

Resource List for Emotional Disturbance/Mental Illness

Family & Community Resource Center
Special School District of St. Louis County
12110 Clayton Road
St. Louis, MO 63131
314-989-8438/989-8108/989-8194

ABCs of Emotional Behavioral Disorder. (video) (35 minutes) (2004)

Outlines a best practice approach to successfully integrate elementary and middle school students with Emotional or Behavioral Disorders into the educational mainstream.

Adolescent Depression: A Guide for Parents. Francis Mark Mondimore, MD (2002)

Helps parents understand that serious depression in adolescents is an illness that can be treated. Describes the many forms of depression and the many ways it can appear in young people.

The Adolescent Depression Workbook. Mary Ellen Copeland (1998)

Enables teens to assess how they feel and determine what to do to return to enjoying a rich, full life like every young person deserves.

Attaching in Adoption: Practical Tools for Today's Parents. Deborah D. Gray (2002)

Explaining that attachment forms the template for future adult relationships, the author stresses how important it is for adoptive parents to be patient in forging this new bond.

Beyond Prozac: Brain-Toxic Lifestyles, Natural Antidotes and New Generation Antidepressants. Michael J. Norden, M.D. (1996)

Offers solutions to chronic health problems that go beyond simply prescribing Prozac from alternative treatments such as light therapy, regulation of sleeping habits, and specialized diets to the next generation of depression medications.

The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disease. Demetri Papolos, M.D. and Janice Papolos (2000, 3rd edition 2006)

Resource includes how to receive proper diagnosis, treatment, and long-term care.

Bipolar Disorders: A Guide to Helping Children and Adolescents. Mitzi Waltz (2000)

Covers the range of topics parents need to know in order to help their children, such as: diagnosis and common misdiagnoses, family life, support, safety and how to recognize and prevent mood swings, medications, therapeutic interventions, insurance issues, and education, including how to work with school systems.

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know. David Miklowitz (2002)

Consumer text discusses how to distinguish between early warning signs of bipolar mood swings and normal ups and downs of life, what medications are available, what to do when symptoms arise, how to get help and support from family and friends, and how to tell coworkers about the illness without endangering a career

Bipolar Kids: Helping Your Child Find Calm in the Mood Storm. Rosalie Greenberg, MD (2007)

This book helps parents: understand why bipolar disorder is often overlooked or misdiagnosed, distinguish bipolarity from other common childhood disorders like ADHD, explain why their child may be well behaved in school but out of control at home, communicate effectively with their child and learn about the latest treatment options available.

Bipolar Not ADHD: Unrecognized Epidemic of Manic Depressive Illness in Children. George Issac (2001)

This book is intended to make everyone aware of how Bipolar Disorder, otherwise known as Manic Depressive Illness, especially in its atypical forms, is presently misunderstood and misdiagnosed as ADHD, Conduct Disorder, and other related behavioral disorders.

The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder. Judith L. Rapoport (1989)

Psychiatrist and expert on OCD discuss breakthroughs in diagnosis, successful new behavior therapies and drug treatments as well as resources and references.

Brandon and the Bi-Polar Bear: A Story for Children with Bi-Polar Disorder. Tracy Anglada. (2004)

Ages 9-12. Story about a young boy with bipolar disorder. Readers learn about his symptoms, fears, and treatment from a child's viewpoint.

Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children. Daniel Hughes (2006)

A book for social workers, therapists, and parents who strive to assist children with attachment disorders.

Cat's Got Your Tongue? A Story for Children Afraid to Speak. Charles E. Schaefer, PhD. (2000)

Ages 4 to 8. Anna stops speaking when she starts kindergarten until her parents and a therapist patiently help her overcome her anxiety (14 pages)

The Childhood Bipolar Disorder Answer Book: Practical Answers to the Top 300 Questions Parents Ask. Tracy Anglada (2008)

Explains confusing medical lingo & provides straightforward answers to questions about treatment, parenting strategies, etc.

Childhood Depression Sourcebook. Jeffrey Miller (1998)

Provides insight into why children get depressed, how to identify symptoms, and where to find appropriate treatment.

Children Who Shock and Surprise: A Guide to Attachment Disorders. Elizabeth Randolph (1999)

A brief yet comprehensive booklet for parents, relatives, teachers, friends and doctors to help them understand difficulties faced when parenting a child with attachment disorder.

Children with Tourette Syndrome: A Parent's Guide. Tracy Haerle (1992)

Guide is a collaboration by a team of medical specialists, therapists, people with TS and parents.

The Connections Kit (1993) U.S. Department of Education

Designed to build resiliency against alcohol and other drug problems among children raised in high risk families and communities.

Depression Is the Pits, But I'm Getting Better: A Guide for Adolescents. E. Jane Garland, MD (1997)

Ages 12-15. This book, written especially for teens, is packed with the practical information and the reassurance necessary for coping with and beating the "pits." (90 pages)

Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control. Scott Spradlin, MA (2003)

Dialectical Behavior Therapy (DBT) is a therapeutic technique designed to counter extreme emotional reactions — before they lead to overwhelming anger, depression, anxiety, and stress-related ailments.

Don't Pop Your Cork on Mondays! The Children's Anti-Stress Book. Adolph Moser (1988)

Ages 9 to 12. Explores the causes and effects of stress and offers practical approaches and techniques for dealing with stress in daily life (41 pages)

Don't Rant and Rave on Wednesday: The Children's Anger Control Book. Adolph Moser, Ed.D (1994)

Ages 4-8. Explains the causes of anger and offers methods that can help children reduce the amount of anger they feel. He also gives effective techniques to help young people control their behavior, even when they are angry.

Easing School Jitters for the Selectively Mute Child. Dr. Elisa Shipon-Blum (2001)

Filled with facts, helpful ideas, reasons why anxious children feel the way they do, and an interactive section where parents can work with their child to help them list, draw and write about things that make them feel good about themselves and see the positive aspects of school.

Educating Oppositional and Defiant Children. Philip and Nancy Hall (2003)

Illustrate the key concepts and techniques needed to successfully teach oppositional students.

Embracing the Monster: Overcoming the Challenges of Hidden Disabilities. Veronica Crawford (2002)

Moving account of the author's life experiences with learning disabilities, bipolar disorder, ADHD, dyslexia and sensory integrative disorder.

Emotional and Behavioral Problems of Young Children: Effective Interventions in the Preschool and Kindergarten Years. Gretchen A. Gimpel and Melissa L. Holland (2003)

Provides hands-on tools and resources for addressing common emotional and behavioral problems in preschool and kindergarten-age children.

Everything You Want to Know About Psychotropic Drugs. Jeff Schulman, M.D. (video)

Exploring Feelings: Cognitive Behavior Therapy to Manage Anxiety, Sadness, and Anger. Tony Attwood.

In this presentation, Dr Tony Attwood, teaches caregivers how to implement "cognitive behaviour therapy." With a logical understanding of emotional triggers and responses, people can learn to recognize and control their emotions. (DVD) (3

Fighting Invisible Tigers: A Stress Management Guide for Teens. Earl Hipp (1995)

Discusses the pressures and problems encountered by teenagers and provides information on life skills, stress management and methods of gaining more control over their lives.

Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries and Phobias. Tamar A Chansky, PhD (2004)

A childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety.

Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents. Tamar A Chansky, PhD (2001)

Explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs.

Growing Up Sad: Childhood Depression and Its Treatment. Leon Cytryn and Donald McKnew (1996)

Describes important advances that have been made in the last decade, such as: new classes of antidepressant drugs, new light on the question of continuity of mood disorders across the lifespan, and epidemiological research that has clarified the coexistence of depression with other mental disorders.

A Guidebook for Parents of Children with Emotional or Behavioral Disorders (1996)

Guidebook provides helpful information about serious emotional disorders and includes brief descriptions of common diagnoses and therapies, educational rights, a model for developing community-based services and funding sources.

Help for the Hopeless Child: A Guide for Families. Dr. Ronald S. Federici (2001)

Consists of a very comprehensive, aggressive and innovative assessment and treatment program for those families having children who have been deemed "hopeless" or "untreatable".

Help Me, I'm Sad. David G. Foster and Lynne S. Dumas (1997)

Explains how parents can play a vital role in helping a child overcome, and often prevent, depression. Discusses how to tell if your child is at risk, how to spot symptoms, depression's link with other problems, teen suicide, finding the right diagnosis and treatment and more.

Helping Students Overcome Depression and Anxiety: A Practical Guide. (2nd Edition) Kenneth W. Merrell (2008)

Provides the school-based practitioner with clear-cut strategies for addressing these problems creatively and effectively with students in grades K-12.

Helping Your Anxious Child: A Step-by-Step Guide for Parents. Ronald A. Rapee, PhD, et al (2000)

Parents want to help their anxious children but often do not know how. Here at long last is a book designed just for that. It offers extensive and concrete steps to teach the child to cope with anxiety, using the means of behavior and thought.

Helping Your Depressed Child: A Reassuring Guide to the Causes and Treatments of Childhood and Adolescent Depression. Lawrence Kerns (1993)

A look at the many masks that childhood depression can wear, explaining the possible causes and treatments and roles that caregivers can play in helping children deal constructively with their feelings.

Helping Your Teenager Beat Depression: A Problem Solving Approach for Families (2004)

Presents a strategy that enables parents to become effective partners in the treatment of their child's depression.

Hi, I'm Adam: A Child's Story of Tourette Syndrome. Adam Buehrens (1991)

Grades 1 to 6. A ten year old boy wrote and illustrated this book because he wants everyone to know he and other children with Tourette's Syndrome are just like them. (35 pages)

Honorable Intentions: A Parent's Guide to Educational Planning for Children with Emotional or Behavioral Disorders. Dixie Jordan and Paula Goldberg (2000)

It includes information on special education, individualized education program, school rules, residential placement, etc. It also has checklists that parents can use as a guide when having their children evaluated for the various special programs.

How to Recognize and Respond to Obsessive-Compulsive Disorder in School Age Children (video) (1998)

An overview defining OCD, its symptoms and causes, with suggestions for effective teacher assessment and management within the classroom environment.

How to Take the GRRRR Out of Anger. Elizabeth Verdick and Marjorie Lisovskis (2003)

Ages 9-12. Anger is a part of life. We can't avoid it, we shouldn't stuff it, and we can't make it go away. Kids need help learning how to manage their anger. This book speaks directly to kids and offers strategies they can start using immediately.

I Hate You – Don't Leave Me: Understanding the Borderline Personality. Jerold J. Kreisman (1989)

Offers advice for people with Borderline Personality Disorder and their families to understand and cope.

I Have Tourette's But Tourette's Doesn't Have Me. (2005) (DVD)

Children with Tourette's Syndrome, ages 8 to about 14, candidly describe what it's like to have Tourette's, a misunderstood neurological disorder. They show what their tics are like, talk about difficulties with school, social isolation, embarrassment, and feeling misunderstood and even unwanted due to the inherited condition they have no control over.

If Your Adolescent has Depression or Bipolar Disorder: An Essential Resource for Parents. Dwight L. Evans, PhD & Linda Wasmer Andrews (2005)

Guide to understanding and getting effective help for adolescents with depression or bipolar disorder.

If Your Child is Bipolar: The Parent-to-Parent Guide to Living with and Loving a Bipolar Child. Cindy Singer & Sheryl Gurrentz (2004)

Provide parents with specific information to deal with the everyday but incredibly challenging issues confronting the entire family.

Intense Minds: Through the Eyes of Young People with Bipolar Disorder. Tracy Anglada (2006)

Young people with bipolar disorder and adults who grew up with the condition speak out to share how they experienced the symptoms of this illness during their youth and how it affected their functioning in school, at home and with friends.

It's Nobody's Fault: New Hope and Help for Difficult Children. Harold S. Koplewicz, MD (1996)

This book puts an end to this pointless--and erroneous--cycle of blame and helps parents get the help they need for their troubled children.

It's Not Just the Tics: Classroom Learning and Behavioral Issues with Tourette Syndrome. (2001)

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. Martin Kutscher, M.D. (2005)

Guide to the whole range of often co-existing neuro-behavioral disorders in children—from attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder, and bipolar disorder, to autistic spectrum disorders, nonverbal learning disabilities, sensory integration problems, and executive dysfunction.

Kids Like Me: A Children's Stories About OCD. Constance H. Foster (1997)

Elementary. Stories for children about children with Obsessive Compulsive Disorder (16 pages)

Living with Tourette Syndrome. Elaine Fantle Shimberg (1995)

Presents information on coping with all aspects of Tourette's – from diagnosis to treatment.

Lonely, Sad and Angry: A Parent's Guide to Depression in Children and Adolescents. Barbara Ingersoll and Sam Goldstein (1995)

Teenagers. Covers the symptoms of depression its diagnosis, causes, treatment (including medication), suicide and management strategies at home and at school. (225 pages)

Managing the Defiant Child: A Guide to Parent Training. Russell A. Barkley PhD (video) (30 minutes) (1997)

Video brings to life a proven approach to behavior management, and shows clinicians, school practitioners, parents, students, and teachers how enhanced parenting skills can dramatically improve the parent-child relationship.

Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges. Dennis McGuire, Ph.D. & Brian Chicoine, M.D. (2006)

Guide to help understand how to promote mental wellness and resolve psychosocial problems in people with Down syndrome.

Mr. Worry: A Story About OCD. Holly L. Niner (2004)

Ages 4-8. Story of Kevin, a young boy with Obsessive Compulsive Disorder. (32 pages)

More Than Moody: Recognizing and Treating Adolescent Depression. Harold S. Koplewicz (2002)

Helps parents distinguish between normal teenage angst and true depression, a serious psychological illness with serious long-term consequences

My Bipolar Roller Coaster Feeling Book. Bryna Hebert (2005)

Elementary. The purpose of this book is to help the child with bipolar disorder better understand his or her feelings, learn coping strategies, and feel less alone in this world.

My Book Full of Feelings: How to Control and React to the Size of Your Emotions. Amy V Jaffe & Luci Gardner.

An interactive workbook for parents, professionals and children to teach children how to identify, access the intensity of and respond appropriately to their emotions.

My Feeling Better Workbook: Help for Kids Who are Sad and Depressed. Sara Hamil (2008)

Workbook that helps kids explore their feelings and combat their negative self-talk that depletes their motivation and self-esteem. (122 pages)

My Sister, Then and Now. Virginia L. Kroll (1992)

Grades 1 to 4. Story of Rachael, 10, has a 20-year-old sister with schizophrenia. (33 pages)

New Hope for Children and Teens with Bipolar Disorder. Boris Birmaher (2004)

Provides compassionate and informative methods to help manage the diagnosis and develop the strengths, gifts and skills that every child has to offer.

New Hope for People With Bipolar Disorder. Jan Fawcett, MD et al (2000)

This book dispels the myths and fears surrounding bipolar disorder.

Obsessive-Compulsive Disorder: Help for Children and Adolescence. Mitzi Waltz (2000)

Guide on this complex neurological illness, with attention to every subtopic imaginable: causes; consequences; diagnosis (including rare conditions and related disorders); therapeutic, medical, and alternative intervention; insurance issues; schooling; and transitions.

Obsessive Compulsive Disorder in Children and Adolescents: A Guide. Hugh Johnson (1997)

Booklet is a comprehensive introduction to obsessive-compulsive disorder for parents who are beginning to learn about the illness.

Obsessive Compulsive Disorder: New Help for a Troubling Disease (video) (1997)

Explains the condition and various treatment options including potential benefits and risks.

Obsessive Compulsive Disorders: A Complete Guide to Getting Well and Staying Well. Fred Penzel, PhD (2000)

Discusses the entire spectrum of OCD, from the classic form characterized by intrusive, repetitive, and often unpleasant thoughts, to body dysmorphic disorder ("imagined ugliness"), trichotillomania (compulsive hair pulling), compulsive skin picking, and nail biting. He takes the reader through each step of the most effective behavioral therapies, detailing how progress is made and how to avoid relapse.

OCD in Children & Adolescents: A Guide. John March and Karen Mulle (1998)

This practical manual presents a cognitive-behavioral treatment program that has been proven effective in eliminating or alleviating OCD symptoms in children across a broad range of ages and aptitudes

The Optimistic Child: A Revolutionary Program That Safeguards Children Against Depression & Builds Lifelong Resilience. Martin Seligman (1995)

Shows how to teach parents and other concerned adults how to instill in children a sense of optimism and personal mastery..

Overcoming School Anxiety: How to Help Your Child with Separation, Tests, Homework, Bullies, Math Phobia, and Other Worries. Diane Peters Mayer (2008)

Shows parents how to deal with a wide variety of problems, from test and homework anxiety to bullying, school violence and fear of speaking up in class.

A Parent Survival Guide to Childhood Depression. Susan E. Dubuque (1996)

Author recounts the story of her son's struggle, shows the warning signals and guideposts along the way and points out the pitfalls in the diagnosis of depression.

Parenting a Bipolar Child: What to Do and Why. Gianni L. Faedda and Nancy B. Austin (2006)

Overview from a psychiatrist and a psychologist of the available treatment options and most effective parenting strategies you can use to deal with a Child with Bipolar Disorder.

Parenting the Hurt Child: Helping Adoptive Families Heal and Grow. Gregory Keck and Regina Kupecky (2002)

Explores how parents can help adopted or foster children who have suffered neglect or abuse.

Passing For Normal: A Memoir of Compulsion. Amy Wilensky (1999)

Account of Wilensky's lifelong struggle with the often misunderstood disorders Tourette's Syndrome and Obsessive-Compulsive Disorder.

Polly's Magic Games: A Child's View of Obsessive-Compulsive Disorder. Constance Foster (1994)

Ages 8 to 12. Polly's Magic Games is a book for children with OCD to share with their family and friends. (20 pages)

Psychiatry: Sixth Edition. David A. Tomb (1999)

Pocket-sized textbook provides comprehensive, up-to-the-minute coverage of all areas of adult psychiatry.

Raising a Moody Child. Mary Friestad and Jill Goldberg Arnold (2003)

Book explains how treatment works and what additional steps parents can take at home to help children with mood disorders--and the family as a whole--improve the quality of their lives

Reaching and Teaching Children Who Hurt: Strategies for Your Classroom. Susan E. Craig (2008)

Educators will learn how to reach and teach students exposed to abuse, neglect, community violence and other forms of trauma – and break down obstacles to academic achievement and social success.

Recovering From Depression: A Workbook for Teens. Mary Ellen Copeland and Stuart Copans (2002)

Teenagers. Interactive workbook, for teens, explores ways to deal with suicidal thoughts, change negative behaviors, reach out to friends and family, reduce stress, avoid substance abuse, solve problems, recognize triggers of depression, and focus on dreams and goals. (208 pages)

A Regular Kid, That's Me! (video) (45 minutes)

Shows children with Tourette Syndrome ages 7-27 interacting with several teachers in classroom settings.

Ryan: A Mother's Story of Her Hyperactive/Tourette Syndrome Child. Susan Hughes (1990)

Mother's story about her struggle to understand her son's hyperactive and destructive behavior

Seven Steps to Help Your Child Worry Less: A Family Guide. Sam Goldstein, PhD et al (2002)

This guide for parents offers practical strategies to help teach children relaxation techniques, correct ways of thinking to combat worry and anxiety, and empowering behavioral interventions.

Sharing the Hope – A Parental Guide for Managing Obsessive Compulsive Disorder. (video) (18 minutes) (1997)

Provides information to parents of children and adolescents with OCD. Gives an overview of what OCD is and how symptoms can be managed.

The Silence Within: A Teacher/Parent Guide to Helping the Selectively Mute and Shy Children. Bail Goetze

Describes a teacher's experience with a selectively mute child.

Sometimes I Worry Too Much, But Know I Know How to Stop. Dawn Huebner, PhD (2003)

Ages 5 to 10. This is the story of Anna, a child whose worries get the best of her. As her worries grow, Anna wants to stick close to home. She develops stomachaches, asks endless questions of her parents, and no longer wants to play with friends. Anna is frustrated when adults tell her to just stop worrying, a task that seems impossible to her. Anna meets a psychologist who teaches her cognitive-behavioral techniques to use when worries arise. These techniques are presented in enough detail to allow children reading the book to learn, as Anna learns, how to control worries. (59 pages)

SOS Help for Emotions: Managing Anxiety, Anger & Depression. Lynn Clark (1998)

Offers help to know your emotions, manage your emotions, attain greater contentment, achieve personal goals, understand cognitive behavior therapy and enhance emotional intelligence.

Stop It, I Can't. (video) (13 minutes)

Awareness documentary for elementary ages written to create sensitivity and reduce ridicule for children with TS.

Straight Talk About Psychiatric Medications for Kids. Timothy Wiles (1999)

Provides up-to-date information that will enable readers to understand what their child's doctor is recommending, and what their options are.

Straight Talk About Your Child's Mental Health: What to do When Something Seems Wrong. S.V. Faraone (2003)

A more general reference about mental health and learning disorders in children.

Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children. George Lynn (2000)

Advice on recognizing the symptoms, understanding medication and accessing the necessary support at school as well as the managing the day-to-day challenges of parenting a child with Bipolar Disorder.

Taking Depression to School. Kathy Khalsa (2002)

Ages 5 to 10. Emily lives with childhood depression. With therapy and medication, she learns how to manage her sometimes overwhelming feelings. (22 pages)

Taking Tourette Syndrome to School. Tia Krueger (2001)

Ages 5 to 10. Megan has Tourette syndrome. Her story will help other children understand that her tics are not something she can control, but rather, a part of her life (22 pages)

Talking Back to OCD: The Program that Helps Kids and Teens Say “No Way” and Parents say “Way to Go”.

John S. March, MD (2007)

Fourteen-year-old Eric is plagued by thoughts that germs on his hands could be making his family sick. Kelly, age 8, feels distressed if she can't count her pencils in multiples of four. No one wants to get rid of OCD more than they do--that's why Talking Back to OCD puts the power to beat obsessions and compulsions in their hands.

Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger. Meg Eastman & Sydney Craft Rozen (1994)

Shows parents how to recognize and break their own anger patterns which their children may be imitating.

Teaching and Working with Children Who Have Emotional and Behavioral Challenges. (2000)

Designed to help you educate students with emotional and behavioral difficulties. Parents can also use this guidebook to learn how to address their children's needs and to work effectively with the educators in their children's lives.

Teaching the Tiger: A Handbook for Individuals Involved In the Education of Students with Attention Deficit

Designed to help teachers, parents, students and relatives maximize the educational plans necessary to help the children with these disorders.

Temperament in the Classroom: Understanding Individual Differences . Barbra Keogh (2003)

Text explores the effects of temperament on the educational experience from preschool to middle school.

Thinking, Feeling, Behaving: An Emotional Education Curriculum for Grades 1 to 6. Dr. Ann Vernon (revised

Grades 1-6. Resource for helping students learn to overcome irrational beliefs, negative feelings, and the negative consequences that may result.

Tictionary: A Reference Guide to the World of Tourette Syndrome, Asperger Syndrome, Attention Deficit Hyperactivity Disorder and Obsessive Compulsive Disorder for Parents and Professionals. Becky Ottinger (2003)
A-Z resource guide is for anyone needing information and common-sense strategies as they deal with the neurological disorders of Tourette Syndrome, Asperger Syndrome, attention deficit hyperactivity disorder and obsessive-compulsive disorder.

The Touching Tree: The Story of a Child with OCD (video) (40 minutes) (1993)

A story about a child with OCD.

Tourette Individuals Can Succeed: A Workbook for Parents and Teachers of Children with Tourette Syndrome, Attention Deficit Disorder, Obsessive Compulsive Disorder and All Other Disorders. Becky Ottinger (2000)
Handbook for parents and teachers. Includes appropriate adjustments in the classroom and curriculum.

Tourette Syndrome: Finding Answers and Getting Help. Mitzi Waltz (2001)

A consumer guide to Tourette's syndrome, offering resources for families living and dealing with Tourette's.

Turbo Max: A Story for Siblings of Children with Bipolar Disorder. Tracy Anglada (2002)

Ages 8-12. Written for siblings of children with bipolar disorder. 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

24: A Day in the Life of Bipolar Children and Their Families. (DVD) (100 minutes) (2007)

Paints a revealing picture of a day in the life of the children with bipolar disorder and those who love them.

Understanding Mental Illness: For Teens Who Care About Someone with Mental Illness. Julie Tallard Johnson
Grades 5 and up. Examines the different mental illnesses and offers assistance for family members. (71 pages)

Understanding Sensory Dysfunction: Learning, Development and Sensory Dysfunction in Autism Spectrum Disorders, ADHD, LD and Bipolar Disorder. Polly Godwin Emmons et al (2005)

Understanding Sensory Dysfunction is a clear and comprehensive resource to identifying and addressing sensory dysfunction in children, using a range of practical strategies to help them reach their full potential at home, at school and in the community.

Understanding Tourette Syndrome. (CD-ROM) (2001)

This CD contains educational materials about Tourette Syndrome. The CD is divided into 3 sections; Part 1 for Parents, Part 2 for Teachers and Part 3 for Children.

The Ups and Downs of Raising a Bipolar Child: A Survival Guide for Parents. Judith Lederman and Candida Fink
Gives parents the sound advice and expert information they need to cope with this challenging diagnosis, and shows how to provide essential care and support for a bipolar child as well as for the rest of the family.

What Does Happy Look Like? Joseph & Silvana Karim. (2010)

Associates emotions with real-life situations and corresponding colors to make them easier for children to understand and express.

What Makes Ryan Tick? A Family's Triumph over Tourette Syndrome and Attention Deficiency Hyperactivity Disorder. Susan Hughes (1996)

Story about Ryan, a young man with Tourette Syndrome and ADHD.

What to Do When Good Enough Isn't Good Enough: The Real Deal on Perfectionism. Thomas S. Greenspon, PhD

A Guide for Kids to learn how to overcome Perfectionism by using ideas in the book.

What to Do When Kids Are Mean to Your Child. Elin McCoy (1997)

Answers all the basic questions parents have about the painful topics of teasing, bullying, and rejection and offers aged-based, what-to-do tactics for teaching kids to counter such behaviors.

What to Do When You Worry Too Much. Dawn Huebner, Ph.D. (2006)

A Kid's Guide to Overcoming Anxiety. Uses cognitive-behavioral techniques to treat anxiety.

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger. Dawn Huebner. (2008)

Guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger.

What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD. Dawn Huebner (2007)

2nd-5th. Guides children and parents through the cognitive behavioral techniques used to treat OCD. (95 pages)

What Works for Bipolar Kids: Help and Hope for Parents. Mani Pavuluri (2008)

Delivers information, advice and proven strategies that empower you to deal with the challenges of bipolar disorder and help your child.

What's That Look on Your Face? All About Faces and Feelings? Catherine Snodgrass (2008)

Illustrates various facial expressions and the feelings they represent .

When Nothing Matters Anymore: A Survival Guide for Depressed Teens. Bev Cobain (1998)

Teenagers. Describes the causes and types of depression and the connections between depression, suicide, and drug and alcohol abuse. (176 pages)

When You Worry About the Child You Love: Emotional and Learning Problems in Children. Edward Hallowell
Using authoritative information based on the latest research, author explains effective medical treatment that most parents are not aware of for many common childhood problems that have a biological origin.

Why Isn't My Child Happy? A Video Guide About Childhood Depression (video) (110 minutes) (1994)
Video offers frank, honest information concerning the cause of depression in youth, warning signs, the process of diagnosis, proven and unproven treatments and most importantly, guidelines to assist parents, educators and professionals.

With Open Arms: Creating School Communities of Support for Kids with Social Challenges Using Circle of Friends, Extracurricular Activities and Learning Teams. Mary Schlieder (2007)
Kids with Asperger Syndrome, attention deficit disorder, learning disabilities, and behavior disorders, as well as English language learners, often face even greater social challenges, resulting in feelings of isolation. Book provides practical, easy-to-use techniques for even the busiest school personnel

The Worried Child: Recognizing Anxiety in Children and Helping Them Heal. Paul Foxman, PhD (2004)
Shows that anxiety is preventable — or can be minimized — by raising children's self-confidence, increasing social and self-control skills, and teaching them how to play, relax, and communicate their feelings and needs.

Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children. John Dacey and Lisa Fiore (2000)
Empowers you to teach your child essential coping skills for dealing with anxiety in engaging, creative ways. Through dozens of activities you can start using right now, your child will learn how to alleviate stress, build courage and trust, and become an innovative problem solver.

Your Child: What Every Parent Needs to Know, What's Normal, What's Not and When to Seek Help. David Pruitt
Comprehensive guide to emotional, behavioral and cognitive development from infancy through pre-adolescence. Guides caregivers step-by-step through developmental milestones of childhood, discusses specific questions and concerns and examines more troublesome problems, provides guidance for day-to-day interactions and discerning when certain behaviors call for professional help and where to find it.

Your Child's Strengths: Discover Them, Develop Them, Use Them. Jennifer Fox (2008)
Guide for identifying and utilizing children's cognitive and emotional strengths.