

CENTER STREET CENTER

Center Street Center has season tickets to the Lehigh Valley Phantoms. If you receive an email from the Director about FREE upcoming tickets, please note that they are distributed on a first come, first serve basis. Once someone grabs them up, they are spoken for! We may not respond to every inquiry due to time constraints but the first person to lay claim will have two of the best seats at the PPL Center! Have photos of your fun? Send them to info@centerstreetcenter for our next newsletter.



MUSHROOMS PROVIDE LONG TERM RELIEF FROM DEPRESSION

In a small study conducted at Johns Hopkins Bayview Medical Center, participants who had been treated for depression for the past two years were given two doses of psilocybin. Psilocybin is a pharmacological compound found in "magic mushrooms." Dr. Roland Griffiths stated, "Compared to standard antidepressants, which must be taken for long stretches of time, psilocybin has the potential to enduringly relieve the symptoms of depression with one or two treatments." The study conducted demonstrated that patients depression was relieved for up to twelve months. To find out more: <https://www.hopkinsmedicine.org/>

LETTER FROM THE DIRECTOR

Center Street Center recently participated in a Lunch and Learn event hosted at the Allentown Meals on Wheels. If you have an hour a month to volunteer, Meals on Wheels could use your help! And as the holidays quickly approach, CSC attended a Chanukah event at Congregation B'nai Shalom in Easton.

This month, there is a focus in literature on the mental health of our youth in the U.S. *The Monitor on Psychology* recently published an article (2022) on new research regarding teen brains. Most notably they have discovered what was previously viewed as a teen's immaturity is now recognized as the teen brain's behavioral, cognitive, and neurological flexibility that allows youth to adapt to their inner and outer worlds. Additionally, scientists now recognize the ever growing brain well into a youth's mid 20's. It is no wonder, we hear from many parents whose children are exploring the fluidity of gender, sexuality and expression. There is more to study and learn - so stay tuned.

Wishing you and your family a happy Chanukah, Christmas, and Kwanzaa!

En buena salud! In good health. Dr. Tracy E. Hill



Word on the Street

The gift giving spirit is in the air. Many local organizations could use your time, money or help. Please consider donating to your favorite cause this holiday season.

The Lehigh Valley Justice Institute recently reported that a study with the youth in the Lehigh Valley indicated that 40% of youth felt depressed and 30% were at risk for suicide. The CDC reported (2021) that nationally 37% of high school students reported poor mental health and 44% felt sad or hopeless. If your child is experiencing a change in behaviors or expressing feelings of sadness, anxiety or hopelessness - please call a mental health professional today.

Did you know that within the psychology of gift giving two things are most notable. First, an experiential gift is better for most than a material gift *and* the experience gift also strengthened the relationship between gift giver and receiver. Secondly, time was the other most valued gift by the majority of those studied. So why not do both? Spend some quality time with your loved one while you enjoy a walk in the woods together this holiday season!



SELF CARE & WELLNESS

Holiday shopping can be exhausting and overwhelming. Remember that the best gift is time. So don't forget to make time for yourself. A hot bath, curling up with a good book or simply watching your favorite tv show for a bit helps you unwind from the stress. What's your selfcare?

BLENDED FAMILIES

Top 3 tips for the Holiday:
1. Let the children know the upcoming holiday schedule. Everyone will be more relaxed if they know what the plan *should* be.
2. Be flexible - stuff happens. Remain calm.
3. Respect each families traditions and don't be afraid to create new ones.

CBD WELLNESS

Centered CBD is offering 40% off with the coupon code HOLIDAY for a limited time while supplies last. CBD has been shown to help decrease anxiety and depression in both pets and people. CBD is offered without THC - so no card necessary and no worries about drug screenings.