

Resource List

Websites

Provider

Mental Health America, www.mhanational.org

National Alliance on Mental Illness, www.nami.org

National Institutes of Health, www.nih.gov

Depression and Bipolar Support Alliance, www.dbsasandiego.org

American Psychiatric Association, www.psychiatry.org

Patient

Worry Wise Kids, www.worrywisekids.org

The Child Anxiety Network, www.childanxiety.net

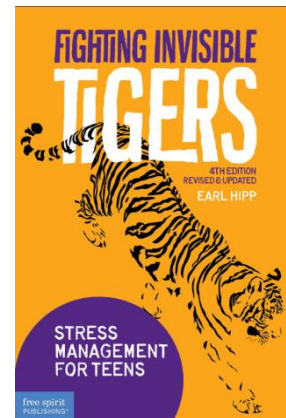
Books

Fighting Invisible Tigers: Stress Management for Teens.
4th Edition
by Earl Hipp

What it's about: Fighting Invisible Tigers teaches teens proven techniques and stress management skills to face the rigors of growing up. Packed with useful information on how stress affects physical and emotional health

Reading Level: 4 Grade and Up

Reading recommendation: Parents and Patients to read concurrently

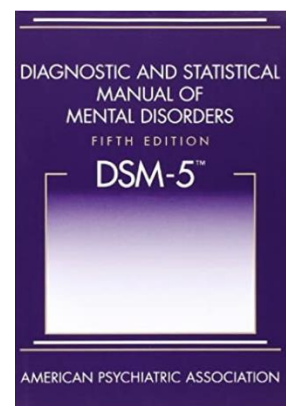


Diagnostic and Statistical Manual of Mental Disorders,
5th Edition: DSM-5 5th Edition
by American Psychiatric Association (Author)

What it's about: the most comprehensive, current, and critical resource for clinical practice available to today's mental health clinicians and researchers of all orientations. The information contained in the manual is also valuable to other physicians and health professionals, including psychologists, counselors, nurses, and occupational and rehabilitation therapists, as well as social workers and forensic and legal specialists

Reading Level: Advanced

Reading Recommendation: Providers



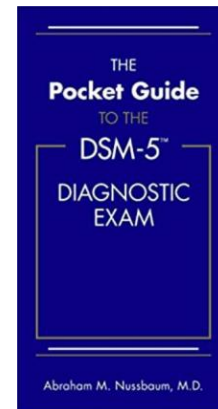
The Pocket Guide to the DSM-5(TM) Diagnostic Exam 1st Edition

by Abraham M. Nussbaum

What it's about: The book provides an efficient structure for learning how to conduct an interview, reviews the screening questions, and then explains how DSM-5 impacts the interview. The sixth chapter, the core of the guide, walks the reader through a complete diagnostic exam that includes questions for each DSM-5 disorder class.

Reading Level: Advanced

Reading Recommendation: Providers



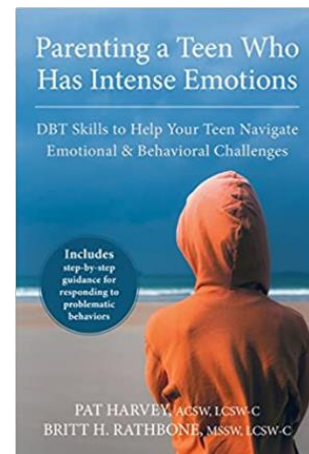
Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges

by Pat Harvey & Britt H. Rathbone

What it's about: Parenting a teen with intense emotions can be extremely difficult. This much-needed book will give you the tools needed to help your teen regulate his or her emotions. In addition, you'll learn the skills for managing your own reactions so you can survive these difficult years and help your teen thrive.

Reading Level: Teens

Reading Recommendation: Parent & Provider



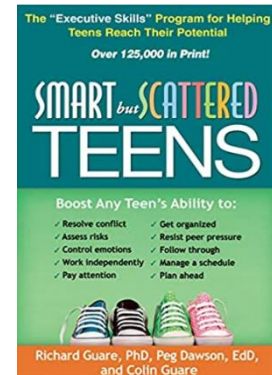
Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential

by Richard Guare, Peg Dawson & Colin Guare

What it's about: This positive guide provides a science-based program for promoting teens' independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions.

Reading Level: Teens

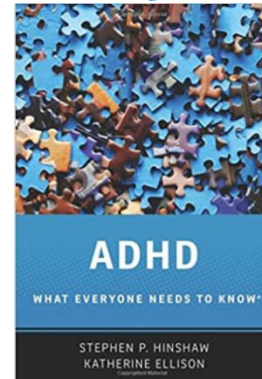
Reading Recommendation: Parents & Patients



ADHD: What Everyone Needs to Know® 1st Edition
by Stephen P. Hinshaw & Katherine Ellison

What it's about: clears the air of the most polarizing and misleading information that abounds, providing straight talk and sound guidelines for educators, policymakers, health professionals, parents, and the general public. It shows the reality of ADHD but does not ignore the forces that have pushed up rates of diagnosis to alarmingly high levels.

Reading Level: Advanced
Reading Recommendation: Parents

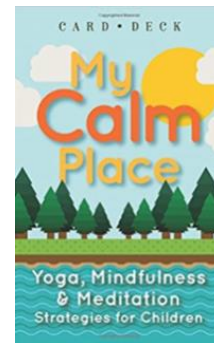


My Calm Place: Yoga, Mindfulness & Meditation Strategies for Children

by Barbara Neiman & Sheila Lewis

What it's about: My Calm Place card deck combines yoga, meditation, mindfulness and guided imagery activities to calm emotions and promote self-regulation in children. Fun and easy-to-use, these 50 exercises are perfect for the classroom, clinic or at home.

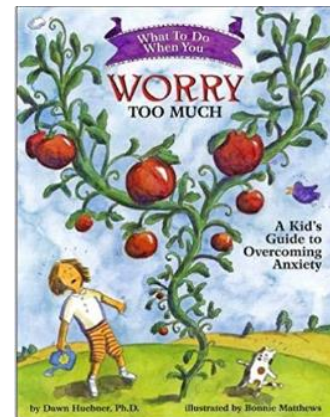
Reading Level: All
Reading Recommendation: Parents and Patients to do together



What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-Do Guides for Kids)
by Dawn Huebner & Bonnie Matthews

What it's about: What to Do When You Worry Too Much guides children and parents through the cognitive-behavioral techniques most often used in the treatment of anxiety.

Reading Level: Ages 6 to 12
Recommendation: Parents with Patients



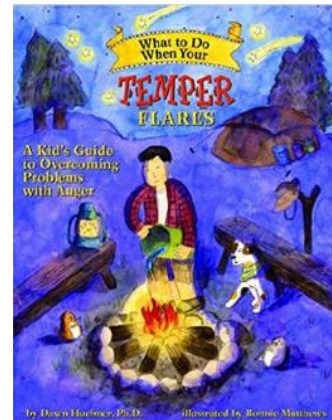
What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger (What-to-Do Guides for Kids)

by Dawn Huebner & Bonnie Matthews

What to Do When Your Temper Flares guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.

Reading Level: Ages 6 to 12

Recommendation: Parents with Patients



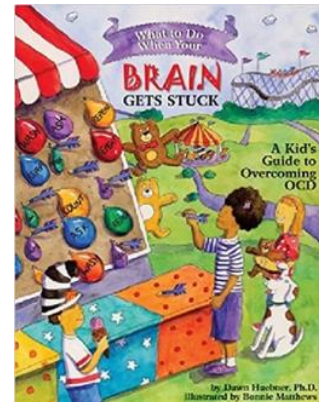
What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids)

by Dawn Huebner & Bonnie Matthews

What To Do When Your Brain Gets Stuck guides children and their parents through the cognitive-behavioral techniques used to treat obsessive compulsive disorder. This interactive self-help book turns kids into super-sleuths who can recognize and more appropriately respond to OCD's tricks.

Reading Level: Ages 6 to 12

Recommendation: Parents with Patients



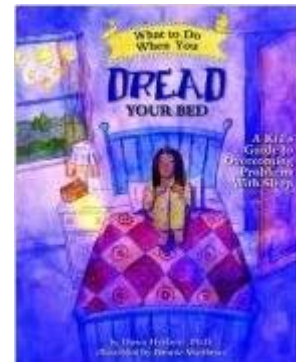
What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep (What to Do Guides for Kids)

by Dawn Huebner & Bonnie Matthews

What to Do When You Dread Your Bed guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights.

Reading Level: Ages 6 to 12

Recommendation: Parents with Patients



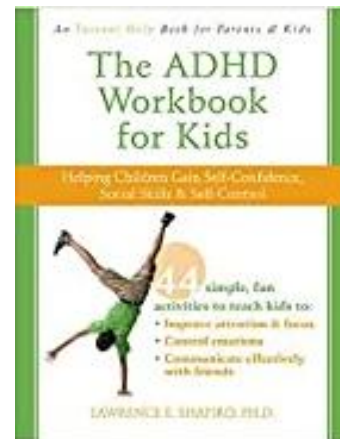
The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help)

by Lawrence E. Shapiro PhD

This workbook includes more than forty activities for kids developed by child psychologist Lawrence Shapiro that can help your child with ADHD handle everyday tasks, make friends, and build self-esteem while he or she learns to overcome the most challenging aspects of the disorder. Alone or with your help, your child can complete one ten-minute activity each day to learn how to make good decisions and discover easy techniques for staying focused when it's time to pay attention.

Reading Level: Ages 6 to 12

Recommendation: Parents and Patients



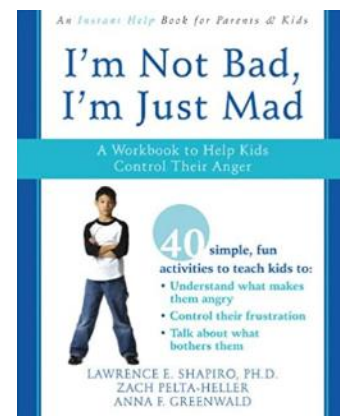
I'm Not Bad, I'm Just Mad: A Workbook to Help Kids Control Their Anger

by Lawrence E. Shapiro PhD, Zack Pelta-Heller & Anna F. Greenwald

I'm Not Bad, I'm Just Mad contains forty activities for issues such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. The workbook explores common lifestyle issues such as lack of sleep that can make anger problems worse.

Reading Level: Ages 6 to 12

Recommendation: Parents and Patients



Feelings & Choices Flip Book | Teach 28 Emotions to Kids & Toddlers | Early Learning Feelings Chart & Book Flash Card Alternative | Autism (ASD) Friendly Teaching Toy | Parents Teachers & Therapist

by Radial Education

The Feelings & Choices flipbook with a colorful, engaging feelings chart and emotion-based style flash cards alternative to help them better understand how they feel in different situations, how to interpret those feelings and emotions, and how to make positive decisions going forward.

Reading Level: Reading Level: 3 months and up

Recommendation: Parents and Patients

