

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Mental Health Issues

Material Title: **Adolescent Suicide: A School-Based Approach to Assessment and Intervention**
 Author: William Kirk and George M. Batsche *Books* 1997 175 pages

This book provides the information required to accurately identify potentially suicidal adolescents and provides the skills necessary for appropriate and effective intervention.

Material Title: **Beyond Healing: The Path to Personal Contentment After Trauma**
 Author: David Ziegler *Books* 2009 260

Many individuals have had their dreams and hopes in life shattered by physical or emotional trauma. While healing is critically important, this work explores ways of moving beyond healing in order to experience a truly fulfilling life. It takes a close, critical look at many of our beliefs about human limitations and offers an undeniable message of hope - hope for those individuals who have paid such a high price for past abuse and trauma, and hope for our future and the possibility of reaching both our individual and collective human potential. Beyond Healing is an invaluable guide to anyone who has personally experienced trauma or is attempting to help someone else who has.

Material Title: **Bipolar Child, The: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder**
 Author: Demetri Papolos *Books* 1999 369 pages

This book balances scientific and clinical knowledge with moving personal accounts of experiences of real families. It is a well-organized, practical and authoritative book that will answer parents' tremendous number of questions and help them find hope.

Material Title: **Bright Futures in Practice: Mental Health Materials (CD-ROM)**
 Author: *CD-ROMs*

This CD-ROM contains a manual designed for use by medical professionals. This can be paired up with the DVD "Bright Futures in Preventative Mental Health Disk 1 & 2."

The disk includes a description of certain mental health conditions and related topics that may be experienced either by a child or parent, symptoms, interventions, resources and developmental interventions. Parents may use this in order to learn more about a particular diagnosis and resources. Topics that are included here are: mental retardation, mood disorder, Munchausen Syndrome by Proxy, obesity, oppositional behavior, parental depression, pervasive developmental delay, postpartum mood disorders and substance abuse.

Material Title: **Bright Futures in Preventative Mental Health: Discs 1& 2 (DVD)**
 Author: DVD *DVDs* 2007 3 hrs. 35 min.

This DVD includes 2 disks with 4 parts. It is a curriculum developed by the University of Washington to address the mental health of children in care.

Part 1: Provides an overview of the Bright Futures for Children and Youth in Foster Care. The presenters discuss ways to promote mental health in children and prevent mental illness.

Part 2: Mickey Kander provides a general overview of common mental health diagnosis for children in foster care.

Part 3: A panel of professionals, including a school psychologist, child welfare supervisor, school nurse and Puget Sound ESD Safe Schools, Healthy Student program answers foster parents' questions regarding the mental health issues of the children in their care. The panel is facilitated by Mickey Kander.

Part 4: Tree House: Educational Advocacy for Special Education and 504 Plans. Barbara Hollbrook provides an overview of the curriculum and answers audience members' questions.

This DVD set could be paired with the CD-ROM "Bright Futures in Practice: Mental Health Materials."

Material Title: **Carrie Fisher: Her Battle With BIPOLAR DISORDER**
 Author: Psychology Today *Journals/Newsletters* December 2001 5 pages

A cover story on Bipolar Disorder.

Material Title: **Childhood Mental Health Disorders: Making Sense of Our Complex Children (DVD)**
 Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 47 minutes

In this interview, Dr. Federici sheds light on the countless number of children who are being treated with multiple layers of inappropriate care due to multiple and inaccurate diagnoses. Trauma presents itself differently, requiring a closer look at the child's anxiety and fear. This DVD will give you a better understanding of how a child's world needs to be reconstructed with the family being the primary construct, whereby the family becomes the "medication."

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Material Title: **Diagnostic Conundrums (2 CDs)**

Author: John Sobraske *CDs* 8/6/2011 2 hours

Presented by John Sobraske, adoption psychotherapist, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Rather than describing specific diagnoses, this session looks at the issue of diagnosis in general. The speaker will cover the use and misuse of labels, such as bipolar and reactive attachment disorder, and the need to understand how various influences interact (like developmental delays, identity issues, and chemical exposure in utero) and to determine, in individual cases, which factors are salient and which are not. Finally, the session will help parents become expert advocates who maintain a whole picture of their child and resist diagnostic fragmentation by specialists.

Material Title: **Empowering Children to Cope With Difficulty and Build Muscles for Mental Health**

Author: Eric Dlugokinski *Books* 1997 216 pages

Providing a conceptual understanding and practical suggestions for educating children in skills that can promote their mental health, this text presents principles for effective delivery of suggested intervention techniques. Chapters in the first section of the text focus on helping children to deal with problem situations. The second section provides information to promote emotionally healthy children, including a knowledge of self, a respect for self and others, healthy habit strength, and a balance between work and play. Suggestions are also provided for enhancing intervention efforts and principles proven effective in mental health education.

Material Title: **Family Dynamics in Individual Psychotherapy**

Author: Ellen F. Wachtel *Books* 1986 243 pages

Addressed to clinicians who do insight-oriented therapy, to family therapists who wish to work with individuals, and to students in these fields, this volume presents specific family systems methods that can be adapted to more traditional psychotherapy, and a theoretical perspective that reconciles family systems approaches with individual psychodynamics.

Material Title: **Family Influences on Childhood Behavior and Development: Evidence-Based Prevention and Treatment Approaches**

Author: Thomas Gullotta and Gary M. Blau *Books* 2008 327 pages

This collection of 13 essays intended for clinicians examines factors associated with families in distress and factors that promote healthy coping skills and resilience. The first 5 chapters explore what family means today, circumstances that can make family life challenging or painful, and how prevention and treatment approaches can help. The next 8 chapters focus on potentially distressing events, including adoption, divorce, stepfamilies, lesbian and gay families, foster care, parents with mental illnesses, physical abuse, and sexual abuse.

Material Title: **Fire-Setting: Foster Parent College (DVD)**

Author: DVD *DVDs* 2003 2 Hrs

In this DVD course, Rick Delaney gives parents a clear understanding of four types of fire-setting problems with children – silent but deadly, impulsive, disturbed, and accidental or curious – and presents some unique and effective ways parents can respond.

Material Title: **Freeing Your Child from Anxiety**

Author: Tamar E. Chansky *Books* 2004 298 pages

This book offers practical solutions to overcome your child's fears, worries, and phobias. It examines all manifestations of childhood fears, including social anxiety disorder, Tourette's syndrome, hair-pulling, and obsessive-compulsive disorder. It guides you through a program to help your child back to emotional safety.

Material Title: **Letting Go of Anger: The Eleven Most Common Anger Styles and What to Do About Them**

Author: Ron Potter-Efron, M.S.W. *Books* 1995 158 pages

This book identifies ten of the most common ways people express their anger and offers methods for changing them. It gives an in-depth description of these types of anger, where they come from, and how to identify them. The helpful techniques they describe are for anyone who wants to learn to express anger in healthy and productive ways.

Material Title: **Managing Multiple Diagnoses: Strategies to Differentiate, Identify, and Intervene Effectively (2 CDs)**

Author: CD *CDs* 2008 90 minutes

Parents and professionals frequently find themselves perplexed by the number of diagnoses their children have. How do we treat each one, what is primary? What about FASD/RAD? What do we do with a depressed child who is oppositional? This workshop, recorded at the 2008 NACAC Conference in Ottawa, offers a basic understanding of how these labels are viewed, medicated, and managed from a practical perspective.

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Material Title: **Mental Health Challenge of Special Needs Adoption, The: A Resource Book for Professionals Working with Adoptive Families**

Author: Children's Psychiatric Day Treatment Center, Orego Books 1987 111 pages

This 1987 collection of studies related to post adoption mental health services is intended to aid therapists, counselors, psychiatrists, psychologists and social workers in understanding the differences in children who have experienced adoption.

Material Title: **Mental Health Law in Oregon**

Author: Disability Rights Oregon Information Packets 2012 71 pages

This guide was written to provide information about the rights and protections that individuals with mental illness have under the law in Oregon, and includes citations to Oregon Revised Statutes (ORS) and Oregon Administrative Rules (OAR).

Material Title: **Microscope with a Wide-Angle Lens, The: A Complete Look at Your Adopted Child Using a Bio-Psycho-Social Model (2 CDs)**

Author: James Kagan and Richard Delaney CDs 852011 1 hour 28 minutes

Presented by James Kagan, pediatrician/psychiatrist, Colorado and Richard Delaney of Hawaii Behavioral Health, Texas at the 37th NACAC Conference 2011 in Denver, Colorado. This workshop will address how the bio-psycho-social assessment of troubled adopted children and youth permits adoptive parents to be better advocates, more informed treatment team members in working with helping professionals, and more knowledgeable observers and caregivers of their children.

Material Title: **Mood Disorders and Trauma: Making Sense of Our Complex Children (DVD)**

Author: Dr. Donald Federici and Heather T. Forbes, LCSW DVDs 2012 41 minutes

Dr. Federici clearly explains how trauma induced mood disorders drive much of a child's negative and acting-out behaviors. He gives insight as to how anxiety, depression, mood swings, compulsive behaviors, sleep difficulties, poor social skills, reactivity, and defiance all connect back to a child's inability to regulate themselves. Solutions that center on a parent's ability and the family's ability to provide an end to the child's fear cycle are discussed in this interview.

Material Title: **Neurochemistry of Fear, The (2 DVDs)**

Author: TCU Institute of Child Development DVDs 2008 hours 20 minutes

The fundamental goal of this seminar is to empower parents and professionals to become healers in the lives of at-risk children and to discuss interventions developed through our work with families of at-risk children. Tragically, children who have been harmed, neglected, and/or abused are at significantly increased risk for behavioral disorders, relationship failures, and early onset mental illness. In this 2-disc DVD, developmental psychologist and Director of the TCU Institute of Child Development, Dr. Karyn Purvis, presents specific skills and insights garnered from research with at-risk children on how to disarm fear responses that drive their aberrant behavior. Dr. Purvis explains concepts to help caregivers and parents understand a child's brain chemistry and how neurotransmitter testing can be used to enhance therapeutic approaches.

Material Title: **New Hope for Children and Teens with Bipolar Disorder**

Author: Boris Birmaher Books 2004 290 pages

This guidebook for parents addresses such areas as assessment, causes, biological treatments, psychological treatments, coexisting psychological disorders, recognizing and responding to suicidal behavior, managing your child's behavior problems, solving your child's academic problems, and handling health insurance.

Material Title: **One Small Boat: The Story of a Little Girl, Lost Then Found**

Author: Kathy Harrison Books 2006 224 pages

From the author of Another Place at the Table, this book focuses on five-year-old Daisy, one of the numerous children the Harrisons have taken in over the years. It is a story of real people, warts and all, who struggle to bring a safe haven to children who have endured extraordinary hardships and of the realities of the systems in place to protect them.

Material Title: **Play in Family Therapy**

Author: Eliana Gil Books 1994 209 pages

Part one of this book for therapists is entitled "The History of and Rationale for Family Play Therapy." Part Two is entitled, "The application of Play Therapy Techniques and Clinical Examples," and it includes chapters on puppet interviews, family art therapy, story-telling techniques, and additional play techniques.

Material Title: **Raising a Moody Child: How to Cope with Depression and Bipolar Disorder**

Author: Mary Fristad and Jill Arnold Books 2003 246 pages

Bipolar illness and depression can derail a child's normal development at any age. With sage advice to parents (and kids) that "it's not your fault, but it's your challenge," the authors provide a roadmap and a toolkit of strategies for families facing these complicated, heritable, and treatable medical disorders.

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Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 1 (DVD)**
Author: DVD *DVDs* 2010 2 hrs. 30 min.

Disk 1 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "Turbulence and Instrument Calibration: Early Childhood Mental Health & Development in Adoption," presented by Kristie Baber, MSW, LICSW; "Sleep and Adoption" presented by Julian Davies, MD.

Material Title: **Raising Your Spirited Child**
Author: Mary Kurcinka *Books* 1991

Spirited kids are, in fact, simply "more"--by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. Distinguished here from hyperactive children, Mary Sheedy Kurcinka offers parents emotional support and proven strategies for handling their spirited child.

Material Title: **Residential Treatment: A Tapestry of Many Therapies**
Author: Vera Fahlberg *Books* 1990 304 pages

This book clearly identifies a framework for professionals and parents considering any residential placement for a child whether the child is with his birth family, foster family, or adoptive family.

Material Title: **Right Fit, The: Finding Effective Help for Families with Attachment Challenged Children (CD)**
Author: CD *CDs* 2008 41 minutes

In this audio program, Juli Alvarado, at Coaching for Life, interviews Jennifer Winkelmann. Juli speaks from her role as a mother to foster and biological children, seeking information for parents on finding the right kind of help for children with attachment challenges. Jen and Juli discuss how to find an effective therapist and equip parents and professionals with the keys to successful treatment.

Material Title: **Therapeutic Communication With Children: The Mutual Storytelling Technique**
Author: Richard Gardner *Books* 1971 970 pages

Material Title: **Therapeutic Communication: Knowing What to Say When**
Author: Paul Wachtel *Books* 1993 292 pages

This textbook for psychologists, therapists and counselors examines what therapists can say at specific moments to contribute to the process of healing and change. It shows why some communication in therapy may be particularly effective, while others addressing essentially the same content may actually be countertherapeutic.

Material Title: **Therapeutic Metaphors for Children and the Child Within**
Author: Joyce Mills *Books* 1986 261 pages

For clinicians, presents a method of applying Erikson's metaphoric interpersonal technique for child therapy. Incorporates theory, technique, and examples to give the reader a full sense of the 'second generation' Eriksonian method of therapy with children of all ages.

Material Title: **Theraplay: Innovations in Attachment Enhancing Play Therapy**
Author: Evangeline Munn *Books* 2000

This structured compilation of essays is aimed at play therapists and other professionals who work with children and families. Theraplay is a form of structured play therapy designed to strengthen the attachment between parents and their child. It is applicable to children of all ages, with a wide range of emotional, social and behavioral problems. It is short term and cost effective. Theraplay techniques are clearly and creatively presented with rich clinical detail in this volume.

Material Title: **Treating Traumatized Children: New Insights and Creative Interventions**
Author: Beverly James *Books* 1989 223 pages

This book offers innovative, insightful, and compassionate approaches to helping children work through their traumatic experiences regardless of the nature of the event.

Material Title: **Treating Troubled Children and Their Families**
Author: Ellen F. Wachtel *Books* 1994 282 pages

Drawing on clinical insights from family systems thinking, psychodynamic play therapy, and cognitive-behavioral perspectives, this work presents an innovative approach to therapeutic work with young children and their families. This book is aimed at clinical and family therapists.

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Material Title: **Understanding the Defiant Child (DVD)**

Author: DVD *DVDs* 1997 34 min

In this clear and accessible resource for clinicians and school practitioners, parents, students of child behavior, and teachers, Dr. Barkley illuminates the nature of Oppositional Defiant Disorder (ODD), its causes, why it should be dealt with early, and what can be done. Dr. Barkley provides a vivid picture of what we know about ODD and presents real-life scenes of family interactions and commentary from parents. Viewers learn how to distinguish ODD from milder forms of misbehavior, long-term outcomes for defiant children, the relationship between ODD and ADHD, and why parent training can help.

Material Title: **Using Self Psychology in Child Psychotherapy: The Restoration of the Child**

Author: Jule Miller *Books* 1996 358 pages

Emphasizing the fragility of the developing self and the need for empathic parenting figures, Dr. Miller extends the psychodynamic theories of Heinz Kohut to child psychotherapy. Miller describes the powerful creative forces that push toward healthy self-development and brings Kohut's theory of the self to the treatment of children and adolescents, enabling parents and therapists to apply healing to the child's "self" while it is still in the process of forming.

Material Title: **Why Isn't Johnny Crying? Coping with Depression in Children**

Author: Donald H. Jr. McKnew *Books* 1983 167 pages

The authors have identified and classified the problems associated with depression in young people and have outlined approaches to help treat and relieve even hopeless feelings.