

THE ANNENBERG
PUBLIC POLICY CENTER
OF THE UNIVERSITY OF PENNSYLVANIA

Treating and Preventing Adolescent Mental Health Disorders Now Online

February 6, 2007 -- *Treating and Preventing Adolescent Mental Health Disorders*, the award-winning book for mental health practitioners and researchers, is now available online in a searchable format (www.oup.com/amhi-treatingpreventing).

The publication, named best book in clinical medicine published in 2005 by the Association of American Publishers, is a project of the Adolescent Mental Health Initiative of the Annenberg Foundation Trust at Sunnylands and the Annenberg Public Policy Center at the University of Pennsylvania. The publisher is Oxford University Press.

One out of 10 adolescents in the U.S. struggles with a mental health problem severe enough to cause significant impairment, according to federal estimates. Yet those on the front lines of treatment and research encounter large gaps in knowledge about the problem. In an attempt to close those gaps, more than 100 internationally respected experts in adolescent mental health were convened by the Sunnylands Adolescent Mental Health Initiative to address what is known – and not known – about this important public health issue.

When the hardcover book was published in 2005, University of Pennsylvania President Amy Gutmann heralded the collaboration of scholars and scientists from Penn and around the nation: “By combining the knowledge and experience of many people in many disciplines, we have created a valuable tool that will benefit a large segment of our population, young people.”

In the introduction to *Treating and Preventing Adolescent Mental Health Disorders*, Dwight L. Evans, M.D., chairman of the department of psychiatry at the University of Pennsylvania School of Medicine, and Martin E.P. Seligman, Ph.D., professor of psychology at the University of Pennsylvania, write that the prevention and treatment of adolescent developmental, emotional or behavioral problems are among the “major public health issues facing the United States. Many mental disorders begin during adolescence and carry over into adulthood, leading to significant long-term impairment. Although early intervention shows promising results, it is often not available.

“Adolescent mental health in the United States is, simply put, much poorer than it ought to be,” conclude the two experts.

Through a series of reports on topics such as depression and bipolar disorder, eating disorders, anxiety disorders, substance abuse and suicide, the book serves as a guide for health professionals, researchers and policy makers.