Families are riddled with untold secrets. But Stephen Hinshaw never imagined that a profound secret was kept under lock and key for 18 years within his family—that his father’s mysterious absences, for months at a time, resulted from serious mental illness and involuntary hospitalizations. From the moment his father revealed the truth, during Hinshaw’s first spring break from college, he knew his life would change forever.

Stephen Hinshaw, Ph.D., a professor of psychology at UC Berkeley and of psychiatry at UC San Francisco, and an internationally renowned researcher of child psychopathology, shares his family’s journey with mental illness — and his vision to remove the stigma.

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The Behavioral Health Center of Excellence at UC Davis is a state-wide leader in bridging neuroscience research, mental health care and policy to improve the lives of those touched by mental illness. Our work is driven by our dedication and vision to help create a brighter future in which science informs policy and research brings hope for people with mental illness.

Don’t miss the book signing of Another Kind of Madness and The ADHD Explosion