



# FLOURISH

## Understanding and Preventing Mood Disorders

### Hello Readers!

Season's Greetings. We're fast approaching the time of year that brings a variety of emotions and experiences, and our entire team would like to take the opportunity to wish all of our participants and families safe, restful, and enjoyable holidays. And best wishes to all for a Happy New Year!



### FOR YOUR INFORMATION

There are countless medications that are used to treat mood disorders and other psychiatric difficulties. We will include information on different medications in each newsletter. Follow the link below to read about risperidone (Brand name: Risperdal)

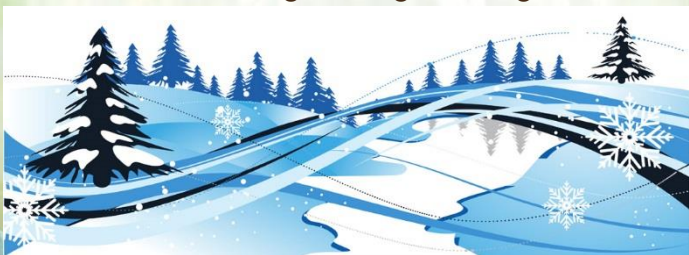
#### Medication Information - [Risperidone](#)

### WHAT CAN YOU DO TO IMPROVE RESILIENCE?

With or without a mood disorder, it is beneficial to engage in approaches to boost mood and mental health.

This helps to strengthen your resilience when faced with life stressors.

Now that winter is in full force, it can be daunting to think about how to get through the long cold months



Happy Holidays

### LINKS AND RESOURCES

Electronically accessible information you may find helpful:

- Do you want to try something new over the winter holidays? According to some research, making art positively affects the brain and enhances stress resistance [Draw Yourself Happy - Drawing, Creativity and Your Brain](#)
- Looking for local services and not sure where to start? Try [www.ementalhealth.ca](http://www.ementalhealth.ca), a national website that offers information, support and resources that are local to your community

## RESEARCH RESULTS

### What Has Been Happening

#### Early Identification of Recurrent Mood Disorders in Youth: The Importance of a Developmental Approach

*By Dr. Anne Duffy*

Adolescence is an important developmental period characterised by accelerated biological, psychological and sociological development. Adolescence is also the high-risk period for onset of major psychiatric disorders that persist into adulthood... In contrast to prepubertal mood disorders, adolescent mood disorders recur or persist lifelong and are associated with a high estimated heritability. Suicide is the second leading cause of death in youth in Canada and the UK and is strongly associated with psychiatric disorders; with mood disorders accounting for the greatest proportion.

Therefore, early accurate identification of serious recurrent or persistent mood disorders is of paramount importance, and yet represents a major challenge. This is in part attributable to the overlap of psychiatric symptoms with normative transient distress in this age group, lack of youth friendly specialised mental health programs and the failure of the current diagnostic approach to consider the natural history of illness development. This paper focuses on the latter problem and specifically highlights evidence from high-risk studies illustrating how a developmental approach, in the context of other risk factors, advances an earlier accurate diagnosis of mood disorders in adolescents and young adults. [Click here to read article](#)



This is the introduction to a perspective article written by Dr. Duffy that has been selected as the Editor's Choice paper for Evidence-Based Mental Health, published by the Royal College of Psychiatrists, the British Psychological Society and the British Medical Journal.

**WE WANT TO KNOW!**

Do you have any comments, questions or suggestions? Is there anything you would like to see in future newsletters? We invite and welcome your feedback ☺ Please direct your responses to newsletter editor-in-chief Shannon McCloskey. Thanks for reading!

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