



**August 2016**

Dear Elizabeth,

It's estimated that 50% to 60% of college students have a psychiatric disorder. That projection takes into account a host of issues facing students - substance use, anxiety, depression, learning and attentional challenges, among others - but nonetheless, it's a statistic that demonstrates the dire need for adequate mental health services on college campuses. Just in time for back-to-school, Dr. Gene Beresin sat down with [Boston's CBS affiliate](#) to discuss this reality, and to urge colleges to put in place systems for support and treatment that will assist vulnerable individuals through this exciting but oft confusing period of life.

Another apropos topic for this time of year? Slow processing speed, a learning difference that affects a child's ability to manage daily tasks in a time fashion. As an expert on this and other learning challenges, Dr. Ellen Braaten recently appeared on the [TiLT Parenting Podcast](#), an online destination for parents of "differently-wired" kids, to explain what slow processing speed is, how it presents itself at different stages of development, and what parents and other caregivers can do to support those children who exhibit it.

As the senior advisor on adolescent psychiatry for SADD (Students Against Destructive Decisions) and Liberty Mutual Insurance's national survey on teen driving trends, Dr. Beresin spoke with [Forbes](#) about some of the study's more worrisome findings. Among them? While only 27% of the 2,600 teens reported texting while driving, 68% admitted to using apps - and, a whopping 80% viewed that app usage as "not distracting." There's no denying the alarming nature of these statistics; hence, Dr. Beresin has a number of tips for ways that parents can address their teens' driving habits.

Enjoy these last fleeting weeks of summer, and, from all of us at The Clay Center, we wish you a fun (and safe!) Labor Day Weekend.

**WHAT'S NEW**



Dr. Beresin talks to CBS Boston about the mental health crisis on college campuses

[Watch the video](#)



Dr. Braaten explains what slow processing speed is, and how parents and caregivers can support children with this challenge

[Listen to the podcast](#)



Dr. Beresin warns how app usage could be more dangerous than texting for teen drivers

[Read the article](#)



**HOT TOPICS**



**[Managing Back-To-School Stress](#)**

And just like that, a new school year is upon us. While back-to-school season is an exciting time to be sure, for many students, it can also be quite stressful. In fact, a 2013 study

by the American Psychological Association identified today's teens as the "most stressed generation" in the United States. Yikes. Luckily, our partners at the [Benson-Henry Institute for Mind Body Medicine](#) have advice for ways that parents can ease their children's worries early in life, setting them on course for a lifetime of confidence and well-being.

[Read the article](#)



**[My Child Had An Evaluation Through The School And I Disagree With The Results - What Now?](#)**

If you're concerned your child may have a learning or attentional challenge, you're able to request a free

evaluation for him or her through the school system, or pay out-of-pocket for one with a psychologist in a private practice or hospital setting (if you're currently toying between these two options, you'll find this [blog](#) on the pros and cons of a private clinic versus public school evaluation quite valuable). But what happens if, following the evaluation, you don't agree with the education program proposed by the school, or worse - your child is determined ineligible for services? Read on for a detailed guide from Dr. Ellen Braaten on the various courses of action available to you.

[Read the article](#)

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We want to hear from you about any questions you have or topics you would like us to address.

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