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## "We need more respite"

Understanding and  
addressing caregiver burden

### Electroconvulsive therapy for severe mental illness

Past and future applications—page 39

### Mental health of transgender and gender nonconforming individuals

Disparities and concerns—page 44

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Play a Drug for Me: Music as  
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*Robert H. Howland*

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- 33** The Effect of Respite Services on  
Carers of Individuals With Severe  
Mental Illness  
Caregivers enjoyed a much needed break from their responsibilities while their care recipients attended Recovery Camp, a 5-day therapeutic recreation event.  
*Renee M. Brighton, Christopher Patterson, Ellie Taylor, Lorna Moxham, Dana Perlman, Susan Sumskis, and Tim Heffernan*
- 39** Charting the Course of Electroconvulsive  
Therapy: Where Have We Been and  
Where Are We Headed?  
Past, present, and future applications of this time-tested treatment are discussed.  
*Peter B. Rosenquist, W. Vaughn McCall, and Nagy Youssef*
- 44** Mental Health and the Transgender  
Population  
A disproportionate rate of negative mental health outcomes relative to other populations is found in these individuals.  
*Tamar C. Carmel and Laura Erickson-Schroth*

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