

Features

3 **Urban African American Adolescent Voices on Stress: The *Shifting the Lens* Project**

By Ameena Batada, Dr.P.H., Anita Chandra, Dr.P.H., and Sha Ray King

Understanding teens' perceptions of the sources of stress and the ways teens cope with the stress in their lives can lead to more appropriate and effective interventions. *Shifting the Lens* is a multi-phase project that involved the study of stress from the youth perspective and the application of findings in the form of several tools for use by adults who work with teens. This article describes the processes used to facilitate and build capacity among youth to interpret and share study findings with community members using a health communication video.

8 **Adolescent Depression: Early Recognition Leads to Successful Treatment**

By David Fassler, M.D.

Depression is an identifiable and potentially fatal illness that affects millions of Americans under age 18. Fortunately, it can be effectively treated. This article explores the basic signs and symptoms of adolescent depression and suicide, and reviews what can be expected when a young person has a psychiatric evaluation.

10 **An Understanding of Self-Injury and Suicide**

By Denise M. Styer, Psy.D.

Self-injury is intentionally injuring one's body without suicidal intent. However, self-injury is often confused with a suicide attempt. Drawing on her experience as a clinical coordinator at an in-patient program for youth who self-injure, the author provides a background on self-injury, then explores how self-injury differs from suicide and why they are often confused.

Book Reviews

14 ***Too Stressed to Think: A Teen Guide to Staying Sane When Life Makes You Crazy***

By Annie Fox, M.Ed., and Ruth Kirschner

Reviewed by Colin de Miranda

16 ***When Nothing Matters Anymore: A Survival Guide for Depressed Teens*** by Bev Cobain, R.N., C.

16 ***Recovering from Depression: A Workbook for Teens (Revised Edition)***

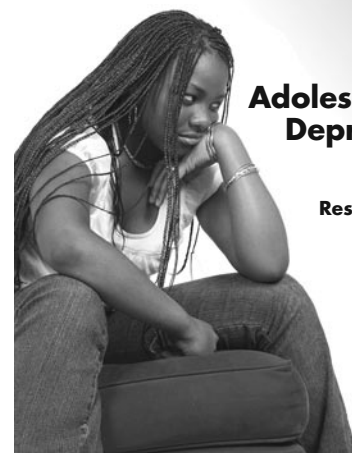
by Mary Ellen Copeland, M.A., M.S., and Stuart Copans, M.D.

Both reviewed by Faedra Lazar Weiss, M.A.H.L.

18 ***Helping Adolescents at Risk: Prevention of Multiple Problem Behaviors***

by Anthony Biglan, Ph.D., Patricia A. Brennan, Ph.D., Sharon L. Foster, Ph.D., and Harold D. Holder, Ph.D.

Reviewed by Audrey J. Block, M.S.W., J.D.



Adolescent Stress, Depression and Suicide

Resource Issue 2006

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From the Editor's PC

Dear Colleague,

Over the past five years, the topics of teen stress, depression, and suicide have all been covered within *The Prevention Researcher*. With more than 1 in 4 students in the latest Youth Risk Behavior Survey reporting feeling sad or helpless almost every day for two or more weeks in a row, and 1 in 6 reporting seriously considering attempting suicide in the 12 months preceding the survey, these are topics which definitely need to remain a focus of our attention.

This year's Resource issue is devoted to the continuum of adolescent stress, depression, and suicide. It begins with an article by Dr. Ameena Batada and colleagues exploring the *Shifting the Lens* project. *Shifting the Lens* is a multi-stage project that studied teen stress among urban African American adolescents using their own perspectives and then worked with these teens to create a health communication video.

Following, Dr. David Fassler, a practicing child and adolescent psychiatrist, explores adolescent depression and how early recognition of this disease can lead to more successful treatment. Dr. Fassler provides signs and symptoms of depression among youth, and discusses what a psychiatric evaluation may entail.

One coping mechanism for some youth, though definitely not a healthy one, is self-injury. Self-injury also is often misinterpreted as a suicide attempt. Our final article in this issue is by Dr. Denise Styer, a clinical coordinator at an in-patient facility for self-injury. Dr. Styer describes self-injury and explores its similarities and differences with suicide.

This issue also includes book reviews on adolescent stress and suicide, as well as preventing multiple problem behaviors. We would like to thank Mr. Colin de Miranda, a high school student, and Ms. Audrey Block and Ms. Faedra Weiss of our Editorial Board for taking the time to review these books for us.

Finally, this issue is rounded out with a comprehensive article index and a listing of online resources which can provide additional information about teen stress, depression, and suicide. As we conclude, don't forget to check out the Resource Marketplace on the back cover of this issue.

All the best,



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