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The Recovery Handbook

Understanding Addictions and Evidenced-Based Treatment Practices

SERIES IN SOCIOLOGY

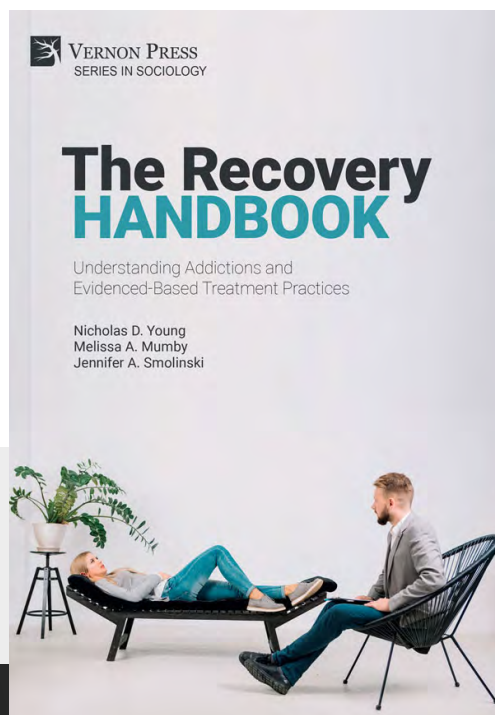
About the author

Nicholas D. Young, PhD, EdD has worked in diverse educational roles for more than 30 years, serving as a teacher, principal, counselor, special education director, graduate professor, graduate program director, graduate dean, and longtime psychologist and superintendent of schools. He was named the Massachusetts Superintendent of the Year. Dr. Young holds several graduate degrees including a PhD in educational administration and an EdD in psychology. Dr. Young has written extensively in the fields of education, counseling, and psychology.

Melissa A. Mumby, EdD has worked in various levels of K-12 education for over a decade. She began her career as a high school English and drama teacher and then transitioned into a role as a special educator, working with both middle and high school students. From there she became a special education coordinator for grades K-5, and eventually the special education director for grades K-12 at a local charter school. She is currently an educational team leader in an urban public school district in Massachusetts. She has written books and book chapters on strategies for helping underperforming students find success in the classroom.

Jennifer A. Smolinski, JD has worked in education for more than four years. Her role within higher education include the creation of, and coordinator for the Center for Accessibility Services and Academic Accommodations at American International College located in Springfield, Massachusetts. She has also taught criminal justice and

legal research as well as writing classes within the field of higher education. Prior to her work at the collegiate level, Attorney Smolinski worked as a solo-practitioner conducting education and disability advocacy. She received her law degree from Massachusetts School of Law.



Summary

Addiction is rapidly becoming one of the most significant challenges to mental health today. According to the latest National Survey on Drug Use and Health (NSDUH, 2018), 19.7 million Americans, aged 12 and older, battled a substance disorder alone in 2017. Additionally, 8.5 million of those individuals also suffered from a mental health disorder, with millions more suffering from a range of other addictive disorders and associated behaviors that interfere with physical, social and emotional health. These alarming statistics highlight the crucial need for mental health providers to be kept up to date with the latest research on the full range of addiction treatment and recovery.

'The Recovery Handbook: Understanding Addictions and Evidenced-Based Treatment Practices' provides a comprehensive examination of the various forms of addiction, its physical and mental complexities, and, unlike other sources on addiction, effective evidence-based interventions that promote a healthy recovery. Particular attention is given to the nature of addiction, including environmental, genetic, and developmental factors; with authors examining the short- and long-term effects of a variety of addictions such as drug, alcohol, gambling, food, sex, shopping, work, and video gaming to name a few. This book will serve as a valuable resource for counselors, psychologists, professors, graduate students in the helping professions, as well as families of addicts, co-workers, and those suffering from addiction themselves.

October 2020 | Hardback 236x160mm | 174 Pages | ISBN: 978-1-62273-967-7

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