

### **Combined Approach Most Effective for Adolescent Depression.**

A combination of therapy and medication helps depressed adolescents heal faster than therapy or medication alone. This is according to a study published in the October Archives of General Psychiatry.

The study's authors say the findings offer hope that teenagers can attain long-term recovery from the illness, which is marked by continual relapses among people of all ages. The researchers hope that by treating teens for longer than 3 to 4 months (the typical duration of such studies), teens will reach their "maximum medical benefit" from treatment. And, this may make them less likely to become depressed again in the future.

The intensive outpatient program for teens offered at Vista Hill's Bridges Service Center offers effective treatment for depression. Call **858.794.9735** to learn more about our innovative services to teens and families.