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Richard Kadison book talk - press release

Northeastern University Libraries

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Libraries

Media Advisory

For Immediate Release: November 4, 2004

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Snell Library Book Talk — College of the Overwhelmed

On November 17 at noon, Northeastern University Libraries and the NU Bookstore will host a book talk in Snell Library, room 421 with guest speaker Richard Kadison, author of *College of the Overwhelmed: The Campus Mental Health Crisis and What to Do About It*.

More college students than ever before are suffering from serious and often life-threatening emotional conflicts and mental illness—including a major increase in anxiety, depression, suicide, developmental disorders, alcohol and drug abuse, rape, and eating disorders. At colleges and universities across the nation, students, administrators, and faculty are dealing with these important issues.

The prevalence of psychiatric problems on campus and the question of how much responsibility colleges have for the mental health of their students have received widespread media attention with a rash of highly publicized suicides at Harvard, MIT, and other colleges—with cover stories in *Newsweek*, *The New York Times Magazine*, the *Chronicle of Higher Education*, the *Wall Street Journal*, and elsewhere. Recent national survey studies, however, indicate a crisis of mental health on campuses at every level, size, academic status, and geographic location across the country.

More students desperately need detection, early intervention, and ongoing treatment precisely at a time when there has been a dramatic decline in financial or administrative support for such services. This book provides the actual facts of the situation and a disturbing analysis and evaluation of its causes, including exceptional parental pressure, peer competition, economic downturns that have created a difficult job market, and world events that have contributed to a pervasive culture of fear. *College of the Overwhelmed* offers ways for teachers, parents, students, and administrators to recognize the symptoms and confront and deal with this severe situation—at home, in the classroom, in the dorms—and what to do about it before it's too late.

About the Authors:

Richard Kadison, M.D., is the chief of the Mental Health Service at Harvard University Health Services. A board-certified psychiatrist, Kadison has specialized in campus mental health and student mental health treatment throughout his career.

Theresa Foy DiGeronimo is the author of more than 35 books in the fields of education and parenting. She is the coauthor of *How to Talk to Your Kids About Really Important Things* and *Launching Our Black Children for Success*, both from Jossey-Bass.

This free event is part of the **Northeastern University Libraries Meet the Author Series**, which presents local and visiting authors to the NU community. This event will be held in Snell Library, Room 421, Northeastern University Campus, 360 Huntington Avenue. For more information or special needs assistance, please contact Maria Carpenter, 617-373-2821. The public is welcome. Seating is limited so please arrive early.

The NU Libraries and NU Bookstore are pleased to sponsor this event.