

### **Program Services:**

Outpatient mental health services and substance abuse services: Full continuum of mental health services – Clinical evaluations, depression screening – Psychiatric intake/assessment – substance abuse assessment/counseling- gambling addiction – art therapy – intoxicated driver program, Depressions groups no.

## **Psychiatric and Psychotherapy Clinic**

3734 7<sup>th</sup> Avenue Suite 24  
Kenosha, WI 53140

Main phone: 262-654-0487

### **Program Details:**

For profit

Psychiatrist available.

Hours: Monday, Wednesday, Friday 9:00am 5:00pm; Tuesday, 9:00 am – 9:00 pm; Thursday, 9:00 am – 7:00 pm; Saturday every other 9-12

Fees: Accepts private insurance and private payment.

\*Serve clients of all ages

### **Program Services:**

Outpatient mental health and substance abuse services – Full continuum of mental health services – psychiatrist services. Neuropsychological testing (contact: Theresa Peers)

## **Red Shield Counseling Center**

The Salvation Army  
3116 75<sup>th</sup> St.  
Kenosha, WI 53142

Main Phone: 262-564-0286

### **Program Details:**

Counseling Center for the uninsured and underinsured

Email: SACounselor@usc.salvationarmy.org

For more information visit: [www.sakenosha.org](http://www.sakenosha.org)

Hours: Tuesday: 1:00pm – 4:30pm  
Wednesday: 10:00am – 1:00pm  
Walk-ins are accepted according to availability.  
Appointments can be scheduled by calling: 262-564-0286

Fees: Free

\*Serve clients of all ages

### **Program Service:**

The Red Shield Counseling Center is staffed by licensed and insured volunteer social workers and counselors. Counseling services provided include diagnosis of mental health issues, individual and family counseling, mediation, grief counseling, and information and referral services. This is in accordance with The Salvation Army's efforts toward "meeting people at their point of need and communicating the love of God through practical expressions of compassion." The services are offered with compassion and confidentiality, free of charge, without discrimination, to all who come for assistance.

## **Resource Center for Counseling Services**

2606 Elisha Avenue

P.O. Box 603

Zion, IL 60099

Main Phone: 847-746-0400

### **Program Details:**

For Profit

Person in charge: Connie Carr

Hours: Call for appointment

Fees: Accepts most insurances, Medicare, Medicaid

\*Serve clients of all ages

### **Program Services:**

Outpatient mental health services: individual, couple and family counseling

## **Sue Panger & Associates**

811 60<sup>th</sup> Street 2E

Kenosha, WI 53140

Main Phone: 262-652-9599

### **Program Details:**

For Profit

Hours: Monday – Saturday, 8:00am – 8:00pm by appointment

Fees: Call for details

\*Serve clients of all ages

### **Program Services:**

Outpatient mental health services: individual, couple and family counseling

# REMEMBER, YOU ARE NOT ALONE!



“Once you choose hope, anything  
is possible.”

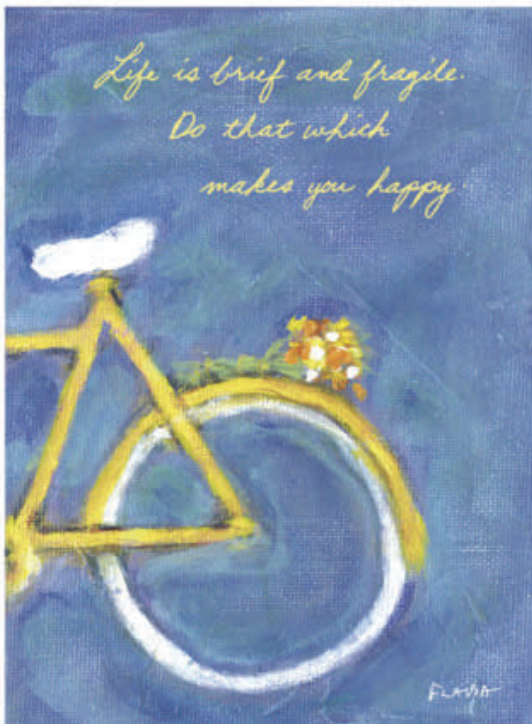
- Christopher Reeve

“Although the world is full of suffering, it is  
also full of the overcoming of it.”

- Helen Keller

*“The greater the obstacle,  
the more the glory in  
overcoming it.”*

*- Jean Baptiste Moliere*



**“Do not anticipate  
trouble or worry  
about what may never  
happen. Keep in the  
sunlight.”**

**- Benjamin Franklin**