



LIVE with Kay!* podcast program interviews Dr. Rachel Pruchno in a hour-long discussion of the challenges of getting mental health care in America and her memoir *Surrounded By Madness

The gripping and empowering memoir by Rachel Pruchno, Endowed Chair & Professor of Medicine at Rowan University, telling of her experiences with mental illness in her family continues begins attracting media attention.

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VOORHEES, NEW JERSEY – *LIVE with Kay!*, a podcast produced by the Journalverse learning community for academic journal authors and facilitators, today broadcast an hour-long interview of Dr. Rachel Pruchno, author of ***Surrounded By Madness: A Memoir of Mental Illness and Family Secrets***.

Interviewer and host Kay Adams, who is a seasoned psychotherapist, engaged Dr. Pruchno on a variety of topics relevant to mental illness and America's mental health care and legal systems. Much of the interview focused on the problems of obtaining appropriate mental health care in America and the limited opportunities and legal rights that family members have in helping a loved one who suffers from serious mental illness get needed diagnoses and treatment.

On several occasions, Kay encouraged Dr. Pruchno to read excerpts from her freshly published memoir ***Surrounded By Madness***, a book that already has been lauded nationwide by mental health professionals and thought leaders, allowing listeners to sample some of the musings and vignettes featured in the memoir.

As the interview progressed, Kay and Dr. Pruchno turned their attention to the process of learning how to write for the intended audience. Dr. Pruchno noted that, just as a scientist needs to learn how to write a journal article, so too did she need to retrain her writing skills from those of a research scientists writing for the academic science community to a story teller writing for the general public. She described her three year long process of learning how to write a memoir, of apprenticing herself to coaches to learn about narrative arc and character development, and working with developmental, line copy, and proof-reading editors.

Please visit the book's website at <http://rachelpruchno.net/surroundedbymadness/category/radio-tv-interviews/> or <http://tinyurl.com/odttjw8> to listen to the full interview.

Since its release, ***Surrounded By Madness*** has attracted the attention of leaders in the field and glowingly positive reviews.

“Penned in a vivid, literary style that bleeds anguish, Pruchno’s story is a mother’s worst nightmare. Since the book centers on a young person and leaves such a powerful impression, it would make a solid supplementary text for a college psychology course. Pruchno’s feelings of desperation and powerlessness speak more to the reality of mental illness than an academic case study ever could,” from **Kirkus Reviews**.

“An important, poignant voice rooted in one family’s experience. Will help move communities beyond dialogue to action,” from **Michael J. Fitzpatrick, M.S.W., Executive Director, National Alliance on Mental Illness**.

“Reading *Surrounded By Madness* is like watching the inevitable train crash that you can’t stop from happening. Poignant, vivid, tragic, yet ultimately resilient,” from **Stephen P. Hinshaw, Ph.D., Professor, Department of Psychology, University of California at Berkeley and Vice-Chair for Psychology, Department of Psychiatry, University of California at San Francisco**.

“A report from the front lines of the daily battles of mental illness and a first-hand account of loss, this is a compelling book for clinicians, scholars, and family members trying to understand chronic mental illness,” from **Michael A. Smyer, Ph.D., Professor of Psychology & Provost, Bucknell University**.

For more information about the author, please visit Dr. Pruchno’s official website at www.RachelPruchno.net.

For more information about ***Surrounded By Madness*** and to watch the book trailer, please visit the book’s official website at www.SurroundedByMadness.net or go to YouTube.com at <http://tinyurl.com/nozgcwv>.

Surrounded By Madness: A Memoir of Mental Illness and Family Secrets is available exclusively at Amazon.com (<http://tinyurl.com/k5xvmsz>) and other online booksellers.

About the Author:

Rachel Pruchno is Endowed Chair & Professor of Medicine at Rowan University’s School of Osteopathic Medicine and Director of Research at the New Jersey Institute for Successful Aging (<http://www.rowan.edu/som/njisa/>). She earned her Ph.D. in Human Development and Family Studies at Penn State University. Dr. Pruchno has been the Principal Investigator on numerous research grants funded by the National Institute of Mental Health, the National Institute of Aging, the National Institute of Nursing Research, the National Institute of Child Health and Human Development, the Retirement Research Foundation, and the Cleveland Foundation. She has published nearly 100 peer-reviewed articles in scientific journals, 10 invited book chapters, and co-edited *Challenges of an Aging Society: Ethical Dilemmas, Political Issues*. She has served as Editor-in-Chief of the leading scientific journal *The Gerontologist* (<http://gerontologist.oxfordjournals.org/>) since 2011.

As a weekly blogger since January 2014, Dr. Pruchno has been contributing to PsychologyToday.com, the website of the magazine *Psychology Today*. The blog, “All in the Family: Mental Illness and Caregiving Across the Generations,” may be viewed at www.PsychologyToday.com/blog/All-in-the-Family.

She is married with four children, two of whom are dogs.

If you would like more information about Dr. Pruchno’s academic work, including her CV and publications, please visit her personal website at www.RachelPruchno.net.

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