

Keeping kids SAFE

End of Legislative session initiatives focus on youth and social media

Recent research has shown devastating mental health effects associated with children and young adults' excessive social media use, including increased rates of depression, anxiety, suicidal ideation, and self-harm. Children also face unique risks when their data is collected online.

As the 2024 session of the State Legislature wrapped up in June, lawmakers approved two initiatives introduced by Governor **Kathy Hochul** that will be vital in protecting our state's youth from the dangers of social media – the Stop Addictive Feeds Exploitation for Kids Act New York Child Data Protection Act.

The two bills, sponsored by State Senator **Andrew Gounardes** and Assemblymember **Nilly Rozic**, will prohibit online platforms from collecting and sharing their personal data without consent and limit addictive features of social media platforms that are known to harm their mental health and development.

"Our kids are in crisis, and the adults in the room need to step up," Governor Hochul said, in announcing the legislation. "The statistics are extraordinarily disturbing: teen suicide rates are spiking, and diagnoses of anxiety and depression are surging. It's critical we all stand together to address the youth mental health crisis."

The legislation will add critical protections for children and young adults online by restricting the collection of minors' personal data and changing how young users are served content online to reduce the harms of addictive features that keep children on social media longer. They will also prevent children from having their location and other personal data tracked, shared, and sold online.

While other states and nations have enacted laws to limit the personal data online platforms can collect from minors, New York had no such restrictions, until now.

SAFE Act

Currently, platforms supplement the content users view from the accounts they follow by using algorithms to serve them content from accounts they don't follow or subscribe to. However, algorithmic feeds have been shown to be addictive because they prioritize content that keeps users on the platform longer.

To address this problem, the legislation will:

- Provide users under 18 with a **default chronological feed** from users they already follow – the same way social media feeds functioned before addictive feeds. Users can also search for specific topics of interest. Minors may opt-in to receive addictive feeds with parental consent.



Governor **Kathy Hochul** holding a roundtable with students from Williamsville East High School to discuss the challenges posed by unhealthy and excessive social media use.



OMH Commissioner **Ann Sullivan, MD** (left), speaking with **Mekka Vasquez**, a high school student from Schenectady County. Vasquez spoke in favor of the legislation and discussed the positive impact of getting help from her district's school-based mental health clinic satellite.

- Allow parents to **block access** to social media platforms for minors between midnight and 6 a.m. and limit the total number of hours per day a minor spends on platforms.
- Prohibit social media platforms from **sending notifications** to minors from midnight and 6 a.m. without parental consent.
- Authorize the Office of the Attorney General to bring an **action to enjoin or seek damages** or civil penalties of up to \$5,000 per violation. Allow any parent/guardian of a covered minor to sue for damages of up to \$5,000 per user per incident, or actual damages, whichever is greater.
- Provide platforms an opportunity to **cure any claim** brought by the parent/guardian of a covered minor.

This legislation will only impact social media platforms with feeds comprised of user-generated content along with other material the platform recommends to users based on data it collects from them.

New York Child Data Protection Act

The New York Child Data Protection Act will prohibit all online sites from **collecting, using, sharing, or selling** personal data of anyone under the age of 18, unless they receive informed consent or unless doing so is strictly necessary for the purpose of the website.

For users under 13, this informed consent must come from a parent. The bill authorizes the Attorney General's Office to enforce the law and may enjoin, seek damages, or civil penalties of up to \$5,000 per violation.

A larger commitment

These two pieces of legislation are a part of Governor Hochul's larger commitment to addressing youth mental health in New York State. In addition to the **\$1 billion** mental health investment in the 2024 State Budget, 2025 State Budget carries through \$20 million in start-up funding for **school-based mental health clinics** and a rolling application process to expedite these awards, which were previously secured through the state procurement process. This initiative builds on the \$5.1 million in state funding awarded in November to support 137 new school-based clinics – including 82 at high-needs schools – and bringing the total number to more than 1,200 statewide.

The 2025 State Budget includes more than \$19 million to provide critical care to young people, including increasing resources for youth receiving treatment in their community or in residential care.

Initiatives include \$9.6 million to increase **Youth Assertive Community Treatment teams**, which provide community wraparound services and support to young people at risk of entering residential or inpatient psychiatric treatment. This funding will allow the state to develop 12 additional teams to serve youth statewide.

The 2025 budget also adds \$4 million to support a **loan-forgiveness program** specifically for licensed mental health clinicians serving children and families. Another \$2 million was added to expand peer-to-peer mental wellness efforts among young people, including training programs like Teen Mental Health First Aid, which enable New Yorkers to assist friends, family or other community members who experience challenges with mental health or substance use.



Youth mental health roundtable

Governor Hochul and Commissioner Sullivan also met virtually with advocates and parents from throughout the state to discuss ongoing efforts to combat the youth mental health crisis:

- **Kyle McCauley Belokopitsky**, Rensselaer County, Executive Director of the New York State Congress of Parents and Teachers, who served as moderator.
- **Jenny Dembrow**, New York City, Executive Director of the Lower East Side Girls Club.
- **Susan Fox**, New York City, Founder of Park Slope Parents.
- **Elise Gold**, Ulster County, Founder of the Maya Gold Foundation
- **Scott MacLeod**, Tompkins County, Co-Founder of The Sophie Fund, Inc.
- **Arron Muller**, New York City, CEO of Modify Wellness, Inc.
- **Meisha Porter**, New York City, President and CEO of the Bronx Community Foundation
- **Julie Scelfo**, New York City, Founder of Mothers Against Media Addiction.
- **Kathleen Spence**, Suffolk County, Teacher at Brentwood East Middle School.
- **Stephanie Stevens**, Chautauqua County, President of the YWCAs of New York and Executive Director of YWCA Westfield.
- **Bernice Tsai**, New York City, Representative of Common Sense Media

Community

State funding to increase inpatient capacity at community-based hospitals

By adding new capacity in the community, New York State will be able to significantly **improve access to care** statewide, including to areas that were previously underserved.

A total of **\$30 million** was awarded this spring to nine community-based hospitals to add **109 new inpatient psychiatric beds** statewide. Administered by OMH, these awards can be used to cover design, property acquisition, and construction costs associated with adding new inpatient beds. New York City-based hospitals will receive five awards totaling \$19.1 million and upstate facilities will receive four awards totaling \$11.7 million.

The funding is part of Governor Hochul's \$1-billion plan to strengthen New York State's continuum of mental health care.

With the majority of this capital funding in procurement, the plan is now providing the funding needed to open new programs, expand effective initiatives, and develop thousands of units of specialized housing to serve individuals living with mental illness.



Commissioner Sullivan with representatives from the Mental Health Association in New York State and other advocates, discussing ongoing investments in resources for young New Yorkers.

New York City:

- **Episcopal Health Services**, \$1 million; adding four beds for adults.
- **Maimonides Medical Center**, \$5 million; adding 20 beds for youth.
- **Montefiore Medical Center**, \$3.1 million; adding 21 beds for youth.
- **New York City HHC – Bellevue**, \$5 million; adding 12 beds for youth.
- **Richmond Medical Center**, \$5 million; adding 10 beds for adults.

Upstate:

- **Claxton Hepburn Medical Center**, \$5 million; adding 10 beds for youth.
- **Columbia Memorial Hospital**, \$5 million; adding 23 beds for adults.
- **Rome Memorial Hospital**, \$1 million; adding four beds for adults.
- **Samaritan Medical Center**, \$780,338; adding five beds for adults.

Article 28 licensed general hospitals and not-for-profit freestanding Article 31 psychiatric hospitals operating programs licensed or certified by OMH could apply for up to **\$5 million** for projects to increase inpatient capacity.

The funding can be used for opening new inpatient beds, including specialty psychiatric units to treat individuals dually diagnosed with mental health disorders. Funding can also be used for construction, design costs, property acquisition, project administration and other related expenses, including permits and testing.

Comprehensive Psychiatric Emergency Programs

Nine community-based hospitals were awarded **\$39.1 million** in state funding to develop new comprehensive psychiatric emergency programs. Once established, the programs will increase the statewide total to 31 and provide needed capacity to serve thousands of additional individuals who experience a behavioral health crisis. This funding will provide community-based hospitals with capital to establish new programs, so they can quickly evaluate and provide care to anyone experiencing a behavioral health crisis.

Conditional awards were made to five hospitals in New York City and four hospitals upstate to develop and operate new comprehensive psychiatric emergency programs or establish satellite locations:

New York City:

- **Flushing Hospital Medical Center**, \$4.5 million
- **Maimonides Medical Center**, \$4.9 million
- **Montefiore Medical Center**, \$4.6 million
- **NYU Langone Health**, \$5 million
- **St. Barnabas Hospital**, \$5 million

Upstate:

- **Arnot Ogden Hospital** (Chemung County), \$4.8 million
- **Claxton-Hepburn Medical Center** (St. Lawrence County), \$4.8 million
- **Faxton St. Luke's Healthcare** (Oneida County), \$493,253
- **Olean General Hospital** (Cattaraugus County), \$5 million

Flexible Assertive Community Treatment

Up to **\$2.7 million** is available to develop **Flexible Assertive Community Treatment** teams to serve New Yorkers living with serious mental illness, but who are disengaged from the traditional system of care. Administered by OMH, the funding will help establish **37 multidisciplinary teams**, which will have the flexibility to provide critical outpatient mental health services based on individuals' needs. OMH-licensed service providers can apply for \$75,000 in start-up funds. Over the past seven years, New York State has significantly increased the licensed ACT teams in operation. There are now 124 licensed teams, including 68 in New York City alone.

Suicide prevention

New task force seeks to address factors, strengthen public-health approaches

The **New York State Suicide Prevention Task Force** has reconvened with 32 members participating in its inaugural meeting this spring. Overseen by OMH, the Task Force will build upon recommendations made by its predecessor to strengthen public health approaches, enhance health system competencies, improve data surveillance methods, and infuse cultural competency in the state's suicide prevention strategy. The Task Force will conduct six virtual sessions on a bi-monthly schedule.

During its first meeting, the Task Force acknowledged a need for **a more equitable and inclusive** suicide prevention plan, highlighting workforce issues with emphasis on diversity and inclusivity in mental health services; stigma and community engagement; structural and systemic issues; access to comprehensive mental health services; prevention strategies in educational settings; and identifying underserved populations.

Established in partnership with OMH's **Suicide Prevention Center of New York**, the Task Force will build on the work of the state's original Suicide Prevention Task Force, which delivered its final report in April 2019. For more information visit the [SPCNY website](#).

Last year, New York State began a five-year **\$10-million** effort funded through the US Department of Health and Human Services' Substance Abuse and Mental Health Services Administration to address mental and behavioral health problems among youth, with the goal of ensuring equitable access to underserved populations. In addition, OMH received a five-year, \$3.5 million federal grant to expand the **Zero Suicide** model – a systemic approach toward integrating suicide prevention in the health care system – among 13 Certified Community Behavioral Health Clinics.



SPCNY's **Alexi Saldamando**, LCSW-R; and **Jenna Heise**, and **Deborah Layman** from the OMH's Office of Population Health and Evaluation; recently traveled to Washington DC for SAMHSA's Zero Suicide/National Strategy For Suicide Prevention Conference. Alexi, seen here, spoke about the state's approach to advancing suicide-safer care.

Housing

Creating permanent supportive housing throughout the state

Creating new permanent supportive housing is central to the work of reducing homelessness in New York State. Governor Hochul has dedicated \$25 billion to a comprehensive Housing Plan to help create or preserve 100,000 affordable homes throughout the state, including 10,000 with support services for vulnerable populations. Here are three projects for which construction has been completed and one that's just started:

Harison Place, Malone

Opening this spring was Harison Place in Malone, an affordable and supportive housing development with 40 apartments and commercial space. The project was developed by Citizen Advocates and 3d Development Group, LLC, and entailed the demolition of a fire-damaged structure and adjacent unused buildings, followed by the new construction of a four-story apartment building designed to complement the village's surrounding historic architecture. Twenty apartments include mental health services and job training through Citizen Advocates, funded through the Empire State Supportive Housing Initiative and administered by OMH. State financing is through OMH, the New York State Homes and Community Renewal, Empire State Development, North Country Regional Economic Development Council, New York State Research and Development Authority, and the Office of Temporary and Disability Assistance.

Moyer Carriage and Car Factory, Syracuse

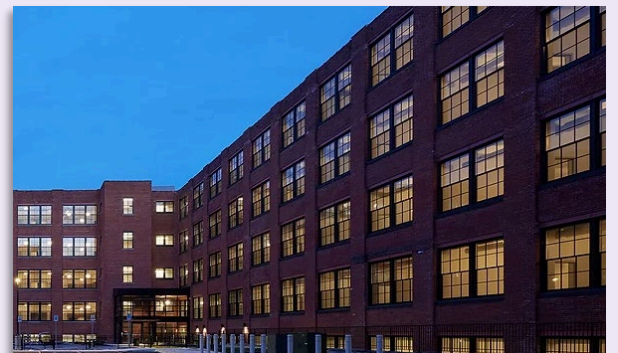
Construction was completed this spring on the transformation of the Moyer Carriage and Car Factory into a 128-unit, mixed-use, affordable and supportive housing development. All 128 apartments are affordable for households earning at or below 60 percent of the Area Median Income. The development includes 50 units with supportive services provided by Catholic Charities of Onondaga County. Rental and operating subsidies for these units will be funded through an ESSHI award administered by OMH. The factory complex, consisting of several buildings on the city's North Side, is listed on the National Register of Historic Places. This development included extensive rehabilitation of this historic structure.

Canal Commons, Rochester

Work was completed this summer on Canal Commons, a development that converted a historic 19th century manufacturing facility in Rochester into 123 affordable apartments, including 70 units with on-site support services. Services provided by East House include financial case management, education and employment counseling, peer support, life skills coaching, and social activities. Canal Commons was developed by East House and co-developed by MM Development Advisors, Inc. State financing is through OMH; HCR; OTDA; and the New York State Office of Parks, Recreation, and Historic Preservation.



Groundbreaking ceremony in 2022 for Harison Place in Malone (see below).



Center City Courtyard, Rochester

Construction started this spring on Center City Courtyard, a 164-Unit affordable and supportive housing development in Rochester. The five-story building will be constructed on a surface parking lot on West Main Street in downtown Rochester.

Ninety-five apartments will be reserved for households experiencing or at-risk of homelessness, including veterans and individuals reentering the community following a period of incarceration. These residents will have access to on-site supportive services and rental subsidies funded through ESSHI and provided by Helio Health, the Urban League of Rochester, and Eagle Star Housing. The developing team is a joint venture between HELPDevCo and CSD Housing, LLC. State financing is OMH, HCR, and OTDA. The City of Rochester is also providing support.



Coming up

This summer, the state awarded **\$45 million** to six other projects to create **227 units** of permanent supportive housing in Erie, Kings, Oneida, St. Lawrence, and Tompkins counties. The projects will provide housing with on-site support services for families and individuals who have experienced homelessness, including domestic violence survivors, youth aging out of foster care, pregnant/parenting teens, and individuals living with serious mental illness or substance use disorders and their families. Grants for the projects will be awarded competitively by OTDA's Homeless Housing and Assistance Program.

Projects include:

- **Brownsville Partnership, Inc.** - \$12 million is being dedicated to developing 81 units of permanent supportive housing in Brooklyn. This project, 372 Livonia, proposes the new construction of an 11-story building with community space, including a warming kitchen, as well as a multi-purpose room and outdoor space. Support services will be provided by SCO Family of Services.
- **DePaul Properties, Inc. (Buffalo)** - \$3.3 million is being dedicated to developing Pan American Square Apartments, which will create 20 units of permanent supportive housing in Buffalo. Support services will be provided by DePaul Community Services, Inc.
- **DePaul Properties, Inc. (Utica)** - \$7.3 million is being dedicated to developing 39 units of permanent supportive housing in Utica. Columbia Square Apartments proposes the new construction of two large adjacent apartment buildings located on the same city block. Amenities will include central laundry rooms, on-site property management, a community room, in-unit resident storage, an exterior central courtyard, free wi-fi, and off-street parking. Support services will be provided by DePaul Community Services, Inc.
- **Rehabilitation Support Services, Inc.** - \$8.5 million is being dedicated to developing The Meadows of Seneca, which will create 25 units of permanent supportive housing in Ithaca. This application proposes the new construction of a four-story building that will include an exercise room, laundry facilities, and community room. Support services will be provided primarily by RSS, with additional specialized services provided onsite by The Advocacy Center of Tompkins County for survivors of domestic violence.
- **Standing Together Effectively for People by Standing Together Effectively for People** - \$9.7 million is being dedicated to developing 42 units of permanent supportive housing in Ogdensburg. This project, Knox Street - Building 2, will include new construction of a three-story building, with amenities such as free Wi-Fi, a laundry room, shared common areas, meeting rooms and offices for program staff. Support services will be provided by S.T.E.P. by S.T.E.P.
- **Steuben Churchpeople Against Poverty, Inc. d/b/a. Arbor Housing Development** - \$4.2 million is being dedicated to developing 20 units of permanent supportive housing in Ithaca. Part of a larger project, the proposed Stately Apartments consists of the new construction of a single multi-story building featuring laundry facilities, community room, garden, and commercial space. Support services will be provided by Catholic Charities of Tompkins/Tioga.



St. Lawrence Psychiatric Center in Ogdensburg.

Focus on youth

Innovative programs at St. Lawrence Psychiatric Center help address the needs of teens in the North Country's rural areas

"There's a misguided perception that living in a rural area is kind of bucolic for children," said pediatrician **Jennie McLaurin, MD, MPH, FAAP**, in a 2023 interview with the online publication, the [Rural Information Hub](#). "And the reality is that the stresses are similar around social media, isolation, poverty, and chronic conditions."

A 2010 study, the article noted, indicated the suicide rate of rural teens was higher than teens in metro areas. In addition, rural teens had a higher prevalence of behavior problems, anxiety, and depression than their urban counterparts. It added that there are fewer behavioral health providers in rural areas, making it harder for rural adolescents and their families to access services.

This past year, St. Lawrence Psychiatric Center in Ogdensburg introduced three programs to help meet these needs.

Staying active during school breaks

"School breaks can provide a much-needed pause from academics, but are sometimes the source of isolation, loneliness, and poor engagement with healthy supports," said **Kelsey Spilman**, a social worker at St. Lawrence's Gouverneur Wellness Center.

She started brainstorming for ways the clinic could help. By November 2023, after some planning, the children's unit at the clinic began offering therapeutic groups for children during school breaks. Groups were offered during the Thanksgiving, Christmas, February, and spring breaks. The groups are art- or activity-based and provide an opportunity for socialization, skill-building, and community engagement.

During one such group, a social worker partnered with the local library to borrow nine pairs of snowshoes so facilitators could lead seven children on a snowshoeing through the village – teaching them about how they could access the snowshoes and other activities from the library. After the expedition, one child said he would like to go again, "but only if we do the same path with the same hill!"

Spring break activities had record attendance. Four youths accompanied staff to the local library for an orientation, where they also obtained library cards. Then, 19 youths attended groups in which they learned how to tie dye a t-shirt. Finally, 17 children participated in coping skills and hygiene bingo, in which they discussed healthy coping skills and learned about practicing good hygiene habits and "won" the tools for implementing them at home.

While meeting the needs of the children who attend the groups, the clinic is also providing a brief respite to families who have limited familial or social resources.



*Gouverneur Wellness Center's school-break program staff, from left: **Deanna Michaud, Marissa Bigelow, Carrie Isereau, Emily Petrus, and Kelsey Spilman.***

"These groups will inform clinic-led clinic- and community-based activities that take place during the summer months," Spilman said. "Participants have been vocal with their suggestions and the staff are eager to marry the patients' interests with their treatment targets while strengthening community engagement."

Positive Parenting

The "Triple P" Positive Parenting Program is an evidence-based program offering parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior, and prevent problems from developing.

The Gouverneur Wellness Center partnered with the Seaway Valley Prevention Council to bring this program to the area.

Since many parents and guardians cited the lack of childcare as a barrier to attending, the staff offered a concurrent therapeutic group for children. This allowed the adults to focus on the material while their children received additional treatment interventions from Wellness Center staff. In the interest of space, the groups were offered at the Gouverneur Community Center.



"Triple P" program staff, from left: **Britny Harmer**, Seaway Valley Prevention Council health educator; **Isereau** and **Bigelow** from the Gouverneur Wellness Center; and **Lisa Wood** from the Gouverneur Community Center.

They also formed a partnership with the North Country Prenatal Perinatal Council, which held a babysitting and CPR certification course at the Gouverneur Wellness Center during spring break. This provided six local teens the opportunity to learn new, practical skills for providing care to others and responding in an emergency.

Pottery and sculpting

Pottery and sculpting have long been known to be an effective, evidence-based, approach to treating a variety of mental health issues. This past fall and winter, St. Lawrence staff partnered with a local potter, who also happened to be a social worker, to offer a treatment group in her pottery studio. The project was funded through the state's Delivery System Reform Incentive Payment program.

The group lasted for 12 weeks, with participants creating a variety of pottery projects, including spirit animals, finger labyrinths, masks, and reflection plates.

"The patients' feedback," said Social Work Supervisor 1 **Emily M. Petrus**, LCSW-R, "as well as the changes observed by the treatment providers, served as reminders that art- and activity-based skills can be applied strategically to reduce symptoms and increase overall well-being."

"Who would have thought that pottery could help alleviate the tendency toward perfectionism?" One participant asked. "What may initially seem like a mistake turns out to be your favorite piece."



Program participant **Kayla Bounds** proudly displays her work.



Some of the pieces prepared by the program's participants.

On the road

OMH shows its Pride

Staff from OMH's New York City Field Office and the Office of Diversity and Inclusion joined a contingent from Governor Hochul's office in marching last month in the New York City Pride Parade. In celebrating Pride Month, OMH remains in solidarity with the LGBTQ+ community and reaffirms its commitment to equality, dignity, and respect for all. OMH is committed to providing compassionate, culturally competent mental health services to address the specific needs of LGBTQ+ individuals. It believes that safe and affirming environments – where all individuals can access the support they need – are crucial components toward achieving this end.



Nourishing the patients, staff, and community

Capital District Psychiatric Center in Albany is one of the first sites to implement OMH's Fresh Food and Healthy Eating Program. The program gives the center the opportunity to educate some of its outpatients on healthy meal planning, shopping for produce, and making healthy snack choices. In the photo at left, the center kicked off the program in June with a visit by the Veggie Mobile from Capital Roots. The Veggie Mobile will make CDPC a regular stop for use by staff, residents and members of the community.

OMH Children's Health Home programs receive honors for quality performance

Children's Health Home Care programs from two OMH facilities were recognized by the Children's Health Home of Upstate New York at its recent Regional Spring Meeting.

Elmira Psychiatric Center's Children's Health Home Care program received the Certificate of Award for the Best Overall Quality Performance and HCBS Audit Performance in the Southern Tier Region for the 2023 program year. Accepting the award were Health Home Care Management Coordinator **Michelle Grover** and Children's Health Home Care Managers **Jessica Hust**, **Lisa Galle**, **Jessica Lovering**, **Michelle Simolo**, and **Celia Miller**.



Meanwhile, Western New York Children's Psychiatric Center Care Managers **George Hillyer** and **Stacey Rivera** display a Certificate of Appreciation their program received for addressing gaps in care. Theirs was one of only five programs within the region to earn such recognition.

Suicide and Crisis Lifeline its second anniversary

The **988 Suicide and Crisis Lifeline** marked its second anniversary and continues to grow in both its usage and importance as a prevention tool. Since its launch on July 16, 2023, 988 contact centers in New York State have answered **more than 515,000** calls, chats, and texts from people seeking crisis support.

The Lifeline provides an easy-to-access connection to trained crisis counselors, who can help anyone experiencing a mental health crisis or any other kind of emotional distress. Available 24 hours a day and seven days a week, the Lifeline connects individuals seeking assistance to a crisis center based in their area code and need; those using the chat function online are asked to complete brief survey to identify their main area of concern to ensure they connect with the counselor best suited to their needs.

Contact centers listen, provide personal support, and offer follow up services, with specially trained counselors available for Veterans, Spanish speakers, and LGBTQI+ youth and young adults. More information on the Lifeline is available at: <https://omh.ny.gov/omhweb/crisis/988.html>.



Resources

Patient Guide for Mood and Anxiety Disorders

The *Anxiety and Depression Association of America Patient Guide to Mood and Anxiety Disorders* provides readers with the evidence-based knowledge and tools to understand mood disorders and make informed decisions toward lasting mental health and wellbeing.

The book was developed by the Anxiety and Depression Association of America and published by the American Psychiatric Association. **Charles B. Nemeroff**, MD, PhD, and **W. Edward Craighead**, PhD, ABPP, in collaboration with the ADAA and APA, created the ADAA Patient Guide to Mood and Anxiety Disorders to empower patients and their support networks.

Throughout the guide, case studies illustrate important scientific information. Divided into six sections, the book features:

- A thorough description of various mental health disorders—including major depressive disorder, bipolar disorder, social anxiety disorder, and others—that bridges the gap between professional diagnosis and patient comprehension.
- A concise summary of evidence-based treatments for specific disorders that will help guide informed decisions toward optimal treatment paths.
- A detailed, chapter-by-chapter analysis of U.S. Food and Drug Administration–approved medications for psychiatric disorders as well as new medications in development.
- An exploration of neuromodulation therapies, including electroconvulsive therapy, vagus nerve stimulation, deep brain stimulations, and transcranial magnetic stimulation.
- A comprehensive review of evidence-based psychotherapies such as cognitive-behavioral therapy, dialectical behavior therapy, and others for treatment of conditions such as postpartum depression, posttraumatic stress disorder, and obsessive-compulsive disorder.
- An examination of emerging treatments such as psychedelics and virtual reality therapy; discussion of caring for special patient populations, including pregnant patients, children, and elderly patients; and an overview of treatment settings, such as inpatient, residential, and community outpatient care.

For information, visit: <https://www.appi.org/Products/Anxiety-Disorders/Anxiety-and-Depression-Association-of-America-Pati?sku=37503>.

