Hinshaw memoir on living in a family with mental illness wins 2018 Best Book Award

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By Nicholas Roznovsky

Stephen Hinshaw, PhD

A book written by UC San Francisco and UC Berkeley professor Stephen P. Hinshaw, PhD, has been selected by American Book Fest as the recipient of its 2018 Best Book Award for Autobiography/Memoirs, as well as a finalist in the Psychology and Mental Health category. The honors, along with winners and finalists in more than 90 categories, were announced by the group on Tuesday, November 13, 2018.

"Another Kind of Madness: A Journey Through the Stigma and Hope of Mental Illness" is a memoir detailing Hinshaw's experiences growing up with a father with bipolar disorder, the burden of living in a family with severe mental illness, and the importance of eliminating the pervasive stigma surrounding mental illnesses in today's society. It was published in June 2017 by St. Martin's Press.

Hinshaw is the vice chair for child and adult psychology and a professor at the UCSF Department of Psychiatry. He is also a professor of psychology at UC Berkeley, where he served as department chair from 2004-2011. His research work focuses on developmental psychopathology, clinical interventions (especially mechanisms of change), and mental illness...
stigma, with a major focus on attention deficit hyperactivity disorder (ADHD).


Hinshaw has received the California Psychological Association?s Distinguished Scientific Contribution in Psychology Award and UC Berkeley?s Distinguished Teaching Award. He has also received the Distinguished Scientist Award [11] from the Society for a Science of Clinical Psychology, the James McKeen Cattell Fellow Award [12] from the Association for Psychological Science, and the Distinguished Scientific Contributions to Child Development Award [13] from the Society for Research in Child Development.

American Book Fest is an online publication providing coverage for books from mainstream and independent publishers to the world online community. Overall, the group considered over 2,000 books from mainstream and independent publishers, and recognized winners and finalists in 90 categories.

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**About UCSF Psychiatry**

The UCSF Department of Psychiatry [14], UCSF Langley Porter Psychiatric Hospital and Clinics [15], and the Langley Porter Psychiatric Institute are among the nation's foremost resources in the fields of child, adolescent, adult, and geriatric mental health. Together they constitute one of the largest departments in the UCSF School of Medicine and the UCSF Weill Institute for Neurosciences, with a mission focused on research (basic, translational, clinical), teaching, patient care, and public service.

UCSF Psychiatry conducts its clinical, educational and research efforts at a variety of locations in Northern California, including UCSF campuses at Parnassus Heights, Mission Bay and Laurel Heights, UCSF Medical Center, UCSF Benioff Children's Hospitals, Zuckerberg San Francisco General Hospital and Trauma Center, the San Francisco VA Health Care System, and UCSF Fresno.

**About the UCSF Weill Institute for Neurosciences**

The UCSF Weill Institute for Neurosciences [16], established by the extraordinary generosity of Joan and Sanford I. "Sandy" Weill, brings together world-class researchers with top-ranked physicians to solve some of the most complex challenges in the human brain.

The UCSF Weill Institute leverages UCSF's unrivaled bench-to-bedside excellence in the neurosciences. It unites three UCSF departments?Neurology, Psychiatry, and Neurological Surgery?that are highly esteemed for both patient care and research, as well as the Neuroscience Graduate Program, a cross-disciplinary alliance of nearly 100 UCSF faculty members from 15 basic-science departments, as well as the UCSF Institute for
Neurodegenerative Diseases, a multidisciplinary research center focused on finding effective
treatments for Alzheimer’s disease, frontotemporal dementia, Parkinson’s disease, and other
neurodegenerative disorders.

About UCSF

UC San Francisco (UCSF) [17] is a leading university dedicated to promoting health worldwide
through advanced biomedical research, graduate-level education in the life sciences and
health professions, and excellence in patient care. It includes top-ranked graduate schools of
dentistry, medicine, nursing and pharmacy; a graduate division with nationally renowned
programs in basic, biomedical, translational and population sciences; and a preeminent
biomedical research enterprise.

It also includes UCSF Health [18], which comprises three top-ranked hospitals - UCSF Medical
Center and UCSF Benioff Children’s Hospitals in San Francisco [19] and Oakland [20] - as well
as Langley Porter Psychiatric Hospital and Clinics, UCSF Benioff Children’s Physicians, and
the UCSF Faculty Practice. UCSF Health has affiliations with hospitals and health
organizations throughout the Bay Area. UCSF faculty also provide all physician care at the
public Zuckerberg San Francisco General Hospital and Trauma Center, and the San
Francisco VA Medical Center. The UCSF Fresno Medical Education Program is a major
branch of the University of California, San Francisco’s School of Medicine.