

About the authors

This book arose out of an interdisciplinary collaboration. Its authors are mental health professionals whose research, education and practice are in the field of child and youth mental health promotion and treatment.

Tatyana Barankin, MD, FRCPC, DCP

Dr. Tatyana Barankin is a staff psychiatrist in the Child, Youth and Family Program at the Centre for Addiction and Mental Health and staff psychiatrist at Toronto's Hospital for Sick Children. She is an associate professor and Head of Continuing Medical Education, Child and Adolescent Division, in the Department of Psychiatry at the University of Toronto.

Dr. Barankin graduated from medical school in St. Petersburg, Russia (formerly Leningrad, Soviet Union) and then specialized in pediatrics. She completed her psychiatric training at the University of Toronto, sub-specializing in child psychiatry. Her main areas of work include mood and anxiety disorders across the life spectrum, school psychiatry, preventive interventions in populations at risk, and gender and cultural aspects of mental health problems. Dr. Barankin teaches medical students, residents and community physicians in the Child, Youth and Family Program at CAMH. She has also been a consultant to community agencies, the Toronto District School Board and French boards of education. Dr. Barankin has won numerous awards for her leadership and knowledge dissemination in Continuing Medical Education and was quoted as an opinion leader in *Time* magazine. To balance her professional life, she devotes time to her family and friends, and to her hobbies, music and art.

Nazilla Khanlou, RN, PhD

Dr. Nazilla Khanlou is an associate professor at the Faculty of Nursing and Department of Psychiatry at the University of Toronto. Her graduate work includes an MSc in community health from the University of Toronto and a PhD in clinical health sciences from McMaster University in Hamilton. Her clinical background is in psychiatric nursing. Dr. Khanlou's research is in the interdisciplinary field of community-based mental health promotion, focusing on youth and women in multicultural and urban settings where immigrants settle. Her research focuses on youth self-concept, particularly as it relates to cultural identity and self-esteem; gendered post-migration resettlement experiences; and participatory mental health promotion.

Dr. Khanlou teaches at undergraduate and graduate levels and provides student supervision. She has received many academic awards—most recently, a Mentorship

Growing Up Resilient

Award from the Centre for Equity in Health and Society. Dr. Khanlou is the Health Domain Leader of the Centre of Excellence for Research on Immigration and Settlement (CERIS) in Toronto and was a visiting scholar (2005–2006) at the Wellesley Urban Health Institute. She is a member of the University of Toronto's Social Justice Cluster and the Faculty of Nursing's Diversities and Politics of Health Research Cluster. Dr. Khanlou has published articles and reports on immigrant youth and women, and mental health. She speaks fluent Farsi and Azari.

Dr. Khanlou also devotes herself to family, friends and community participation. She writes poetry, and enjoys walks in nature and travelling.