



DOWN SYNDROME GUILD
OF DALLAS

Book Review: Mental Wellness in Adults with Down Syndrome

We talk to many DSG families about many issues. The most difficult phone call is when a family member asks about resources to evaluate a change in the behavior and/or functioning level of an adult with Down syndrome; unfortunately, the resources are meager. We recommend the following book: Mental Wellness in Adults with Down Syndrome.

Mental Wellness is an invaluable resource for parents, mental health professionals, case managers, and caregivers who want to understand how to promote good mental health and resolve psychosocial problems in people with Down syndrome. The authors are Dennis McGuire, Ph. D., and Brian Chicoine, M.D., both of whom are founding directors of the Adult Down Syndrome Center at Lutheran General Hospital in Park Ridge, IL. This facility was established almost 30 years ago and its multi-disciplinary team has treated more than 3,000 adolescents and adults with Down syndrome ages 12 to 83.

Mental Wellness - an authoritative, easy-to-read guide - clarifies what are the common behavioral characteristics of people with Down syndrome, how some can be mistaken for mental illness, and what are the bona fide mental health problems that occur more commonly in people with Down syndrome. The authors discuss the importance of regular assessment and how behavior and mental well-being can be affected by environmental conditions, social opportunities, and physical health.

A copy of Mental Wellness has been purchased for the DSG's lending library. To check on availability, call the DSG office at 214-267-1374.