Resource List for Emotional Disturbance/Mental Illness
SSD Family & Community Resource Center
Parent Education & Diversity Awareness
12110 Clayton Road
St. Louis, MO 63131
314-989-8438/989-8108/989-8194

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.

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.

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.

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)

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.

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

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

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.

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

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.
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.

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

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)

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

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.

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.

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

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

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.

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

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.
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)

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)

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)

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.

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

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

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

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

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

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.
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.

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

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.

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

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.

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

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

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.

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

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)
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)

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.

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.

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

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.

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

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.

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.

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.

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.

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

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

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

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)

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

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

This book dispels the myths and fears surrounding bipolar disorder.

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.

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.

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

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.

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

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.
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.

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.

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

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

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.

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

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.

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

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.

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.

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)

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)

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

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.

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.

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.

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

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.

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 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)

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

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.

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

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.

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)

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.

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.

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

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.

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

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.

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.

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 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.

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)

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.

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.

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

Ages 8 and up. Guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. (96 pages)
Ages 8 and up. Guides children and parents through the cognitive behavioral techniques used to treat OCD. (95 pages)

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

Illustrates various facial expressions and the feelings they represent.

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 disabillities.

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

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.

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