



Author of *Surrounded By Madness* honored in Indiana by the National Alliance on Mental Illness, major universities, and leading clinical psychologists

The gripping and empowering memoir by Rachel Pruchno, Endowed Chair & Professor of Medicine at Rowan University, telling of her experiences with mental illness among her family continues to attract the attention of mental health advocates and psychologists nationally.

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VOORHEES, NEW JERSEY – The National Alliance on Mental Illness (NAMI), two major universities, and central Indiana's leading clinical psychology practice honored author Dr. Rachel Pruchno for her 2014 book ***Surrounded By Madness: A Memoir of Mental Illness and Family Secrets***, inviting her to discuss her memoir and deliver a presentation on the problems pertaining to mental illness and America's mental health care system.

NAMI's Delaware County, Indiana chapter, several departments at Indiana's Ball State University (Psychological Science, Educational Psychology, and Counseling Psychology & Guidance Services), Indiana University's Northeast Indiana Area Health Education Center, and the Center for Psychological Development (a clinical practice) jointly sponsored the free-to-the-public event. An audience of hundreds packed the Student Center Ballroom at Ball State University in Muncie, Indiana to learn from Dr. Pruchno.

Surrounded By Madness shines light into the darkest corners of Dr. Pruchno's own family history and provides vital insight into the problems with the United States' mental health care and legal systems. Dr. Pruchno wrote the memoir to end her own silence about mental illness in her family, telling the gripping and poignant story of her mother's and adopted daughter's struggles with the devastating disease.

"For the past 30 years, I've shared findings from my federally funded research about the effects of mental illness on family dynamics with the scientific community by publishing in academic science journals," says Dr. Pruchno. "But I wrote ***Surrounded By Madness*** to educate the public. I want everyday people to know what mental illness looks like and to understand the destructive effect it can have on families. I hope the publication of ***Surrounded By Madness*** will help jump-start a sorely needed public discussion about mental health policy. Mental illness not only has a huge impact on our economy, but also enormous personal safety and quality of life implications for us all."

Mental illness is the most prevalent illness in the United States with an estimated 78.4 million Americans suffering a diagnosable mental illness each year. Nearly 14 million Americans suffer from a debilitating, serious mental illness such as schizophrenia or bipolar disorder. "Millions of families struggle with mental illness daily. These families need to know that they're not alone and that it's counterproductive to hide, buying into the stigma that unfortunately remains associated with this horrific disease," advises Dr. Pruchno.

Since its release, ***Surrounded By Madness*** has attracted the attention of leaders in the field and glowing 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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