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BOSTON UNIVERSITY PSYCHOLOGY DEPARTMENT

Families' and Children's Adjustment Study

Study Update

Greetings! We hope you are all well. By now, kids are back in school, and we are all trying to juggle the many demands of the school year. The days are getting shorter, and the joys of apple-picking season are here. Ah, those fresh Macintosh! In this newsletter we have included a number of suggestions for fun fall activities, gift giving, and a recipe for the best cookies you'll ever have. We hope you all take some time to enjoy the seasonal fun.

We are working hard on the "Families' and Children's Adjustment Study" data. Although we have finished our interviews with you all, we have much work to do. We have almost finished putting all of our data in the computer, but we still have to get it organized and analyzed to be able to ask our many questions. We will make sure to give you additional updates as our findings become clear.

In the meantime, we got some very good news! In late July our lab was awarded a grant from the National Institutes of Health to do some research that we think will help us learn more about how to help kids who are depressed. This study will be conducted at both Boston University (BU) and University of California Los Angeles (UCLA). In this study we will be comparing two different psychotherapy treatments for depression among children ages 8-12 years. All children will be evaluated to see if they are appropriate for our study. Children who are eligible and decide to participate in the study will receive one of two types of therapies: 1) family therapy where a therapist will work the child and his or her parents to solve problems, or 2) individual therapy where a therapist will work one-on-one with the child. Both of the therapies will

take place in our Boston University offices and will involve 15 sessions over about 14 weeks. In addition to an initial assessment, we will be evaluating all children after treatment and 9 months later to see how well each of the therapies worked. Because this is a research study, the two treatments will be provided for the families free of charge. Therapists in our study will be clinicians with substantial experience in working with children and families. The treatments have both been used before and have been shown to be helpful. We are very excited to have this opportunity to learn more about the best treatments for children who are struggling with depression! We will let you know more about the study when it is up and running in the next few months. If at that time you know of any children who may qualify for the study, we'd certainly be delighted to hear from you.

Two of the main goals of the Family Development and Treatment Laboratory are: 1) to understand more about how depression impacts families and 2) to help find better ways to treat depression. We think the Families' and Children's Adjustment Study and our new treatment study will help us go a long way toward achieving these two goals.

Have a wonderful fall term!

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- ◇ If there have been any changes in your own contact information, please let us know as soon as possible at the email address listed above - Thanks!
- ◇ Coming soon—we will be sending more information about the new study we are preparing, which will compare different psychotherapeutic treatments for depression in children ages

Creative Holiday Giving Suggestions



You don't have to spend a lot of money to give a great gift. Instead of store-bought presents, you can make your own or give a gift of your time. Parents and family members especially tend to love gifts like this. In addition, gifts such as these allow you to be creative and to make personalized presents.

Creative Gift Ideas:

- ◇ Create a scrapbook chronicling your family history. Include items such as photos, letters, and stories collected from relatives.
- ◇ Design a gift certificate that promises commitments

such as an afternoon at a museum with a grandmother or a night babysitting for a friend.

- ◇ Make your own cards for close friends and family.
- ◇ Work with a social services agency to find a family in need, then share appropriate gifts with them or volunteer your time.
- ◇ Bake a special recipe and wrap it up with ribbon.
- ◇ Create a handmade project - look below and on the back page of this newsletter for ideas!

Handmade gifts are often the most cherished.

Creating Handmade Gifts: Button Frame

This easy project creates a funky frame for a treasured photograph. Pop in a picture of yourself and you have a great gift for parents or grandparents!

Materials:

- ◇ Inexpensive wooden frame
- ◇ Paint
- ◇ Glue
- ◇ Assorted buttons

Instructions:

1. Remove glass.



2. Paint frame with one or many colors, let dry.
3. Glue buttons around edge of frame.
4. After glue is dry, place special picture in frame.

Note: can use cardboard cut into a frame shape instead of wooden frame.

Other Gift-Making Ideas:

These websites offer many free craft projects that could make wonderful gifts: www.craftideas.info & www.craftbits.com

⇒ Please see back page for more project ideas!

Responsible Giving

Responsible giving can take many forms: buying green, supporting local producers, or buying from fair-trade companies (companies geared towards helping workers in poor countries become self-sufficient).

Fairly/Green Traded Gifts:

B. Happybags - organic bags that promote the reuse of shopping bags (www.bhappybags.com).

Global Exchange - fairly traded food, crafts, and jewelry (www.globalexchange.org).

Amber Chand Gift Collection - gifts made by women artisans in areas of world currently experiencing conflict (www.amberchand.com).

Local Craft Fairs:

South End Open Market - offers handmade crafts and vintage items. 540 Harrison Ave, every Sunday 10 am to 4 pm until October 24; holiday market on December 12 & 13, 10 am to 6 pm at Cathedral High School Gym (www.southendopenmarket.com).

Old South Church Holiday Arts & Crafts Fair - annual holiday crafts fair featuring handmade gifts, 645 Boylston St., December 5, 9:30 am to 3 pm.



Nature Hikes for Fall

Fall is a great time to explore the outdoors, especially with the leaves turning color. There are many places in and around the Boston area that showcase this fantastic show and provide opportunities for walking, outdoor sports, and even history lessons.

- ◇ **Arnold Arboretum** - offers many paths (including paved, car-free) with a wide variety of trees and plant life; 125 Arborway, Boston - take the orange T line to Forest Hills, admission is free. (www.arboretum.harvard.edu)



Fall leaves at Arnold Arboretum

- ◇ **Walden Pond State Reservation** - the home of Henry David Thoreau, this is an especially beautiful place to go walking on a fall day; Lincoln, MA - parking is \$5; also can take commuter rail to Lincoln stop, about 1/2 hour walk to park, admission is



free. (www.mass.gov/dcr/parks/walden)

- ◇ **Fresh Pond & Mount Auburn Cemetery** - the cemetery is considered a national landmark and offers beautiful natural scenery, 580 Mt. Auburn St., Cambridge - take Cambridge

buses 72, 73, or 74, admission is free.

(www.mountauburn.org). Fresh Pond is close by and has many walking trails - take red T line to Alewife, pond is 0.5 mi walk.

Additional walking trails and further directions to these sites can be found at: www.geocities.com/Yosemite/Trails/1171

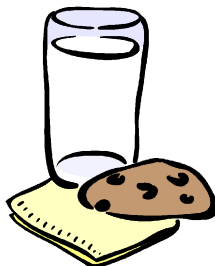
Cook's Corner:

Vanilla Pudding Chocolate Chip Cookies

These are undoubtedly the best cookies in the world - the vanilla pudding makes them very soft and extra yummy! This recipe makes about 4 dozen cookies.

Ingredients:

- ◇ 1 cup butter, softened
- ◇ 2/3 cup packed brown sugar
- ◇ 1/4 cup white sugar
- ◇ 1 (3.5 ounce) package INSTANT vanilla pudding mix
- ◇ 2 eggs
- ◇ 1 teaspoon vanilla extract
- ◇ 2 1/4 cup all-purpose flour
- ◇ 1 teaspoon baking soda



- ◇ 2 cups semisweet chocolate chips

Directions:

1. Preheat oven to 375 degrees F.
2. In a bowl, mix butter and sugars until creamed. Add pudding mix, eggs and vanilla.
3. In a separate bowl, combine flour and baking soda; add this to the creamed mixture and mix well. Fold in chocolate chips.

Drop by teaspoonfuls onto ungreased baking sheets. Bake for 10 to 12 minutes or until lightly browned.

(Recipe provided by: www.allrecipes.com)

These would make a great gift and could also be a tasty snack on a cool fall afternoon.

Creating Handmade Gifts: Button Bracelets

This project uses old buttons (or a bag of buttons bought at a craft store) to create a cute bracelet.

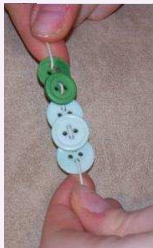
Materials:

- ◇ One piece of elastic cord about 10-12 inches long
- ◇ Scissors
- ◇ A bunch of shirt buttons, about 10-20



Instructions:

- ◇ Measure the elastic cord length by wrapping around your wrist. Add a couple inches of length to allow for tying a knot. Cut the elastic where needed.
- ◇ Thread the cord through two opposite holes in the button. Do the same with the next button, but thread it right side up on top of the last button and continue with the pattern (see picture at left).
- ◇ Finish threading all of the buttons and tie the ends together. Snip loose ends of the elastic.



Other Ideas:

You can play around with this basic idea to come up with different bracelet designs of your own. Some other ideas include:

- ◇ Use a wider piece of elastic cord (from 1/4 inch to 1.5 inches) and sew different buttons on with a needle and thread.
- ◇ Stack smaller buttons on top of larger one for a layered effect.
- ◇ Use buttons (or beads) to embellish safety pins. Use jewelry wire to string pins together.
- ◇ Search the web for other ideas and be creative!

Further instructions and pictures at:

www.diyfashion.about.com/od/diyjewelrymaking/ss/ButtonBracelet.htm



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