



**DENVER**<sup>®</sup>  
THE MILE HIGH CITY

**City and County of Denver**  
Parks and Recreation

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## FOR IMMEDIATE RELEASE

# Denver Parks and Recreation Centers Chosen for Teen Study on Depression

**DENVER, CO – Thursday, October 8, 2009** -Denver Parks and Recreation Centers was chosen as the system where teens (ages 12- to 17-years-old) will participate in a study funded by the National Institutes of Mental Health (NIMH). Each teen participant will receive a one-year membership to the Denver recreation center system and exercise sessions, supervised by a recreation therapist, 3 - 5 times a week for 12 weeks.

The study will investigate the effects of exercise on depressed adolescents. Eight recreation centers are participating with NIMH in this study, titled DOSE for Teens (Depression Outcomes Study of Exercise for Teens). Klein Buendel, Inc. and the University of Colorado Denver are also partners in this study involving 40 adolescents over the next 16 months.

“We are excited to offer our support of the study to not only expand our services to a broader audience, but also to receive empirical data that may help us with future support and partnerships,” said Kevin Patterson, Manager of Denver Parks and Recreation. After 12 weeks, the hope is that teens will continue to participate in a wide variety of recreation center activities.

The eight Denver Parks and Recreation Centers participating including:

- Cook Park
- Green Valley
- Montclair
- Montbello
- Rude
- Scheitler
- Twentieth St. Gym
- Washington Park

Major depression is a serious condition that affects all ages and a large proportion of teenagers. Typical symptoms include problems with mood, irritability, and physical complaints such as problems with sleep, energy, appetite, and concentration.

Participants are NOT eligible if they:

- Are currently receiving treatment for depression
- Have had past or present hypomanic or manic episode(s)
- Are having active symptoms of psychosis such as hallucinations or delusions

- Are having significant problems with alcohol or street drug use
- Are pregnant
- Live outside of the Denver city limits

If you are interested in learning more about this study, please contact Jennifer, the Project Coordinator, at 1-877-730-0852 Option 2. There will be rolling admission into the study until December 2010. This study is being funded by a grant from the National Institutes of Mental Health (NIMH R34MH082153).

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