

Resource List for Emotional Disturbance/Mental Illness

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

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

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

Acceptance of Mental Illness: Promoting Recovery Among Culturally Diverse Groups. Lauren Mizock & Zlatka Russinova (2016)

Synthesizes research on this topic and offers extensive case histories gathered by the authors to provide readers with an understanding of the multidimensional process of acceptance of mental illness across genders, ethnicities, and sexual orientations.

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)

Teens. 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. (170 pages)

Anger Management: A Practical Resource for Children with Learning, Social and Emotional Difficulties. Fiona Burton & Melanie Wells (2011)

Aims to deliver an appealing, practical and meaningful programme which all children (including those with learning difficulties) will find easy to access and enjoy.

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.

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

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

Bipolar Disorder in Children and Teens: A Parent's Guide. National Institute of Mental Health. (2013)

Guide for parents who think their child may have symptoms of bipolar disorder, or parents whose child has been diagnosed with the illness.

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.

Born Angry: A Simple Guide to Teaching the Emotionally Disturbed. Sue Kornblit Strom. (2010)

Written for teachers that will work with or are starting to work with the special education students known as emotionally disturbed.

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

Ages 4 and up. Story about a young boy with bipolar disorder. Readers learn about his symptoms, fears, and treatment from a child's viewpoint. (20 pages)

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

Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse. Kyle Keegan.

Teens. Discusses what is known about the neurobiology of addiction in young people, how to seek treatment, and how to get the most out of professional help.

The Chameleon Kid: Controlling Meltdown Before He Controls You. Elaine Marie Larson. (2008)

School aged. Uses short verses to present the various reactions that the bad guy Meltdown can cause, followed by advice for how the Chameleon Kid can adapt his emotions and attitudes to prevent Meltdown from taking over. In the process, readers learn various methods of self-regulating their emotion.

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 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.

Cool Down and Work Through Anger. Cheri J Meiners. (2010)

Ages 4-8. Everyone gets angry, so it's never too early for children to learn to recognize feelings of anger, express them, and build skills for coping with anger in helpful, appropriate ways.

Cry for help: A Critical Look at the Issues Surrounding Teen Depression and Suicide Two Years after the Virginia Tech Shooting. PBS (57 minutes) (DVD)

Features first-person stories from adolescents who are confronting depression, anxiety and mental illness.

Defying Mental Illness: Finding Recovery with Community Resources and Family Support. Paul Komarek & Andrea Schroer. (2013)

Simply written, consensus-based, positive and complete, the book covers schizophrenia, depression, post-traumatic stress disorder, childhood mental illness, suicide prevention and more.

Demystifying Psychiatry: A Resource for Patients and Families. Charles F Zorumski & Eugene H Rubin (2010)

Range from a basic discussion of what psychiatry is, to the types of illnesses psychiatrists treat, the training of psychiatrists, the treatment of psychiatric disorders (covering medications, psychotherapy, lifestyle interventions, electroconvulsive therapy, and much more), and how families can help with treatment.

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 Pop Your Cork on Mondays! The Children's Anti-Stress Book. Adolph Moser (1988)

Ages 9-12. 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 9-12. 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. (61 pages)

Dysinhibition Syndrome: How to Handle Anger and Rage in your Child and Spouse. Rose Wood. (1999)

Written for people with neurological disorders and for those who care for them, educate them and treat them.

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 & Nancy Hall (2003)

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

Eight Stories Up: An Adolescent Chooses Hope Over Suicide. Dequincy A Lezine. (2008)

Teens. Discusses the potential causes of suicide in adolescents, how to seek psychiatric treatment, and how to get the most out of professional help.

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 & Melissa L. Holland (2003)

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

Empowering Students with Hidden Disabilities: A Path to Pride and Success. Margo Vreeburg Izzo & LeDerick Horne (2016)

Told with the authentic voices of adults with hidden disabilities, this encouraging, eye-opening book will help you guide students on the Path to Disability Pride and support their success in the classroom and community

Everything I Do You Blame on Me! A Book to Help Children Control Their Anger. Allyson Aborn (1994)

Ages 9-12. Eddie is an angry child who encounters trouble wherever he goes. Helps children develop solutions to their anger issues. (92 pages)

Exploring Feelings Cognitive Behavior to Mange Anger. Tony Attwood (2004)

The cognitive behavior therapy program Exploring Feelings was designed by the author to be highly structured, interesting and successful in encouraging the cognitive control of emotions.

Exploring Feelings: Cognitive Behavior Therapy to Manage Anxiety, Sadness, and Anger. Tony Attwood (DVD) (2007) (3 hours)

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.

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children. Ross W. Greene (2001)

Lays out a sensitive, practical approach to helping your child at home and school, including: reducing hostility and antagonism between the child and adults, anticipating situations in which the child is most likely to explode, creating an environment in which explosions are less likely to occur, focusing less on reward and punishment and more on communication and collaborating problem solving, helping your child develop the skills to be more flexible and handle frustration more adaptively.

Facing Fear Without Freaking Out: Promoting Social and Emotional Fitness for Kids. (DVD) (2008) (30 minutes)

Grades K-5. Using laughter, great music and hair-raising chills, this episode offers practical advice on overcoming fears.

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

Ages 11 and up. 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. (144 pages)

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 & 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.

Handbook of Depression in Adolescents. Susan Nolen-Hoeksema & Lori M Hilt. (2009)

Offers authoritative reviews of research on the nature, causes, and treatments for depression in adolescents.

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 & 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 Schoolchildren Cope with Anger. Jim Larson & John E Lochman. (2002)

Guide to the Anger Coping Program, a group intervention for 8-12 year olds with anger and aggression problems.

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 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 1-6. 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 & 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 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. (128 pages)

I Hate Everything: A Book About Feeling Angry. Sue Graves. (2013)

Ages 4-8. Uses cheerful brightly illustrated stories to help kids understand how their emotions and actions are related—and how they can learn to manage both.

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

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 an Anxiety Disorder: An Essential Resource for Parents. Edna Foa & Linda Wasmer Andrews. (2006)

By bringing together two strands of expertise--that of mental health professionals and of parents who have lived through the experience of their own teenager's mental illness this book provides readers with the clinical information and practical advice they need to understand and help their teen.

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 Adolescent Has an Eating Disorder: An Essential Resource for Parents. B Timothy Walsh & V L Cameron. (2005)

Combines the latest scientific expertise available--including the newest treatments and most up-to-date research findings on eating disorders--with the practical wisdom of parents who have raised teenagers with anorexia or bulimia

If Your Adolescent Has Schizophrenia: An Essential Resource for Parents. Raquel E Gur & Ann Braden Johnson.

Parents will find a clear definition of the disease, including early indicators of the disease as well as information on how to arrange for the proper diagnosis and treatment.

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.

Incredible 5 Point Scale: Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling their Emotional Responses. Kari Dunn Buron & Mitzi Curtis (2004/book) (2005/ DVD/26 minutes)

Explains use of 5-point scales to help students understand and control their emotional reactions to everyday events that might otherwise set in emotion escalating reactions.

The Incredible 5-Point Scale: The Significantly Improved and Expanded Second Edition; Assisting Students in Understanding Social Interactions and Controlling their Emotional Responses. Kari Dunn Buron & Mitzi Curtis.

Includes refinements to the original scales, now considered "classics" in homes and classrooms across the country and abroad, as well as lots of new scales specifically designed for two groups of individuals: young children and those with more classic presentations of autism, including expanded use of the Anxiety Curve.

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.

January First: A Child's Descent into Madness and Her Father's Struggle to Save Her. Michael Schofield (2013)

A father's soul-bearing memoir of the daily challenges and unwavering commitment to save his daughter from the edge of insanity while doing everything he can to keep his family together.

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.

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

Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia. Kurt Snyder.

Teens. Explains how to recognize warning signs, where to find help, and what treatments have proved effective.

Mental Health: An Animated Series (DVD) (30 minutes)

Grades 3 and up. Collection of short and fun animated videos directed towards helping youth understand mental illness and mental disorders.

Mental Health & Growing Up: Factsheets for Parents, Teachers and Young People. Dr. Vasu Balaguru (2013)

Contains easy-to-read factsheets on over 40 different mental health issues . Each factsheet explains the problem, causes and effects, practical tips to deal with it, the treatments available, available evidence and sources of further help.

A Mental Health Survival Guide: How to Manage the Severities of Multi-Mental Health Diagnosis. Brian D Stubbs.

Memoir and survival guide that offers tips on how to manage and find relief from mental illness.

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.

Mind Over Mood: Change How You Feel by Changing the Way You Think. Dennis Greenberger & Christine A Padesky. (1995)

Step-by-step worksheets teach specific skills that have help conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems.

Mind Race: A Firsthand Account of One Teenager's Experience with Bipolar Disorder. Patrick Jamieson. (2006)

Teens. First-person account, aimed at teens who have recently been diagnosed with bipolar disorder, informative in a compassionate, good-humored, yet authoritative manner.

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. (24 pages)

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

Elementary. An interactive workbook for parents, professionals and children to teach children how to identify, access the intensity of and respond appropriately to their emotions. (60 pages)

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

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

My Kid is Driving Me Crazy: A Mom's Survival Guide for Living with a Child with Mental Illness

Helps other who are living with people with mental illness learn to separate themselves from the chaos, redefine who they are, and figure out what they want for their future.

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

Grades 1-4. 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.

Next to Nothing: A Firsthand Account of One Teenager's Experience with an Eating Disorder. (2007)

Teens. Covers such difficult topics as how to make sense of a diagnosis, the various psychotherapies available to those struggling with an eating disorder, psychiatric hospitalization, and how to talk about these illnesses to family and friends.

No Kidding, Me 2! Joe Pantoliano (DVD) (76 minutes)

Candid, often humorous discussions with Pantoliano and his family on their struggle with his own clinical depression, as well as the compelling stories of five other people from all walks of life, all affected differently by mental illness.

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 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.

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..

A Parent Guide to Hair Pulling Disorder: Effective Parenting Strategies for Children with Trichotillomania. Suzanne Mouton-Odum & Ruth Goldfinger Golumb. (2013)

Guide for parents of children with compulsive hair pulling, or trichotillomania, that explains the nature and causes of the problem and methods for treatment and obtaining help.

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 & 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 & Regina Kupecky (2002)

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

Parenting Mentally Ill Children: Faith, Caring, Support and Surviving the System. Craig Winstons LeCroy. (2011)

Captures the essence of caring for these youngsters, providing resources and understanding for parents and an instructive lesson for society.

Parenting Through the Storm: Find Help, Hope, and Strength When Your Child Has Psychological Problems. Ann Douglas. (2017)

In this compassionate and empowering guide, the author combines the vital lessons she has learned with vivid stories from other parents and advice from leading psychologists.

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.

A Practical Guide to Mental Health Problems in Children with Autistic Spectrum Disorder: It's Not Just Their Autism. Khalid Karim, Alvina Ali & Michelle O'Reilly. (2014)

Offers practical guidance to help parents and professionals recognise and handle co-morbid conditions, and dispels the myth that they are just a part of autism.

The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience & Take Back Your Life. Sheela Raja & Jaya Raja Ashrafi. (2018)

In this compassionate guide, you'll find skills based in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help you tackle anxiety and harmful avoidance behaviors; manage negative emotions; cope with flashbacks and nightmares; and develop trusting, healthy relationships—even if your trust in others has been shaken to the core.

Raising a Moody Child. Mary Friestad & 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

Raising Troubled Kids: Help for Parents of Children with Mental Illness or Emotional Disorders. Margaret Puckette. (2008)

Fact-filled and practical guide on how to get a stressful home under control quickly: including techniques for working with a troubled child's behavior, professional advice from therapists and psychiatrists, hopeful research findings, and anecdotes and stories from parents, grandparents, and siblings.

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 & 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)

The Red Beast: Controlling Anger in Children with Asperger's Syndrome. K I Al-Ghani. (2008)

Ages 5 and up. Accessible, fun way to talk about anger, with useful tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome. (48 pages)

Reparenting the Child Who Hurts: A Guide to Healing Developmental Trauma and Attachments. Caroline Archer and Christine Gordon. (2013)

Explains the impact of early trauma on the neuro-biological development of children, and provides clear guidance for foster and adoptive parents.

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

School Success for Kids with Emotional and Behavioral Disorders. Michelle R Davis, Vincent P Culotta, Eric A Levine & Elisabeth Hess Rice. (2011)

Gives parents and teachers of students with conduct disorder, oppositional defiant disorder, mood disorders, or other emotional and behavioral disorders the strategies they need to help these kids overcome their struggles and find success in school.

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.

A Short Introduction to Understanding and Supporting Children and Young People who Self-Harm. Carol Fitzpatrick. (2012)

Shows parents, carers and professionals how they can support young people through these difficult times, as well as how to find specialist professional help.

Show Me Your Mad Face: Teaching Children to Feel Angry without Losing Control. Connie J Schnoes, PhD. (2012)

Discover ways to teach children to stop using angry and aggressive behaviors and learn new, positive ways of behaving and expressing anger or frustration.

Shy Spaghetti and Excited Eggs: A Kid's Menu of Feelings. Marc Nemiroff & Jane Annunziata. (2011)

Ages 5 and up. Kids book about feelings with a note to parents showing ways to help kids understand what they feel. (64 pages)

The Simple Guide to Child Trauma: What it is and How to Help. Betsy de Thierry. (2017)

Offers help to understand more about a child's emotional and behavioural responses following trauma and provides welcome strategies to aid recovery.

Sitting Still Like a Frog: Mindfulness Exercises for Kids. Eline Snel. (2013)

Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. Includes a 60 minute audio CD of guided exercises ready by Myla Kabat-Zinn.

Social Behavior and Self-Management: 5-point Scales for Adolescents and Adults. Kari Dunn Baron, Jane Thierfeld Brown, Mitzi Curtis & Lisa King. (2012)

Uses scales as a way of explaining social and emotional concepts to individuals who have difficulty understanding such information but have a relative strength in understanding systems.

Sometimes I Like to Fight, But I Don't Do It Much Anymore: A Self-Esteem Book for Children with Difficulty Controlling Their Anger. Lawrence Shapiro, PhD (1995)

Ages 4-10. Tells the story of Douglas, whose aggressive play and rough-housing turns into a more serious problem in controlling his anger. (64 pages)

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

Ages 5-10. 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.

Straight Talk About Anger. (DVD) (15 minutes)

Grades 6-8. Young teens find ideas that resonate with their own lives and learn techniques to developing a healthy approach to controlling anger.

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. Dr. Stephen V Faraone (2003)

Gives parents the tools they need to look clearly at how a child is feeling, thinking, and behaving and make wise decisions about when to call for professional help

A Straight Talking Introduction to Children's Mental Health Problems. Sami Timimi (2013)

Provides parents of children with mental health difficulties with all the information they need to make informed choices about a child's treatment.

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)

Elementary. 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)

Elementary. 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 Disorder, Tourette Syndrome and Obsessive-Compulsive Disorder. Marilyn Dornbush (1995)

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.

The Thought That Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder. Jared Douglas Kant. (2008)

Teens. Explains how to recognize warning signs, where to find help, and what treatments have proved effective.

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.

Totally Chill, My Complete Guide to Staying Cool: A Stress Management Workbook for Kids with Social, Emotional, or Sensory Sensitivities. Christopher Lynch, PhD. (2012)

Stress management workbook that is meant to be read, completed, and used as much as possible by children themselves. Its fun graphics and interactive style make it ideal for children grades 3 through middle school.

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. (32 pages)

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

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

Understanding Myself: A Kid's Guide to Intense Emotions and Strong Feelings. Mary C Lamia, PhD. (2011)

Ages 9 and up. Uses cool psychology and info on emotions, real-life stories from kids, interesting facts, and feelings quizzes to help you notice what your emotions and feelings are telling you about yourself, your friends, and your family. (112 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.

Unspoken Words: A Child's View of Selective Mutism. Sophia Blum. (2013)

School Age. Written by a teenager who suffered from Selective Mutism. This unique book is directed to children with Selective Mutism as well as for parents, professionals and teachers to help them understand a child's unspoken words when unable to speak and express themselves. (71 pages)

The Ups and Downs of Raising a Bipolar Child: A Survival Guide for Parents. Judith Lederman & 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)

Grades Pre-K and up. Associates emotions with real-life situations and corresponding colors to make them easier for children to understand and express.(46 pages)

What to Do When Good Enough Isn't Good Enough: The Real Deal on Perfectionism. Thomas S. Greenspon, PhD
Ages 9 and up. A Guide for Kids to learn how to overcome Perfectionism by using ideas in the book. (144 pages)

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)

Ages 9 and up. A Kid's Guide to Overcoming Anxiety. Uses cognitive-behavioral techniques to treat anxiety. (80 pages)

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

Ages 8 and up. Guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. (96 pages)

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

Ages 8 and up. 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.

Who Cares About Kelsey? (DVD) (2012) (76 minutes)

Documentary about empowering, not overpowering, youth with emotional and behavioral disabilities.

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 Child's Strengths: Discover Them, Develop Them, Use Them. Jennifer Fox (2008)

Guide for identifying and utilizing children's cognitive and emotional strengths.