



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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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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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

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Users Review

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Quentin Ryan:

This book untitled 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 to be one of several books in which best seller in this year, this is because when you read this e-book you can get a lot of benefit upon it. You will easily to buy this kind of book in the book store or you can order it through online. The publisher of this book sells the e-book too. It makes you easier to read this book, as you can read this book in your Touch screen phone. So there is no reason to you personally to past this publication from your list.

James Sanchez:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them household or their friend. Do you know? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can

read a new book. It is really fun in your case. If you enjoy the book which you read you can spent all day long to reading a book. The book 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 it is extremely good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can more very easily to read this book from a smart phone. The price is not to cover but this book features high quality.

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