

mother's untreated mental illness. It also sympathetically portrays a family's frustration in attempting to get treatment for one of its members. Holman and her father kept butting up against commitment criteria, because Holman's mother would not agree to voluntary treatment. Eventually, the family succeeds in achieving a hospitalization. Holman says about her mother's brief hospital stay, "The four weeks my mother was in the hospital were the best in my life since I had been a young child." As was and is characteristic of a general psychiatric admission, the admission was brief. Holman laments, "My mother was diagnosed with schizophrenia, released, and everything slowly went to shit again."

Unfortunately, some of the psychi-

atric details in the book, particularly those concerning psychopharmacologic treatment, are not accurate, including the spelling of one brand-name medication (on repeated occasions). Overall, however, Holman does provide the lay public with two important views: the effect of chronic mental illness on the family, and the prolongation of ill effects due to the inability to achieve adequate psychiatric treatment. Holman might have achieved more punch had she written this as a short story rather than a 244-page memoir. Nonetheless, for patients and families who are interested in others' experiences with chronic mental illness in the family and its effects on the spouse and children, *Rescuing Patty Hearst* is an easy, informative read.

ican Academy of Child and Adolescent Psychiatry (AACAP). The work group has been active since 1994 and has been a strong advocate within the AACAP for systems of care as a framework for work with youths with serious emotional disturbances and their families.

The book is divided into four parts. It also has a separate section for tables and figures, which makes for easy reading. Part 1—"Conceptual Foundations of Systems of Care"—discusses the history and the values and principles of community child mental health, systems of care, family advocacy, cultural competence, and collaboration across disciplines and among agencies. Part 2—"Integrating Clinical Modalities Into Systems of Care"—highlights the role of pharmacotherapy in the system of care, evidence-based community-based interventions, and care coordination (case management). Part 3—"Working Across Populations and Settings"—clearly describes the conceptual framework for early-childhood systems of care. Other chapters describe the roles of the juvenile justice system, school-based mental health services, comorbidity issues, foster children in the welfare system, and risks, goals, and outcomes of collaboration with primary care. Part 4—"Administration and Evaluation of Systems of Care"—is an analysis of the relationship between legal systems, managed care, and federal and local governments to systems of care. This part ends with a very informative guide to training child and adolescent psychiatrists and child mental health professionals about systems of care.

The Handbook of Child and Adolescent Systems of Care makes the reader aware of the importance of integrating interagency supports in a context of parent-professional collaboration and cultural competence at the community level and the level of the individual family. The book is well written and easy to read, avoiding technical jargon. It is highly valuable reading for all professionals who work with youths who have serious emotional disturbances, both within the mental health field and in the larger

The Handbook of Child and Adolescent Systems of Care: The New Community Psychiatry

edited by Andres J. Pumariega and Nancy C. Winters; San Francisco, Jossey-Bass, 2003, 547 pages, \$80 softcover

Peter Metz, M.D.

Manisha Punwani, M.D.

In D. W. Winnicott's words, "In order to use the mutual experience one must have in one's bones a theory of the emotional development of the child and the relationship of the child to the environmental factors." Understanding systems of care is crucial in providing care to children with complex emotional and behavioral needs and their families. Such children and families are often shortchanged by a fragmented, uncoordinated, and hierarchical system in which youths and families are blamed or "fall through the cracks" of a system whose goal it is to provide needed support and treatment.

The Handbook of Child and Adolescent Systems of Care: The New Community Psychiatry, edited by Andres J. Pumariega and Nancy C. Winters, is a groundbreaking and compre-

hensive book that helps the reader understand in detail the changes that have influenced the practice of child psychiatry within a system-of-care framework over the past two decades. The book highlights the importance of incorporating the values and principles of community-based systems of care in working with youths with serious emotional disturbances and their families. Community-based systems of care offer new perspectives on the use of existing resources, emphasizing principles of coordination of care within community-based services, parent-professional collaboration, cultural competence, and individual strengths-based treatment planning that is child centered and family focused.

The Handbook of Child and Adolescent Systems of Care is the result of dedicated and persistent effort by the contributors, who have been members of the work group on community-based systems of care of the Amer-

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arena of child-serving agencies and organizations, including primary pediatric care, schools, child protective services, and the juvenile justice system. The book is also recommended for parents and family members of

youths with serious emotional disturbances as an aid to providing information to these essential partners in the overall effort to allow youths with psychiatric disorders to stay in their homes and local communities.

The Postpartum Effect: Deadly Depression in Mothers

by Arlene M. Huysman, Ph.D., and Paul J. Goodnick; New York, Seven Stories Press, 2003, 222 pages, \$14.95 softcover

Vidushi Babber, M.D.

Why is it that nearly half a million women suffer from some form of postpartum depression? In the latest revision of *The Postpartum Effect: Deadly Depression in Mothers*, Arlene M. Huysman, Ph.D., and Paul J. Goodnick refresh our memory of shocking news reports of infanticide and filicide. Huysman, drawing from her personal experience as a clinical psychologist, adds credibility through vignettes and patient anecdotes that nicely complement our knowledge about publicized cases heard over the years in the national media. In addition, the book sheds light on several international cases, thus illustrating the global prevalence of this deadly form of depression.

Listing numerous references and sources, the book's strength lies primarily in its well-written and reader-friendly approach, making it a comfortable read for audiences ranging from the general public to health professionals. The authors begin by focusing on postpartum depression and on the many myths that surround the postpartum period. Each successive chapter addresses—and in some cases answers—various questions that have intrigued many people about this mysterious illness. Several possible causes of the disorder are identified: hormonal, chemical, and life stressors.

The Postpartum Effect strongly reinforces the need for careful patient

monitoring during the crucial time after childbirth. Examples are provided to illustrate the unfortunate consequences of postpartum depression when it is left undetected and untreated. Furthermore, the book goes on to define a less common term—progressive postpartum depression—which may last many months or even years after the postpartum period. Later chapters of the book attempt to identify patients who are at risk of developing mood disorders and describe criteria for diagnosis and treatment modalities.

The authors boldly bring out controversial views among the medical and justice communities. The book attempts to add clarity to the raging debate about who should screen patients, who is responsible for treatment, who should stand trial, and who is at fault. A glossary defining commonly used terminology and a detailed list of resources complete the book. The authors' passion for informing the public is evidenced by the pedagogical nature of their writing. The ongoing messages of early prevention, accurate diagnosis, and prompt intervention are consistently integrated throughout the text.

As a fellow in women's mental health, I found that many parts of this book hit very close to home. I applaud the authors for their courageous personal anecdotes in addressing the lack of knowledge about postpartum mood disorders. This well-written book meets its goal of educating not only the public but the entire medical profession.

You Are Not a Stranger Here

by Adam Haslett; New York, Anchor Books, 2003, 240 pages, \$13 softcover

Harriet P. Lefley, Ph.D.

Voted one of *Time* magazine's five best books of the year in fiction and winner of the Winship/PEN Award, *You Are Not a Stranger Here* is a group of powerful short stories, each dealing with some manifestation of mental illness and its effects on others.

In the first story, the reader is caught up in a spiraling manic episode so vividly depicted that it evokes the colors of a brain scan. A bipolar father spews forth a torrent of feverish plans while making public scenes and running up huge hotel and restaurant bills that cannot be paid. His son wearily tries to divert him, fully aware of his own powerlessness to stem the tide, and terrified of his own bipolar symptoms. On each side, recollections of tender childhood moments and mutual love highlight the tragedy of a relationship splintered by illness.

Each subsequent story reflects an interaction with a startling core of truth. A woman who has survived trauma and profound personal losses reduces a young psychiatrist to an insensitive neophyte when he keeps insisting that her history requires talk therapy to supplement her medications. Frustrated by merely prescribing in a rural clinic, the psychiatrist is anxious to try his hand at psychotherapy, while the patient is convinced that talking with an inexperienced therapist cannot ameliorate—and may intensify—the tragic memories in her life. This story is a beautiful counterposition of conflicting patient-therapist motivations and needs.

The palliative relief of self-inflicted pain pervades a story of two teenagers, simultaneously struggling with homosexual feelings and parental

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