



Wilmington Community Cares Virtual Event

November 4, 2021

6:00-8:30 PM

Supporting Youth with Depression During the Pandemic and Beyond:

What Families, Schools, and Communities Can Do

Nancy Rappaport, MD, is a graduate of Princeton University and Tufts University School of Medicine. A board-certified child and adolescent psychiatrist, Rappaport is currently a part-time associate professor of psychiatry at Harvard Medical School. Her research, teaching, and clinical expertise focus on the collaboration between education and psychiatry. After graduating from Princeton, Rappaport worked as a science teacher at an innovative elementary school in Harlem, New York where she advocated for support for struggling families. Her life-altering experiences in Harlem inspired her to enter medical school and would help launch a robust career. Graduating from Tufts School of Medicine in 1988, Rappaport completed an internship in pediatrics and a residency in adult psychiatry, both at Massachusetts General Hospital, before completing a fellowship in child and adolescent psychiatry at Cambridge Hospital. It was during this fellowship that Rappaport forged a longstanding relationship with the Cambridge Public Schools.

Dr. Rappaport received the American Academy of Child and Adolescent Psychiatry's Sidney Berman Award for the School-Based Study and Treatment of Learning Disorders and Mental Illness in 2012. She also received Cambridge Health Alliance's Art of Healing Award in 2013 – an award given to one who “transcends boundaries, joyfully embraces humanity, and profoundly inspires the healing of body and spirit.” Rappaport is the author of the memoir *In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide* (Basic Books, September 2009), winner of the Boston Authors Club's 2010 Julia Ward Howe Prize. In a starred review, *Publisher's Weekly* called the book “Fearless ... a stunning narrative of perspective, profound sadness and unrelenting hope.” She is also the author of *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students* (Harvard Education Press, April 2012), written with behavioral analyst Jessica Minahan.



Additional articles
and other resources
available at
nancyrappaport.com

Nancy Rappaport, MD, will discuss what depression may look like in teens at home and at school, how to proceed when concerned a teen may be suicidal, and how to connect with and support teens with depression during the pandemic and beyond. She will also discuss how building resilience in both ourselves and in teens boosts our, and their, capacity to endure and perhaps even thrive during uncertain and challenging times. Her talk is based on her many years of clinical experience and experience translating psychiatric concepts into easy actionable steps for educators and families.

This event is free and open to the public.
Adults only please.



Register in advance by clicking [here](#) or by scanning the QR code provided.

You will receive an email with a link prior to the presentation

Please contact Christine Murray, Coordinator of Behavioral Health & Social Emotional Support:

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with any questions.

Notice of Non-Discrimination

All educational and non-academic programs, activities and employment opportunities at Wilmington Public Schools are offered without regard to race, color, sex, religion, national origin, ethnicity, sexual orientation, gender identity, homelessness, age and/or disability, and any other class or characteristic protected by law.