



# Treating and Preventing Adolescent Mental Health Disorders: What We Know and What We Don't Know: A Research Agenda for Improving the Mental Health of Our Youth

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## Treating and Preventing Adolescent Mental Health Disorders: What We Know and What We Don't Know: A Research Agenda for Improving the Mental Health of Our Youth From Oxford University Press

Following on the heels of the widely acclaimed *A Guide to Treatments That Work* (OUP, 2002) by Nathan and Gorman, *Treating and Preventing Adolescent Mental Health Disorders* brings together a distinguished group of psychiatrists and clinical psychologists to provide a groundbreaking, evidence-based survey of treatments and preventions for adolescents with mental health disorders.

The book, the very first to disseminate the findings of the Adolescent Mental Health Initiative sponsored by the Annenberg Foundation Trust at Sunnylands and the Annenberg Public Policy Center (APPC) of the University of Pennsylvania, addresses the current state of our knowledge about various mental health disorders in the teenage years, a developmental period when behavior and the brain are still "plastic." Here, six commissions established by the Sunnylands Trust and APPC pool their expertise on adolescent anxiety, schizophrenia, substance use disorders, depression and bipolar disorders, eating disorders, and suicide in sections that thoroughly define each disorder, outline and assess available treatments, discuss prevention strategies, and suggest a research agenda based on what we know and don't yet know about these various conditions.

As a meaningful counterpoint to its primary focus on mental illness, the volume also incorporates the latest research from a seventh commission--on positive youth development--which addresses how we can fully prepare young people to be happy and successful throughout their lives. Concluding chapters discuss other critical issues of particular relevance: the stigma of mental illness, the role of primary-care doctors and school-based mental health professionals in the detection and treatment of adolescent mental health problems, and the research, policy, and practice context for the delivery of evidence-based treatments. Integrating the work of eminent scholars in both psychology and psychiatry, this work will be an essential volume for academics and practicing clinicians and will serve as a wake-up call to mental health professionals and policy makers alike.

about the state of our nation's response to the needs of adolescents with mental disorders.

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- Sales Rank: #1349813 in Books
- Published on: 2005-07-14

- Original language: English
- Number of items: 1
- Dimensions: 7.20" h x 2.60" w x 10.10" l, 4.28 pounds
- Binding: Hardcover
- 818 pages

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### **Editorial Review**

#### Review

"This is an extremely useful tool for all mental health professionals."--*Doody's*

"...the contributors have skillfully summarized and synthesized a vast amount of information, provided an evenhanded evaluation of existing research, and made sound suggestions for future research."--*PsycCRITIQUES*

"...provides an excellent evidence-based review of each of the topics and manages to weave in clinically important findings that help to keep the information both practical and tangible to the clinician. The review of the data on how to define each disorder, how to treat it, and how to prevent it make the book one that must be read by anyone involved in the routine care of adolescents. It is a clear and well-written book that should provide an evidence-based approach to the thoughtful care of adolescents, and it should be a ready reference on the shelf of any physician caring for adolescents."--*New England Journal of Medicine*

#### About the Author

Dwight L. Evans is at University of Pennsylvania. Edna B. Foa is at University of Pennsylvania.

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##### **Quentin Ryan:**

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