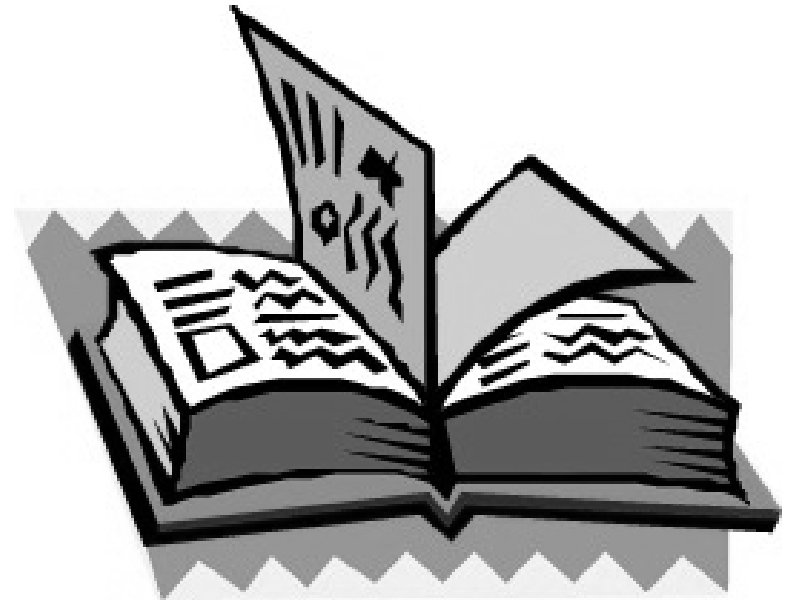


Books for Parents and Professionals About Children's Mental Health



NH Family Voices

Tel: (603) 271-4525 or toll free in NH

1-800-852-3345 Ext. 4525

<http://www.nhfv.org>

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NH Family Voices has available the following books in the lending library. Books are sent through the mail, with return postage paid envelope.

Clark, Lynn PhD

SOS HELP FOR EMOTIONS: MANAGING ANXIETY, ANGER AND DEPRESSION

SOS Programs and Parent Press, 2002

This book uses cognitive techniques to instruct teens (ages 16 and over) to manage common problems by changing their own thoughts and feelings. This book is easy to read and well illustrated.

SPECIAL FOCUS ON ANXIETY DISORDERS IN CHILDREN, ADOLESCENTS AND YOUNG ADULTS

Anxiety Disorders Association of America, 1998

A practical guide about anxiety disorders, their diagnosis, treatments, school work and family impacts.

Rapee, Ronald, PhD; Spence, Susan, PhD; Cobham, Vanessa, PhD; Wignall, Ann M. Psych.

HELPING YOUR ANXIOUS CHILD: STEP-BY-STEP GUIDE FOR PARENTS

New Harbinger Publication, 2000

An easy to read guide for parents to assist them in helping their child overcome worries, fears, anxiety. Covers relaxation and social skills as well .

VIDEOS

Barkley, Russell A.

UNDERSTANDING THE DEFIANT CHILD

Guilford Publications, Inc., 1997

This video and program manual represents real life scenes of family interactions and commentary from parents. (34 minutes)

Barkley, Russell A.

MANAGING THE DEFIANT CHILD: A GUIDE TO PARENT TRAINING

Guilford Publications, 1997

This video and program manual is designed to provide a review of current knowledge about the management of oppositional defiant disorder in children. (34 minutes)

WHY ISN'T MY CHILD HAPPY?

Neurology, Learning & Behavior Center, 1994

Dr. Sam Goldstein offers information concerning the causes of depression, warning signs, the process of diagnosis, proven and unproven treatments and guidelines for parents. (110 minutes)

THE NEEDS OF CHILDREN COME FIRST

KidsPeace National Centers for Kids in Crisis

Shows multidisciplinary team approach to creating individually tailored treatment.

♥ More helpful books may be found in the lending library under the topics of Behavior, Education and Learning Disabilities.

Frank, Kim "Tip"; Paget, Mike, M.Ed.; Wilde, Jerry, PhD.
**DEFYING THE DEFIANCE: 151 INSIGHTS, STRATEGIES,
LESSONS AND ACTIVITIES FOR HELPING STUDENTS
WITH ODD**

Youthlight, 2005

A nice overview of oppositional defiant disorder and lots of ideas to assist teachers, and parents, with improving cooperation, avoiding disruption, and helping the defiant child to feel successful.

Gorman, Jack M. MD

THE ESSENTIAL GUIDE TO PSYCHIATRIC DRUGS

St. Martin's Griffin, 1997

An easy to read handbook that explains many disorders and the medications that are used to treat them.

Wilens, Timothy

**STRAIGHT TALK ABOUT PSYCHIATRIC MEDICATIONS
FOR KIDS**

Guilford Press, 1999

Basic info on psychiatric medications. More specific information on meds for ADHD, Autism, anxiety disorders, mood disorders and Schizophrenia as well as other medically/neurologically based disorders.



Dubuque, Susan

**A PARENT'S SURVIVAL GUIDE TO CHILDHOOD
DEPRESSION**

Childworks /Childsplay; 1996

Written by a parent, this book provides a wealth of information on childhood depression and tips for coping.

Dupont Spencer, Elizabeth, MSW; Dupont, Robert L., MD and
Dupont, Caroline M., MD

THE ANXIETY CURE FOR KIDS: A GUIDE FOR PARENTS

John Wiley & Sons, 2003

This book is a comprehensive, but easy to follow, guide for parents. Provides an overview of anxiety from diagnosis to treatment. Also offers helpful advice for coaches, teachers and school nurses.

Tobin, L.

**WHAT DO YOU DO WITH A CHILD LIKE THIS?
INSIDE THE LIVES OF TROUBLED CHILDREN**

Whole Person Associates, 1991

A notebook of anecdotes and practical suggestions for teachers, counselors, day-care workers and parents. Presents a wide variety of techniques proven effective for helping troubled children change.

Antony, Martin M. PhD and Watling, Mark A. MD

**OVERCOMING MEDICAL PHOBIAS: HOW TO CONQUER
FEAR OF BLOOD, NEEDLES, DOCTORS, AND DENTIST**

New Harbinger Publications, 2006

This book provides general information on medical phobias, as well as the best methods for treatment, strategies for preventing fainting and tips for caregivers.

Wodrich, David L.

A GUIDE FOR NON-PSYCHOLOGISTS - CHILDREN'S PSYCHOLOGICAL TESTING

Paul H. Brooks Publishing, 1997

This resource explains in laymen's terms the principles of psychological testing, terminology and how these test are interpreted. A wealth of information.

Waltz, Mitzi

OBSESSIVE - COMPULSIVE DISORDER: HELP FOR CHILDREN AND ADOLESCENTS

O'Reilly, 2001

Provides a description of OCD, diagnosis, living with OCD, therapeutic, medical and alternative interventions. Insurance, education and transitional issues. Easy to follow and very thorough.

Colas, Emily

JUST CHECKING: SCENES FROM THE LIFE OF AN OBSESSIVE-COMPULSIVE

Pocket Books, 1998

A young wife and mother shares her experience with OCD through a series of vignettes - suitable for parents of older children (late teens and up).

Jellinek, Michael MD; Patel, Bina MD; Froehle, Mary PhD (Editors)

BRIGHT FUTURES IN PRACTICE: MENTAL HEALTH (VOLUME I - PRACTICAL GUIDE)

National Center for Education in Maternal and Childhealth, 2002
Volume I is a developmental guide which considers the mental health of children and provides information on specific mental health problems and disorders.

Jellinek, Michael MD; Patel, Bina MD; Froehle, Mary PhD (Editors)

BRIGHT FUTURES IN PRACTICE: MENTAL HEALTH (VOLUME II - TOOL KIT)

National Center for Education in Maternal and Childhealth, 2002
Volume II is a tool kit for use in screening, care management and health education. Great hands on tool for use in mental health screening and education

Jamison, Kay Redfield

NIGHT FALLS FAST

Vintage Books, 1999

Written by a woman who has herself attempted suicide, this book is an in depth look at recognizing the signs and coming to the aid of those at risk for suicide, and looking at the profound effects on those left behind.

Riley, Douglas A. , MD

THE DEFIANT CHILD: A PARENT'S GUIDE TO OPPOSITIONAL DEFIANT DISORDER

Taylor Trade Publishing, 1997

Dr. Riley explains how oppositional defiant children and teens view the world, and offers tips to parents on how to take back control.



Federici, Ronald S.

**HELP FOR THE HOPELESS CHILD: A GUIDE FOR FAMILIES
A SPECIAL DISCUSSION FOR ASSESSING AND TREATING
THE POST INSTITUTIONALIZED CHILD**

Signature Book Printing, 2003

Written for parents who have adopted
a child who has suffered deprivation or abuse. This book provides
an overview of the typical issues such as mental health needs,
working with providers, and managing as a family.

Levy, Terry M., Orlans, Michael

**ATTACHMENT, TRAUMA AND HEALING: UNDERSTANDING
AND TREATING ATTACHMENT DISORDERS IN CHILDREN
AND FAMILIES**

CWLA Press, 1998

This book examines the causes of attachment disorder and dis-
cusses effective solutions. Covers evaluation, diagnosis, training
and education of caregivers and early intervention programs.

Thomas, Nancy L.

**WHEN LOVE IS NOT ENOUGH: A GUIDE TO PARENTING
WITH RAD- REACTIVE ATTACHMENT DISORDER**

Nancy L. Thomas, 2005

Written by a therapeutic parenting specialist who has for 20
years shared her life & home with children with RAD. Wonderful
tips for building the parent / child bond and healing the child.

Diamond-Raab, L. MA, LPC, ATR-BC, CP; Joshi, P.T. MD; Lewin,
S.M. MHS; Shambaugh, S.G. MA, AT

**HANDS-ON: APPROACHES TO HELPING CHILDREN HEAL
FROM TRAUMATIC EVENTS**

Children's National Medical Center, 2007

Provides practical, hands on activities and suggestions on how
adults can help children express their feelings after something
traumatic, through art, play, creative writing, music, drama and
movement.

DeSilva, Padmal and Rachman, Stanley
OBSESSIVE COMPULSIVE DISORDER - THE FACTS

Oxford University Press, 1998

This book is intended for those with OCD and their families. It
is full of up-to-date information. The authors look at the full
range of therapies available and give case histories to highlight
various aspects of OCD and treatment.

Rapoport, Judith L. MD

**THE BOY WHO COULDN'T STOP WASHING - THE
EXPERIENCE AND TREATMENT OF OBSESSIVE
COMPULSIVE DISORDER**

Signet Books, 1989/1991

Explains through case studies and explanations the issues of
obsessive compulsive disorder and diagnosis, treatments such as
medications, behavioral therapies and resources.

Shilts, Donna

**LOVE IS A START—THE REAL CHALLENGES OF RAISING
CHILDREN WITH EMOTIONAL DISORDERS**

Look Again Publishing, 1999

This book is written by an adoptive mom of two little boys
labeled severely emotionally disturbed. Being a story of love, not
regret, its uplifting and powerful.



Bradshaw, John

HEALING THE SHAME THAT BINDS YOU

Health Communications, Inc., 1988

This book offers techniques of recovery from societal and personal breakdown. Shows how shame is the core problem in our compulsions, co-dependencies and addictions.

Waltz, Mitzi

BIPOLAR DISORDERS: A GUIDE TO HELPING CHILDREN AND ADOLESCENTS

O'Reilly, 2000

Provides detailed information on diagnosis and misdiagnosis, family life, support, medications, education. Very comprehensive.

Mondimore, Francis Mark MD

BIPOLAR DISORDER: A GUIDE FOR PATIENTS AND FAMILIES

Johns Hopkins, 1999

Dr. Mondimore offers practical information regarding the symptoms, diagnosis, causes and treatment. Advantages and disadvantages of various treatments are covered.

Lyden, Jacki

DAUGHTER OF THE QUEEN OF SHEBA

Penguin Books, 1997

As an adult, Jacki was a national public radio foreign correspondent. She grew up living in a small Midwestern town with a mother who had Bipolar disorder. She shares the heart breaking and humorous moments of her childhood.

Papolos, Demitri MD & Papolos, Janice

THE BIPOLAR CHILD: THE DEFINITIVE AND REASSURING GUIDE TO CHILDHOOD'S MOST MISUNDERSTOOD DISORDER

Broadway Books, 1999

This book is a wealth of information. The perspectives of parents, siblings and the children with Bipolar disorders are well represented. Critical information on insurance issues, education and adolescents included.

Jamison, Kay Redfield

AN UNQUIET MIND: A MEMOIR OF MOODS AND MADNESS

Vintage Books, 1995

Written by a professor of psychiatry who herself has experienced bipolar disorder. This is a first hand look at both her struggles and her triumphs.

Keuthen, Nancy J. PhD; Stein, Dan J. MD; Christenson, Gary, MD
HELP FOR HAIR PULLERS: UNDERSTANDING AND COPING WITH TRICHOTILLOMANIA

New Harbinger Publications, 2001

A very thoughtful guide on hair pulling, with cause and symptoms, assessment and treatment covered. Tips for the person affected, as well as for family and friends who support them.

Mueser, Kim PhD & Gingrich, Susan MSW

COPING WITH SCHIZOPHRENIA: A GUIDE FOR FAMILIES

New Harbinger, 1994

Provides an overview of the illness, clear explanations of treatment choices and step-by-step help for those close to the person who has schizophrenia. Coping strategies and resource included.

