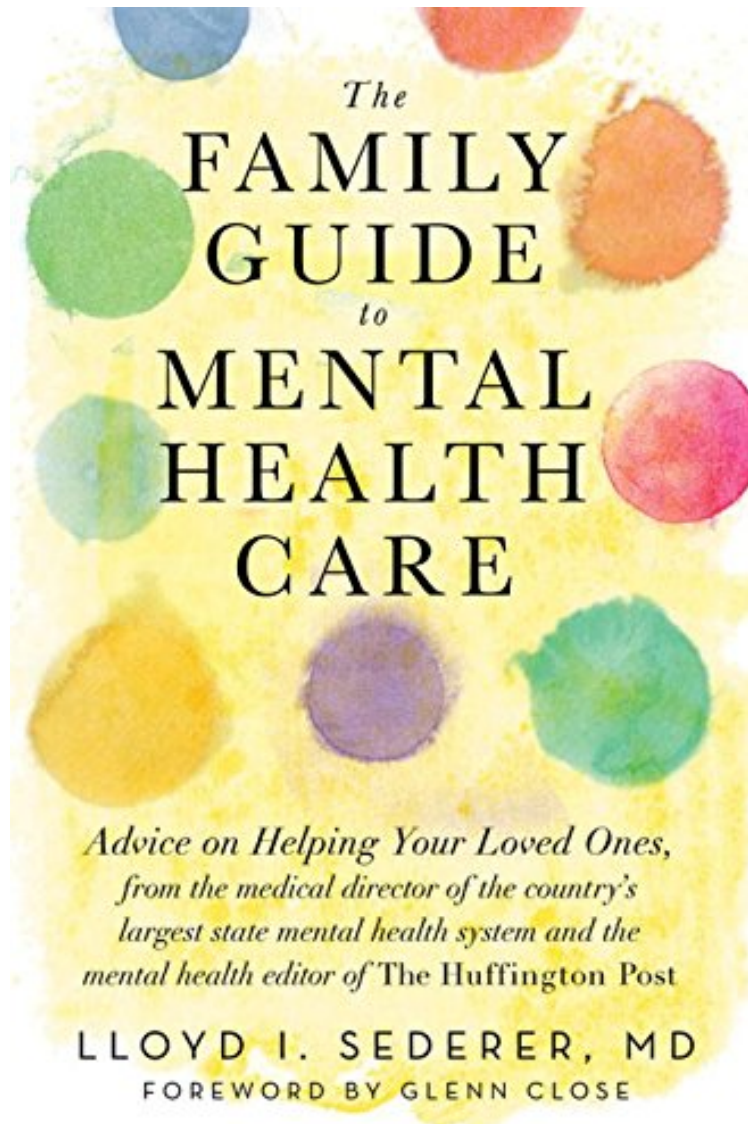


## The Family Guide to Mental Health Care

Lloyd I. Sederer MD

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#140877 in Books Sederer Lloyd I 2015-01-19 2015-01-19 Original language: English PDF # 1 9.20 x 1.00 x 6.20l, .0 #File Name: 0393710637336 pages The Family Guide to Mental Health Care | File size: 49.Mb

**Lloyd I. Sederer MD : The Family Guide to Mental Health Care** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Family Guide to Mental Health Care:

10 of 10 people found the following review helpful. I wish I'd had a handbook like this forty years ago. By Janis K. I am a psychiatric social worker with 40 years of experience in mental health, 17 years of which were in in-patient facilities. Dr. Sederer's book guides consumers through every step of the process for patient and family, from observing symptoms, finding appropriate helping professionals, understanding diagnoses, behaviors, and

medications, and evaluating treatment and follow-up resources. He is honest about the strengths and weaknesses of the current mental health system, and gives guidelines about how to get the best help for one's loved one. The appendices are full of practical resources, references, and assessment scales. His manner is personal and empathic; this book is easy to read and full of useful advice. I wish I'd had this resource for families many years ago!

1 of 1 people found the following review helpful. ... is a must read for every family with a loved one living with a mental illness.

By Customer  
This book is written for families and is a must read for every family with a loved one living with a mental illness. It is very well written and easy to understand. He knows where to begin with the primary care doctor and clearly explains where to go from there. I have purchased a copy for our Family to Family Course resource table and shared this book with everyone that I know. This book will also be added to the NAMI Western Massachusetts resource library. Dr. Sederer understands the importance of educating families and helping them to stay strong by not going it alone. As a teacher for the National Alliance on Mental Illness Family to Family Course I appreciate the "shout out" in the book to NAMI. Thank you Doctor Sederer for writing this book that is in a word- EXCELLENT! A+

Sincerely, Ella Smolenski

11 of 12 people found the following review helpful. Comprehensive, accessible, empowering!

By Jennifer  
As an independently licensed forensic social worker, I found this to be a very thorough and empowering overview of the mental health system. Dr. Lloyd Sederer provides a comprehensive and honest guide to mental health care full of poignant vignettes from the field and illustrates how difficult it can be to navigate. This book reads like you have invited a caring and knowledgeable friend over for dinner. His message of hope for the individual and family living with mental illness is clear and can be felt throughout the pages. He in fact states, "Hope is critical to living with and managing any serious, persistent condition" and he could not be more right. This book empowers us to be prudent consumers in the complex maze of mental health services in America. I highly recommend this book to everyone as mental illness impacts each of us whether professionally or personally. Thank you Dr. Sederer for contributing to the discourse around this prevalent issue. It could not have come out at a more critical time in our country particularly in light of the recent events of Newtown.

Expert advice from the medical director of the country's largest state mental health system and the mental health editor of The Huffington Post. More than fifty million people a year are diagnosed with some form of mental illness. It spares no sex, race, age, ethnicity, or income level. And left untreated, mental disorders can devastate our families and communities. Family members and friends are often the first to realize when someone has a problem, but it is hard to know how to help or where to turn. Our mental health system can feel like a bewildering and frustrating maze. How can you tell that someone has a mental illness? What are the first and best steps for you to take? Where do you go to find the right care? The Family Guide to Mental Health Care is the first comprehensive print resource for the millions of people who have loved ones suffering from some kind of mental illness. In this book, families can find the answers to their most urgent questions. What medications are helpful and are some as dangerous as I think? Is there a way to navigate privacy laws so I can discuss my adult daughter's treatment with her doctor? Is my teenager experiencing typical adolescent distress or an illness? From understanding depression, bipolar illness and anxiety to eating and traumatic disorders, schizophrenia, and much more, readers will learn what to do and how to help. Real-life scenarios and authoritative information are written in a compassionate, reader-friendly way, including checklists to bring to a doctor's appointment so you can ask the right questions. For readers who fear they will never see the light at the end of the tunnel, this book gives hope and a path forward. As one of the nation's leading voices on quality care in mental health, Dr. Lloyd Sederer has played a singular role in advancing services for those with mental illness. Now, the wealth of his expertise and clear guidance is at your disposal. From the first signs of a problem to sorting through the variety of treatment options, you and your family will be able to walk into a doctor's office knowing what to do and what to ask.

From Booklist  
More than 50 million Americans experience some form of mental illness annually. A large number of these individuals fail to get appropriate treatment. Some don't even receive a correct diagnosis. Sederer's guide helps folks (particularly family members and friends of people afflicted with psychiatric conditions) familiarize themselves with all aspects of mental illness: symptoms, treatment, prevention, health-insurance issues, and the law. Tucked in the middle of this useful guide is a valuable chapter, A World of Hurt: The Faces of Mental Illness, that summarizes many mental-health disorders: generalized anxiety, obsessive-compulsive, panic, personality, bipolar, binge eating as well as depression and schizophrenia but not alcohol or substance abuse. Treatments of these problems, including medications, psychotherapy, electroconvulsive therapy (ECT), and repetitive Transcranial Magnetic Stimulation (rTMS), are described. Written by a psychiatrist who is a mental-health administrator, the presentation is practical and compassionate. The main message about mental illness is urgent and uplifting: recovery is possible but requires effort, excellent treatment, assistance from loved ones, patience, and steadfast hope. --Tony Miksanek [Sederer] is the rare combination of public health expert, teacher, and writer and has put all of his skills together in this superb volume. . . . This is one of the best and most practical guides for families. It will also be extremely useful in helping clinicians (physicians and other professionals) understand how to work with families and the lay language they need to use to

empower families to be treatment extenders in many different settings. . .as well as to trainees and young clinicians embarking on practices that must include not only individuals in need but also interventions with families. - Journal of Psychiatric Practice

Dr. Lloyd Sederer has spent his impressive medical career in psychiatry and demonstrates both his knowledge and sensitivity in his book . . . . The Family Guide to Mental Health Care provides families with valuable resources, but maybe everyone should read it. To change attitudes about mental illness requires that everyone listen and understand. - America[A] practical, easy-to-read assortment of information and advice for many persons who have adult loved ones with a mental illness. - Psychiatric Services

If you have a family member with mental illness, then The Family Guide to Mental Health Care by Lloyd I. Sederer, M.D., is the book for you. . . . Even more impressive than his credentials is his straightforward, warm, compassionate tone. - NAMI Advocate[A]n excellent resource for families struggling with a loved ones mental illness. - The National Council for Behavioral Health

If your practice or your advocacy efforts place you anywhere near people encountering the mental health system for the first time, please have a look at this book. Piles of them the books, not the patients should be sitting in the waiting area of every mental health center and emergency department (ED). A brief literature search suggests there is nothing published like this book. In any case, this one is so comprehensive while remaining so welcoming; it is so authoritative and yet unintimidating, one need not look further. - Psychiatric Times[A] compassionate and fact-packed guide for families struggling with mental illness. - NAMI-NYC Metro Newsletter[P]ractical and compassionate. - Booklist[A] thoughtful, compassionate, and fact-packed guide for recognizing illness and getting help. . . . With passionate optimism, Sederer examines the facts about diagnoses, treatments, and doctors, and suggests questions to ask at every step of the way. . . . [A] remarkable resource . . . . With a moving foreword by actress Glenn Close, who calls mental illness a family affair, this extraordinary guide offers valuable information and inspiration. - Publishers Weekly[A]n invaluable must bible packed with resources for any family facing mental illness. - Midwest Book [M]y favorite fallback of books. What I now refer to as my bible . . . thorough, comprehensive, but high-level enough to efficiently guide both veterans and newcomers alike through the realm of mental health care. . . . [I]ts dotted with hard-hitting factoids and numbers, gems of wisdom, and incredibly substantial pieces of information that no one on this journey should do without, yet is so hard-pressed to discover by their own accord. - The City Project

SFI respond personally to what Lloyd Sederer writes because he makes me feel like he is sitting at this very kitchen table, gently explaining to me, with great knowledge, insight and patience, what is happening to my loved one and what my family and I can do about it. - Glenn Close (from the Foreword)

For families reeling from the fact that a loved one suffers from mental illness, knowing what to do and where to go to find the best treatment can be a daunting task. Lloyd Sederers timely book provides an informative and accessible guide to persons faced with this challenge. Dr. Sederer is uniquely qualified to advise people given his experience in virtually every sector of psychiatric medicine and mental health care. This book is indispensable to the many people who must confront mental illness. - Jeffrey A. Lieberman, M.D. President-Elect, The American Psychiatric Association; Lawrence C. Kolb Professor and Chairman of Psychiatry, Columbia University College of Physicians and Surgeons

The Family Guide to Mental Health Care is an invaluable resource for any family struggling to recognize the myths, fueled by stigma, and find the best care for their loved one. - General Peter Chiarelli (Ret) 32nd Vice Chief of Staff of the Army

In a society where the disorders of the mind and mood are too seldom understood, Dr. Sederer has provided remarkable clarity in his explanations of the illnesses for the layperson. He outlines what help is needed, where to get help, and how to manage the system for caregiving and treatment. This is a complete guide to navigating a complex and all-too-challenging world faced by anyone impacted by the challenges of mental illnesses. With outstanding clarity and sympathetic understanding he brings help to the helpers and guidance to those who can aid them. - Connie Lieber, Past President, National Alliance for Research on Schizophrenia and Depression (NARSAD), currently the Brain and Behavior Research Foundation

Dr. Sederers book recognizes the essential contributions families make, discusses every challenge they face, and provides them with clear and exceptionally well-informed advice. There is no book like it. I recommend this book to families as a highly useful guide for what is too often a confusing and frightening journey. - Linda Rosenberg, MSW, CEO, National Council for Community Behavioral Healthcare

Many millions of people have a mental illness but most do not get the treatment and help that they need. With the knowledge to navigate the mental health care system comes the power to recover. This uniquely accessible book provides that knowledge, and is a necessary guide for patients and their families. - Gail Saltz, MD, Clinical Associate Professor of Psychiatry, NewYork-Presbyterian Hospital; NBCs TODAY show mental health contributor

When someone in your family may have a serious mental illness, you will wish that you had a senior psychiatrist nearby to give advice every step of the way. The Family Guide to Mental Health Care gives the reader this gift. - Anand Pandya, MD, Past President and current consultant to the National Alliance on Mental Illness (NAMI); Associate Clinical Professor, Department of Psychiatry Behavioral Neurosciences, UCLA

About the Author

Lloyd I. Sederer, MD, is Medical Director of the New York State Office of Mental Health (OMH), the nations largest state mental health system and New York States chief psychiatrist. He is Adjunct Professor at the Columbia/Mailman School of Public Health and has served as Acting Director of The Nathan Kline Institute for Psychiatric Research in Rockland County, New York. Dr. Sederer is a former Medical Director and Executive Vice President of McLean Hospital in Belmont, Massachusetts, one of the worlds foremost psychiatric

hospitals, and a teaching hospital of Harvard Medical School, where he also served on the faculty. In 2009, Dr. Sederer was recognized as Psychiatric Administrator of the Year by the American Psychiatric Association and was awarded a Rockefeller Foundation Scholar-in-Residence grant. He has also received an Exemplary Psychiatrist award from the National Alliance on Mental Illness (NAMI), the largest family mental health advocacy group in the country. The author of seven textbooks and more than 350 professional articles and reports, he lectures across the country and the world to families of people with mental illness, as well as to mental health policy makers, government officials, and other professionals. He is the first medical editor of The Huffington Post, where he writes frequently about mental health and the addictions, as well as provides movie and book reviews. His Web site, [www.askdrllloyd.com](http://www.askdrllloyd.com), is dedicated to helping people, and their families, get the care they need to recover from mental illness and the addictions. Glenn Close is a film, television, and stage actress who has become a leader on the issue of eliminating the stigma of mental illness through her advocacy organization, Bring Change 2 Mind.