



Handbook of Mental Health in African American Youth (Springer Series on Child and Family Studies)

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This handbook fills major gaps in the child and adolescent mental health literature by focusing on the unique challenges and resiliencies of African American youth. It combines a cultural perspective on the needs of the population with best-practice approaches to interventions. Chapters provide expert insights into sociocultural factors that influence mental health, the prevalence of particular disorders among African American adolescents, ethnically salient assessment and diagnostic methods, and the evidence base for specific models. The information presented in this handbook helps bring the field closer to critical goals: increasing access to treatment, preventing misdiagnosis and over hospitalization, and reducing and ending disparities in research and care.

Topics featured in this book include:

- The epidemiology of mental disorders in African American youth.
- Culturally relevant diagnosis and assessment of mental illness.
- Uses of dialectical behavioral therapy and interpersonal therapy.
- Community approaches to promoting positive mental health and psychosocial well-being.
- Culturally relevant psychopharmacology.
- Future directions for the field.

The *Handbook of Mental Health in African American Youth* is a must-have resource for researchers, professors, and graduate students as well as clinicians and related professionals in child and school psychology, public health, family studies, child and adolescent psychiatry, family medicine, and social work.

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Editorial Review

Review

“This book integrates a cultural perspective into interventions for African American youth, exploring various treatment modalities for specific DSM-5 mental disorders The book ‘is intended to help researchers, practitioners, educators, and advocates understand the needs of this population from both a culturally sensitive and culturally relevant perspective.’ ... The book does a good job of focusing on mental health issues in African American children and adolescents and exploring different treatment modalities and the results of research.” (Gary B. Kaniuk, Doody’s Book Reviews, July, 2016)

About the Author

Alflee M. Breland-Noble is Director of the African American Knowledge Optimized for Mindfully-Healthy Adolescents (AAKOMA) Project and Associate Professor of Psychiatry at the Georgetown University Medical Center, Washington, D.C. Her prior academic appointments were at Michigan State University and in the Department of Psychiatry at the Duke University Medical Center. She completed her training at Howard University (B.A.), New York University (M.A.), the University of Wisconsin-Madison (Ph.D.) and the Duke University School of Medicine (MHSc.). Dr. Breland-Noble is an adolescent and child psychologist and researcher in academic medicine with a long track record of external and federal research funding. She is a recognized expert in adolescent depression and racial disparities in mental health as evidenced by her appointments to the *American Psychological Association Treatment Guideline Development Panel for Depression Across the Lifespan* and the *Patient Centered Outcomes Research Institute (PCORI) Addressing Disparities National Advisory Panel*. She is an Associate Editor of the *Journal of Child and Family Studies* and a Consulting Editor for *Professional Psychology: Research and Practice*.

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