

Thomas P. Gullotta
Robert W. Plant
Melanie A. Evans
Editors

Handbook of Adolescent Behavioral Problems

Evidence-Based Approaches to
Prevention and Treatment

Second Edition

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Research Assistant: Jessica M. Ramos

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It's About Children

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Gerald R. Adams
Scholar, Colleague, Friend
1946–2014

Foreword

As we review the chapters that represent the work of the many talented scholars who contributed to this volume, we cannot help but reflect back on our own careers. We were educated at a time when the dominance of psychoanalytic theory was waning and the importance of the environment and learning was emerging. *Family* was the “buzz word.” *Social justice* was the “buzz phrase.”

During the late 1970s, we witnessed the reemergence of genetics and neurobiology, which were grounded not in eugenics but a new science that used CAT, MRI, and PET imaging and DNA unraveling as its methodologies. This interest would grow in subsequent years such that the buzz word of the 1990s would be *genes*, and the *decade of the brain* was the buzz phrase. During this time, we saw pharmacological treatment options grow from a small handful to a multitude of psychotropic drugs.

As the general public became increasingly focused on mental health issues, it expected managed health care companies to include coverage for services such as counseling and medications. Against this backdrop, our understanding of helping underwent a transformation (thanks to managed care) that is still in progress—no longer are we interested in the mental health of our clients, but in their behavioral health. Apparently, actions speak louder than thoughts and feelings. Whether this is indeed true is debatable.

Finally, across these decades, a small but vocal group within the helping professions questioned the noble but futile efforts of their clinical colleagues and dared to ask if there might be ways to reduce the incidence of mental illness/dysfunctional behavior and promote mental health/functional behavior. Looking at the epidemiological data, these pioneers, like Gerald Caplan, George Albee, Don Klein, and others, recognized that there would never be adequate treatment services available to help those who needed it. They envisioned a mental health care system built not upon treatment and rehabilitation but rather on the prevention of mental illness and the promotion of mental health.

As this new century moves into its second decade, these different tracks are converging as social science seeks to identify effective practices leading to successful treatment and prevention approaches. The new buzz words are *bio-psychosocial theory*. The new buzz phrases are *gene expression* and *evidence-based practice*. This handbook reflects not only this movement toward identifying best practices, it acknowledges that no single causal agent causes the pain of mental illness or the behaviors considered dysfunctional. Rather, most experts in the field agree that biology creates a susceptibility that can be exploited under certain circumstances. The growing consensus is

that personality characteristics can enable an individual to handle adversity more effectively or to have a less-than-desirable, riskier reaction. And clearly, the environment matters.

Environment matters as a trigger for illness and a protective factor for health. We use environment in the broadest sense. Environment is the air we breathe that encourages the development of asthma, and it is the Clean Air Act. Environment is the media that exposes youth to desensitizing video games and sexually demeaning images on film and the Internet, and it is *Sesame Street*. Environment is impoverished high unemployment neighborhoods in which criminal activity is the employer not of choice but necessity. It is also efforts to improve housing and increase meaningful living wage jobs. Environment is family, friends, teachers, and others that nurture positive and less positive personality characteristics. These multiple elements merge to create the uniqueness that is found in each of us.

We hope that practitioners regularly use this reference work in their practices and that policymakers and human services directors use this state-of-the-art guide to pursue promising paths of helpfulness. For graduate students in the helping professions, we have provided a set of blueprints for fashioning intervention plans for addressing the needs of young people. We urge you to look beyond the immediate need of the client and to imagine how that client's issues might be prevented in others. If we work at it together, we can create a healthier society.

Thomas P. Gullotta
Robert W. Plant
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Clark Lester, M.D. is a Fellow in Child and Adolescent Psychiatry at the University of Kentucky. He is originally from London, KY, and earned a B.S. from Georgetown College (KY) and an M.D. from the University of Louisville School of Medicine. He completed his adult psychiatry residency at University of Kentucky where he began an interest in addiction psychiatry.

Carl G. Leukefeld is Professor of Behavioral Science and Psychiatry as well as Chair of the Department of Behavioral Science and founding Director of

the Center on Drug and Alcohol Research. He is also the Bell Alcohol and Addictions Endowed Chair. He came to the University of Kentucky to establish the Center on Drug and Alcohol Research from the National Institute on Drug Abuse (NIDA) where he held administrative and research positions. His research interests include interventions, HIV prevention, criminal justice, and health services.

Michael P. Levine, Ph.D. is Emeritus Professor of Psychology at Kenyon College in Gambier, Ohio, where he taught for 33 years. His special interest is body image, eating problems, and their links with preventive education, developmental psychology, mass media, sociocultural and cross-cultural risk factors, and community psychology. He has authored two books on eating disorders and two prevention curriculum guides, and he has coedited three books on prevention. Dr. Levine is a Fellow of the Academy for Eating Disorders (AED), which has awarded him their Meehan-Hartley Award for Leadership in Public Awareness and Advocacy and their Research-Practice Partnership Award.

Katherine R. Marks is a graduate student training in the Psychology Department at the University of Kentucky. She is specializing in Behavioral Neuroscience and Psychopharmacology with an emphasis of the behavioral mechanisms of stimulant use. Ms. Marks has also completed research training on the neurocorrelates of drug addiction at the University of Maryland and the National Institutes of Health. Ms. Marks holds an M.A. from American University in Experimental Psychology.

Catherine A. Martin, M.D. is the Laurie L. Humphries Endowed Professor in the Department of Psychiatry and the Division Director of Child and Adolescent Psychiatry at the University of Kentucky. She investigates novel treatments to aid smoking cessation including behavioral, pharmacological, and family interventions. She has explored the relationship of gender and sex steroids to drug abuse in adolescents and adults. She is involved in the training of clinical researchers locally and nationally (NIDA-AACAP K12; NIH BIRCHW K12). She is part of interdisciplinary research teams. She sees patients and supervises residents and medical students in the Psychiatry as well as lectures to these same groups.

Dr. David E. McIntosh is the David and Joanna Meeks Distinguished Professor of Special Education at Ball State University. He currently serves as the Director of the Programs in Applied Behavior Analysis and Autism. He is the Editor-in-Chief of *Psychology in the Schools*, an interdisciplinary journal that publishes manuscripts focusing on issues confronting schools and children. Dr. McIntosh is Board Certified by the American Board of Professional Psychology, a Fellow of the American Psychological Association—Division 16, and a Fellow of the American Academy of School Psychology. He has served as President for the American Academy of School Psychology and as President of the American Board of School Psychology. He publishes extensively in the area of psychological and educational assessment of children and adolescents with learning, emotional, and/or disruptive behavior disorders. He also publishes in the area of identification and treatment of autism spectrum disorders.

Daniel P. Miller is an Assistant Professor of Human Behavior at the Boston University School of Social Work. He has a Ph.D. in social policy analysis from the Columbia University School of Social Work. His expertise is in the health and well-being of children and families, with specific focus on child and adolescent obesity, child food insecurity, and the impacts of nonresident father involvement.

Natalie Crespo Mills holds a B.A. in Psychology from the Ohio State University and a Master's in Community and Culture Psychology from the University of Hawaii. She is currently completing her dissertation research on domestic violence and housing problems as part of completing a Ph.D. through the University of Hawaii. After completing her M.A., Ms. Mills worked as a supervisor for an evidence-based treatment program for youth. Most recently, she worked as a program analyst for a large private school. She also has research and intervention experience in education, mental health, and community services.

Blair W. Morris, M.A. is a graduate student in Fordham University's doctoral program in clinical psychology. Her main research interests are emotional dysregulation as related to high-risk behaviors (i.e., NSSI, suicide attempt, eating disorder behavior) and treatment development and evaluation for high-risk behaviors. Ms. Morris has received clinical training in empirically supported treatments, including cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and cognitive behavioral therapy-enhanced (CBT-E) for the treatment of eating disorders.

Alison G. Nagel is a clinical and community psychology Ph.D. student at the University of Virginia, where she also received her B.S. in 2010. She is interested in risk and protective factors related to the quality of adolescent romantic relationships, as well as multiple contexts of intersection between youth and the legal system. These include juvenile interrogations and confessions, youth-gang legislation, and adolescent sexual behavior. Her current research focuses on teen dating violence and relationship-level contributors to abuse.

Dr. Bilge Uzun Ozer is an Assistant Professor at the Department of Psychological Counseling and Guidance at Cumhuriyet University in Turkey. She received her undergraduate degree (B.s.), Master's (M.Sc.), and Ph.D. degrees in Psychological Counseling from Middle East Technical University, which is a reputable, English-medium university at the capital of Turkey. She is the author and coauthor of numerous books and articles translated book chapters on adolescents. She has presented papers throughout the Europe in variety of Psychology conferences. She has received numerous governmental grants including conference attendance and attending European programs (Erasmus and Comenius). Recently she received another governmental grant to conduct postdoctoral studies at the University of Roehampton.

Mani Pavuluri is Professor at the University of Illinois at Chicago, Berger-Colbeth Chair in Child Psychiatry, and Director of the Pediatric Brain Research And InterventioN (BRAIN) Center. She holds several NIMH grants and Foundation grants from NARSAD, DANA, AFSP, and Marshall

Reynolds. Her current programmatic interests are development and medication effects of brain function in pediatric psychiatry disorders using multimodal imaging and genetic methods. Her goal is to develop brain models of affective and cognitive domains, understand how impulsivity and emotion dysregulation lead to suicidal behavior and how biology interfaces with therapeutic factors in predicting outcome in pediatric disorders.

Gary W. Peterson is Professor and Chair of Family Studies and Social Work at the University of Miami in Oxford, Ohio. His areas of scholarly interest are parent-child/adolescent relations, cross-cultural influences on adolescent development, and family theory. His publications have appeared in numerous academic journals and edited book chapters. He is editor or coeditor of books on fatherhood, cross-cultural parent-adolescent relations, and adolescent development in families. Dr. Peterson's current research is concerned with how aspects of parent-adolescent relationships influence dimensions of adolescent social competence using samples from several countries, with a special focus on Mexican parent-adolescent relations. He is a past Coeditor of the *Handbook of Marriage and the Family* (2nd Ed.), the Senior Editor of the *Handbook of Marriage and the Family* (3rd Ed.), and a previous Editor of *Marriage and Family Review*. Dr. Peterson is a Fellow of the National Council on Family Relations.

Ms. Kathleen Morrissey Pinkerton wrote in her career essay in the sixth grade her goal of being a social worker, and she never wavered from that goal. She earned her BSW and her MS in Family Studies and Marriage and Family Therapy from Iowa State University. She has 30 years of experience working with children and families as both a practicing clinician and a researcher looking at evidence-based practice in the human service field in the State of Iowa. Kathy has experienced adversity first hand as a young widow with very few financial resources. She is the mother of five children, and she has spent many, many months in hospitals with her youngest child who has Tuberous Sclerosis and is extremely autistic. Not surprisingly, she is very interested in resiliency, and she has helped develop a variety of initiatives to improve services to families. In 2012, she started a nonprofit business with four other economically disadvantaged women to further support families towards self-sufficiency.

Niva Piran is a Professor at the Ontario Institute for Studies in Education of the University of Toronto. Dr. Piran is coeditor of the following: *A Day Hospital Group Treatment Program for Anorexia Nervosa and Bulimia Nervosa* (with Kaplan), *Preventing Eating Disorders: A Handbook of Interventions and Special Challenges* (with Levine and Steiner-Adair), and *Preventing eating-related and weight-related disorders: Collaborative Research, Advocacy, and Policy Change* (with McVey, Levine, and Ferguson). She is a Fellow of the Academy for Eating Disorders and the Prevention Editor of the *Eating Disorder Journal*. Dr. Piran is internationally recognized for her innovative work in the prevention and treatment of eating disorders and her research in the area of women's health.

Thomas J. Power, Ph.D. is Professor of School Psychology in Pediatrics and Psychiatry in the Perelman School of Medicine of the University of Pennsylvania. Dr. Power is Director of the Center for Management of ADHD at The Children's Hospital of Philadelphia (CHOP) and Associate Chief of Academic Affairs in the Department of Child and Adolescent Psychiatry and Behavioral Sciences at CHOP. With funding from the National Institute of Mental Health and other public and private sources, Dr. Power's research has focused primarily on assessment and psychosocial interventions for children with ADHD. The focus of much of his work has been on applications linked with or based in schools and primary care practices. Dr. Power is past editor of School Psychology Review and past president of the Society for the Study of School Psychology.

Angie Querim graduated with her master's degree from Northeastern University in 2006, and accepted a position at the University of Florida's Behavior Analysis Services Program conducting parent training with caregivers of children in the state foster care system. This new experience inspired Angie to further her graduate studies, and she began her Ph.D. at the University of Florida. Since beginning her career in behavior analysis, Angie has had the opportunity to work with various populations in clinical and research settings, and she has greatly enjoyed these experiences. Following graduation, Angie completed a postdoctoral fellowship at the University of Nebraska Medical Center's Munroe-Meyer Institute. Angie is now an assistant professor at Ball State University.

Jessica M. Ramos received her B.A. in Psychology from Eastern Connecticut State University. She is a Research Assistant at Child and Family Agency of Southeastern Connecticut. Jessica has assisted in the editorial process of 19 books on the topics of primary prevention and health promotion in the last 17 years employed at Child and Family Agency. She enjoys working for the Agency and has not used a sick day for nine consecutive years; since 2005. She is involved in agency research and reviews clinical cases for Quality Assurance.

Gloria Reeves is an Assistant Professor in the Division of Child and Adolescent Psychiatry at the University of Maryland School of Medicine. She is a board-certified child and adolescent psychiatrist and Director of the CHAMPS research program (Child and Adolescent Metabolic and Psychotropic Studies) at University of Maryland.

Dr. Daniel J. Reidenberg, Psy.D., F.A.P.A., D.A.P.A., F.A.C.F.E.I., C.R.S., B.C.P.C., C.M.T. is the Executive Director of SAVE (Suicide Awareness Voices of Education), the Managing Director of the National Council for Suicide Prevention, and the US Representative to the International Association for Suicide Prevention. He sits on numerous national and international panels, developed an evidence-based program for schools listed on the National Registry, several best practice materials, and led leadership from Facebook, Google, Yahoo, Twitter, Wordpress, Tumblr, and SAMHSA for the online industry. He has done extensive in- and outpatient work with adolescents and adults with serious and persistent mental illnesses or who were chemically

dependent. He has been quoted in all major newspapers and magazines, appeared on Larry King NOW, CNN's Newsmakers, National Public Radio, as well as many other programs and led the development of the Recommendations for Media Reporting on Suicide and served on the task force for Media Recommendations on Bullying. He is the recipient of Ten Outstanding Young Minnesotans Award, B. Warren Hart Award for service to humanity, Healthy Mind/Healthy Body Award, and "Champion of Change" by the Obama Administration.

Cristina L. Reitz-Krueger is a Ph.D. candidate in community psychology at the University of Virginia. She received a B.A. in psychology from the University of North Carolina in 2005 and an M.A. in community psychology from the University of Virginia in 2011. She is interested in risk prevention and positive youth development with an emphasis on adolescent romantic relationships, sexual decision making, and their intersection with the legal system. Her current research focuses on teen dating violence and statutory relationships as well as after-school prevention programs for adolescents.

N. Dickon Reppucci is a Professor of Psychology at the University of Virginia. He has been Director of its Community Psychology program, with its emphasis on law and children and diversity, since 1976, and been the mentor to more than 50 Ph.D. students. He has received the Distinguished Contributions in Research Award from the Society for Community Research and Action (1998) and the American Psychology/Law Society Mentoring Award (2007). He is author or coauthor of four books, including *The Sexual Abuse of Children* (1988) with Jeffrey Haugaard and *Preventing Child Abuse and Neglect through Parent Education* (1997) with Preston A. Britner and Jennifer L. Woolard, and more than 150 articles and chapters. His major areas of research are juvenile competence, juvenile justice, adolescent crime and violence, and child abuse. He is currently investigating police perceptions of juvenile interrogations, teen dating violence, and violent female juvenile offenders.

Dr. Heather Luz McNaughton Reyes is a research assistant professor in the Department of Health Behavior, Gillings School of Global Public Health, University of North Carolina at Chapel Hill. Dr. Reyes' research focuses on the etiology and prevention of adolescent health risk behaviors including sexual, violence, and substance use behaviors. She also has a strong interest in global reproductive health and human rights, and has worked on reproductive rights-related research, training, and advocacy projects throughout the Central America region.

Brady Reynolds, Ph.D. is an Associate Professor in the Department of Behavioral Science in the College of Medicine at the University of Kentucky. His research involves evaluation of, and tailoring, smoking cessation programs for adolescent smokers. His work also includes the identification of behavioral and social factors that influence an adolescent's likelihood of becoming a smoker, particularly in rural populations.

JaNelle M. Ricks, Dr.P.H. is a postdoctoral research fellow in the Department of Behavioral Sciences and Health Education at the Emory University Rollins School of Public Health. Funded by the NIH Institutional Research and Academic Career Development Award (K12). Her work focuses on sexual health issues and HIV prevention.

Clare Roberts is an Associate Professor and a clinical psychologist in the School of Psychology and Speech Pathology at Curtin University, Perth, Western Australia. She is the Director of both the Aussie Optimism Program and the Stepping Stones Research Programs in Western Australia. Clare has practiced as a clinical child psychologist since 1990. She set up the Curtin Child Psychology Clinic and directed this clinic for 5 years. Her clinical work includes intervention with children and adolescents with emotional, behavioral, and developmental problems. Research interests include early intervention for children with disabilities, and the prevention of mental health problems. Recently, she has been researching school- and family-based interventions to prevent anxiety, depression, and behavior problems in adolescents. Clare is passionate about mental health in children and adolescents.

Lisa Sanchez, M.D. is originally from Louisville, Kentucky, and received a B.A. in Psychology and MSSW from University of Louisville. She attended St. George's School of Medicine and received her M.D. degree in 2009. Currently, she is completing her Adult Psychiatry residency at the University of Kentucky and will be starting the Child and Adolescent Psychiatric Fellowship there in July 2013. Future goals include focusing on adolescent addiction treatment approaches and continuing to work in Kentucky.

Heather T. Schatten, M.A. is a graduate student in the Clinical Psychology doctoral program at Fordham University in New York. Her research focuses on risk factors for and the relationship between indirect (e.g., physical risk-taking) and direct (e.g., attempted suicide) self-harm, and neuropsychological functioning among individuals who engage in non-suicidal self-injury (NSSI). Specifically, her research examines the roles of interpersonal stressors and decision making in NSSI.

Dr. Herbert Scheithauer is a University Professor at the Freie Universität Berlin. In 1997, he obtained his degree in Psychology (Diploma) at University of Bremen, Germany. He received postgraduate doctoral scholarship at University of Bremen. During 1999–2004, he was a Research Fellow at ZKPR, University of Bremen. In 2003 he obtained Dr. Phil in Psychology, University of Bremen. From April 2004 to March 2010 he was “Juniorprofessor” (Assistant Professorship) for Educational and Developmental Psychology. Since April 2010 he has been “Univ.-Prof.” (Full Professorship) for Developmental and Clinical Psychology at Freie Universität Berlin. He is the Head of Division “Developmental Science and Applied Developmental Psychology”. Since 2006 he has been Faculty Member at the International Max Planck Research School “The Life Course: Evolutionary and Ontogenetic Dynamics,” Max Planck Institute for Human Development, Berlin. He is a member of several Scientific Advisory Boards and Scientific Networks (e.g. EU COST-Action “Coping with Cyberbullying”).

He has experiences in the development, evaluation, and implementation of preventive intervention programs, e.g., preschool (www.papilio.de), school (www.fairplayer.de, www.netwass-projekt.de, www.medienhelden-projekt.de), extracurricular (www.fairplayer-sport.de), and family environment (www.coda-programm.de). Since 2007 he has been the Editor-in-Chief of the European Journal of Developmental Science (since 2011 International Journal of Developmental Science, www.ijds.net).

Jason Schiffman received his Ph.D. in psychology from the University of Southern California in 2003. Currently, he is an Associate Professor of Psychology at UMBC where he has been since 2009. Dr. Schiffman runs the Youth FIRST research and services lab designed to understand and improve the lives of young people with or at risk for severe mental illness. Prior to UMBC, Dr. Schiffman was at the University of Hawaii, Department of Psychology, where he was the Director of the Child and Adolescent Thought Disorders Program. Dr. Schiffman has held grants with the National Institute of Mental Health, the National Alliance for Research on Schizophrenia and Depression, and the State of Hawaii Departments of Education and Health. Dr. Schiffman's research investigates various correlates of childhood-onset schizophrenia, the effects of psychosocial interventions for children and adolescents with schizophrenia-spectrum disorders, and the prediction of young people at risk for psychotic disorders.

Anja Schultze-Krumbholz from Freie Universität Berlin, obtained Degree in Psychology (Diploma) in 2006 at Freie Universität Berlin, Germany. Anja Schultze-Krumbholz is a doctoral candidate and currently a scientific staff member at the Division of Developmental Science and Applied Developmental Psychology at Freie Universität Berlin. Her research interests focus on violence/bullying prevention, social competence and its promotion, and the nature of cyberbullying and its risk and protective factors. Since 2009 she is a doctoral fellow at the International Max Planck Research School "The Life Course: Evolutionary and Ontogenetic Dynamics" at Max Planck Institute for Human Development, Berlin. From 2008 to 2012 she was also a member of the COST Action IS0801 "Cyberbullying: coping with negative and enhancing positive uses of new technologies, in relationships in educational settings" (<https://sites.google.com/site/costis0801/>).

Thomas L. Sexton is a Professor at Indiana University. He is author of Functional Family Therapy in Clinical Practice (2010) and the Handbook of Family Therapy (2003 and 2014), as well as 50 journal articles, 25 book chapters, and 4 books. Dr. Sexton is a Fellow of the American Psychological Association, a Board-Certified Family Psychologist (ABPP), and the incoming Editor for Couple and Family Psychology: Research and Practice.

Jill D. Sharkey, Ph.D. is faculty and school psychology program coordinator in the Department of Counseling, Clinical, and School Psychology in the Gevirtz Graduate School of Education at UCSB. She conducts research at the Center for School-Based Youth Development where she studies school safety, student engagement for youth at risk, proactive discipline strategies, and systems' influences on juvenile delinquency.

Sherrie Sharp is a board-certified child psychiatrist who recently transitioned employment from Child & Family Agency of Southeastern Connecticut to ValueOptions. She has a background in business having worked in commercial banking for several years before becoming a physician. She attended Boston University School of Medicine and went on to complete her residency in psychiatry at the Cleveland Clinic and fellowship in child and adolescent psychiatry at Brown University. She has had a longstanding interest in child development and family functioning, as well as systems of care and social policies as they impact family and individual health. In her free time she enjoys travel, gardening, the beach, and cooking.

Marguerite Y. Shashoua is a doctoral student in clinical psychology at Fordham University in New York. She received a B.S. in Psychology at Vanderbilt University. Her research interests include risk factors for non-suicidal self-injury (NSSI), such as childhood maltreatment.

Margaret C. Baughman Sladky, Ph.D. is a Senior Research Associate at the Begun Center for Violence Prevention Research & Education at Case Western Reserve University within the Jack, Joseph, and Morton Mandel School of Applied Social Sciences. Dr. Baughman Sladky is social scientist who has extensive research and evaluation experience in the areas of addiction, mental health, criminal justice, community-based corrections, and violence prevention. Dr. Baughman Sladky has served as principle or co-principle investigator on funded projects totaling approximately \$1.5 million and has authored numerous evaluation research reports. Dr. Baughman Sladky has also designed and evaluated a number of evaluation protocols for individuals involved in the criminal justice system receiving services in the community. She is also an Adjunct Professor in the Department of Public Administration and Urban Studies at the University of Akron. She has taught courses such as Quantitative Research methods, Public Policy, and Urban Theory. Prior to her joining the Begun Center, she was a research associate at the Institute for Health and Social Policy at The University of Akron.

William W. Stoops, Ph.D. is an Assistant Professor in the Department of Behavioral Science and Center for Drug and Alcohol Research in the College of Medicine and the Department of Psychology in the College of Arts and Sciences at the University of Kentucky. Dr. Stoops's current research uses multi-faceted human laboratory methods to determine the critical behavioral and pharmacological factors that contribute to the effects of drugs of abuse, particularly stimulants and opioids.

Elizabeth C. Thompson is a doctoral student in the child clinical track of the Human Services Psychology program at the University of Maryland, Baltimore County. She received her bachelor's degree from Syracuse University and completed her master's degree in psychology at Boston University. Elizabeth is currently spearheading a project investigating psychosis risk among adolescents and young adults. Her past experience has been in neuroscience research studying cognition in schizophrenia at Harvard University and within the VA Boston Healthcare System.