



THE MELISSA INSTITUTE
PREVENTING VIOLENCE THROUGH EDUCATION

The Melissa Institute's 30th Annual Conference

From Prevention to Healing:
Research-Based Solutions to Address the Youth Mental Health Crisis in
America

List of References

References for Dr. Mitch Prinstein:

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- Maza, M. T., *Fox, K.A., *Kwon, S., *Flannery, J.E., Lindquist, K.A., **Prinstein, M.J.**, Telzer, E.H. (2023). Habitual checking behaviors on social media relate to longitudinal functional brain development. *JAMA Pediatrics*, 177(2), 160-167. <https://doi.org/10.1001/jamapediatrics.2022.4924>
- Nesi, J., *Choukas-Bradley, S., & **Prinstein, M.J.** (2018). Transformation of adolescent peer relations in the social media context part 1: A theoretical framework and application to dyadic peer relationships. *Clinical Child and Family Psychology Review*, 21(3), 267-294. <https://doi.org/10.1007/s10567-018-0261-x>

Additional Resources for Dr. Mitch Prinstein:

US Senate 2023:

Written: <https://www.apaservices.org/advocacy/news/testimony-prinstein-protecting-children-online.pdf>

Video: <https://www.c-span.org/video/standalone/?526011-1/hearing-child-internet-safety>

US Senate 2025

Written:

<https://www.judiciary.senate.gov/imo/media/doc/e2e8fc50-a9ac-05ec-edd7-277cb0afcdf2/2025-09-16%20PM%20-%20Testimony%20-%20Prinstein.pdf>

Video: <https://www.judiciary.senate.gov/committee-activity/hearings/examining-the-harm-of-ai-chatbots>

APA Health Advisories:

<https://www.apa.org/topics/social-media-internet/health-advisory-adolescent-social-media-use.pdf>

<https://www.apa.org/topics/social-media-internet/youth-social-media-2024>

<https://www.apa.org/topics/artificial-intelligence-machine-learning/health-advisory-ai-adolescent-well-being.pdf>

<https://www.apa.org/topics/social-media-internet/apa-adolescent-video-consumption-recommendations.pdf>

References for Dr. Wendy Silverman:

- **Silverman, W. K.**, Marin, C. E., Rey, Y., Kurtines, W. M., Jaccard, J., & Pettit, J. W. (2019). Group-versus parent-involvement CBT for childhood anxiety disorders: Treatment specificity and long-term recovery mediation. *Clinical Psychological Science*, 7(4), 840-855. <https://doi.org/10.1177/2167702619830404>
- Lebowitz, E. R., Marin, C., Martino, A., Shimshoni, Y., & **Silverman, W. K.** (2019). Parent-based treatment as efficacious as cognitive behavioral therapy for childhood anxiety: A randomized noninferiority study of supportive parenting for anxious childhood emotions. *Journal of the American Academy of Child & Adolescent Psychiatry*, 59(3), 362-372. <https://doi.org/10.1016/j.jaac.2019.014>
- **Silverman, W. K.**, Marin, C. E., Rey, Y., Jaccard, J., & Pettit, J. W. (2021). Directional effects of parent and child anxiety 1 year following treatment of child anxiety, and the mediational role of parent psychological control. *Depression and Anxiety*, 38(12), 1289-1297. <https://doi.org/10.1002/da.23210>
- **Silverman, W. K.**, Rey, Y., Marin, C. E., Jaccard, J., & Pettit, J. W. (2022). Does training parents in reinforcement skills or relationship skills enhance individual youths' cognitive behavioral therapy for anxiety? Outcome, specificity, and mediation. *Clinical Psychological Science*, 10(2), 355-373.

- **Silverman, W. K.**, Rey, Y., Marin, C. E., Boutris, P., Jaccard, J., & Pettit, J. W. (2023). Boundaries on parent involvement in their child's anxiety cognitive-behavioral-treatment outcome: Parent reinforcement and relationship behaviors moderate outcome, 12(5), 936-944. *Clinical Psychological Science*. <https://doi.org/10.1177/21677026231209331>

References for Dr. Annette La Greca:

1. **La Greca, A.M.**, Silverman, W.K., Lai, B., & Jaccard, J. (2010). Hurricane-related exposure experiences and stressors, other life events, and social support: Concurrent and prospective impact on children's persistent posttraumatic stress symptoms. *Journal of Consulting and Clinical Psychology, 78*, 794-805.
2. Brodar, K. E., **La Greca, A. M.**, & Hysing, M. & Llabre, M. (2020). Stressed and sleepy: The relationship between stress and sleep in adolescents transitioning to high school. *Journal of Pediatric Psychology, 45*, 1027-1038.
3. **La Greca, A.M.**, Tarlow*, N., Brodar*, K.E., Danzi, B.A., & Comer, J.S. (2022). The stress before the storm: Psychological correlates of hurricane-related evacuation stressors on mothers and children. *Psychological Trauma: Theory, Research, Practice, and Policy. 14*(S1), S13–S22. <https://doi.org/10.1037/tra0001052>

Additional Resources for Dr. Annette La Greca:

Major Reports

1. Social Media and Mental Health – US Surgeon General's Advisory (2023). Available at: https://www.ncbi.nlm.nih.gov/books/NBK594761/pdf/Bookshelf_NBK594761.pdf
2. Protecting Youth Mental Health – US Surgeon General's Advisory (2021). Available at: <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>

Manuals – all available at <https://www.psy.miami.edu/faculty/alagreca/>

Youth Strong: Helping Youth and Families in Times of Disaster and Stress – Interactive manual for parents or caring adults to help youth after disasters or stressful situations

After the Storm and *After the Wildfire* - Interactive parent-child manuals for coping with stress after hurricanes and wildfires, respectively

Book

Parent's guide to psychological first aid: Helping children and adolescents cope with predictable life crises (2nd Ed). 2024. Editors: G. Koocher, A.M. La Greca, N. Lopez, & O. Moorehead-Slaughter. New York: Oxford University Press.

References for Dr. Sherry Hamby:

Hamby, S. (2025). The Resilience Portfolio Concept: New Insights into How Sufficient Strengths Can Overcome Even High Burdens of Trauma. *Review of General Psychology*, 29(3), 311-324. <https://doi.org/10.1177/10892680251363859>

Banyard, V., Rousseau, D., Shockley McCarthy, K., Stavola, J., Xu, Y., & **Hamby, S.** (2025). Community-Level Characteristics Associated With Resilience After Adversity: A Scoping Review of Research in Urban Locales. *Trauma, Violence, & Abuse*, 26(2), 356-372. <https://doi.org/10.1177/15248380241309374>

Hamby, S., Wang, X., Taylor, E., Pinto-Cortez, C., & Banyard, V. (2025, online first). Psychosocial Factors Associated With Higher Functioning After Interpersonal Adversity: A National Cross-Sectional U.S. Study. *Journal of Interpersonal Violence*. <https://doi.org/10.1177/08862605251400740>

Book

Stronger Than You Think: Building Lifelong Resilience (Penguin Life, 2026)