



# HARMONY HERALD

In November, 2009 our Michigan City visitation site moved to our new location at 601 Franklin Street, Suite 201. Both sites have been extremely busy and have kept me and the visitation supervisors hopping.

I would like to take this time to thank some very wonderful groups of individuals that came together this past year to support our program and the abused and neglect children of LaPorte County.

- IKAN group from Parents and Friends, Inc.
- LaPorte Juvenile Service Center
- Toys for Tots
- Sisters of St. Francis Health Services

Not to mention the other numerous individuals that donate items to help us run our program.

Have a great 2010!

Best Wishes,

*~Cheryl~*



"Harmony House is a fantastic place! My three older kids have visitations with their dad there and it is a wonderful program. It keeps me from having to have direct contact with a very unpleasant situation . . . I would be lost without Harmony House and specifically Cheryl!"

A Satisfied, Anonymous Parent



We have started something new at Harmony House. We have begun to have monthly, weekly and daily themes.

January—"A New Year, A New Start"

February—"Going for Your Goals"

March—Diversity

April—Child Abuse Prevention

We will have monthly and weekly calendar information available at the office starting in February.

If you would like us to email you one please contact Pam at—[pbergren@lpcasa.com](mailto:pbergren@lpcasa.com).

Harmony House/  
CASA Program of  
LaPorte County, Inc.

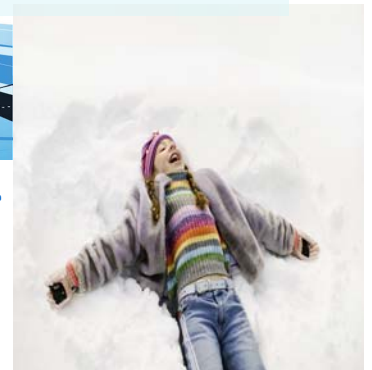
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*"Winter is on my head, but  
eternal spring is in my heart."*

*~ Victor Hugo ~*



# Seasonal Affective Disorder in Children



Nehru, the first Prime Minister of India wrote his autobiography while he spent a lot of time in prison during India's struggle for independence. One particularly striking passage recalls Nehru sitting in the cell, a very small cubicle with no lights, probably lit with a kerosene lamp, looking at the trees outside through the tiny prison window. The trees had shed all their leaves for the winter and the days were very short. Nehru was feeling very sad. He decides to write a letter to his only daughter which later became "Discovery of India."

What Nehru was describing was what is now known as Seasonal Affective Disorder or SAD for short.

Not only do adults suffer from SAD but it is now known that children suffer from this condition as well, which is normally brought on by the change of the seasons. Apparently even animals can suffer from SAD.

According to a survey done by the National Institute of Mental Health (NIMH) about three percent of children suffer from SAD, with a greater occurrence in the last three years of high school. The particular disorder can go undiagnosed in children fairly easily, especially in adolescents, who are expected to be moody and have trouble getting out of bed. A few seasons need to pass before anyone notices a seasonal pattern in behavior.

## The Symptoms of SAD in Children

Change in appetite, especially a craving for sweet or starchy foods

Anxiety

Decrease in energy level

Irritability

Fatigue

Tendency to oversleep

Difficulty concentrating

Avoidance of social situations

## Treatment

As with adults, the most popular, and

generally most effective is light therapy.

Make sure your child eats a balanced diet.

Increase the amount of sunlight your child gets whenever possible. Ask the child's teacher to move their seat next to a window.

Encourage the child to participate in outdoor winter sports or take walks outside when sunny.

A new technique called "Dawn simulation" may help your child get out of bed more easily in the morning.

Typically the treatment involved timing lights in the bedroom to come on gradually, over a period of 30 minutes to 2 hours before awakening. It is used as a soundless alarm clock to wake up the body naturally.

Other treatments include psychotherapy and antidepressants, but generally should be the last line of defense.

Always remember to have the child diagnosed and treated by a doctor for Seasonal Affective Disorder.

Olympics

SPORTS OLYMPICS GOLD SILVER BRONZE SUMMER WINTER PLACE  
AMATEUR TORCH ATHLETE EVENT GAMES CHAMPION CEREMONY