

Hill & Saks News

Behavior Therapy Providers for Individuals with Developmental Disabilities



Agency News

Hill & Saks strives to keep informed during this climate of change and hope. We have found the following websites to be helpful in keeping up to date with changes in the private and public sector resources for individuals with developmental disabilities. NM Developmental Disability Supports Division

<http://www.health.state.nm.us/ddsd/>

MI VIA (self-directed waiver)

<http://www.mivianm.org/index.htm>

NM Developmental Disabilities Planning Council

<http://www.nmddpc.com/home>



Dwain and Tweetie

Profiles of Success

Samuel Dwain Christiansen, who goes by Dwain, grew up with a love of birds. He remembers his grandmother having a pet bird when he was a child, and he watched how she took care of the bird. Now, Dwain has his own bird "Tweetie". He takes great care of his trusty, singing friend. He feeds and waters the bird, whistles, plays recorded bird songs and provides fun toys and a swing in the cage. Caring for his pet shows his kindness and abilities. He takes pride and enjoyment in this important responsibility. Tweetie is a lucky bird!

Mary Ann Benavidez: Don't tell her she can't- She may just prove you wrong!

MaryAnn has always been a person who proved others wrong. She remembers growing up around people who talked about what she would not be able to do. She could not talk or move around as others her age developed.

However, even at a young age Mary Ann found her own unique ways of getting around from place to place! She learned to talk and to use a wheelchair. She not only shows others that she can get around but also that she has great personality

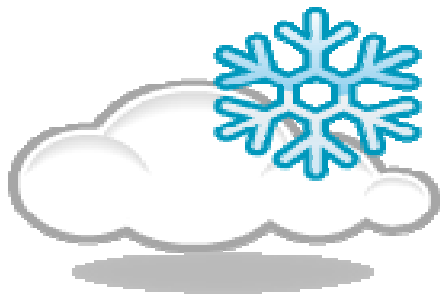
and wit.

In the past year, Mary Ann was chosen to tell her "story" in a public service announcement so that the general public could learn about individuals with disabilities.

Mary Ann's goals include seeking employment or volunteer positions, learning to read and attending a course at the Santa Fe Community College. Mary Ann reminds others that having a disability does not mean you cannot try new things and accomplish goals.



Combating Winter Blues: Dealing with Seasonal Affective Disorder



Seasonal Affective Disorder (SAD) is a real mood disorder linked to biochemical imbalances in the brain. In an individual who has this disorder decreasing sunlight brings on symptoms of depression. People can go through mild symptoms of depression during fall and winter while symptoms let up during the spring and summer .

Symptoms can include:

- feeling very tired
- inability to maintain regular lifestyle schedule
- feeling sad and/or unmotivated, sometimes combined with irritability
- lack of interest in social interactions
- loss of interest in activities of enjoyment

Mild symptoms may sometimes be relieved by spending time outside exposed to the sun everyday. If inside a lot, arranging yourself, your window blinds and your furniture so that daylight or sunlight floods in may also be helpful.

Sometimes symptoms can become severe and may need more than these mild lifestyle adjustments. In these cases light therapy, use of antidepressant medication, and psychotherapy or counseling are some treatment options. Regularly experiencing depressive symptoms in the Winter months that let up in the Spring and Summer months is a pattern that is easy to overlook. However, therapists, family members, caregivers and direct support professionals may be in a position to review history and identify such patterns to assist individuals with developmental disabilities in getting proper diagnosis and treatment.



Hill & Saks

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