

TRUTH IN DRUGS

Restoring a Safe & Effective Mental Health System

FOR IMMEDIATE RELEASE

Orange County, Calif., and Washington, D.C. February 24, 2011- A new [Parents' Guide to Mental Health Treatment for Children](#) is now available from the [National Alliance of Professional Psychology Providers](#) (NAPPP). The Guide provides parents with ten top tips to keep in mind when seeking mental health treatment for children. The Guide is part of the NAPPP's [Truth in Drugs](#) campaign, a nationwide public awareness effort to assure youth and adults receive the best and most appropriate treatment for behavioral disorders.

The Truth in Drugs Campaign seeks to inform and reassure parents that medication need not be the first line treatment for all behavioral disorders. Truth in Drugs also underscores the value and need for therapy and for appropriate diagnosis and treatment by a doctoral-level mental health specialist. The Campaign calls on doctors, patients, their family members and community organizations to unite behind these new standards of patient care so that millions of Americans receive the mental health services they need and deserve.

"Unfortunately, many parents do not know the first thing about treatment options for their children," said Dr. John Caccavale, Executive Director of NAPPP. "We want parents to be educated about their choices in order to give their child the best possible treatment for the mental health condition their child suffers from. Often times a prescription drug is not the correct path to take. Therapy can be a safer and more cost effective route towards improving the health of the child."

The Guide identifies ten things parents should know about prescription mental health drugs. The Guide empowers and educates parents on appropriate treatment options for their child. Among the ten points:

- Your child should be appropriately evaluated and diagnosed by a doctoral-level mental health specialist before any mental health treatment, with or without medication, is prescribed.
- You have a right to know the safety, efficacy and potential side effects of prescription drugs on your child.
- Ask your doctor whether the medication being prescribed to your child has been approved by the U.S. Food & Drug Administration (FDA) for the diagnosed condition.
- Ask your doctor for information on how the drug performed in other children.
- You have a right to change your child's treatment at any time.

The complete Parents' Guide to Mental Health Treatment for Children is available free at:

About The Truth in Drugs Campaign

The Truth in Drugs Campaign seeks to restore psychotherapy as the first line treatment for behavioral disorders and ensure patients and their loved ones understand their choices before medication is prescribed. A growing body of research indicates that many patients are not benefiting from psychotropic medications. Many of these medications are costly, ineffective and even harmful. Drug maker marketing expenses and the proliferation of inappropriately prescribed medications have become a significant factor in rising healthcare costs. Our campaign seeks to establish new standards of patient care so that millions of Americans receive the mental health services they need and deserve.

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Get Involved

Join the Truth in Drugs campaign! Individuals and organizations are invited to unite behind our principles to assure that youth and adults receive the best and most appropriate care possible. The more we all speak with one voice, the better our chances of putting patients first when providing mental health services. Together, we can restore a safe and effective mental health system and on which millions can depend. For more information about the Truth in Drugs Campaign and how to become involved, visit www.truthindrugs.com. Or, follow the Truth in Drugs Campaign on [Facebook](#), [Twitter](#) (@truthindrugs), [LinkedIn](#) and [YouTube](#)

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