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Child & Adolescent
ACTION CENTER

Resource Guide



*Recommended Resources for
Children and Adolescents
Living with Mental Illnesses
and Their Families*

July 2006

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We are delighted to provide you with this resource guide (which is periodically updated) and hope you find it helpful. Look for new book reviews in NAMI's newsletters: the *NAMI Advocate* and *NAMI Beginnings*.

Before contacting a publisher directly, you may wish to check with your local bookstore to see if they carry a title in stock. Internet sources of books include www.Amazon.com, www.BarnesandNobles.com and www.Borders.com to mention a few.

NAMI is no longer selling books available from trade press however, NAMI resources, pamphlets, reports, etc. will continue to be available. Call the Helpline (800) 950-6264 for a complete listing of current titles or go to the NAMI website at www.NAMI.org and click on "Book Store."

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Section I

PARENTING CHILDREN WITH MENTAL ILLNESSES

General

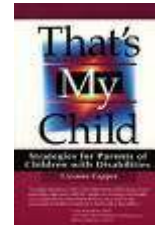
Capper, Lizanne

That's My Child: Strategies for Parents of Children with Disabilities

Paperback: 198 pages; Publisher: Child & Family Press (1996); Price: \$11.00

Child & Family Press, 440 First St., NW, Washington, DC 20001

The author, a parent of a disabled child, provides guidance through the complex maze of resources that parents can draw upon to help their disabled children: organizations, state and federal law (especially IDEA), and school systems. There is little reference to brain disorders (mental illness) specifically, but much of the information is applicable to parents of children with brain disorders.

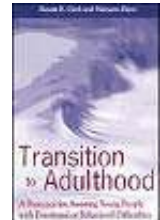


Clark (Ph.D.), Hewitt B. & Maryann Davis (Ph.D.)

Transition to Adulthood: A Resource for Assisting Young People with Emotional or Behavioral Difficulties

Paperback: 276 pages; Publisher: Brookes Publishing Company (2000); Price: \$29.95

Primarily written for mental health professionals, educators and policy makers, this book will also be helpful for the advocate striving for system change and is particularly interested in adolescents. Because eligibility criteria differ from system to system and state by state, accessing services can be difficult for adolescents and their caregivers. Creative ways are often required to fill the needs of youth with emotional, behavioral or mental disorders. This book will offer guidance in advocating for appropriate services by providing a variety of information on best practices and model programs.

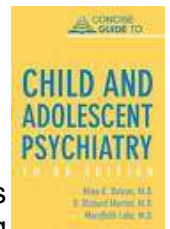


Dulcan (M.D.), Mina, Richard Martini (M.D.) & MaryBeth Lake (M.D.)

Concise Guide to Child & Adolescent Psychiatry, 3rd Edition

Paperback: 404 pages; Publisher: American Psychiatric Publishing (2003); Price: \$27.95

Concise Guide to Child and Adolescent Psychiatry is an ideal resource for parents and caregivers since it is a very practical, easy-to-understand handbook. The third edition of this invaluable reference summarizes fundamental information on mental health issues affecting children and adolescents, including basic information on evaluation, diagnosis and treatment planning; sections on specific disorders; and differential diagnosis and treatment monitoring. It also covers relevant information about early interventions, details on treatment options, easy-to-read theoretical information and a list of research foundations with references for further reading.



Earley, Pete

Crazy: A Father's Search through America's Mental Health Madness

Hardcover: 372 pages; Publisher: G.P. Putnam's Sons (2006); Price: \$25.95

After his son was diagnosed with a mental illness, journalist Pete Earley journeyed through the maze of contradictions, disparities and Catch-22s that is America's mental health system until he came to understand that the nation's prisons have become the new mental hospitals. *Crazy* tells two stories, the first is about Earley's son and the other describes what Earley learned during his year-long investigation inside the Miami-Dade County jail where he was given complete, unrestricted access.

Goodman, Robin F., Harold S. Koplewicz & Margery D. Rosen
Childhood Revealed: Art Expressing Pain, Discovery & Hope
Hardcover: 160 pages; Publisher: Harry N Abrams (1999); Price: \$35.00

This moving and enlightening book provides a window into the worlds of children with emotional, mental or physical problems. The book is part of a major initiative to increase public awareness about the care that an estimated one in eight children so desperately need. More than 100 artworks by children ages four to 18 reflect the process of coping with such problems as depression, divorce, eating disorders, psychosis, learning differences, physical illness and abuse. Experts provide the most current, practical information on treatment and prognosis for the various disorders while words from the children themselves shed additional light on this subject of grave national concern.



Greene (Ph.D.), Ross W.
The Explosive Child

Paperback: 288 pages; Publisher: HarperCollins Publishers (2000); Price: \$13.00

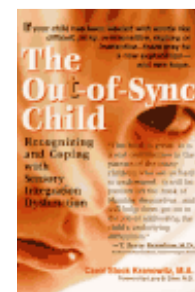
This book is considered by many as essential reading for any parent or caregiver coping with a child who is irritable, inflexible and explosive. The book explains the behaviors of a child struggling with overwhelming feelings and offers a framework for creating a more "user friendly" home where rages and meltdowns are less likely to happen. His method gives parents "permission" to parent in ways these children need, not as society dictates. A chapter on psychopharmacology enhances the host of therapeutic remedies proposed by the author.



Kranowitz (M.A.), Carol Stock
The Out-of-Sync Child

Paperback: 277 pages; Publisher: Skylight Press (1998); Price: \$14.00

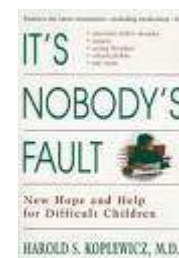
A new explanation and a new hope for parents whose children have been labeled with words like *difficult*, *picky*, *oversensitive*, *clumsy* or *inattentive*. This child may actually have Sensory Integration (SI) Dysfunction, often confused with ADD, learning disabilities, and other problems. It is a subtle developmental difficulty that prevents children from interpreting sensory signals coming from their bodies and the world around them. Often SI Dysfunction leads to a variety of physical, social, emotional, academic and behavioral difficulties. If recognized early enough, however, there is help available. Caregivers will find this book easy to read and useful in understanding and seeking help for their child.



Koplewicz (M.D.), Harold S.
It's Nobody's Fault

Paperback: 320 pages; Publisher: Three Rivers Press (1997); Price: \$25.00

In addition to explaining that mental illnesses are chemical brain disorders and nobody's fault, the author gives a chapter to each of 13 disorders: diagnosis, treatment, and prognosis. This book serves as a basic resource.



Naseef (Ph.D.), Robert A.

Special Children, Challenged Parents: The Struggles and Rewards of Raising a Child with a Disability

Paperback: 222 pages; Publisher: Birch Lane Press - Carol Publishing Group; Price: \$17.00

The author, a psychologist specializing in counseling families of children with special needs, is also the father of a child with autism. The author helps readers understand the natural and normal feeling processes that are triggered by worries over a child's development, troubling observations of the child and the diagnosis of a disability or chronic illness: denial, anxiety and fear, guilt, shame, depression, anger, hope. The book will help caregivers to work through grief, reach acceptance, address behavior problems and find and build circles of support. It also provides insight on creating working partnerships with professionals.

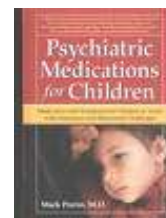


Perrin (M.D.), Mark

Psychiatric Medications for Children: Medication and Treatment for Children & Youth with Emotional and Behavioral Challenges

Hardcover: 119 pages; Publisher: The Stillwater Press, Inc. (2005); Price: \$19.95

This is an indispensable guide to understanding mental health care for children, effective treatments as well as the benefits and risks of medications. This resource provides important information essential to answering these critical questions: How should I parent a child with emotional challenges? What is it that is being treated? What are the elements of good treatment? Should my child be on medication? What can medications do? How do they work? What medications are available and are they safe?



Pruitt (M.D.), David

Your Adolescent: What Every Parent Needs to Know, What's Normal, What's Not, and When to Seek Help

Hardcover: 450 pages; Publisher: American Academy of Child and Adolescent Psychiatrists; Price: \$27.50

Written by the members of the American Academy of Child and Adolescent Psychiatrists, this book discusses specific questions and concerns, examines troublesome problems and helps parents understand and respond to the day-to-day challenges of the teen years. For any parent wondering whether their teen's actions are typical or cause for greater concern, this book will help answer the burning question: What's normal and what's not, concerning child's growth and development from ages 13 to 18? It addresses everyday issues like peer influence, dating identity, emerging sexuality, independence, separation anxiety and responsibility as well as more serious ones like violent behavior, experimental alcohol and drug use, teen suicide and eating disorders.



Pruitt (M.D.), David

Your Child: What Every Parent Needs to Know, What's Normal, What's Not, and When to Seek Help

Hardcover: 450 pages; American Academy of Child and Adolescent Psychiatrists; Price: \$27.50

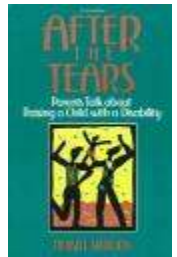
This book is a comprehensive guide to emotional, behavioral and cognitive development from infancy through pre-adolescence. Caregivers will find that this book guides them step-by-step through the developmental milestones of childhood, discusses specific questions and concerns as well as examines more troublesome problems. It also provides guidance for day-to-day

interactions with the child, assists them in dealing with sleep problems and in developing a child's self-esteem and discerning when certain behaviors call for professional help and where to find it.

Simmons, Robin

After the Tears: Parents Talk about Raising a Child with Disability
Paperback: 96 pages; Publisher: Harvest Books (1987); Price: \$14.95

In this deeply sensitive book, parents of disabled children describe with affecting candor how they first confronted their shattering experience and then recovered to emerge stronger, healthier and abler to cope and help their children. The book also contains black-and-white photographs.



Swedo, Dr. Susan & Dr. Henrietta Leonard

Is it "Just a Phase?" How to Tell Common Childhood Phases from More Serious Problems
Hardcover: 358 pages; Publisher: Golden Books (1998); Price: \$16.90

This book responds to the commonly asked questions by parents concerned with their child's behavior: Is this normal, or do we have a serious problem? And how can we tell the difference? Focuses on common problems of development and details emotional and psychiatric illnesses that are beyond "just a phase." The latest advances in diagnosis and treatment as well as further reading suggestions are also included.



Attention Deficit Hyperactivity Disorder

Addison, Anne

One Small Starfish: A Mother's Everyday Advice, Survival Tactics & Wisdom for Raising a Special Needs Child

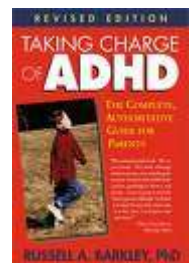
Hardcover: 375 pages; Publisher: Future Horizons (2003); Price: \$24.95

One Small Starfish is the personal story of Anne Addison, a mother who worked hard to raise a child diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and Asperger Syndrome. This comprehensive guide includes practical strategies, sample communication tools and data gathering techniques for improving lives of children and families. The book begins with the author's journey with her son through the special education and health services systems. It takes readers from the initial suspicion of her son's unmanageable behaviors through numerous attempts to properly diagnose and successfully treat her son. It also shares the marked improvement in her son's academic, emotional and behavioral functioning. The book is designed to help parents and other family members in understanding what they really need to do and know to help their children function and live better.

Barkley (Ph.D.), Russell A.

Taking Charge of ADHD: The Complete Authoritative Guide for Parents, Revised Edition
Paperback: 321 pages; Publisher: The Guilford Press (2000); Price: \$18.95

This revised edition updates an excellent book that empowers parents. It explains current research and suggests attitudes and strategies that will help parents manage ADHD at home and in school. It is well designed and highly readable.



Colin, Ann

Willie: Raising and Loving a Child with Attention Deficit Disorder
Paperback: 246 pages; Publisher: Viking-Penguin (1998); Price: \$22.95

The account of one family's struggle with a son's ADD will encourage



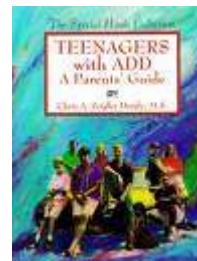
other families that they are not alone. The author describes her son's symptoms and her experiences in seeking a diagnosis, from a neurologist, psychologists, school personnel and a psychiatrist to finding at last a treatment that helped.

Dendy (M.S.), Chris A. Zeigler

Teenagers with ADD: A Parents' Guide

Paperback: 370 pages; Publisher: Woodbine House (1996); Price: \$18.95

This large (8-1/2 x 11), double-column book is full of information, suggestions and case studies. It is lively, upbeat, comprehensive and well targeted to the problems parents face with teenagers who have ADD.



Dendy (M.S.), Chris A. Zeigler

Teaching Teens with ADD & ADHD: A Quick Reference Guide for Teachers and Parents

Paperback: 352 pages; Publisher: Woodbine House; (2003); Price: \$18.95

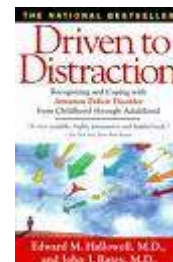
This book is written for teachers of teens with attention deficit disorder (ADD) and attention deficit/hyperactivity disorder (ADHD). It includes concise summaries of over seventy-five key issues related to ADD/ADHD and explains how to accomplish success within the school environment. The book provides information critical to understanding ADD/ADHD during the middle and high school years and includes strategies, interventions and tips for teachers and parents on how to support persons afflicted with these disorders. Chris Dendy's 30+ years of experience as a teacher, school mental health professional, counselor and mother of children with ADD comes through loud and clear.

Hallowell (M.D.), Edward and John Ratey (M.D.)

Driven To Distraction

Paperback: 319 pages, Publisher: Pantheon Books (1995); Price: \$23.00

This practical book discusses adult as well as child ADHD. Non-technical, realistic and optimistic, it serves as an informative how-to manual for parents and consumers.



Jensen (M.D.), Peter S.

Making the System Work for your Child with ADHD: How to cut through red tape and get what you need from doctors, teachers, school and healthcare plans

Paperback: 284 pages; Publisher: The Guilford Press (2004); Price: \$17.95

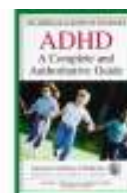
This book is an advanced course in dealing with a child's attention deficit/hyperactivity disorder and is intended to complement the various comprehensive handbooks for ADHD. This book is for those who want to become experts in obtaining the best possible care for a child with ADHD and is applicable for anyone who is the primary caregiver and responsible for getting help for a child with ADHD.

Rieff (M.D.), Michael I. & Sherill Tippins

ADHD A Complete and Authoritative Guide

Paperback: 339; Publisher: American Academy of Pediatrics (2004); Price: \$15.95

How is ADHD diagnosed? What are today's best treatment options? How can you effectively work with your child's school? What can you expect for your child's future? How can you help your teenager manage social and emotional pressure? The American Academy of Pediatrics answers these questions and many more with this balanced, authoritative guide to help you and your child meet the many challenges of this often misunderstood disorder. This resource provides information on: evaluation and diagnosis, coexisting conditions, behavior therapy,



ADHD and academics, the role of medication, unproven treatments, ADHD and the teenage years and effective parenting skills for children and adolescents with ADHD.

Anxiety Disorder(s)

Last (Ph.D.), Cynthia G.

Help for Worried Kids

Paperback: 266 pages; Publisher: The Guilford Press (2006); Price: \$14.95

In this book, Dr. Cynthia Last helps parents determine when a child's apprehension is cause for concern. Drawing on 25 years of clinical practice and research, she vividly illustrates the different forms that childhood anxiety can take and offers practical solutions specific to each. The book emphasizes strategies for preventing episodes before they begin, demonstrates how to intervene when one is in progress and offers tips on how to keep anxiety from worsening as a child matures. Parents will learn to be consistent and encouraging as their child develops the confidence need to face and conquer worries of every kind.

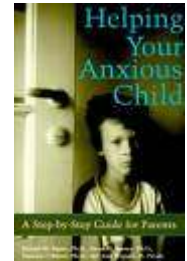


Rapee (Ph.D.), Ronald M., Susan H. Spence (Ph.D.), Vanessa Cobham (Ph.D.) & Ann Wignall (M.S.)

Helping Anxious Child: A Step-by-Step Guide for Parents

Paperback: 160 pages; Publisher: New Harbinger Publications (2000); Price: \$12.95

The authors are professionals with specialty practices in treating anxious children aged seven to 16. Collectively they have treated hundreds of children over a long period and have collaborated to produce a helpful guide for families. This practice guide highlights in-depth applications of current knowledge about treatment of anxiety-ridden children. Numerous case studies make excellent examples. Relaxation techniques are discussed, as well as stress management and deductive thinking therapy. Special attention to helping children to learn and apply social skills is provided in easy-to-understand language.

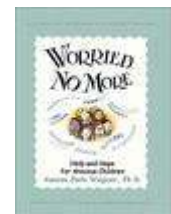


Wagner (Ph.D.), Aureen Pinto

Worried No More: Help and Hope for Anxious Children

Plastic Comb: 182 pages; Publisher: National Book Network (2002); Price: \$24.95

Aureen Wagner, Ph.D., provides effective strategies for parents, schools and health care professionals to address the needs of children that suffer from serious anxiety disorders. *Worried No More* is filled with effective practical guidance, specific how-to steps and ready-to-use forms and tools for parents, educators and healthcare professionals to help children overcome anxiety. *Worried No More* focuses on helping children cope with disasters and tragedies, panic, phobias, worry, school refusal, separation anxiety, excessive shyness and obsessions and compulsions. It also stresses early intervention and the appropriate treatment for high success rates. This is a great book for those wishing to effectively address the needs of children living with anxiety disorders.



Autism and Asperger Syndrome

Attwood (Ph.D), Tony

Asperger's Syndrome: A Guide for Parents and Professionals



Paperback, Publisher: Jessica Kingsley Publishers (1997); Price: \$16.95
This book provides a description and analysis of the unusual characteristics of Asperger Syndrome with strategies to reduce those which are the most conspicuous or debilitating. Very easy for parents to read and understand.

Cohen, Jeffrey

The Asperger Parent: How to Raise a Child with Asperger Syndrome and Maintain Your Sense of Humor

Paperback: 260 pages; Publisher: Autism Asperger Publishing (2002); Price: \$19.95

This book is intended for parents of children challenged with Asperger Syndrome (AS) and related developmental disorders. The author talks about the fears, frustrations, triumphs and hopes of Asperger parents. Jeffrey Cohen, father of eleven-year-old Josh, who was diagnosed with Asperger Syndrome at the age of five, shares what it is like to be the parent of a child with AS and explains the drawbacks and how to do your best to try to avoid them. Cohen uses humor to examine the emotions associated with being an AS parent including, worry, sadness, anxiety, joy, pride, fear and triumph. He offers essential information and emotional support for other parents like himself.



Cumine, Val

Asperger Syndrome: A Practical Guide for Teachers

Paperback; Publisher: Taylor & Francis, Inc (1998); Price: \$24.95

A clear and concise guide to effective classroom practice for teachers and others working with children with Asperger Syndrome whether in the mainstream or special schools. Parents and professionals in many fields will welcome this guide. Using diagrams and a well-organized readable text, the author has brought together theory, case studies and examples of successful interventions to produce a book that is an essential tool for families and anyone in regular contact with people with Asperger Syndrome.

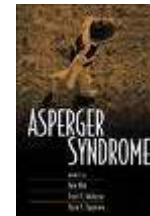


Klin (Ph.D.), Ami, Fred Volkmar (M.D.) & Sara S. Sparrow (Ph.D)

Asperger Syndrome

Paperback: 464 pages; Publisher: The Guilford Press (2000); Price: \$45.00

The newest volume on Asperger Syndrome (AS) to be published brings together distinguished scholars and practitioners to offer an up-to-date statement of what is currently known about AS against the quickly shifting backdrop of clinical research and clinical practice. The book explores the effects of Asperger syndrome on an individual's social, communication and behavioral development. It also identifies the challenges that children, adolescents and adults with AS face at home, in school in the workplace and in other everyday settings. For those parents who are looking for the most in-depth information on AS and may describe themselves as "having read everything ever published on the topic," this may well be the next book to add to that stack.

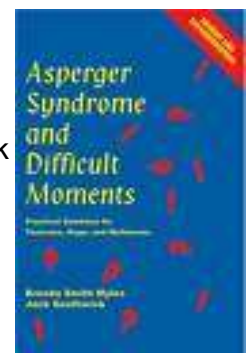


Myles, Brenda Smith & Jack Southwick

Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage, and Meltdowns

Paperback: 107 pages; Publisher: Autism Asperger Pub Co. (1999); Price: \$19.95

Written for parents and professionals alike, this title offers practical solutions to the day-to-day challenges facing individuals with Asperger Syndrome (AS) and their families. With a major emphasis on tantrums and other behavioral outbursts, the book offers strategies that promote social skills development, including self-awareness,



self-calming and self-management thereby promoting effective lifelong practices. Solutions for parents include organization and support, the importance of daily routines, signs to watch for and more. This clear and concise discussion of the rage cycle and what can be done to stop it from escalating offers helpful suggestions designed to help children and youth function more successfully both at home and at school. Feasible and realistic solutions to assist individuals with AS to become successful in their daily lives and to learn to monitor and control uncomfortable situations are presented. Every concept introduced is clearly explained in easy to understand language and is followed by real-life examples. The ultimate goal of this book is to help individuals with AS understand their exceptionality, complete with its strengths and challenges.

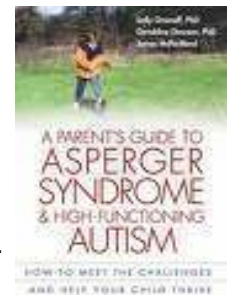
Myles (Ph.D.), Brenda & Richard Simpson
Asperger Syndrome: A Guide for Educators & Parents
Paperback: 130 pages; Publisher: Pro-Ed (1998); Price: \$28.00



Packed with the current knowledge base on a syndrome only recently applied in this country to individuals with significant social and language peculiarities. The book helps special education professionals and parents understand the special needs of children with Asperger Syndrome as well as address them in the classroom. For families, it offers helpful planning strategies for post-secondary schooling. Addressing the social skills and language needs of these students is the focus of this new book.

Ozonoff, Sally, Geraldine Dawson & James McPartland
A Parent's Guide to Asperger Syndrome and High-Functioning Autism: How to Meet the Challenges and Help Your Child Thrive
Paperback: 267 pages; Publisher: Guilford Press (2002); Price: \$17.95

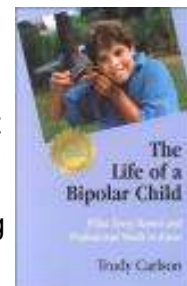
Although Asperger Syndrome and high-functioning autism are detected earlier and more accurately today than ever before, what's a parent to do? Through the use of case studies, this book gives parents and caregivers a way to relate to and understand young people with high-functioning autism and Asperger Syndrome. It suggests a variety of strategies for coping with a child's illness and emphasizes the importance of learning to focus on the child's achievements. Of particular interest are parenting strategies for handling common challenging behaviors that occur at home. The book also reviews suspected causes of these somewhat similar disorders and the latest in treatments and suggests strategies for getting appropriate educational services for the child. This guide is written by international experts who treat autism. It includes suggested readings, sources of support and a list of specialized clinics offering treatment.



Early Onset Bipolar Disorder

Carlson, Trudy
The Life of a Bipolar Child: What Every Parent and Professional Needs to Know
Paperback: 288 pages; Publisher: Benline Press (2000); Price: \$18.95

Trudy Carlson never intended to write this book. Her son's death changed the direction of her life and her writing. Schooled as a professional in behavioral disabilities, she taught university level courses in child psychology, adolescent psychology and seminar topics for advanced students. With these skills it was devastating when her son who suffered from bipolar illness, anxiety disorder and ADHD died by suicide. Trudy soon turned her skills to developing a series of books that dealt with the difficulties of children and adults with

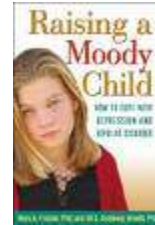


bipolar illness, learning disabilities, ADHD, and anxiety disorder. The book contains a year-by-year description of a boy's life with emerging bipolar disorder and the effects of his illness on functioning through each year of school until his death at age fourteen. Carlson has become an outspoken advocate of in-school screening to identify children at risk.

Fristad (Ph.D.), Mary A. & Jill Goldberg Arnold (Ph.D.)

Raising a Moody Child: How to Cope with Depression and Bipolar Disorder
Paperback: 260 pages; Publisher: The Guilford Press (2004); Price: \$16.95

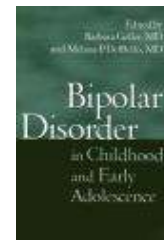
This book translates decades of clinical and research experience into a detailed roadmap for teaching a moody child to get along better in the world. The guide teaches parents how to: give kids the skills to manage their moods with a personalized "coping toolkit," keep challenging conduct from turning home and school into a battleground, safeguard their couple relationship when parenting stress hits the roof, find the right professional help and stay alert to common diagnostic errors, and lastly, make the best treatment decisions for their child and family.



Geller (M.D.), Barbara & Melissa P. Delbello (M.D.)

Bipolar Disorder in Childhood & Early Adolescence, New Edition
Hardcover: 342 pages; Publisher: Guilford Press; (2005); Price: \$40.00

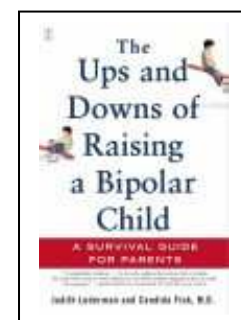
This book is intended for parents to learn about bipolar disorder in children. The book provides an up-to-date overview of the theory, research, and knowledge of childhood-onset bipolar illness; addresses a variety of topics such as diagnosis and assessment and the life course of the disorder; and describes how bipolar illness presents itself differently in children than in adults. The book is a bit on the clinical side and is appropriate for parents who wish to better understand the clinical perspective.



Lederman, Judith & Candida Fink (M.D.)

The Ups and Downs of Raising a Bipolar Child: A Survival Guide for Parents
Paperback: 320 pages; Publisher: Fireside (2003); Price: \$14.00

In *The Ups and Downs of Raising a Bipolar Child*, author Judith Lederman immediately grabs the reader's attention by sharing the story of her 5-year-old son's threat to kill himself in a very public place. She then moves on to his first hospitalization at age eight and his diagnosis of bipolar disorder. Co-author, child psychiatrist Candida Fink, M.D., helps guide the discussion on bipolar disorder, explaining early on in the book how it is diagnosed and often *not* diagnosed in children who actually suffer from the disorder. The book, divided neatly into four parts, is an invaluable resource for parents who are coping with the reality of raising a child with bipolar disorder. The four sections of the book: *Your Bipolar Child*, *Your Child in the World*, *Family Matters*, and *Money Matters* provide detailed practical advice and valuable guidance for parents and families. The book includes several useful chapters within the four sections; one chapter titled *Day Care, Schools, and Camps* covers the entire range of ages from kindergarten to high school. Extra attention is paid to special education services and the book arms parents with helpful information to use in Individualized Education Program (IEP) meetings. The *Family Matters* section includes a chapter dedicated to sibling issues. The chapter includes a helpful discussion on the incredibly difficult challenge many parents face in raising a child with bipolar disorder while also attending to the diverse needs of the child's siblings. Another chapter within this section provides recommendations on how parents can best address their own needs while also caring for their



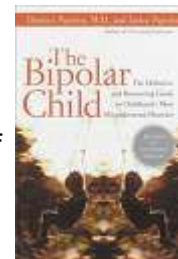
child. The *Ups and Downs of Raising a Bipolar Child* is truly a survival guide and a must have for parents raising a child with this illness. Judith Lederman effectively incorporates anecdotal stories from several families that have lived experiences quite similar to her own. The authors have included NAMI as an organization that families should contact for information and support.

Papolos (M.D.), Demitri & Janice Papolos

The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder, 3rd Edition

Hardcover: 450 pages, Publisher: Broadway Books (2006); Price: \$27.95

Bipolar disorder manifests itself differently in children than in adults and in children there may be an overlap of symptoms with other childhood psychiatric disorders. As a result, these children may be given any number of psychiatric diagnoses: ADHD, depression, oppositional defiant disorder, obsessive-compulsive disorder or separation anxiety disorder. Drawing upon recent advances in the fields of neuroscience and genetics, the authors convey what is known and not known about the illness: diagnosis, finding good treatment and medications. They also advise parents on how to effectively advocate for their children at school. An individual education plan (IEP) is included. It also offers critical information about adolescence, hospitalization, insurance and the psychological impact the illness has on the child. Through the voices of parents, siblings and the children themselves, the long-closed world of the families struggling with this condition is unveiled.



Raeburn, Paul

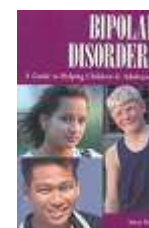
Acquainted with the Night: A Parent's Quest to Understand Depression and Bipolar Disorder in His Children

Hard cover: 320 pages; Publisher: Broadway Books (2004); Price: \$24.95

This book captures the reader in the first paragraph and does not let go until the final page. Paul Raeburn opens the book on a chilly night, racing down an unfamiliar road after an ambulance carrying his 11-year old son to a psychiatric hospital. This turns out to be one of many trips that he would make in his family's struggle to get a proper diagnosis and appropriate treatment for his son and daughter's illnesses. He shares an immensely personal story of the great pain, joy and hope that he and his family endured in the course of his son's bipolar illness and then his daughter's depression. Although this is undeniably a family story, Raeburn's experience as a senior writer and editor at Business Week, where he covered science and medicine for seven years, comes through loud and clear in his research and reporting on childhood mental illnesses. Through his family struggle, Raeburn used all of the resources available to him as a science reporter and writer to learn all that he could about early onset bipolar disorder and depression. The reader benefits tremendously from the wealth of information that he shares and the lessons that can be learned from his family's painful experience. The author shares an honest portrayal of what countless families across the country experience in raising a child living with a mental illness: The lack of support, the incredible barriers they face in attempting to access appropriate services and the unfortunate and enormous stigma associated with these illnesses. Raeburn is to be commended for his courage in sharing this highly personal story about his son and daughter and for writing this book that will no doubt be of great value to many families across the country.



Waltz, Mitzi



Bipolar Disorders: A Guide to Helping Children and Adolescents

Paperback: 380 pages; Publisher: O'Reilly & Associates, Inc (1999); Price: \$24.95

This guide helps parents and professionals recognize, treat and cope with bipolar disorder in children and adolescents. It covers diagnosis, insurance, family life, medications, talk therapies and school. It also discusses interventions such as improving sleep patterns and diet and preventing seasonal mood swings. It is a resource for parents and professionals, containing up-to-date information from clinical research as well as personal stories of families caring for a child or teenager who has bipolar disorder. The guide provides advice on how to obtain help with special education and suggestions for helping one's child make a successful transition to adulthood will be helpful for family members.

Depression

Cobain, Bev

When Nothing Matters Anymore: A Survival Guide for Depressed Teens

Paperback: 176 pages; Publisher: Free Spirit Publishing, Inc (1998); Price: \$13.95

Bev Cobain is Kurt's Cobain's cousin and this powerful book is her way of dealing with his death by reaching out to teens with a life-saving message: You don't have to be sad, discouraged or depressed. There is help and hope for you. This book isn't just for teens that have been diagnosed with depression. Clear, encouraging and matter-of-fact, it's also recommended for parents, teachers and counselors who want to know more about teen depression.



Copeland (M.S.), Mary Ellen & Stuart Copans (M.D.)

The Adolescent Depression Workbook

Paperback: 171 pages; Publisher: Peach Press (1998); Price: \$20.00

Written by noted mental health educator and researcher and adolescent psychiatrist, this is the newest of a series of self-help workbooks with practical steps for reflection and recovery. This easy to use workbook will enable teens to assess how they feel and determine what to do to return to enjoying a rich, full life like every young person deserves.



Fassler (M.D.), David & Lynne S. Dumas

Help Me, I'm Sad: Recognizing, treating, and preventing childhood and adolescent depression

Paperback: 200 pages; Publisher: Penguin Putnam, Inc (1997); Price: \$25.00

Especially helpful to parents and other caregivers in recognizing the warning signs of depression whatever the developmental stage. Offers case histories to illustrate what childhood-onset depression looks like at different ages.



Ingersoll (Ph.D.), Barbara and Sam Goldstein (Ph.D.)

Lonely, Sad, and Angry: A Parent's Guide to Depression in Children and Adolescents

Paperback: 225 pages; Publisher: Bantam Doubleday Dell Publishing Group (1995);

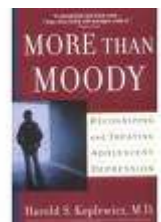
Price: \$21.95

The author covers the symptoms of depression, its diagnosis, causes, treatment (including medication), suicide and management strategies at home and at school. Teenagers can read this book.

Koplewicz (M.D.), Harold S.

More than Moody: Recognizing and Treating Adolescent Depression, Reissue Edition

Hardcover: 384 pages; Publisher: Perigee Trade (2003); Price: \$15.95



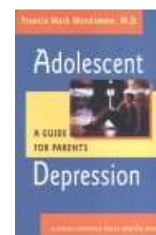
In *More than Moody: Recognizing and Treating Adolescent Depression*, Harold S. Koplewicz, M.D., one of the nation's premier child and adolescent psychiatrists, explores and explains the challenges associated with recognizing depression in teenagers. This book is intended to help parents understand the difference between normal teenage angst and true depression, a serious psychological illness with important long-term consequences. Koplewicz uses stories of real teenagers to show parents, teachers and young adults the warning signs, risk factors and key behaviors to look for. He also goes into detail on the treatment options, exploring both anti-depressant use and cognitive behavior therapy, to help parents and teenagers make informed decisions about appropriate treatment. This book is a wonderful guide for parents and others interested in depression in youth.

Mondimore (M.D.), Francis Mark

Adolescent Depression

Hardcover: 304 pages; Publisher: Johns Hopkins University (2002); Price: \$30.74

This book helps parents understand that serious depression in adolescents is a real illness that can be effectively treated. It includes a description of the many forms of depression and the many ways in which it can appear in young people from intensely sad feelings to irritability, anger, and destructive rages. It responds to the many questions parents ask, including: What are the danger signs of serious depression in teenagers? How are mood disorders diagnosed? How do medications work? What about talking therapies? And how does depression relate to other problems, such as drug abuse, ADHD, and eating disorders and other self-injurious behavior? This guide summarizes symptoms, treatments, complications and the causes of adolescent depression.

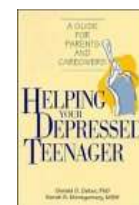


Oster (Ph.D.), Gerald D. & Sarah S. Montgomery

Helping Your Depressed Teenager: A Guide for Parents and Caregivers

Paperback: 184 pages; Publisher: John Wiley & Sons (1995); Price: \$16.95

The authors, a psychologist and a social worker, contrast clinical depression with normal adolescent mood changes. They deal realistically with teenage suicide and urge prompt intervention. The book is readable, but understates the biological basis of the disorder and the role of medication in treatment.

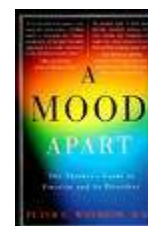


Whybrow (M.D.), Peter C.

A Mood Apart

Paperback: 384 pages; Publisher: HarperCollins (1998); Price: \$14.95

This book constitutes an understanding and compassionate exploration of depression and manic-depression. The book is informative and speaks very powerfully about the gravest aspects of mental disorders.



Drug Abuse and Dual Diagnosis

Ryglewicz, Hilary & Bert Pepper

Lives At Risk: Understanding and Treating Young People with Dual Diagnosis

Paperback: 264 pages; Publisher: The Free Press (1996); Price: \$30.00

Noting the alarming increase in the coexistence of serious mental illness and drug abuse among young people, two experienced clinicians deal with diagnosis, treatment and the sorry state of services. Their perspective integrates personality theory and brain studies in a biopsychosocial model. This is a sober and complex book mostly for professionals.



Obsessive-Compulsive Disorder

Adams, Gail & Marcia Torchia

School Personnel: A Critical Link in the Identification and Management of OCD in Children and Adolescents

Booklet: 24 pages; Publisher: Obsessive-Compulsive Foundation, Inc (1996); Price: \$4.00

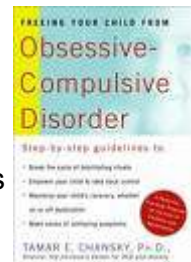
Recognizing OCD in the school setting, current treatments, the role of school personnel in identification, assessment and educational interventions are thoroughly covered in this brief, but informative booklet especially targeted to educators and guidance counselors.

Chansky (Ph.D.), Tamar

Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents

Hardcover: 36 pages; Publisher: Crown Publishing Group (2000); Price: \$23.00

This book aims to create for parents a road map to understanding and overcoming OCD based on her practice of treating hundreds of youngsters with OCD. She describes the illness as a brain hiccup, a misfiring, a mechanical glitch. It can be fought and defeated. She demystifies the brain demon and helps parents reclaim their parental authority; she makes stresses that a child can break free from OCD.



March, John & Karen Mulle

OCD in Children & Adolescents

Paperback: 293 pages; Publisher: Guilford Press (1998); Price: \$34.00

This practical manual presents a cognitive-behavioral treatment program that has been proven effective in eliminating or improving OCD symptoms in children across a broad range of ages and aptitudes. The authors provide an empirically grounded guide to assessment, treatment planning and skills-based intervention. The book takes parents and clinicians through the four stages of treatment, psychoeducation, cognitive training, mapping OCD and graded exposure and response prevention in 13 to 20 clearly prearranged and structured treatment sessions. The book is enriched by samples, dialogues and appendices featuring reproducible rating scales, patient handouts and tips and resources for parents.

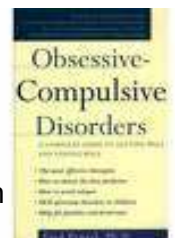


Penzel (Ph.D.), Fred

Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well

Hardcover: 448 pages; Publisher: Oxford University Press (2000); Price: \$21.00

This unique book offers advice to parents on how to choose the most effective therapies and medications and how to avoid relapses and setbacks. The author takes the reader through each step of the most effective behavioral therapies, detailing how progress is made and how to avoid reversion. In addition, the book discusses the treatment of children with these disorders, offers helpful advice for the families of sufferers and lists sources of help and information (including the latest sites on the Internet).



Wagner (Ph.D.), Aureen Pinto



What to do When you Child has Obsessive-Compulsive Disorder: Strategies and Solutions
Paperback: 413 pages; Publisher: Lighthouse Press, Inc. (2002); Price: \$13.57

The author brings to this book the latest scientific advances in the treatment of Obsessive-Compulsive Disorder along with her many years of experience in treating children and teenagers. She presents a powerful step-by-step approach that countless children have used successfully to regain control from OCD. She provides parents and children with the blueprint to take charge of and master OCD with hope, energy, and resolve.

Waltz, Mitzi

Obsessive Compulsive Disorder: Help for Children and Adolescents

Paperback: 363 pages; Publisher: O'Reilly & Associates, Inc. (2000); Price: \$24.95

The first two chapters provide a broad overview of OCD, and explain how it is diagnosed. Subsequent chapters cover family issues, treatment options, dealing with insurance problems and the healthcare system, school and transition planning for teens with OCD. A variety of resources are listed in appendices. OCD is a universal phenomenon that occurs in all races and nationalities in both boys and girls. Throughout the book the words of parents and patients are presented.

Medications and Food Supplements

Dulcan (M.D.), Mina & Claudia Lizarralde (M.D.)

Helping Parents, Youth & Teachers Understanding Medications for

Behavioral & Emotional Problems: A Resource Book of Medication Information Handouts, 2nd Edition

Paperback: 222 pages; Publisher: American Psychiatric Publishing, Inc. (2003); Price: \$62.00

This collection of medication information handouts is both available in print and on CD-ROM. This is a practical resource for parents, teachers and clinicians treating young patients. Developed by experts at Children's Memorial Hospital in Chicago, the handouts cover today's most effective medications for pediatric behavioral and emotional disorders. The handouts cover the most common and current pharmacological therapies, including anticonvulsants, stimulants, antianxiety medications, SSRIs and more.



Stoll (M.D.), Andrew L.

The Omega-3 Connection

Hardcover: 320 pages; Publisher: Simon & Shuster (2001); Price: \$24.00

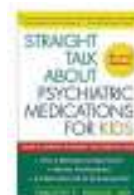
This book explains why Omega-3 essential fatty acids are essential for good brain functioning. The author is director of the Psychopharmacology Research Laboratory at McLean Hospital in Massachusetts and author of the 1999 Harvard study that found fish oil helpful in preventing depression and relapses in patients with bipolar disorder. Stoll describes promising research on dietary supplementation with Omega-3s in bipolar disorder, depression, and a host of other conditions and outlines areas where further research is needed. The book describes what to look for in a high-quality supplement and advises use of supplements as adjunctive to (not as a substitute for) treatment with medications in patients with bipolar disorder and depression. Note: *Fish oil is a food supplement found safe up to 3 grams per day in all ages by the FDA.*



Wilens (M.D.), Timothy E.

Straight Talk about Psychiatric Medications for Kids, Revised Edition

Paperback: 280 pages; Publisher: Guilford Press (2002); Price: \$11.95



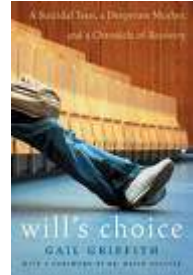
This essential book provides up-to-date information that will enable readers to fully understand what their child's doctor is recommending and what their options are. With loads of real-life examples, answers to frequently asked questions and helpful tables and charts, the book explains which medications may be prescribed for children and why. He also examines the effects on children's health, emotions and school performance and helps readers become active, informed managers of their child's care.

Suicide

Griffith, Gail
Will's Choice

Hardcover: 320 pages; Publisher: Harper Collins Publisher (2005); Price: \$24.95

Will's Choice is a chronicle of a mother's battle to save her child from the potentially lethal throes of teen depression. Gail Griffith shares an intensely personal story about her son's near fatal suicide attempt and their journey as a family to heal together. This book not only examines one family's struggle to overcome depression and an attempted suicide, but it also lays bare social, political and economic challenges that American families face in combating this most mysterious and stigmatized of illnesses. The book contains dozens of letters and journal entries from family and friends, including many from Will himself. Griffith is able to also provide practical advice for other families and intersperses her story with the science on suicidality and adolescent depression.



Redfield (Ph.D.), Kay Jamison

Night Falls Fast: Understanding Suicide, New Edition

Paperback: 448 pages; Publisher: Picador (2001); Price: \$14.06

The author, Kay Jamison Redfield, Ph.D., is one of the lucky ones. She survived. The author is at her best in this fourth book of hers. This volume attacks the inability or unwillingness of both the public and its policy-makers to deal with suicide: Its causes, the potential for prevention and the rate at which it kills. Her depiction of the psychological suffering of those who attempt or commit suicide is surpassed only by her image of the bottomless grief and confusion endured by those left behind.



Wroblewski, Adina

Suicide: Why?

Paperback: 100 pages, 1989; Price: \$10.50

Written primarily about adults, the book has some general ideas that will be helpful to parents. The author sees a strong link between suicide and depression.

Section II

BOOKS FOR CHILDREN AND ADOLESCENTS ABOUT MENTAL ILLNESSES

Anglada, Tracy

Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder
Booklet: 20 pages; Publisher: Trafford Publishing. Price: \$4.75

This home grown story gives children and adults alike a rare glimpse into the feelings and fears of a child with bipolar disorder. Young children will be able to identify with Brandon's moods as he cycles between depression and mania, and they will be comforted along with Brandon as he learns that he is not the only one who struggles with this inner turmoil. As Brandon learns from his doctor what his illness is all about and the important role heredity plays in it, he (and readers) come to understand more fully that a child is not to blame for their brain disorder. This booklet is appropriate for children ages 4 to 11 years. It is also helpful for caregivers, childcare workers, teachers, and relatives of a child with bipolar disorder. (See www.bipolar-children.Bigstep.com for ordering information.)



Benson, Jose Arturo

You Do That Too?

Paperback: 76 pages; Publisher: Dilligaf Pub (2000); Price: \$18.00

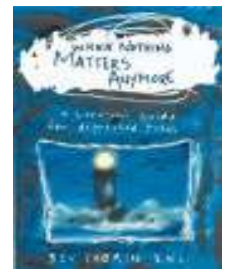
A fictional adolescent with a real problem is the focus of this story. Along with illustrations, the book describes the nature of OCD and offers possible remedies. While focusing mainly on teenagers, this book can be helpful to readers of all ages who are concerned about OCD.

Cobain, Bev

When Nothing Matters Anymore: A Survival Guide for Depressed Teens

Paperback: 176 pages; Publisher: Free Spirit Publishing, Inc. (1998); Price: \$13.95

Bev Cobain is Kurt's Cobain's cousin, and this powerful book is her way of dealing with his death—by reaching out to teens with a life-saving message: You don't have to be sad, discouraged, or depressed. There is help and hope for you. This book isn't just for teens that have been diagnosed with depression. It's for any teen who feels hopeless, helpless, and alone. Clear, encouraging, and matter-of-fact, it's also recommended for parents, teachers, and counselors who want to know more about teen depression. (Ages 13 & up).

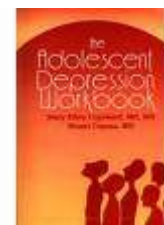


Copeland (M.S.), Mary Ellen & Stuart Copans (M.D.)

The Adolescent Depression Workbook

Paperback: 171 pages; Publisher: Peach Press (1998); Price: \$20.00

Written by noted mental health educator and researcher and adolescent psychiatrist, this is the newest of a series of self-help workbooks with practical steps for reflection and recovery. This easy to use workbook will enable teens to assess how they feel and determine what to do to return to enjoying a rich, full life like every young person deserves.



Dendy (M.S.), Chris Zeigler & Alex Zeigler

A Bird's-Eye View of life with ADD and ADHD: Advice from Young Survivors
Paperback: 164 pages; Publisher: Cherish the Children (2003); Price \$19.95

This reference book was written expressly for teenagers and children by twelve teens and a young adult who are living with ADD and ADHD. These young people offer the best kind of advice: Advice based upon first-hand experience. This book offers factual information and practical strategies in words and examples that young people can easily understand and put into practice.



Depression and Bipolar Support Alliance (DBSA) – Web site: www.dbsalliance.org

The Child and Adolescent Bipolar Foundation (CABF) - Web site: www.bpkids.org

The Storm in my Brain - Kids and Mood Disorders (Bipolar Disorder and Depression)

Paperback: 18 pages; September 2003; Price: FREE!

The Storm in my Brain is a new publication from the Depression and Bipolar Support Alliance (DBSA) and the Child and Adolescent Bipolar Foundation (CABF). This small soft-covered booklet includes colorful artwork created by young people living with depression and bipolar disorder. This easy to understand booklet includes several sections that speak to children about how it feels to have a mood disorder. One section asks: What is a mood disorder? How do kids feel when they learn they have a mood disorder? Can I feel better? Does this mean I am a bad person? What is mania and how does it feel? During Mania you might...What is depression and how does it feel? What can I do to stay well? It also offers tips for Parents and tips for teachers. This publication is an excellent resource to share with children and adults.



Edwards, Andreanna & Tom Dineen (Illustrator)

Taking Autism to School

Paperback: 32 pages; Publisher: JayJo Books; (April 2002); Price: \$11.95

This wonderful book is an educational tool to be used with school children about autism. The book includes topics such as echolalia, schedules, sensory issues, and medications related to autism so that children age five to ten can understand autism.



Foster, Constance H.

Kids Like Me: Children's Stories about Obsessive-Compulsive Disorder

Paperback: 25 pages; Publisher: Solvay Pharmaceuticals; Price: \$11.95

Kids Like Me is a children's book that tells the story of five children with OCD: Rebecca, Tran, Alicia, Joey, and Marc. The book explains what OCD is and the main differences and typical symptoms of children with OCD. It also provides a list of supporting organizations and agencies and their contact information and a recommended reading list on the topic of OCD.

Foster, Constance H. & Edwin A. Chase

Polly's Magic Games: A Child's View of OCD

Paperback: 24 pages; Publisher: Dilligaf Publishing (1994); Price: \$12.95

Polly's Magic Games is a book for children with OCD to share with their family and friends to read together and understand the illness and possible treatment options. The book, devoted for children ages eight to 12 years old, tells the story of Polly and Annie when they were ten years old. It portrays their friendship and the struggle of Polly to fit in school and to not be different from



her peers. The book explains to children common signs and treatment options for the illness.

Grass, Gayle & Coral Nault (Illustrator)

Catch a Falling Star: A Tale from the Iris the Dragon Series

Softcover: 50 pages; Publisher: Iris the Dragon Inc; (2003), Price: \$10.95

Catch a Falling Star is a tale from the *Iris the Dragon Series* is a children's illustrated book that brings the topic of mental illness to the general public through a fairy tale. Set in the peaceful countryside of the Ottawa Valley, a young boy called Fish enjoys his childhood fly-fishing and spending his days exploring the river where his family lives. As Fish progresses in school, he begins to experience early warning signs of mental illness. Through the help and companionship of a Renaissance Dragon called Iris, Fish is able to confront his fears and learn to express his worries to his parents. *Catch a Falling Star* deals with the early symptoms of a potential mental disorder. The book is a tool that helps to address mental health in a non-threatening way. The book facilitates discussion of some of the early warning signs of a mental/brain disorder and encourages conversation on topics such as how these mental illnesses are treated and addressed. The book carries the right message about increasing awareness of mental illness and the need for it to be better understood.

Hamilton, Dewitt

Sad Days, Glad Days

Cloth: 20 pages; Publisher: Albert Whitman & Company (1995); Price: \$12.00

Beautifully and sensitively illustrated, this book introduces five to nine-year-old children to a parent's depression.

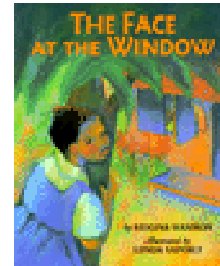


Hanson, Regina & Linda Saport (Illustrator)

The Face at the Window

Cloth: 22 pages; Publisher: Clarion Books (1997); Price: \$10.50

A young Jamaican girl learns about mental illness through neighbor Miss Nella's strange behavior. The colorful Gauguin-like illustrations help tell a reassuring story about the rift mental illness imposes between people and how the gift of kindness can work to bridge this distance. A contemporary West Indies setting is used to demonstrate the universal need for understanding and compassion. With dialogue written in the local dialect, this book lends itself to being read aloud to younger listeners, as well as to being appealing to the older reader.



Hesser, Terry Spencer

Kissing Doorknobs

Paperback: 160 pages; Publisher: Laure Leaf (1999); Price: \$5.50

Kissing Doorknobs is a book about a girl who is diagnosed with Obsessive-Compulsive Disorder (OCD) and goes through many obstacles dealing with her OCD: losing friends, gaining friends and losing them again, not to mention causing major problems at home with her family. Fourteen-year-old Tara has a relatively normal teenage life until she starts kissing the front doorknob every time she wants to leave the house. She also worries about her parents staying out late, stays up until they get home and organizes her food before she eats it. This book explains exactly what OCD feels like and the effects it has on family and friends. The story explores both the confusion and fear experienced by 14-year-old Tara and the anxiety and agony a parent faces when a child is suffering from OCD.



Editor's Note: A special thanks to Janet Susin of NAMI Nassau/Queens and the creator of Breaking the Silence for recommending this book.

Irwin, Cait

Depression: Challenge the Beast within Yourself and Win—I did. Here's my Story
Paperback: 95 pages; Publisher: AVI Communications (1998); Price: \$12.00

Written by a high-school senior for other teens, Cait Irwin has created a powerful visual image of depression that will appeal especially to pre-teens and teens. She explains how depression affected her life and that of friends and family. Irwin inspires others to confront and defeat depression in this self-illustrated journal that is inspiring and insightful.



Moritz, E. Katia (Ph.D.) & Jennifer Jablonsky

Blink, Blink, Clop, Clop: Why Do We Do Things We Can't Stop? An OCD Storybook
Paperback: 61 pages; Publisher: Obsessive-Compulsive Foundation (1998); Price: \$18.00

This book offers a description of OCD and its most common symptoms using animals as main characters.

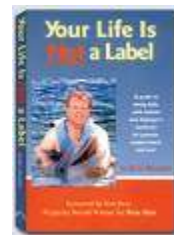
Newport, Jerry & Ron Bass

Your Life is Not a Label

Paperback: 317 pages; Publisher: Future Horizons; (2001); Price: \$19.96

Throughout the book, the author gives advice to others with autism about how to maximize their potential and minimize their grief and worries about their illness. This is an encouraging and educational guide for teens and young adults with Asperger Syndrome or high-functioning autism.

The book emphasizes living independently and learning to accept the illness.



Simon, Lizzie

Detour by Lizzie Simon

Hardcover: 224 pages; Publisher: Atria Books (2002); Price: \$16.80

The author, Lizzie Simon, found out that she was suffering from bipolar disorder while still in high school. After college and medication regulations, Simon decided to put aside a career as a theatrical producer in New York City to travel around the country interviewing other people who live with bipolar

disorder. *Detour* describes her journey during which she encountered and interviewed other young people with bipolar disorder and discusses her feelings of having been different for most of her life and her need for finding others similar to herself. Throughout her book, she tells the stories of Marissa (a twenty-something African-American adoptee), Jan (a popular rock 'n' roll radio deejay and mother of two) and Matt (a quiet college student from the South).

Editor's Note: This book is most appropriate for young adults. Some of the material is not appropriate for children.



Sones, Sonya

Stop Pretending

Hardcover 160 pages; Publisher: Orion Children's (2001); Price: \$8.99

This short collection of poems is a treasure that Sonya Sones wrote after her sister suffered her first major episode of bipolar disorder on Christmas Eve and ended up spending three months in a psychiatric hospital. The poems tell the story of what it meant for a 13-year-old girl to see her beloved older sister transformed by mental illness from her best friend into a stranger. The

poems explore her fierce emotional journey that begins with disbelief and denial but ultimately leads to acceptance and healing. This book is short in length but long on impact. It is an excellent book to share with teens to help them understand how mental illnesses can affect not just the person living with the illness but also those around them that love them the most. It is a special book for siblings of people living with mental illnesses because they have undoubtedly experienced many of the feelings that Sones shares in her book.

Wagner (Ph.D.), Aureen Pinto & Paul A. Jutton (Illustrator)

Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and Its Treatment

Paperback: 42 pages; Publisher: Lighthouse Press; (2000); Price: \$16.95

Up and Down the Worry Hill is a children's book about obsessive-compulsive disorder (OCD) and treatment for the disorder. The book is designed to help children understand OCD. The book features a young boy, Casey, who is clearly struggling with the symptoms of OCD at school and at home. The author uses the real-life metaphor of a young boy riding his bicycle up a big hill and then coasting down to help describe OCD and the treatment. In the introduction, the author explains that she has used the metaphor of the "worry hill" in her clinical practice to help children understand OCD and its treatment. In the book, Casey's clinical psychologist explains that in the beginning, stopping rituals or compulsive behaviors is like riding up a big "worry hill" – if you keep going and don't give up, you get to the top of that hill. She teaches Casey behavioral exercises to stop his compulsive thoughts. She talks about the medication option and how to work with his family. Casey is empowered when he learns more about OCD and how to manage the symptoms. He meets other children with OCD and knows that he is not alone. As Casey proceeds up and down the big "worry hill" on his bike his treatment leads him to smile then singing. *Up and Down the Worry Hill* is a special and reassuring book for families to share with a child with OCD and with other children for that matter. The book is sure to provide comfort for a child who has been diagnosed with OCD and needs help in understanding the disorder and its treatment. It would also be great to read with siblings and friends of a child with OCD.

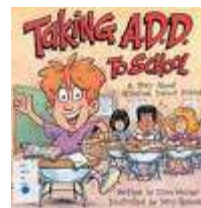


Weiner, Ellen & Terry Ravanelli (illustrator)

Taking ADD to School: A School Story about Attention Deficit Disorder and/or Attention Deficit Hyperactivity Disorder (ADHD)

Paperback: 25 pages; Published: 1999; Price: \$11.95

Ellen Weiner and her co-author have developed a colorfully illustrated story that shares the thoughts and feelings of an 8-year-old boy, Ben, who struggles in school with ADD. In the book, Ben recalls the difficulty he had in second and third grade and how treatment for his attention problems with medicine and help from his parents, teachers and doctor led to his improvement in school. The book provides a wonderful opportunity to teach children about early onset mental disorders like ADD and ADHD.



Wever, Chris & Neal Phillips (Illustrator)

The Secret Problem

Obsessive-Compulsive Foundation, POB 70, Milford, CT 06460; (1994), Price: \$18.00

A delightful book, written for children, that explains OCD and its treatment utilizing a cartoon format.



Zimmert, Debbie & Charlotte Murray Fremaux

Eddie Enough!

Hardcover: 48 pages; Published: 2001; Price: \$14.95

Eddie Enough! Introduces a third-grade boy who is “too much” at times even for his peers. Eddie’s typical school day is one filled with the typical problems of a youngster with attention deficit/hyperactivity disorder (ADHD). He can’t get organized, sit still or even walk around his classroom without knocking over something. His classmates quickly give him a moniker “Eddie Enough.” He doesn’t exaggerate when asked by the principal how his day is going, when he replies “It’s the worst day of my life.” Eddie is charming but troubled. He gets better when he sees his doctor, is tested and gets treated. Appropriate for ages five to ten with black-and-white drawings.



Section II

BOOKS FOR CHILDREN AND ADOLESCENTS WITH A PARENT WITH MENTAL ILLNESS

Beardslee (M.D.), William

Out of the Darkened Room: When a Parent is Depressed: Protecting the Children and Strengthening the Family

Hardcover: 305 pages; Publisher: Little Brown & Company (2002); Price: \$18.17

William Beardslee, M.D., is a child psychiatrist who has extensive experience helping children with a depressed parent, both from his clinical practice and from his research. This book includes this dual perspective. Beardslee offers a wealth of advice ranging from a wide array of prevention strategies to open and sustained communication on the subject of mental illness in the family along with lessons to equip families with tools that can lead to healthy and successful outcomes for the family when a parent suffers from depression or other mental illnesses. This book concentrates on the family member with depression and provides potential suggestions on how best to help the children in the family.



Brasfield, Lynette

Nature Lessons

Hardcover: 288 pages; Publisher: St. Martin's Press (2003); Price: \$23.95

This novel is about an émigré living in the States who goes back to her native South Africa to look for her missing mother. *Nature Lessons* is a fascinating story of a forty-year-old woman, Kate Jensen, struggling to come to terms with the legacy of growing up with a mother who suffers from a mental illness and the ways this has affected her life. This includes her inability to form long-term, committed relationships and the guilt she feels as a white person who grew up during the apartheid era. The book relates Kate's dysfunctional relationships and the impact of her mother's mental illness on her life. It explores Kate's experiences with issues of identity, social consciousness and personal responsibility in her relationships with friends, potential life partners and peers, both black and white. *Nature Lessons* weaves back and forth between 1960s apartheid South Africa and post-apartheid 1995 and provides glimpses into a spectrum of racial perspectives over time.



Campbell, Bebe Moore

Sometimes My Mommy Gets Angry

Paperback: 32 pages; Publisher: Putnam Pub Group; (2003); Price: \$16.99

Sometimes My Mommy Gets Angry is a children's book about a young girl who learns how to cope with difficult moments in her mother's struggle with bipolar disorder. The book's author, Bebe Moore Campbell, is a nationally known, award-winning, New York Times best-selling author and a commentator on National Public Radio Morning Edition. Campbell has also been an active NAMI member, initially with NAMI-Los Angeles and as a founding member of NAMI-Inglewood in California. In the story, Annie's mom sometimes shares big bright smiles with her in the morning as she makes pancakes and helps Annie get ready for school. On other days, Annie's mom's smile disappears like the sun and she gets angry. Annie knows that on those days she has to be a big girl and make her own breakfast and even put herself to bed at night. But Annie's grandma reassures her and reminds her to think happy thoughts when her mommy isn't



doing well. Annie also knows that her girlfriends are there to cheer her up with silly rhymes and jump rope. And no matter what, Annie seems to know that even when her mommy is angry on the outside, she still loves her on the inside. *Sometimes My Mommy Gets Angry* opens the door to talk with children about people living with mental illnesses. This special book, narrated from a child's perspective, presents symptoms and coping strategies in a simple and easy-to-understand way. It is never too early to begin to talk with kids about mental illnesses, and this book offers an excellent introduction to this important subject.

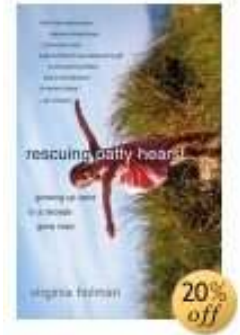
Holman, Virginia

Rescuing Patty Hearst

Hardcover: 256 pages; Publisher: Simon & Schuster (2003); Price: \$23.00

Rescuing Patty Hearst is a solid and real account of the dark days during which Virginia Holman's family was held hostage by her mother's delusions. The book relates the astonishing story of a daughter's disturbing journey in the prison of her mother's mind. The book tells the story of a young woman characterized by her mother's illness (schizophrenia), her fears and frustrations, until at last she reawakens a family love that had lost its way. This book also explores the ways that the legal and clinical system during the 1970s and 80s prevented her family from getting her mother the treatment that she desperately needed.

Rescuing Patty Hearst is a wonderfully realized self-portrait of a seventies childhood set against the background of a devastating illness.



Nicholson (Ph.D.), Joanne, Alexis Henry (Sc.D.), Jonathan Clayfield (M.A.) & Susan Phillips

Parenting Well when You are Depressed

Paperback: 227 pages; Publisher: New Harbinger Pubs; (2001); Price: \$12.57

Parents with depression sometimes feel exhausted by the burden of coping with their disorder and unprepared for the challenge of providing a healthy environment for their children. This guide, based on more than ten years of study and research of depressed parents and their families, offers strategies, action plans and resources to help depressed parents provide for their children's healthy development.

Editor's Note: This book is not intended for children or adolescents but for parents living with mental illnesses themselves.



Secunda, Victoria

When Madness Come Home

Paperback: 362 pages; Publisher: Hyperion (1997); Price: \$23.95

This book is intended for people who have a sibling, parent or partner suffering from a mental illness. In this book, the author shares the personal experiences of 150 siblings or offspring of people living with mental illnesses, dozens of parents, 15 persons with spouses with mental illness and others.

Sobkiewicz, Tootsie

Our Special Dad

Our Special Mom

Workbook: 26 pages; Publisher: Children of Mentally Ill Parents (1994); Price: \$7.50

Both books are workbooks, or as the author describes them, interactive storybooks about mental illness. They are directed at children of primary school age and look at the particular problems faced by children when their mother or father suffers from a mental illness. Each book

has two narrators, a boy and a girl. The books convey the message to children that they are not responsible for their parent's illness and that the illness is not contagious. The child is given the strong message that their parent's erratic and sometimes unkind behavior should not be interpreted as lack of love. Wonderful book for a relative or mental health professional to use with a child to help them recognize they are not alone in what they might think is a unique situation.

Weaver, Mary Wenger

Mommy Stayed in Bed this Morning

Paperback: 40 pages; Publisher: Herald Pr; (April 2002); Price: \$12.99

This unique book shows the impact of a parent's struggle with depression through the eyes of a child. The book provides talking points and identifies sources of support for children and family. This story tracks David, a preschooler, as he confronts the trauma of his mother's depression and is helped to understand it. Always viewed through David's eyes, the scenes portray symptoms of depression and therapeutic interventions for children. This book helps children recognize their fears and anxieties and then points to ways for them to discover health and wholeness.



Section IV

AUDIO-VISUAL MATERIALS ABOUT BRAIN DISORDERS IN CHILDREN AND ADOLESCENTS

ABCs of Educational Advocacy: A Resource for Parents

Produced by Child & Adolescent Bipolar Foundation;
1000 Stolke Blvd., Suite 425
Wilmette, IL 60091

CD, \$24.95; Visit www.bpkids.org for ordering information.

This serves as an indispensable tool for any parent with a child in school. The film deals with the following issues: what is educational advocacy and why does it matter? Who makes decisions about your child's education? Bipolar disorder is a brain disorder, how bipolar affects learning, how federal and state education laws protect a child, how to develop a child's Individual Education Plan, and where to turn for additional resources and support.

BDD: Body Dysmorphic Disorder

Produced by Katharine A. Phillips, M.D., (1995); Price: \$30.00
OC Foundation, P.O. Box 70, Milford, CT 06460

Day for Night: Recognizing Teenage Depression

Produced by Depression and Related Affective Disorders Association in association with the Johns Hopkins School of Medicine (1996)

VHS, 28 minutes, \$60; Contact 410-987-7447 or write DRADA, Meyer 3-0181, 600 N. Wolfe St., Baltimore, M.D. 21287-7381 for ordering information. This video is designed for teens to dispel many common myths about depression while providing education, support and hope to those who suffer from a debilitating but very treatable disease. It presents the personal stories of several teenagers who are dealing with serious depression. It allows the viewer to listen in as the teens talk about their depression. Included are comments from family and friends and from professionals treating the teens. The video provides an excellent view of the lives and minds of depressed teens (and those who are bipolar or manic-depressive), and it will help other teens gain a better understanding of these illnesses. The video is accompanied by a teacher's guide/educational pamphlet. It can serve as an excellent teaching tool for middle and high schools, youth groups and PTAs.

Hope & Solutions for OCD

Produced by the Awareness Foundation for OCD (1999); VHS (four 20-minute tapes); Price: \$59.95 for all four. Separate titles are \$19.95 plus shipping & handling

AFOCD, c/o Gail Adams, 3N374 Limber Lane, St. Charles, IL 60175, Tel: 630-513-9234.

- *Part I:* A.J. Allen, M.D., who directs a pediatric OCD and tic disorder clinic, describes OCD from a neurobiological perspective and discusses treatment solutions and medical advances in OCD
- *Part II:* Consumer James Callner, producer of "The Touching Tree" and "The Risk" provides viewers insight and common sense solutions for recovering from OCD.
- *Part III:* Gail Adams, an educational psychologist offers educators effective classroom strategies that school personnel may implement with students who have OCD and addresses federal law as it pertains to students with disabilities.

- *Part IV:* Herb Gravitz, a clinical psychologist talks to family members about OCD's effect on the family, and describes a multistep approach for helping them learn to cope and develop balance in their lives.

In Our Own Words: Teens with Bipolar Disorder

Produced by The Jocelyn Center, 405 Central Ave., Northfield, IL. (2001)

Call 847441.5600 for ordering information

VHS, \$49.00, 25 minutes,

Produced under a grant from the Diana Princess of Wales Memorial Fund (U.S.), the video reveals a group of teens and young adults sharing their individual stories of self discovery and adaptation as individuals with bipolar. The teens put a human face on bipolar disorder enabling their peers with the disorder to gain a sense of understanding and understanding that they are not alone. Filmed on the North Shore of Lake Michigan by the Jocelyn Center.

My (Claire's) Story

Produced by the Mental Health Association of Summit County (1995)

P.O. Box 639, Cuyahoga Falls, OH 44222

VHS, \$199.00, 48 minutes

This is an award-winning curriculum for middle school. The video is integrated into a loose-leaf binder that includes lesson plans, resources for classroom use, fact sheets for students and parents. Claire was diagnosed at age 11 with depression. The video shows her at age 14 with her friends and talking about the facts, fears and fiction of childhood onset depression. Interspersed with lively graphics and music.

Our Fight: Parents Tell It Like It Is

Deerfield Valley Publishing, 21 Mohawk Trail, #125, Greenfield, MA 01301-3252.

\$49.50 for parent support groups and \$149.50 for agencies/professional organizations plus \$11 shipping & handling.

Approx. 83-minute running time; Appropriate for use in several viewing sessions.

With commentary by Peter Jensen, director of the Center for the Advancement of Children's Mental Health, this documentary film focuses on parents of children with emotional, behavioral, and mental disabilities. During the film, the parents talk openly about their lives, what they want from professionals, their struggles with larger systems, and their views about psychotropic medication. Developed by Harriette Johnson, MSW., Ph.D., and Marc Trivella, M.A., MSW., of the University of Connecticut School of Social Work, the video is primarily designed for classroom use schools of education, social work, and psychology. It includes footage of children and adolescents in their homes and communities. Children have a range of symptoms and diagnoses, including ADHD, autism, bipolar disorder, anxiety disorders, borderline personality disorder, conduct disorders, depression, and schizophrenia.

Sharing the Hope

Produced by the Obsessive-Compulsive Foundation, P.O. Box 70, Milford, CT 06460

A hope-filled video for parents of newly diagnosed children and teens with Obsessive-Compulsive Disorder (OCD). The video tells the story of three families coming to grips with the diagnosis of OCD in their child and the subsequent impact of effective treatment. The OC Foundation will mail you the video upon receipt of a good-will donation (plus \$3.00 postage).

Straight Talk About Mental Illness

Produced by National Alliance on Mental Illness

Colonial Place Three, 2107 Wilson Blvd., Suite 300, Arlington, VA 22201-3042

VHS, 18 minutes, No. R508, \$11.00 (5 or more \$8.00 ea.)

A teaching package to help students recognize and deal with brain disorders (mental illness). In this fast-paced video, a group of teens discuss their thoughts, ask questions and share their feelings about brain disorders with Marilyn Benoit, M.D., a child and adolescent psychiatrist from Washington, DC. Recommended for all educators with emphasis on health, home economics and physical education. Of special interest for guidance counselors and school nurses. Accompanied by a viewer's guide and teaching materials.

Strong Minds: Mental Health for a New Generation

Available from the Children's Aid Society, Attn: Strong Minds Tape, Rm. 504, 105 E. 22nd St., New York, NY 10010. \$15 plus shipping & handling. Approx. 12-minute running time.

"Strong Minds" is a film that documents a model community/school program with quality mental health services in public schools. The partnership between the New York City Board of Education, Children's Aid Society and other community groups also provides families with medical and dental clinics; after-school, evening, weekend and holiday programs; and year-around adult education. "Easy access to psychiatric services is key to early identification, intervention and treatment for students affected by emotional, behavioral and mental disorders. School-based mental health clinics provide this important access. They are the new frontier for the 21st century," says Clarice Kestenbaum, M.D., president of the American Academy of Child & Adolescent Psychiatry.

The Touching Tree

Produced by the Obsessive-Compulsive Foundation

P.O. Box 70, Milford, CT 06460

VHS, 37 minutes, \$30

This video will foster awareness of early onset obsessive-compulsive disorder (OCD). It is estimated that 2.5 million Americans have OCD. This video will demonstrate the symptoms and current therapies that are most successful. Typical ritualistic compulsions of children and adolescents such as touching, hand washing, counting, etc. are explained.

The Truth about Suicide: Real Stories of Depression in College

Produced by the American Foundation for Suicide Prevention.

120 Wall Street, 22nd Floor, New York, NY 10005

DVD, 27 minutes, \$19.95; Visit www.afsp.org for ordering information.

The aim of this film is to present a recognizable picture of depression and other problems associated with suicide, as they are commonly experienced by college students and other young adults. A 23-page facilitator's guide is included, which contains steps and guidelines for showing the film, as well as suggested discussion topics and frequently asked questions

What is Pediatric Bipolar Disorder?: A Resource for Educators

Published by Child & Adolescent Bipolar Foundation

1000 Stolke Blvd., Suite 425

Wilmette, IL 60091

CD, \$39.95; For ordering information visit www.bpkids.org

This interactive CD-Rom is specifically designed for school personnel. By completing this interactive CD participants will learn: What is pediatric bipolar disorder and how is it diagnosed? What other disorders are associated with bipolar disorder? And how is bipolar disorder treated, and what school accommodations can help support children with bipolar disorder?

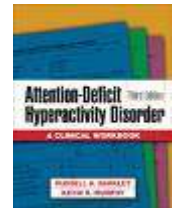
Section V

BOOKS ON THE CHILDREN'S MENTAL HEALTH TREATMENT SYSTEM AND RELATED POLICY ISSUES

Barkley (Ph.D.), Russell A. & Kevin R. Murphy (Ph.D)

Attention-Deficit Hyperactivity Disorder: A Clinical Workbook, 3rd Edition
Workbook: 165 pages; Publisher: The Guilford Press (2006); Price: \$33.00

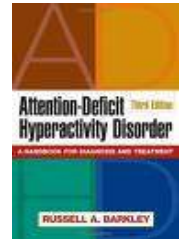
The revised and expanded third edition of this user-friendly workbook provides a master set of the assessment and treatment forms, questionnaires and handouts. Formatted for easy photocopying, most of these materials are available for no other source. The workbook features nine new handouts, interview forms and rating scales for use with parents, teachers and adult clients, helpful checklists and fact sheets, daily school report cards for monitoring academic progress, and more.



Barkley (Ph.D.), Russell A.

Attention-Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment, 3rd Edition
Hardcover: 769 pages; Publisher: The Guildford Press (2006); Price: \$75.00

This authoritative handbook, now in a revised and expanded third edition, brings the attention-deficit hyperactivity field up to date with current, practical information on nearly every aspect of the disorder. Drawing on his own and others' ongoing research, Russell Barkley provides essential insights and tools for professionals working with children, adolescents or adults.



Burns (Ph.D.), Barbara & Kimberly Hoagwood (Ph.D.)

Community Treatment for Youth: Evidence-Based Interventions for Severe Emotional & Behavioral Disorders

Paperback: 400 pages; Publisher: Oxford University Press (2002); Price: \$32.95

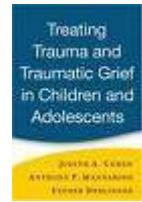
Barbara Burns and Kimberly Hoagwood have developed an excellent resource for advocates and policy makers interested in the evidence base that currently exists for children in need of mental health treatment and services. The book is designed to bring together, in one volume, current information about evidence-based interventions for youth with mental health needs. One thing is clear from this book: There are many effective treatment and intervention approaches for children with mental illnesses. Many of these can be delivered in the child's home and community. More importantly, many incorporate families as partners in the service delivery process. Among the treatment models or approaches featured in the book are: The Wraparound Approach, Multisystemic Therapy, Treatment Foster Care, Family Support and Education, Psychosocial treatment, Special Education, Best Practices and more. Toward the end of the book, the conclusion and accompanying commentary provide a rich discussion on next steps: The policy implications related to implementing evidence-based treatment and how we can best bring what we learn in science into our communities. Just a word of caution, some sections of the book are a bit technical and use professional jargon so it may not be for everyone. Despite that fact, the editors, Barbara Burns and Kimberly Hoagwood, true leaders and experts in the field, do a fine job of educating us about the growing evidence base for children's mental health treatment and services.



Cohen (M.D.), Judith A., Anthony P. Mannarino (Ph.D.) & Esther Deblinger (Ph.D)
Treating Trauma and Traumatic Grief in Children and Adolescents

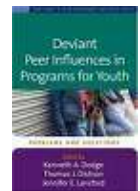
Hardcover: 256 pages; Publisher: The Guilford Press (2006); Price: \$32.00

This is one of the first books to present a systematic treatment approach, grounded in cognitive-behavioral therapy, for young people who have experienced a traumatic event and their families. Clearly organized and accessible, this book provides a comprehensive framework for assessing posttraumatic stress disorder (PTSD), depression, anxiety and other trauma-related symptoms, and for devising a flexible, individualized treatment plan. The sample scripts, case examples and troubleshooting tips included in the book will help therapists engage children, adolescents and their parents. Particular attention is given to ways to tailor treatment to the needs of culturally diverse clients and those with challenging clinical presentations and family situations. There are useful appendices that feature resources, reproducible handouts and information on obtaining additional training. This guide serves as a reference for child psychologists and psychiatrists, social workers, professionals in related fields and researchers interested in child therapy and PTSD.



Dodge (Ph.D.), Kenneth A., Thomas J. Dishion (Ph.D.) & Jennifer E. Lansford (Ph.D.)
Hardcover: 462 pages; Publisher: The Guildford Press (2006); Price: \$48.00

The authors of this book examine how, and to what extent, programs that aggregate deviant youth actually promote delinquent behavior. Although most interventions for high-risk youth are group based, research indicates that young people often learn to become deviant by interacting with deviant peers. This book reviews a growing body of evidence that links association with deviant peers in group-based programs to increases in violence, drug abuse and antisocial behaviors. Specific suggestions are offered for improving existing group settings and interventions to minimize adverse effects and promising, alternative approaches are reviewed.



Greene (Ph.D.), Ross W. & Stuart J. Ablon (Ph.D)

Treating Explosive Kids: The Collaborative Problem-Solving Approach

Hardcover: 243 pages; Publisher: The Guilford Press (2006); Price: \$32.00

This book is an invaluable guide for all mental health professionals working with children and families, including child psychologists, family therapists, social workers, counselors, and school psychologists. It provides innovative, practical strategies for working with families to reduce unmanageable outbursts in children and produce lasting improvements in interactions between difficult kids and their stressed-out caregivers. The authors discuss noncompliance and its causes as well as factors that can impair a children's ability to tolerate frustration and solve problems.

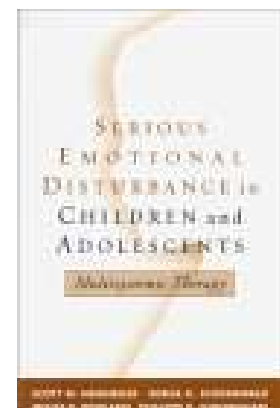


Henggeler (Ph.D), Scott, Sonjia Schoenwald (Ph.D.), Melissa Rowland (M.D.) & Phillippe Cunningham (Ph.D.)

Serious Emotional Disturbance in Children & Adolescents: Multisystemic Therapy

Hardcover: 287 pages; Publisher: Guilford Press; (1998); Price: \$38.00

Multisystemic therapy (MST) has emerged as a leading evidence-based treatment for serious emotional disturbance in children and adolescents. This manual presents the MST model for working with youth, it includes information on implementation, collaborative interventions to connect children and families to treatment and support networks, and builds needed social and educational skills among



families and children and youngsters in need of mental health treatment and services.

Mash (Ph.D), Eric J. & Russell A. Barkley (Ph.D.)

Treatment of Childhood Disorders, 3rd Edition

Hardcover: 811 pages; Publisher: The Guilford Press (2006); Price: \$75.00

This major professional reference and text offers an authoritative review of evidence-based treatments for the most prevalent child and adolescent disorders. The volume has been updated throughout to reflect important developments in the field. The book addresses the treatment of several mental disorders, the effects of maltreatment, substance use, intervention activities and service delivery models.

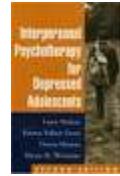
Mufson (Ph.D.), Laura, Kristen Pollack Dorta (Ph.D.), Donna Moreau (M.D.)

& Myrna M. Weissman (Ph.D)

Interpersonal Psychotherapy for Depressed Adolescents, 2nd Edition

Hardcover: 289 pages; Publisher: The Guilford Press (2004); Price: \$38.00

This popular treatment manual provides a complete guide to interpersonal psychotherapy for depressed adolescents. Fine-tuned over a decade of ongoing practice, and incorporating a growing body of outcome research, the second edition is written in much greater detail to assist the clinician in implementing the treatment. Combining clear therapeutic guidelines with up-to-date information, this book is an ideal resource for anyone working with adolescents at risk.



Wright, Peter W.D., Pamela Darr Wright & Suzanne Whitney Heath

Wrightslaw: No Child Left Behind

Paperback: 339 pages; Publisher: Harbor House Law Press (2004); Price: \$29.95

This book provides a clear roadmap to the No Child Left Behind Act and how to get better educational services for all children. This guide to the law enables parents to learn about their rights and responsibilities under the act as well as how this law effects their child's education thus enabling parents to be better advocates for their child. The book provides the full text of the law as well as sections for parents of children with special needs.



Section VI

FEDERAL AGENCIES

U.S. Department of Education
Office of Special Education & Rehabilitation
Phone: (202) 205-5507
<http://www.ed.gov/about/offices/list/osers/csep/index.html?src=mr>

U.S. Department of Health and Human
Services/Substance Abuse and Mental Health
Services Administration (SAMHSA)
Phone: 1-800-789-2647 <http://www.samhsa.gov/>

Center for Mental Health Services (CMHS)
P.O. Box 42557, Washington, DC 20015
Phone: 800-789-2647
www.mentalhealth.org

Centers for Medicare & Medicaid Services
7500 Security Blvd, Baltimore M.D. 21244
Phone: 877-267-2323
<http://cms.hhs.gov>

Insure Kids Now
John A. Wilson Building
1350 Pennsylvania Avenue, NW
Washington, DC 20004
Phone: 877-543-7669
www.insurekidsnow.gov

National Institute of Mental Health (NIMH)
6001 Executive Boulevard, Room 8184
MSC 9663, Bethesda, M.D. 20892-9663
Toll: 866-615-NIMH (6464)
<http://www.nimh.nih.gov>

Office of Juvenile Justice and Delinquency
Prevention - OJJDP
810 7th Street, NW, Washington, DC 20531
Phone: 202-307-5911
www.ojjdp.ncjrs.org

Office of the U.S. Surgeon General
5600 Fishers Lane Room 18-66
Rockville, M.D. 20857
www.surgeongeneral.gov/sgoffice.htm

President's Commission on Excellence in
Special Education (PCESE)
P.O. Box 1398, Jessup, M.D. 20794-1398
Toll: 877-433-7827 (877-4-ED-
PUBS)www.ed.gov/pubs/edpubs.html

ORGANIZATIONS

NAMI - The Nation's Voice on Mental Illness
Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201
Helpline (800) 950-6264
Phone: 703-524-7600
www.nami.org

American Academy of Child and Adolescent
Psychiatry (AACAP)
3615 Wisconsin Ave., NW
Washington, DC 20016
Phone: 202-966-7300
www.aacap.org

Anxiety Disorders Association of America
6000 Executive Blvd., Suite 513

Rockville, M.D. 20850
Phone: 240-485-1001
www.adaa.org

National Alliance for Autism Research
414 Wall St., Research Park
Princeton, New Jersey 08540
Phone: (609) 430-9160
Toll: 888-777-NAAR
www.naar.org

Children with Attention Deficit Disorder
8181 Professional Place, Suite 201
Landover, M.D. 20785
Phone: 301-306-7070
Toll-free: 800-233-4050,
www.chadd.org

Bazelon Center for Mental Health Law
1101 15th Street, N.W., Suite 1212
Washington D.C. 20005
Phone: 202-467-5730
www.bazelon.org

Child and Adolescents Bipolar Foundation
1187 Wilmette Ave., PMB #331
Wilmette, IL 60091
Phone: (847) 256-8525
www.bpkids.org

Depression and Related Affective Disorders Association (DRADA)
2330 West Joppa Rd. Suite 100
Lutherville, M.D. 21093
Phone: 410-583-2919
www.drada.org

National Depressive and Manic-Depressive Association
730 N. Franklin St., Suite 500
Chicago, IL 60610
Toll: 800-826-3632
www.ndmda.org

National Parent Network on Disabilities
1130 - 17th Street, NW Suite 400
Washington, DC 20036
Phone: 202.463.2299
<http://www.npnd.org>

OC Foundation
P.O. Box 9573
New Haven, CT 06535
Phone: 203-772-0565
<http://www.ocfoundation.org>

Tourette Syndrome Association, Inc.
4240 Bell Blvd.
Bayside, NY 11361
Phone: 718-224-2999
www.tsa-usa.org

Autism Society of America
7910 Woodmont Avenue, Suite 300
Bethesda, Maryland 20814-3067
Phone: 301-657-0881
Toll: 800-3AU-TISM
www.autism-society.org

The Children's Defense Fund
25 E Street NW
Washington, DC 20001
Phone: 202-628-8787
www.childrensdefense.org

Child Welfare League of America (CWLA)
440 First Street NW, Third Floor
Washington, DC 20001-2085
Phone: 202-638-2952
www.cwla.org/default.htm

Council for Exceptional Children Home Page
1110 North Glebe Road, Suite 300
Arlington, VA 22201-5704
Toll: 888-CEC-SPED
www.cec.sped.org

Federation of Families for Children's Mental Health
1101 King Street, Suite 420
Alexandria, Virginia 22314
Phone: 703-684-7710
www.ffcmh.org

The National Center for Mental Health and Juvenile Justice
345 Delaware Avenue
Delmar, New York 12054
Phone: 518-439-7415
www.ncmhjj.com

National Health Law Program (NHelp)
2639 South LaCienega Blvd
Los Angeles, CA 90034
Phone: 310-204-6010
<http://www.healthlaw.org>

Children's Health Council
60 Gillett St, Suite 204
Hartford CT 06105
Phone: 860-548-1661
www.childrenshealthcouncil.org

Children Now
1212 Broadway, 5th Floor
Oakland CA 94612
Phone: 510-763-2444
www.childrennow.org

Covering Kids & Families
1010 Wisconsin Avenue, NW Suite 800
Washington, DC 20007
Phone: 202-338-7227
<http://coveringkidsandfamilies.org>

The National Information Center for Children & Youth with Disabilities (NICHCY)
P.O. Box 1492
Washington, DC 20013
Phone: 800-695-0285
<http://www.nichcy.org>

National Mental Health Association (NMHA)
2001 N. Beauregard Street, 12th Floor
Alexandria, VA 22311
Toll: 800-969-NMHA
<http://www.nmha.org>

The Annie E. Casey Foundation
701 St. Paul Street, Baltimore, M.D. 21202
Phone: 410-547-6600
<http://www.aecf.org>

The Henry J. Kaiser Family Foundation
1330 G Street, NW
Washington, DC 20005
Phone: 202-347-5270
<http://www.kff.org>

John D. and Catherine T. MacArthur Foundation
140 S. Dearborn Street,
Chicago, IL 60603-5285 USA
Phone: 312-726-8000
<http://www.macfound.org>

The American Academy of Child and Adolescent
Psychiatry
3615 Wisconsin Ave., N.W.,
Washington, D.C. 20016-3007
Phone: 202-966-7300
<http://www.aacap.org>

The American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098
Phone: 847-434-4000
<http://www.aap.org>

American Psychiatric Association (APA)
1000 Wilson Boulevard, Suite 1825
Arlington, VA 22209-3901
Phone: 703-907-7300
<http://www.psych.org>

American Psychological Association
750 First Street, NE
Washington, DC 20002-4242.
Toll: 800-374-2721
<http://www.apa.org>

American School Counselors Association
(ASCA)
801 N. Fairfax St., Suite 310
Alexandria, VA 22314
Phone: 703-683-ASCA
www.schoolcounselor.org

American School Health Association (ASHA)
7263 State Route 43 - P.O. Box 708
Kent, Ohio 44240
Phone: 330-678-1601
<http://www.ashaweb.org>

Coalition for Juvenile Justice (CJJ)
1710 Rhode Island Avenue, NW 10th Floor
Washington, DC 20036
Phone: 202-467-0864
<http://www.juvjustice.org>

National Association of State Mental Health
Program Directors
66 Canal Center Plaza, Suite 302
Alexandria, VA 22314
Phone: 703-739-9333
<http://www.nasmhpd.org>

National Association of School Psychologists
(NASP)
4340 East West Highway Suite 402
Bethesda, M.D. 20814
Phone: 301-657-0270
<http://www.nasponline.org>

Center For Effective Collaboration And Practice
1000 Thomas Jefferson St., NW Suite 400
Washington, DC 20007
Phone: 202-944-5400
Toll: 888-457-1551
<http://cecp.air.org>

Center for School Mental Health Assistance
University of Maryland Baltimore, Dept. of
Psychiatry
680 W. Lexington Street, 10th Floor
Baltimore, Maryland 21201-1570
Phone: 410-706-0980
Toll: 888-706-0980
<http://csmha.umaryland.edu>

Families Together in NYS, Inc.
15 Elk Street
Albany, NY 12207
Toll: 888-326-8644
<http://www.ftnys.org/contact.htm>

Juvenile Bipolar Research Foundation
788 Morris-Essex Turnpike
Short Hills, NJ 07078
Toll: 866-333-JBRF
<http://www.bpchildresearch.org>

National Parent Information Network (NPIN)
Main Hall, Room 303, Box 40
525 W. 120th St.
New York, NY 10027-9998
Toll: 800-601-4868
www.npin.org

The TeenScreen Program
1775 Broadway Suite 715
New York, NY 10019
Toll: 866-TEENSCREEN (866-833-6727)
<http://www.teenscreen.org>

www.nami.org



The Nation's Voice on Mental Illness

PH: 703-524-7600

FX: 703-516-7238

1-888-999-NAMI (6264)

2107 Wilson Blvd. • Suite 300 • Arlington, VA 22201-3042