

Depression Information and Resources

Depression is a condition in which a person feels discouraged, sad, hopeless, unmotivated, or disinterested in life in general. When these feelings last for a short period of time, it may be a case of "the blues."

When those feelings last for more than two weeks and when the feelings interfere with daily activities such as taking care of family, spending time with friends, or going to work or school, it's likely a major depressive episode.

Major depression is a treatable illness that affects the way a person thinks, feels, behaves, and functions. Depression is one of the most common mental disorders in the United States.

As many as 2 out of 100 young children and 8 out of 100 teens may have serious depression.

Three main types of depressive disorders are:

- major depression
- persistent depressive disorder
- bipolar disorder

Depression Resources in Dane County

Children's Service Society of Wisconsin (Children's Hospital of Wisconsin Community Services) (CSSW)

Address: 1716 Fordem Ave. Madison, WI 53704

Phone: 608-221-3511

Program: Services Provided – for **Depression**

- Diagnostic Evaluations
- Medication Management (prescriber services)
- Individual and/or Family Psychoeducation
- Psychotherapy Ages Served: Prenatal – 21

Location: In office

Limitations: None identified

Description: Children's Service Society Child and Family Counseling is an outpatient provider offering psychotherapy services to children ages 0-18 and parents who are impacted by mental health concerns. CSSW Madison provides medication management services to clients who receive individual and family therapy services at the clinic. CSSW Madison currently has three psychotherapists on staff and a psychiatrist who contracts to provide medication management services on site twice per month. There is at times a short wait list for psychotherapy and medication management services. All of our therapists have extensive experience working with **Depression** in children and adolescents.

Website: www.chw.org

Forward Learning Youth and Young Adults (FLYY)

Address: 3 Marsh Court Madison, WI 53718

Phone: 608-819-6390

Program: Services Provided – for **Depression**

- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Employment Related Skill Development
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy Ages Served: 13-59

Location: In the home, office, or community-based setting

Limitations: We are not able to serve clients with serious violent sexual charges, actively psychotic, or in need of detox services.

Description: FLYY provides value-forming wilderness expeditions, parent skill development and support groups, and community-based aftercare (individual and family counseling, dispute resolution and communication skill building, and mentoring services.) FLYY specializes in working with teens and families, some of whom are struggling with **Depression**.

Our target age for the wilderness expeditions is males 15-18 years old and females 14-18 years old. Jordan Rozeske, our Licensed Clinical Therapist provides personalized counseling services focused on family dynamics, communication, self-esteem, coping skills, exploring the “whys” of behavior patterns, past and present trauma, and other related issues. She specializes in working with teens and young adults ages 14-30 and their families. FLYY’s mentoring program provides youth with a positive adult role model and someone with whom they can engage with them in structured positive activities. Students involved in the mentoring program chose 3 goals to work on with their mentor that focus on skills building, social skills development and helping them find activities that are an outlet for their interests.

Website: www.flyyexpeditions.org