



## Her Lost Year: A Story of Hope and a Vision for Optimizing Children's Mental Health (Paperback)

By Tabita Green

Simply Enough Press, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the spring of 2010, Tabita Green's daughter, Rebecka-then in seventh grade-started to feel depressed and lost a lot of weight. Almost immediately, Rebecka's well-meaning health care providers recommended that she take an antidepressant (Zoloft) to kick-start the treatment process. What followed was a year-long nightmare of the most unimaginable sort as Tabita and her husband, Todd, watched their funny, bright daughter transform into a psychiatric patient. Rebecka was hospitalized numerous times for suicidal ideations and psychosis-unable to function in the real world. Her psychiatrists treated new symptoms with additional psychiatric medications, but instead of improving, Rebecka's health deteriorated rapidly. As the year progressed, the Greens started to question the wisdom of the dominant mental health care system, which puts pills front and center, and eventually worked up the courage to ask the psychiatrist to take Rebecka off all medications. Within weeks, Rebecka's suicidal and psychotic symptoms disappeared completely. Now the family was able to focus on the real problem, her disordered eating. Rebecka was on the road to recovery. In Her...

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