



Cambria Hills Psychiatric Residential Treatment Facility

The search continues for space to build our 60-bed, \$20 million facility that will serve children ages 6 to 17, who suffer from severe mood disorders, such as depression and anxiety, and neurological disabilities, such as autism. The Hills Youth and Family Services had hoped to purchase Shadow Creek Stables, a family-run horse farm in Forest Lake - 30 miles north of Minneapolis, but have faced opposition from the mayor and city council.

More than a 100 people attended the council meeting on Monday, February 26 in support of the facility. Despite the dozen of people who shared their story of struggles to find safe, supportive care for their loved ones, the Forest Lake City Council did not vote to approve the zoning text amendment that would have allowed the state-of-the-art facility to be built.

Jeff Bradt, The Hills Youth and Family Services CEO, indicates, "we will immediately begin looking at other suburbs in the northeast metro and have had other cities' official reach out expressing interest."

[Read more](#)

Surviving the Winter Blues!



It's that time of the year, where we hear so much about - Oh, I just have a case of the winter blues. Seasonal Depression, often referred to as SAD (Seasonal Affective Disorder), is a sub-type of depression that occurs most often in the fall and winter months.

Scientists believe that SAD is caused by a biochemical change in the brain, triggered by shorter days and reduced sunlight during the winter. Scientists have linked two chemicals - serotonin and melatonin - in the brain to changes in mood, energy, and sleep patterns.

Here are some ideas to help off-set the symptoms:

- * Light Therapy Box - a lamp that exposes you to artificial light
- * Exercise
- * Increase the amount light in your home
- * Meditate
- * Get outside
- * Eat better - avoid loading up on simple carbohydrates and sugary snacks. Eat plenty of whole grains
- * Establish a sleep routine that maximizes the daylight hours

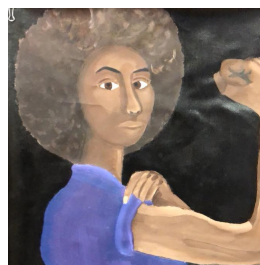
[Learn more about SAD](#)



Youth learn to ski at Snowflake.

In the past month, Recreational Manager, Michael Theismann, has taken groups to Snowflake Nordic Ski Center to learn how to cross country ski.

Theismann indicates, *"Our students have learned Nordic skiing requires more skill and athleticism than they expected, but learned to adapt and had a great experience."*



Youth display art at local exhibit

One of the youth from our programs exhibited her art at the Brave Art Exhibit that was sponsored by PAVSA (Programs for Aid to Victims of Sexual Assault) Youth Advisory Board.

The art exhibit was focused around the word "brave". There was also a short program, resource fair and live music.

[Learn more](#) about PAVSA



Neighborhood Youth Services open during Spring break

Do you work with school-aged youth and families who need an alternative to day care during school breaks?

NYS will be open from 10 am - 4 pm during Duluth's ISD 709 spring break in April.

Learn more about [NYS services](#).