



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

Alfiee 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*.

Cheryl Singleton Al-Mateen is a Professor in the Department of Psychiatry and Associate Professor in the Department of Pediatrics at Virginia Commonwealth University School of Medicine in Richmond, Virginia. She is a child and adolescent psychiatrist

ist, and serves as Clerkship Director in Psychiatry for VCUSOM. She is currently Interim Medical Director of the Virginia Treatment Center for Children (VTCC) of the VCU Health System. A graduate of Howard University and the Howard University College of Medicine, Dr. Al-Mateen completed her psychiatry residency and child psychiatry fellowship at Hahnemann University in Philadelphia. She is Board Certified in General, Child and

Adolescent, and Forensic Psychiatry. A recipient of the Leonard Tow Humanism award and the VCU Presidential Award for Community Multicultural Enrichment, she is past Chair of the School’s Multicultural Affairs Committee and serves as co-chair of the Diversity and Culture Committee of the American Academy of Child and Adolescent Psychiatry. She has received the Excellence in teaching award from the VTCC Trainees and the Service and Dedication awards from the VCUHS psychiatry residents and from the VTCC Trainees. She has also received the Outstanding Teacher Certificate Award from VCU medical students. Dr. Al-Mateen serves on the editorial board of the *Journal of Child and Family Studies*. Her interests are in cultural competency in medical education, vicarious traumatization and general academic child and

adolescent psychiatry.

Nirbhay N. Singh is Clinical Professor of Psychiatry and Health Behavior at the Medical College of Georgia, Georgia Regents University, Augusta, GA and with MacTavish Behavioral Health, in Raleigh, NC.

Prior to his current appointment, he was a Professor of Psychiatry, Pediatrics and Psychology at the Virginia Commonwealth University School of Medicine and Director of the Commonwealth Institute for Child and Family Studies, Richmond, Virginia. His research interests include mindfulness, behavioral and psychopharmacological treatments of individuals with disabilities, and assistive technology for supporting individuals with diverse abilities. He is the Editor-in-Chief of two journals: *Journal of Child and Family Studies* and *Mindfulness*, and Editor of three book series: *Mindfulness in Behavioral Health*, *Evidence-based Practice in Behavioral Health*, and *Children and Families*.

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