When Rachel Miller and Susan Mason asked me to update the foreword for the second edition of *Diagnosis: Schizophrenia*, my first reaction was to ask, “Can you just use what I wrote in 1999?” They graciously said yes, and we agreed that the foreword to the first edition should be included in the present volume. But the ten years since I wrote those words have seen important advances in our understanding of schizophrenia and specific therapeutics available for people early in the course of their illness, as well as in our views of how and when to engage patients and their families.

The second edition therefore includes new information about the brain and schizophrenia, genetics, and childhood-onset schizophrenia. In addition, new medications are available, and these and their side effects are considered. Perhaps the most important changes are in sections that deal with coping with side effects of medication like weight gain, help with substance abuse and smoking, understanding delusions, dealing with violent thoughts and feelings, and negotiating the system of benefits for medication and Medicaid.

In addition to the advances in understanding schizophrenia and the guidance that has developed over that past decade, publication of the second edition of *Diagnosis: Schizophrenia* comes at a time when the National Institute of Mental Health (NIMH) has initiated a major research effort designed to change both perceptions and outcomes of schizophrenia. RAISE—Recovery After an Initial Schizophrenia Episode—is a large-
scale research project initiated by the NIMH in the summer of 2009. It will develop and test innovative and coordinated intervention approaches in the early stages of the illness, when individuals may be most responsive to treatment. For more information and updates on this initiative, you can go to the NIMH RAISE Project Page on the NIMH Web site: www.nimh.nih.gov/health/topics/schizophrenia/raise/index.shtml.

The first edition has been successful beyond our hopes for a volume that built on the experiences of patients at a single clinic; over 20,000 copies have been sold—reaching patients and families at treatment settings and in communities throughout the United States and beyond. In addition to the audience for which it was designed, psychiatry residents and other clinicians new to schizophrenia treatment have found that it is a valuable tool. I have bought a number of copies myself to distribute. Understanding the perspective of patients and their families as they first encounter the health system and trying to see both the experience of the illness and the clinical world through their eyes can be invaluable.

So, the recommendation for *Diagnosis: Schizophrenia*, second edition is much the same as for the first edition. Read it cover to cover or check the table of contents or index if you need some specific information, and remember that just as individuals change over time, so will our understanding of schizophrenia and of the ways to help individuals and their families cope and grow.

Nina Schooler, Ph.D.
Professor of Psychiatry and Behavioral Sciences
SUNY Downstate Medical Center
Brooklyn, New York