



UNIVERSITY OF PITTSBURGH
CENTER FOR
Behavioral Health +
Smart Technology

The HealthTech Weekly

May 14, 2018

**Spotlight on:
Ana Radovic, MD, MSc**



Core Faculty Member and Adolescent Medicine Specialist, Ana Radovic, MD, MSc, wants to increase adolescent and parent participation in mental health treatment. She is especially interested in using social media as a platform for

creating connections between adolescents and young adult peers who are coping with mental illness.

See a preview of the Center's interview with Dr. Radovic below, visit [our website](#) to read the full interview, and check out the [SOVA Project](#) to learn more!

Julia: Do you have advice for parents or adults working with depressed or anxious teens? What can they do to help?

Ana: The toughest part is communicating with teens about their symptoms. It's hard for adolescents to open up to you unless you've already developed a lot of rapport with them. Even if you have the best intentions about being communicative, non-judgmental, and approachable, teens might still feel hesitant to talk with you because they're afraid of hurting or disappointing you. Ask for help. Reach out to other supportive adults, whether that's a PCP or a school counselor or someone else, so that there's a team around these teens. You yourself also need support- no one should have to deal with mental illness alone.

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