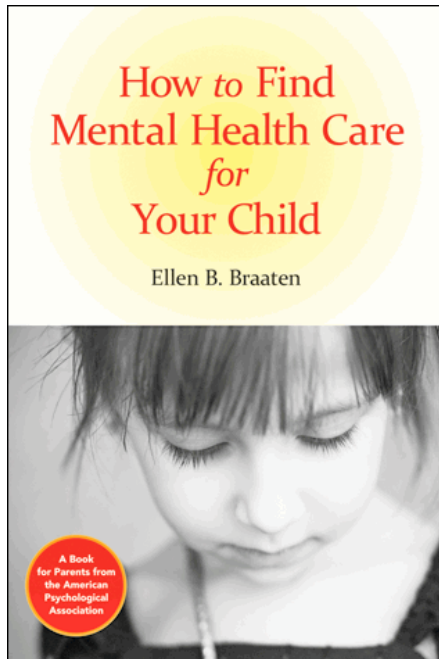


# MY CHILD IS STRUGGLING NEW BOOK PUTS PARENTS BACK IN CHARGE HOW TO FIND MENTAL HEALTH CARE FOR YOUR CHILD



## WHAT'S INSIDE

Timely Story Tips  
Author Notes  
Suggested Interview Questions  
Author Bio  
Book Raves

**It is estimated that nearly 25 % of American children will struggle with a mental health disorder**

Harvard clinician and author, Dr. Ellen Braaten, and the American Psychological Association, unveil **the first and only book** to help parents take charge of their child's mental health care.

Seeking mental health support for a child is one of the most **anxiety-provoking decisions that parents face**, largely because they do not know where to go and what to expect when they get there.

Dr. Braaten believes that parents *rarely* incorrectly identify that their child is in need of help. The real crisis is how to help them find the right help and how to correctly diagnose their child's problem.

Divided into three thorough and well-organized parts, the book **first provides an overview of the issues involved in diagnosing and treating children**. It then gives **detailed information on the most common childhood disorders and addresses key symptoms, possible causes, and treatment options**. In the final chapters, Dr. Braaten discusses **the primary treatment approaches in more depth, such as their typical course, what disorders they are used to treat, and how to determine their effectiveness**.

Parents seeking the best mental health care for their child will learn what other parents did in real situations when confronted with similar problems and will be reassured, supported, and empowered throughout their journey.

In this new book, *How to Find Mental Health Care For Your Child*, published by the American Psychological Association, finally gives parents easy to understand

## How to Find Mental Health Care For Your Child

by Ellen Braaten, Ph.D., 978-1-4388-0898-2

Published September 2010, by the APA

List Price: \$19.95 280 pages/paperback

competent professional and how can I  
treatment?

## TIMELY NEWS STORIES:

**The American Academy of Pediatrics 2010 Recommendations** advises pediatricians to screen for potential mental health issues at each well-child visit. Parents know their children best and having this book as a resource will help parents discuss issues of concern with their doctor. *How to Find Mental Health Care For Your Child* is a **must-read** for parents before visiting the pediatrician.\*

**Your child is the preschool bully.** Should this be a concern? Should you seek treatment? How can parents know whether this is a developmental stage or an issue of concern. The book, *How to Find Mental Health Care For Your Child* provides parents with information that will help them relax or help them choose the right doctor and treatment option for their child.

**School refusal, Social anxiety and Depression.** Three very common parental concerns. *How to Find Mental Health Care For Your Child* will help parents decide when to seek treatment, how to seek the treatment and the right questions to ask.

**Who can help me?** Learning the difference between a psychologist, psychiatrist and social worker or understanding clinical terms such as cognitive-behavioral therapy and mood dysregulation can be overwhelming. **How to Find Mental Health Care for Your Child** is the kind of resource that will help anxious parents navigate the complexities of mental health care.

**Early Intervention is critical** and *How to Find Mental Health Care For Your Child* provides parents with easy to read overviews of symptoms, biology, causes and course treatments for the major psychological and learning disorders. With this knowledge, understanding and open discussion with doctors, children will fare much better.

**ADHD, Autism and Anxiety in children are on the rise.** But this can make a doctor or teacher overlook a more minor learning or environmental issue and rush to diagnosis and treatment. *How to Find Mental Health Care For Your Child* put the parent in charge by exploring a wide range of disorders through cases studies of real parents and outlines a full variety of proven treatments.

**About 13% of American children and young teens have at least one mental health disorder, yet only about half have been seen by a mental health professional\*:** *How to Find Mental Health Care For Your Child* will help parents understand a variety of mental health issues and guide them in seeking the right care.

Source: According to a survey conducted by the National Institute of Mental Health.

## AUTHOR NOTES:

**Highly stressed periods for parents.** The times when parents are most in need of help regarding mental health care for their children are usually soon after school starts, following the fall conferences, during or after the winter break and at the end of the school year when parents are hoping to use the summer months to get evaluation or treatment for their child.

**Parents often have no idea where to turn to when their child is struggling with mental health or behavioral issues.** This book anticipates and answers questions parents may have when they are confronted with this situation.

**It is sometimes embarrassing for parents to admit they are struggling with their children.** Others may think that they are “bad parents,” or maybe they do not want a teacher to “label” their child. This book helps parents take charge and provides them with reassurance, encouragement and general support during the sometimes difficult parenting journey.

**The book empowers parents** by giving them the most important tool of all - information - so that they may approach teachers, physicians and therapists with the right questions and information.

**Teachers and medical professionals often quickly diagnose children and rush right to medication.** This book helps parents take charge and offers a guidelines to a number of treatment options in both psychology and psychiatry that they may want to consider.

### HOW TO FIND MENTAL HEALTH CARE FOR MY CHILD

by Ellen Braaten, Ph.D

For a Review Copy of Interview Request Contact:

Denise Gorant Gliwa

303.887.0690 or [dgliwa@comcast.net](mailto:dgliwa@comcast.net)

### How to Find Mental Health Care For Your Child

by Ellen Braaten, Ph.D., ISBN # 978-1-4338-0898-2

Published September 2010, by the APA

List Price: \$19.95 280 pages/paperback

# HOW TO FIND MENTAL HEALTH CARE FOR MY CHILD

by Ellen Braaten, Ph.D

For a Review Copy of Interview Request Contact:

Denise Gorant Gliwa

303.887.0690 or [dgliwa@comcast.net](mailto:dgliwa@comcast.net)

## SUGGESTED INTERVIEW QUESTIONS FOR DR. ELLEN BRAATEN AUTHOR OF:

### *HOW TO FIND MENTAL HEALTH CARE FOR YOUR CHILD*

- What should parents look for in a competent professional? What kinds of questions should parents ask when meeting with a psychologist?
- How can parents know whether their child's problem is serious enough to benefit from treatment.
- Are there downsides to a wait and see approach?
- Are there any downsides to seeking psychological help for a child? Many parents worry that seeking an evaluation will label their child for the remainder of their school years. How can parents deal with this concern?
- What should parents look for in a competent professional? What kinds of questions should parents ask when meeting with a psychologist for the first time?
- What are the most common mistakes parents make when they suspect their child might need help?
- How can parents be sure that they are getting the best possible evaluation and treatment for their child?
- What sort of help or support should parents expect to get from their pediatricians or schools?
- There seems to be many different treatment options for a child's anxiety, depression or learning issue. Aren't all of these options about the same? Why is one better than the other and how does a parent make this choice.

# HOW TO FIND MENTAL HEALTH CARE FOR MY CHILD

by Ellen Braaten, Ph.D

For an Online Manuscript, Copy of Book or Interview Request Contact:

Denise Gorant Gliwa

303.887.0690 or [dgliwa@comcast.net](mailto:dgliwa@comcast.net)



## AUTHOR BIO

Ellen B. Braaten, PhD, is an experienced and prominent psychologist, researcher and author. Dr. Braaten is the Director of the Child Internship Track and Director of the Learning and Emotional Assessment Program (LEAP) where her clinical work focuses on assessing children with learning disabilities, ADHD and developmental disorders at Massachusetts General

Hospital. She is also an Assistant Professor of Psychology at Harvard Medical School.

Dr. Braaten is a member of both the American Psychological Association and American Psychological Society and has published research on topics relating to ADHD, anxiety in children and learning disabilities.

In Braaten's practice, she realized that it is rare that parents incorrectly identify that their child is in need of help, but frequently they do not know where to seek help and what steps to take. That is why Braaten, together with the American Psychological Association, worked to fill this need with the 2010 release of the book, *How to Find Mental Health Care for My Child*. This book is an easy-to-read guide for parents and helps them take charge of their child's care and gives them the tools and knowledge to find the best possible treatment.

Dr. Braaten has published over a dozen articles in professional and medical journals on topics such as, ADHD, ADD, gender and psychology, motherhood, depression and psychotherapy. She has published several books and also writes articles for parenting and consumer publications. She is also an accomplished speaker, traveling across America making engaging and informative presentations at conferences, meetings and parenting groups. She is a mother of two and resides in Boston, MA.

### How to Find Mental Health Care For Your Child

by Ellen Braaten, Ph.D., ISBN # 978-1-4338-0898-2 List Price: \$19.95 280 pages/paperback  
Published September 2010, by the American Psychological Association, List Price: \$19.95

# BOOK RAVES



“Braaten answers the call of parents desperate to find the right kind of help, but not knowing where to turn.”

- *J Stuart Ablon, PhD. Director, Think: Kids, Department of Psychiatry Massachusetts General Hospital and co-author of Treating Explosive Kids: The Collaborative Problem Solving Approach*



“Exactly the kind of practical, thoughtful advice parents need when seeking treatment for their child’s emotional, behavioral, or developmental disorders. I strongly recommend this book not only for parents but also for educators and pediatricians.”

- *Bruce Masek, PhD, Clinical Director of Outpatient Child and Adolescent Psychiatry at*



“Finally parents can learn what science has to say about child mental health problems and the ways to most effectively treat these problems. This clear, highly readable book contains the facts, not the fiction --- allowing parents to be successful in accomplishing the task in the title.”

- *Wendy Silverman, PhD, ABPP, Professor of Psychology, Florida International University,*



“In this compassionate and readable book, Braaten guides parents through the difficult process of finding appropriate mental health care for the child who is struggling. Parents will find the practical advice tempered with the thoughtfulness and understanding that comes from years of helping children and the parents who love them. I highly recommend this book.”

- *Michael A. Tompkins, PhD, Assistant Clinical Professor, University of California, Berkeley; author of My Anxious Mind: A Teen’s Guide to Managing Anxiety and Panic*