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Mental Health & Wellness Lecture Series Begins at Carnegie Library of Pittsburgh

(PITTSBURGH, PA – September 25, 2008) Area residents can learn about a variety of topics that impact their personal health through a series of programs at Carnegie Library of Pittsburgh. Starting in October, the Library, in partnership with the University of Pittsburgh Clinical and Translational Science Institute, will host a free monthly lecture series throughout the city to raise awareness of mental health issues. Free screenings are available in conjunction with several of the lectures.

Series events include:

Understanding Autism: New Discoveries

Wednesday, October 1 (6-8 pm)

Carnegie Library of Pittsburgh – Main, 4400 Forbes Avenue

Nancy Minshew, MD, Director of NIH Autism Center of Excellence, Pittsburgh & Carnegie Mellon University Professor of Psychiatry & Neurology, will discuss autism, its causes, new treatments and the scientific strides that have been made in the field.

How to Cope With Stress for Better Physical and Mental Health

Wednesday, November 5 (6-8pm)

Carnegie Library of Pittsburgh – Homewood, 7101 Hamilton Ave

Bruce S. Rabin, M.D., Ph.D., Medical Director, UPMC Healthy Lifestyle Program, will present a lecture on how to minimize the effects of stress, improve stress-coping skills and promote an enhanced sense of well-being. Free diabetes, cardiovascular and depression health screenings will be available.

Grief and Its Complications: Understanding How Grief Works (and When It Isn't Working)

Wednesday, December 3 (6-8 pm)

Carnegie Library of Pittsburgh – Main, 4400 Forbes Avenue

Allan Zuckoff, Ph.D., Assistant Professor of Psychiatry, University of Pittsburgh, will provide a lecture on understanding the grieving process and commonly held suggestions for dealing with grief-related problems. Free Complicated Grief and Depression Health Screenings will be available.

Rhythm and Mood: A New Way to Think About Bipolar Disorder

Wednesday, January 7 (6-8 pm)

Carnegie Library of Pittsburgh – Main, 4400 Forbes Avenue

Ellen Frank, Ph.D., Director, Depression and Manic Depression Prevention Program, UPMC Professor of Psychiatry & Psychology, University of Pittsburgh, will engage in a conversation about the complexity of bipolar disorder, its causes and its treatments. Free bipolar disorder screenings will be available.

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Coping with the Challenges of Cancer

Wednesday, February 4 (6-8 pm)

Carnegie Library of Pittsburgh – Main, 4400 Forbes Avenue

Donna M. Posluszny, Ph.D., Associate Director, Behavioral Medicine Clinical Service, Hillman Cancer Center, will explore the emotional impact of cancer and how to become emotionally stronger when facing a cancer diagnoses.

The Challenges, Benefits, and Health Effects of Family Caregiving

Wednesday, March 4 (12:15 – 1:15 pm)

Carnegie Library of Pittsburgh – Downtown & Business, (612 Smithfield Street

Richard Schulz, Ph.D., Director, Center for Social and Urban Research, University of Pittsburgh Associate Director, University of Pittsburgh Institute on Aging, discusses the signs of caregiver stress and how to deal with the emotional and practical sides of caregiving.

Pediatric Obesity: A National Health Crisis

Wednesday, April 1 (6-8 pm)

Carnegie Library of Pittsburgh – Main, 4400 Forbes Avenue

Marsha D. Marcus, Ph.D., Chief, Behavioral Medicine, Western Psychiatric Institute & Clinic, Professor of Psychiatry and Psychology, University of Pittsburgh, presents a lecture on the scientific causes and consequences of childhood obesity and what families can do to prevent it.

Attention Deficit Hyperactivity Disorder (ADHD): What Parents Should Know

Wednesday, May 6 (6-8 pm)

Carnegie Library of Pittsburgh – Main, 4400 Forbes Avenue

Oscar G. Bukstein, MD, Associate Professor of Psychiatry, University of Pittsburgh, discusses ADHD symptoms, causes, and treatments.

All lectures and discussions are free and open to the public. For more information, call 412.383.2732 or visit www.carnegielibrary.org.

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About Carnegie Library of Pittsburgh

Building Communities, Enriching Lives

Established as a public trust in 1895, Carnegie Library of Pittsburgh serves the citizens of Pittsburgh and Allegheny County with a distinguished history of leadership among the country's great public libraries. Through its 19 neighborhood locations, including Main Library and the Library for the Blind and Physically Handicapped, Carnegie Library of Pittsburgh is the region's most visited asset. Each year the Library provides more than 8,000 free programs, classes and other learning and training opportunities that are tailored to meet the dynamic and diverse needs of people living in Western Pennsylvania.

About Libraries for LIFE

While Andrew Carnegie provided the seed money to build the library facilities; he did not leave an endowment for their ongoing operations and maintenance. Thanks to local, county and state government, corporations, foundations and individuals, Carnegie Library of Pittsburgh's Libraries for LIFE Capital Campaign is renewing library buildings to meet the needs of today's library customer. In 2000 Carnegie Library of Pittsburgh embarked upon a \$55 million capital campaign, the first in the Library's history, to make neighborhood libraries accessible system-wide. Since the campaign began, the Library has renovated or relocated six neighborhood libraries and completed a partial renovation of the Main Library, First Floor. CLP-Hill District is the seventh library to be completed in the system-wide renewal, and the city's first newly constructed library since 1980. The visibility of the completed renovations has brought new vitality, with all locations benefiting from increased visitor and circulation numbers.