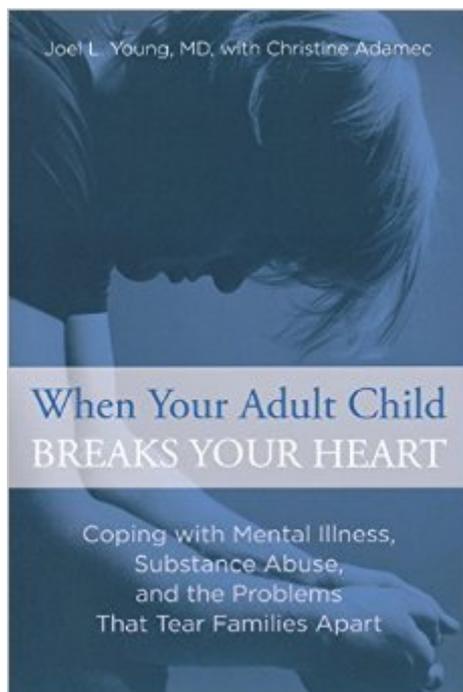


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When Your Adult Child Breaks Your Heart: Coping With Mental Illness, Substance Abuse, And The Problems That Tear Families Apart



Synopsis

Behind nearly every adult who is accused of a crime, becomes addicted to drugs or alcohol, or who is severely mentally ill and acting out in public, there is usually at least one extremely stressed-out parent. This parent may initially react with the bad news of their adult child behaving badly with, "Oh no!" followed by, "How can I help to fix this?" A very common third reaction is the thought, "Where did I go wrong--was it something I said or did, or that I failed to do when my child was growing up that caused these issues? Is this really somehow all my fault?" These parents then open their homes, their pocketbooks, their hearts, and their futures to "saving" their adult child--who may go on to leave them financially and emotionally broken. Sometimes these families also raise the children their adult children leave behind: 1.6 million grandparents in the U.S. are in this situation. This helpful book presents families with quotations and scenarios from real suffering parents (who are not identified), practical advice, and tested strategies for coping. It also discusses the fact that parents of adult children may themselves need therapy and medications, especially antidepressants. The book is written in a clear, reassuring manner by Dr. Joel L. Young, medical director of the Rochester Center for Behavioral Medicine in Rochester Hills, Michigan; with noted medical writer Christine Adamec, author of many books in the field. In the wake of the Newtown shooting and the viral popularity of the post "I Am Adam Lanza's Mother," America is now taking a fresh look, not only at gun control, but also on how we treat mental illness. Another major issue is our support or stigmatization of those with adult children who are a major risk to their families as well to society itself. This book is part of that conversation.

Book Information

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Customer Reviews

My beautiful adult daughter has been suffering with mental illness (ADHD, depression, bi-polar, OCD, suicide threats/attempts and oppositional defiance disorder) for most of her life which of course has affected my family, friends and her boyfriends - not to mention has involved schools, universities, police and social workers throughout the years. Like so many, we've taken her to counselors, doctors, psychiatrists, and sought help from mental health groups. She's been on and off medication to the point that we can't even keep track. Most of the time she's good to be around and we just hope it lasts; yet when she tanks it happens fast and furiously. And by furiously, yes, she is violent. Her last episode was over a year ago and resulted in her being arrested. With much counseling and advice - and without going into details - I'm not sure that I will ever see her again. This breaks my heart and even though I believe what my husband and I are doing is the best, this book really has helped me. It is written by professionals, gives case examples and is probably the first book I've come across that cites actual studies involving mental illness patients! Finally I had some numbers behind statements. Of course, mental illness is extremely difficult to study; yet the studies cited help to at least see if situations are occurring more or less than average for similar situations. Of course, this doesn't give "answers" but gosh it was helpful to me. It is written from a very balanced perspective, good logic behind comments/statements and really approaches mental health situations holistically. I would recommend it to anyone that is experiencing mental health situations with someone you love who breaks your heart.

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