

## Mental Health America of the Central Valley

### Some Recommended Resources for Child & Adolescent Mental Health Libraries

#### Note to Users:

- Titles are listed in alphabetical order and divided by audience: Section I contains titles for children and youth, while Section II contains titles for adults (parents, caregivers and professionals). Level Key: E=Elementary, M=Middle, H=High School, and A=Adult
- Descriptions/Reviews tagged (HS) written by Helen Siporin (MHACV Children & Families Program Director); other sources are credited
- Prices are approximate and subject to change; discounts may be applicable in certain cases

| Section I:<br>Titles for Youth with SMI                                  | Level          | Price | Author                                | Publisher  | Description/Review  |
|--|----------------|-------|---------------------------------------|--|---|
| Anger Mountain   | E              | 11.00 | Bryna Hebert                          | Trafford © 2005<br>1-41205066-9 (pbk)<br><a href="http://www.bpchildren.com">www.bpchildren.com</a>        | <i>"... perfect for any child dealing with anger issues . . . Robert, an elementary age child who gets angry easily but is learning several different ways of coping with it more positively. He's not perfect, but he's trying and he's making progress . . . a wonderful resource . . . written and illustrated in a style engaging for children, their parents and other caring adults . . . provides children with hope, support, and strategies for coping." (Mary A. Fristad, PhD, author of Raising a Moody Child, listed in Books for Adults) 20 pgs.</i> |
| A Bird's Eye View of Life with ADD and ADHD: Advice from Young Survivors | M, H           | 19.95 | Chris A. Zeigler Dendy & Alex Zeigler | Cherish the Children © 2003<br><a href="http://www.chrisdendy.com">www.chrisdendy.com</a><br>0-9679911-3-7 | Written by a teacher/counselor and her affected son. Includes personal testimony from a diverse group of teens with ADD & ADHD. Excellent descriptions and strategies presented in terms & format likely to engage young people. 179 pgs. (HS)  |
| The Boy Who Didn't Want to be Sad  | E<br>4-8 yrs.  | 8.95  | Rob Goldblatt                         | Magination Press © 2004<br>(American Psychological Assoc) D.C.<br>1-59147-135-4 (pbk)                      | <i>"A boy gets rid of everything that might make him sad, but is sad anyway until he realizes that those things are also what make him happy and that one emotion is impossible without the other." (publisher's description) 30 pgs.</i>   |
| Brandon and the Bipolar Bear   | E<br>4-11 yrs. | 9.90  | Tracy Anglada                         | Trafford © 2004<br>1-4120-3931-2<br><a href="http://www.bpchildren.com">/www.bpchildren.com</a>            | <i>"A powerful, yet simple fictional story about a young boy living with bipolar disorder. In this book readers learn about Brandon's symptoms, fears, and treatment from a child's viewpoint. Suitable for ages 4-11 but can also serve as a tool for improving communications with siblings, teachers, and friends. . . library quality book with vivid illustrations." 20 pgs. (bpchildren.com)</i>  |
| Coping With Post-Traumatic Stress Disorder (PTSD): Dealing With Tragedy  | M, H           | 31.95 | Carolyn Simpson                       | The Rosen Publishing Group © 2002<br>978-0-8239-3456-0   | Written for middle and high school students, this book identifies the types of trauma that can result in PTSD, typical symptoms, negative behavior patterns, and treatment and therapeutic coping techniques. Possibly under revision. 192 pgs. (HS)  |

|  |      |       |                         |  |   |
|--|------|-------|-------------------------|--|---|
| (DVD)<br>Day For Night   | M, H | 20.00 | DRADA                   | © 2006 available from<br><a href="http://www.bpkids.org">www.bpkids.org</a>      | Racially/ethnically diverse teens speak candidly about their depression, bipolar illness, and treatment – advising peers to stay on their meds and work with their providers. Recommend teacher or clinician facilitator due to frank discussion about suicidality and attempts. Comes with discussion questions. Excellent also for parents and staff development at middle/high school. 26 min. (HS)  |
| Depression: Challenge the Beast Within Yourself and Win – I Did  | 13 + | 12.95 | Cait Irwin              | AVI Communications<br>© 1998<br>1349 Regal Row Dallas<br>TX 75247-3615           | An illustrated journal format that exemplifies “less is more.” Powerful and plain talking from a teen who knows major depression from the inside, including treatment, medication and hospitalization. 102 pgs. (HS)  |
| <b>Everything You Need to Know About . . .</b><br>. . . ADD/ADHD | M, H | 27.00 | Eileen Beal             | The Rosen Publishing<br>Group<br>ISBN 0-8239-2748-2                              | <p><b>Everything You Need to Know . . .</b> series: all titles have the same general format: 64 pages containing descriptions of the named disorder, causes, treatment, organizational resources, websites, bibliography, glossary and index. Written at approximately 8<sup>th</sup> grade level, they also make good resources for teachers and parents, especially those with limited educational background. All are excellent. Rosen: (800) 237.9932. (HS)</p> |
| . . . Bipolar Disorder and Manic Depressive Illness              | M, H | 27.00 | Michael Sommers         | © 2003<br>ISBN 0-8239-3768-2   |   |
| . . . Dealing with Losses  | M, H | 27.00 | Stephanie Iris Weiss    | © 2000<br>ISBN 0-8239-3302-4   |   |
| . . . Depression   | M, H | 27.00 | Eleanor Ayer            | © 2001<br>ISBN 0-8239-3439-X   |   |
| . . . Eating Disorders: Anorexia and Bulimia                     | M, H | 27.00 | Rachel Kubersky, M.P.H. | © 1999<br>ISBN 0-8239-3078-5   |   |
| . . . Schizophrenia  | M, H | 27.00 | Michelle Friedman       | © 2000<br>ISBN 0-8239-3091-2   |   |
| . . . Sexual Abuse   | M, H | 27.00 | Evan Stark              | © 1998<br>ISBN 0-8239-2871-3   |   |
| . . . Stress   | M, H | 27.00 | Eleanor Ayer            | © 2001<br>ISBN 0-8239-3467-5   |   |
| . . . Teen Suicide   | M, H | 27.00 | Jay Schleifer           | © 1999<br>ISBN 0-8239-3038-6   |   |
| Frequently Asked Questions About Self Mutilation and Cutting     | M, H | 24.95 | Jonas Pomere            | The Rosen Publishing<br>Group © 2007<br>ISBN 1-4042-1987-0<br>“Teen Life” Series |   |

|   |               |       |   |   |   |
|---|---------------|-------|---|---|---|
| Help is on the Way: A Child's Book About ADD (also in Spanish)  | E<br>5-9 yrs. | 11.66 | Mark A. Nemiroff, Ph.D & Jane Annunziata, PsyD    | Magination Press: © 1998 (American Psychological Assoc) D.C. 1-55798-505-7                        | "You might have trouble sitting still . . . staying interested in what the teacher is saying . . . your hands and feet might work before your brain is finished . . ." are typical of the text accompanying the delightful illustrations in this book for primary kids. Professionals are described as "special helpers" who help minimize problems and maximize children's strengths and creativity. Short but very informative section for parents/guardians. <b>Also in Spanish under the title: <i>Me Van a Ayudar: El TDA explicado a los niños</i></b> 60 pgs. (HS) |
| How to Take the GRR Out of Anger  | M, H          | 8.95  | Elizabeth Verdick & Marjorie Lisovskis            | Free Spirit Publishing, MN © 2003 1-57542-117-8   | Excellent step-by-step education about anger and a variety of doable strategies for anger management. Appropriate for upper elementary through secondary students. Good resources for teachers. 118 pgs. (HS)   |
| I Can't Stop: A Story about Tourette Syndrome (Fiction)   | E             | 11.55 | Holly L. Niner                                    | Albert Whitman & Company, Morton Grove, Ill. © 2005 0-8075-3620-2                                 | <i>"One day Nathan starts blinking-a lot. It bothers his parents and his sister . . . then Nathan starts sniffing . . . Then after a swim meet, Nathan's head keeps moving back and forth. . . the problem is, Nathan can't stop . . . With the help of his doctor, his parents, and his best friend, Nathan works on managing his tics so they aren't so noticeable to other people. . . a 2005 Bank Street College of Education Best Book" (author's website)</i> 32 pgs.   |
| Intense Minds: Through the Eyes of Young People with Bipolar Disorder   | M, H, A       | 15.95 | Tracy Anglada                                     | Trafford publishing © 2006 ISBN: 1412089670   | The author, a parent of two children with bipolar disorder, offers a sensitive, graphic understanding of <i>what it feels like</i> to be manic or depressed. A good source for adults who are skeptical about the diagnosis of this disorder in children. Helpful for teens first diagnosed. 150 pgs. (HS)  |
| (DVD)<br>Living with It   | M, H          | 20.00 |   | Cuyahoga County Mental Health Association   | Excellent tool to help families understand depressive illness and treatment. African American radio announcer discloses her own depression while moderating mini-documentaries of several children & youth living with depression in families of diverse ethnicities and economic levels. 22 min. (HS)  |
| My Bipolar Rollercoaster Feelings Book  | E             | 13.50 | Bryna Hebert                                      | Trafford © 2005 1-41205425-7  | <i>"This colorful 32-page storybook is written from the perspective of Robert, a boy with bipolar disorder. . . Robert help us understand his strong emotions . . . but also . . . the strategies his parents and doctor have taught him for coping with them . . . a wonderful resource for children with bipolar disorder, their parents, teachers and clinicians. . . should become a key part of the treatment package for every child diagnosed with BPD."</i> Mary Fristad, Ph.D.   |
| My Kind of Sad: What It's Like to Be Young and Depressed  | M, H          | 15.56 | Kate Scowan                                       | Annick Press Ltd © 2006 13: 978-1-55037-941-9 10: 1-55037-941-0                                   | Aside from depression, this captivating and comprehensive book ably covers adolescence and identity, anxiety, eating disorders, self mutilation, suicide, bipolar disorder and treatment. If you could have just one text written for youth, this is it. 168 pgs. w/ index, chapter notes & excellent resources by topic (HS)   |
| Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder (Rev ed) <b>also in Spanish</b> | E, M<br>8-13  | 9.95  | Quinn, Patricia O., M.D., & Judith M. Stern, M.A. | Magination Press (American Psychological Association, Washington, D.C.) © 2001 ISBN 1-55798-795-5 | Text is excellent and appropriate for middle schoolers but photos depicting mostly younger kids may be off-putting. Great strategies for organization & study skills. <b>Published in Spanish under the title, "<i>Como Ponerte Los Frenos</i>"</b> Also available: an accompanying (English) activity book for \$14.95 ISBN: 0-945354-57-6 or 13: 978-0-945354-57-4, © 1993 (HS)   |

|   |         |       |                                     |  |   |
|---|---------|-------|-------------------------------------|--|---|
| Recovering from Depression: A Workbook for Teens, Rev. Ed.                            | M, H    | 20.48 | Mary Ellen Copeland & Stuart Copans | Paul H. Brooks Publishing Co. © 2002<br>Baltimore, Maryland<br>1-55766-592-3   | Copeland, nationally recognized consumer/ mental health educator who developed the WRAP (Wellness & Recovery Action Plan) Program, uses this workbook to actively engage teens in seeking appropriate help, understanding depression and treatment, and building an ongoing recovery and safety plan. An excellent introduction and support to treatment. 187 pgs. (HS)   |
| Stop Pretending   | M, H    | 6.99  | Sonya Sones                         | Harper Collins Pubs, NY<br>© 1999<br>800.331.3761<br>0-06-446218-8   | Short poems by the younger sister of a girl who is hospitalized with bipolar disorder– good description of both the ill teen, and the healthy, but conflicted sibling. 149 pgs. (HS)  |
| The Storm in My Brain   | E       | 0.00  |                                     | Depression & Bipolar Support Alliance(DBSA)<br>www.dbsalliance.org<br>Child & Adolescent Bipolar Foundation (CABF)<br>www.bpkids.org   | Free upon order, but also downloadable from site. Very good for very young preliterare children. 18 pgs.  |
| Taking ADD to School  | E       | 11.90 | Ellen Wiener                        | JayJo Books © 2001<br>www.jayjo.com<br>1-891383-06-X   | The <i>Taking - - - to School</i> series are short books (approx 30 pgs) geared to elementary level children. Each contains a teacher guide and quiz for students plus additional resources. Great information in simple language for education, awareness and empathy. (HS)  |
| Taking Autism to School   | E       | 11.90 | Andreanna Edwards                   | JayJo Books © 2001<br>www.jayjo.com<br>1-891383-13-2 See above description   |   |
| Taking Depression to School   | E       | 11.90 | Kathy Khalsa                        | JayJo Books © 2002<br>www.jayjo.com<br>1-891383-22-1   |   |
| Taking Tourette Syndrome to School  | E       | 11.90 | Tira Krueger                        | JayJo Books © 2002<br>www.jayjo.com<br>1-891383-12-4   |   |
| A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma | 4-8 yrs | 9.95  | Margaret M. Holmes                  | Magination Press<br>American Psychological Association © 2000<br>13: 978-1-55798-701-3<br>13: 1-55798-701-7                            | <i>"Sherman Smith saw the most terrible thing. He was very upset. It really scared Sherman . . ."</i> begins the gentle story of a raccoon who becomes symptomatic in response to a traumatic experience. Deliberately vague about the incident, the story describes Sherman's relationship with Ms. Maple, a special adult who helps him through play and drawing. Empowered to express himself, he learns "it was not [his] fault" and becomes healthier and stronger. Excellent notes & resources for caregivers. (HS) |
| Tic Talk: Living with Tourette Syndrome   | E       | 14.95 | Dylan Peters                        | Little Five Star (a division of Five Star Publications, Inc.)<br>Chandler AZ © 2007<br>www.LittleFlveStar.com<br>13: 978-1-58985-051-4 | Written by a 9 year old with Tourette's and illustrated by his friend, with a forward by former major league baseball player Jim Eisenreich (who also has Tourette's). Dylan tells his story from diagnosis in preschool, to medication trials in elementary school, and finally speaking about TS to classmates. Dylan demonstrates that having TS, friends, and a normal life are not mutually exclusive. (HS)  |

|  |                 |       |  |  |   |
|--|-----------------|-------|--|--|---|
| Turbo Max: Stories for Siblings and Friends of Children with Bipolar Disorder          | E<br>8-12 yrs.  | 9.95  | Tracy Anglada                                    | © 2008<br>Order at (bpkids.org)  | <i>Tracy Anglada, parent of a child with BP disorder, writes this book for siblings and friends (ages 8-12). A boy's summer diary describes his journey from confusion to understanding, from embarrassment to advocacy, from anger and guilt to acceptance of his sister's illness. (bpkids.org)</i> Anglada is also the author of Intense Minds (reviewed above)  |
| Up & Down the Worry Hill: A Children's Book About OCD and its Treatment                | E               | 13.57 | Aureen Pinto<br>Wagner                           | Lighthouse Press © 2006<br>1.888.749.8786<br>0-9677347-6-2   | This book simply and concretely describes OCD and Exposure Response Therapy from a young child's perspective. It can be used to prepare for and help engage young children in therapy. (Wagner's parent companion book: <i>What to do When Your Child Has Obsessive-Compulsive Disorder</i> is available on Amazon.com.) 35 pgs. + resources. (HS)  |
| What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD                 | E, M            | 10.20 | Dawn Huebner,<br>PhD                             | www.maginationpress.com<br>© 2007<br>ISBN: 1-59147-805-7<br>13: 978-1-59147-805-8  | A guide intended for use by parent and child together, either as a stand-alone tool or as a companion to therapy. Explains OCD in concrete and simple analogies. Assists parents in becoming "coaches" for their child. 96 pgs. (HS)  |
| What to Do When You're Scared and Worried: A Guide for Kids                            | E, M, H         | 9.95  | James J. Crist,<br>Ph.D.                         | Free Spirit Publishing, Inc.<br>MN: © 2004<br>1.800.735.7323<br><a href="http://www.freespirit.com">www.freespirit.com</a><br>1-57542-153-4    | Written by the clinical director of a child & family counseling center. A highly readable and cleverly illustrated handbook is directed to youth and also contains a short section for parents. Covers phobias, separation anxiety, GAD, panic disorder, OCD, PTSD, CBT & medication in simple language. Offers coping skills and exercises to augment treatment. Crist has authored several other titles for youth. 122 pgs. Index & resources. (HS)   |
| What to Do When You Worry Too Much: A Kids' Guide to Overcoming Anxiety                | E<br>(6-12 yrs) | 10.85 | Dawn Huebner,<br>Ph.D                            | Magination Press<br><a href="http://www.maginationpress.com">www.maginationpress.com</a><br>(publishing arm of APA)<br>© 2006<br>1-59147-314-4 | Based on cognitive behavioral principles (containment, externalization and competing demands), this large print book contains interactive activities and techniques adapted for young children. To be read by or with parents. Not intended as a substitute for treatment. 80 pgs. (HS)   |
| When Nothing Matters Anymore: A survival guide for Depressed Teens (revised & updated) | 13+             | 13.95 | Bev Cobain                                       | Free Spirit Publishing, Inc.<br>MN: © 2008<br><a href="http://www.freespirit.com">www.freespirit.com</a><br>1-57542-036-8                      | Rock star Curt Cobain's suicide prompted his cousin (a nurse) to combine her medical and personal experience in this book written for teens either already diagnosed with depression or those who have not yet sought help. Chapters on causes of depression, effects on the brain, relationship to substance abuse and suicide, and treatment & recovery. Includes personal testimonies by several different teens and excellent survival tips. Also helpful for parents, teachers & counselors. 176 pgs. (HS) |
| Youth With Juvenile Schizophrenia: The Search for Reality                              | H +             | 11.66 | Kenneth<br>McIntosh and<br>Phyllis<br>Livingston | Mason Crest Publishers<br>© 2008<br>978-1-4222-0148-0  | Chapters alternate between a high school boy's first person narrative and age appropriate textbook explanations of symptoms, causes, & treatment. Engaging, realistic and informative. 128 pgs. Resources, glossary and index. (HS)   |

| Section II: Titles for Parents, Caretakers & Professionals   | Level | Price | Author                    | Publisher  | Description/Review  |
|--|-------|-------|---------------------------|--|---|
| ADHD: A Complete and Authoritative Guide   | A     | 11.53 | Michael I. Reiff, MD      | American Academy of Pediatrics © 2004<br>1-58110-121-X   | Topics include: diagnosis, treatment options, what schools can do, helping teens manage social & emotional pressures. ". . . clear, easy-to-understand language, this new book will quickly become part of your overall ADHD treatment plan. Providing this guide to parents helps support the information and advice you offer in your practice, and serves as a practical in-home reference." (American Academy of Pediatrics website) 354 pgs. |
| The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder<br>3 <sup>rd</sup> ed. | A     | 36.95 | Dimitri & Janice Populos  | Broadway Books: A division of Random House, Inc. NY © 2006<br>10: 0-7679-2297-2<br>13: 978-0-7679-2297-5 | Comprehensive volume on bipolar disorder in children written by a husband and wife medical team. Excellent descriptions of behavioral aspects of early onset bipolar disorder. Chapters on diagnosis, treatment, genetics, adolescence, working with schools, insurance & more. 474 pgs. (HS) A DVD capturing a conference presentation by Janice Populos (entitled: <i>Educating and Nurturing the Bipolar Child</i> ) is listed below.          |
| Bipolar Disorders: A Guide to Helping Children and Adolescents   | A     | 24.95 | Mitzi Waltz               | O'Reilly & Associates © 2000<br>1-56592-656-0  | Comprehensive, indexed, resources by state. Sensitively written by a journalist whose daughter lives with bipolar disorder and whose son has pervasive developmental disability. (HS)   |
| The Bipolar Teen: What You Can Do to Help Your Child and Your Family   | A     | 17.95 | David J. Miklowitz, Ph.D. | Guildford Press © 2008<br>10: 1-59385-318-4  | Dr. Miklowitz, professor of Psychology and Psychiatry at the University of Boulder, Colorado has done award winning research on family focused treatments for bipolar disorder. 356 pgs. (HS)   |
| <b>(DVD)</b><br>Breaking the Silence: Postpartum Depression & Families of Faith  | A     | 19.95 |                           | Mental Health Ministries: © 2007<br>www.mentalhealthministries.net                                       | One of many mental health videos published by MHM under the direction of Reverend Susan Gregg-Schroeder, a consumer herself. Although geared to faith leaders and congregants, the live testimony of mothers who have experienced post partum depression helps normalize this illness and ease the attendant shame and stigma. 44 min. (HS)   |
| Children with Tourette's Syndrome: A Parents' Guide 2 <sup>nd</sup> Ed.  | A     | 12.89 | Tracy Lynne Marsh, Ed.    | Woodbine House, Inc. © 2007<br>978-1-890627-36-2   | Includes effects of TS, coexisting conditions, biochemistry of TS, medication treatment, strategies for coping, behavioral interventions such as Habit Reversal Training, special education rights and planning. Index and resources. 362 pgs. (HS)   |
| <b>(DVD)</b><br>Educating and Nurturing the Bipolar Child  | A     | 20.00 | Janice Populos, M.D.      | Juvenile Bipolar Research Foundation © 2004<br>1-866-333-5273  | Dr. Populos explains the challenges impacting children with bipolar disorder in the school environment: executive function deficits, severe anxiety, poor working memory, difficulty with concepts of time and sequencing, disorders of written expression, & reduced alertness in the morning (sleep inertia). She offers teachers / parents helpful strategies to assist students. Approx 1 hr (HS)   |

|   |   |       |  |  |  |
|---|---|-------|--|--|--|
| The Explosive Child: A New Approach for Parenting and Understanding Easily Frustrated, Chronically Inflexible Children                            | A | 10.19 | Ross Greene, PhD                                 | Center for Collaborative Problem Solving: © 2010<br>www.ccps.info<br>0-9759283-1-7<br>Available through Amazon         | Ross Greene's seminal book on collaborative problem solving (CPS). Excellent for parents and therapists working with noncompliant, rigid, and explosive children who lack the necessary cognitive and language skills to manage their emotional volatility. Skill training is well explained and effective for a variety of diagnoses. 298 pgs. Companion DVD below. (HS)  |
| Parenting the Explosive Child (DVD)   | A | 53.99 | Ross W. Greene, Ph.D. and J. Stuart Ablon, Ph.D. | Center for Collaborative Problem Solving: © 2010<br>www.ccps.info<br>0-9759283-1-7<br>Available through Amazon         | Doctors Greene (author of <i>The Explosive Child</i> ) and Ablon, explain the cognitive skills needed for flexibility, frustration tolerance and problem solving - impaired in many children with psychiatric diagnoses. Their approach, known as Collaborative Problem Solving (CPS), is clearly explained through lecture and interviews with a panel of parents. 2 hrs. (HS)  |
| Helping Your Child Overcome Separation Anxiety or School Refusal  | A | 16.95 | Andrew R. Eisen, Ph.D., & Linda B. Engler, Ph.D. | New Harbinger Publications, Inc., Oakland: © 2006<br>13: 978-1-57224-431-3<br>13: 10-57224-431-3                       | For parents, educators and mental health practitioners dealing with children who are reluctant to go to school, or refuse to go at all. Not yet reviewed.  |
| Helping Your Anxious Child: A Step-by-Step Guide for Parents, 2 <sup>nd</sup> ed.   | A | 13.95 | Ronald M. Rapee, Ph.D., et al.                   | New Harbinger Publications, Inc. Oakland: © 2008<br>13: 978-1-57224-575-4<br>10: 1-57224-575-1<br>www.newharbinger.com | A 2-4 month program of structured readings and activities which teaches parents new ways of responding to their child's anxiety and outlines activities they can use to teach their children anxiety management skills. Explains anxiety disorders and uses evidence-based strategies to improve realistic thinking, relaxation, reality testing and social skills. Recommended for use while child is being seen by a mental health provider. (HS) 283 pgs. |
| Helping Your Child with OCD: A Workbook for Parents of Children with Obsessive-Compulsive Disorder  | A | 19.95 | Lee Fitzgibbons, Ph.D., and Cherry Pedrick RN    | New Harbinger Publications, Inc. Oakland: CA © 2003<br>1-57224-332-5   | Written by a psychologist specializing in the treatment of OCD and a nurse who has it. Intended as an adjunct (not a replacement) to therapy. Clear and easy to understand information about symptoms, diagnosis, treatments, coaching and developing a family plan to support the child with OCD. 183+ pgs. (HS)  |
| Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar and More!: the one-stop guide for parents, teachers and other professionals | A | 12.89 | Martin L. Kutscher, M.D.                         | Jessica Kingsley Publishers, London & Philadelphia © 2006<br>13: 978-1-84310-810-8<br>13: 978-1-84310-811-5            | Includes a chapter by Tony Atwood, expert in Asperger's Syndrome, this anthology covers each of the titled disorders and others, explaining co-morbidity, treatment, symptom management and accommodations. Written in language accessible to its intended audience. Includes bibliography and index. 224 pgs. (HS)  |
| More than Moody: Recognizing and Treating Adolescent Depression   | A | 15.95 | Harold Koplewicz                                 | The Berkeley Publishing Group (Penguin Group) © 2002<br>0-399-14918-X  | Excellent book by the author of <i>It's Nobody's Fault</i> . Explains the difference between normal teenage moodiness and clinical depression. 366 pgs. (HS)   |

|  |       |       |   |   |   |
|--|-------|-------|---|---|---|
| The Quiet Room   | H+, A | 11.16 | Lori Schiller                               | Warner Books Inc. © 1994  | Fascinating story of a 17-year-old's break with reality and subsequent recovery. Chapters alternate between her own autobiographical account and versions written by members of her immediate family. (HS)  |
| Raising a Moody Child: How to Cope with Depression and Bipolar Disorder                                | A     | 16.95 | Jill Goldberg Arnold, Ph.D., & Mary Fristad | The Guildford Press:<br>© 2004<br>ISBN 1-57230-871-0 (pbk)<br>www.guilford.com        | Dr. Fristad, Professor of Psychiatry and Psychology at Ohio State University has conducted cutting edge research on psycho-social interventions for families having children diagnosed with bipolar disorder. Parts III and IV of this book provide strategies meeting criteria as an evidence based intervention. A therapist's manual and workbook for working with parents' & children's groups forthcoming in Spring, 2010. 260 pgs. (HS) |
| The Scared Child: Helping Kids Overcome Traumatic Events   | A     | 15.34 | Barbara Brooks, Ph.D. and Paula M. Siegel   | John Wiley & Sons, Inc:<br>© 1996<br>0-471-08284-8                                    | Very informative book by a mental health trauma specialist. Part I gives an overview of the types of trauma, the signs of PTSD (in young children through teens) and "debriefing" - a 4 step method for working through trauma. Part II deals with six specific types of trauma. Part III discusses therapy and provides additional resources. Written for parents, educators, counselors, therapists and pediatricians. 151 pgs. (HS)        |
| Straight Talk About Psychiatric Medications for Kids, 3 <sup>rd</sup> Ed.                              | A     | 12.21 | Timothy E. Wilens, MD                       | The Guildford Press:<br>© 2009<br>13: 978-1-59385-842-1<br>www.guilford.com           | <i>"The fully updated third edition details the latest advances in treating specific disorders – with significant new information on bipolar disorder and ADHD – and offers up-to-date answers to parents' frequently asked questions."</i> (from back cover) Dr. Wilens is board certified in child, adolescent, adult and addiction psychiatry and an associate professor of psychiatry at Harvard Medical School. 325 pgs.                 |
| When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury                  | A     | 12.21 | Mary E. McVey-Noble, et al.                 | New Harbinger Publications, Inc: © 2006<br>13: 978-1-57224-437-5<br>10: 1-57224-437-2 | Three psychologists at the Bio-Behavioral Institute of Great Neck, NY, offer sound information about cutting, helping parents recognize self harm, communicate effectively with their child, select appropriate treatment and support their child's recovery. 169 pgs. (HS)   |
| Taking Charge of ADHD: The Complete, Authoritative Guide for Parents (Revised Edition)                 | A     | 14.36 | Russell Barkley, Ph.D.                      | The Guildford Press:<br>© 2000<br>www.guilford.com<br>1-57230-560-6                   | Internationally known researcher & expert on ADHD, Barkley is the Director of Psychology and Professor of Psychiatry at U Mass Medical Center. This is the "ADHD" bible. Along with top notch information, it contains helpful strategies and forms parents can use at home & with school personnel. 321 pgs. (HS)  |
| Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go" | A     | 11.48 | John March, MD                              | The Guildford Press:<br>© 2007<br>www.guilford.com<br>10: 1-59385-355-6 (pbk)         | Chief of Child & Adolescent Psychiatry at Duke University, Dr. March is recognized as one of the nation's experts on OCD. The book provides everything parents need know about the illness, along with two sets of instructions for managing it with exposure/ response prevention – one for kids and teens, and the other for parents. Includes worksheets, graphs and resources. Geared to educated parents. 277 pgs. (HS)                  |

Rev. 3/10/2010