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Resources Available in the ISRC Library about Mental Illness

General Resources

Title	Author	Format	Summary
Deafness and Mental Health	John Denmark	Book	This clear, practical book covers both clinical and service aspects of working with deaf people. The book includes many illustrative examples, and should serve as a resource for professionals in the mental health field.
Mental Health Activities in the Classroom: a Handbook	Joan Goldberg	Book	Includes 28 activities that can improve the mental health of youth. Topics covered by the activities include relationship with parents, anger, responsibility, dealing with failing grades, creative thinking, daydreams, decision making and compromise and individuals with disabilities.
SOS Help for Emotions: Managing Anxiety, Anger, and Depression	Lynn Clark	Book	SOS Help For Emotions - Managing Anxiety, Anger, And Depression is a self-help book that is fun to read and easy to apply. By understanding and applying insights and techniques from this book, you will learn useful self-help methods from cognitive behavior therapy.

Anxiety Disorders

Title	Author	Format	Summary
Anxiety & Phobia Workbook	Edmund J. Bourne	Book	Provides step-by-step help for sufferers of anxiety and phobic disorders. It offers the latest treatment strategies for the whole range of these problems-panic disorder, agoraphobia, generalized anxiety disorder, and obsessive-compulsive disorder-with revisions that include updated information on medications, mindfulness training, and health-related conditions that aggravate anxiety.

If Your Adolescent has an Anxiety Disorder: an Essential Resource for Parents	Edna B. Foa	Book	This book is an essential guide for parents, teachers, or other adults involved with teenagers who may be affected by these disorders. 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-- <i>If Your Adolescent Has an Anxiety Disorder</i> provides adult readers with the clinical information and practical advice they need to understand and help the teen.
What You Must Think of Me: a Firsthand Account of One Teenager's Experience with Social Anxiety Disorder	Emily Ford	Book	Emily's account of how she negotiated all the obstacles of social anxiety--and eventually overcame them with the help of therapy and hard work--makes for compelling reading. Yet this book is more than just a memoir. Emily's story is coupled with the latest medical and scientific information about the causes, diagnosis, treatment, and self-management of social anxiety disorder (or SAD).

Depression and Bi-Polar Disorder

Title	Author	Format	Summary
Bipolar Child: the Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder	Demitri F. Papolos	Book	Details the diagnosis, explains how to find good treatment and medications, and advises parents about ways to advocate effectively for their children in school. Also describes all the changes in educational law due to the 2004 reauthorization of IDEA (Individuals with Disabilities Education Act), and offers a multitude of ideas for parents and educators to help the children feel more comfortable in the academic environment.
Bipolar Disorder in Childhood and Early Adolescence	Melissa P. DelBello	Book	Provides a state-of-the-science review of knowledge on bipolar disorder in children, covering all aspects of theory and research. Leading clinical researchers address such topics as epidemiology, diagnosis and assessment, comorbidity, and outcomes.
Bipolar Workbook: Tools for Controlling Your Mood Swings	Monica Ramirez Basco	Book	Dr. Monica Ramirez Basco has assembled a versatile toolkit of proven self-help strategies designed to help you recognize the early warning signs of relapse, resist the seductive pull of manic episodes, and escape the paralysis of depression. Whether you're new to the diagnosis (and not quite sure it fits) or want to enhance your current treatment, this simple program puts you in charge.

<p>If your Adolescent has Depression or Bipolar Disorder: an Essential Resource for Parents</p>	<p>Dwight L. Evans</p>	<p>Book</p>	<p>Authoritative guide that offers essential information such as how to go about getting a diagnosis, what the latest treatment options and prevention strategies are, how to help teens cope with mental illness at home and at school and, perhaps most importantly, what the warning signs and red flags are that parents and other adults should look out for in teenagers who may be at risk for these diseases. Combining the expertise of leading psychiatrists and psychologists with the experience of everyday people who have faced these disorders in their own children, the books are designed to help adults deal effectively with adolescent mental illness and to empower them to act immediately and wisely in getting teens the best available treatment possible.</p>
<p>Mind Race: a First-Hand Account of One Teenager's Experience with Bipolar Disorder</p>	<p>Patrick Jamieson</p>	<p>Book</p>	<p><i>Mind Race</i> is a first-person account, aimed at teens that have recently been diagnosed with bipolar disorder, informative in a compassionate, good-humored, yet authoritative manner. Jamieson discusses his own challenges and triumphs, and offers advice on dealing with developing symptoms such as how to recognize the beginning of a mood shift.</p>
<p>Monochrome Days: a Firsthand Account of One Teenager's Experience with Depression</p>	<p>Cait Irwin</p>	<p>Book</p>	<p>In <i>Monochrome Days</i>, Irwin shares her experiences as a young woman who suffered from a crippling depression but was able to recover with the help of a supportive family and expert psychiatric care. In telling her remarkable story, Irwin and science writer Linda Andrews explain what is currently known about major depression in adolescents, demystifying the often confusing science behind the illness.</p>
<p>Parent Handbook on Childhood and Adolescent Depression</p>	<p>(none)</p>	<p>Book</p>	<p>The Erika's Lighthouse <i>Parent Handbook on Childhood and Adolescent Depression</i> is a <i>practical guide</i>, written by parents for parents, with information and ideas on what to do if a child is suffering from depression. Understanding exactly what's going on with a child, finding the right treatment, dealing with the schools, negotiating insurance issues - all are challenges that parents face when their child is suffering from depression. Our handbook is designed to help - with practical ideas written in an easy-to-read style.</p>
<p>Survival Strategies for Parenting Children with Bipolar Disorder</p>	<p>George T. Lynn</p>	<p>Book</p>	<p>Offers clear, practical 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. As it is frequently found in combination with ADHD, Tourette Syndrome and Asperger's Syndrome, the author draws on case-studies from his own psychotherapeutic practice to show what these conditions have in common, how they differ, and how they relate to each other.</p>

Self-Injurious Behavior and Suicide

Title	Author	Format	Summary
Bodily Harm: the Breakthrough Treatment Program for Self-Injurers	Karen Conterio	Book	Written by the directors of S.A.F.E. Alternatives, a self-injury treatment program, "Bodily Harm" is an authoritative examination of this alarming syndrome, offering a comprehensive treatment regimen.
Eight Stories Up: an Adolescent Chooses Hope Over Suicide	DeQuincy A. Lezine	Book	Starts by describing his deteriorating state of mind in college, using his own email archive to retell the episode that would nearly claim his life. He then offers hard-earned wisdom and practical advice to other young people who may be considering suicide. In straightforward, easy-to-understand language, and drawing on the psychiatric expertise of David Brent, MD, Lezine discusses the potential causes of suicide in adolescents, how to seek psychiatric treatment, and how to get the most out of professional help.
Gone Forever with No Goodbye: A Child's Guide to Understanding Suicide	Mariann J. Blacconiere	Book	Discusses – in child-friendly language – what suicide is, why people commit suicide, that is not the fault of the child, how the child might feel, and how the child might say goodbye to the person who died.
Youth Suicide: What the Educator Should Know	Eleanor C. Guetzloe	Book	Discusses understanding youth suicide and how schools can prevent it.

Other Mental Illnesses

Title	Author	Format	Summary
Chasing the High: a Firsthand Account of One Young Person's Experience with Substance Abuse	Kyle Keegan	Book	Starting with the early days of alcohol and drug use, Keegan charts his decline into crime and homelessness as his need for heroin surpassed all thoughts of family and friends, of right and wrong. He then goes on to use these experiences to offer guidance and practical advice to other young people who may be struggling with substance abuse.
If Your Adolescent has an Eating Disorder: an Essential Resource for Parents	B. Timothy Walsh	Book	An authoritative guide to understanding and helping a teenager with anorexia nervosa or bulimia nervosa. It is designed for parents of teens who have recently been diagnosed with an eating disorder, or who are at risk of developing one, and for other adults, such as teachers and guidance counselors, who are regularly in contact with at-risk adolescents.

If Your Adolescent has Schizophrenia: an Essential Resource for Parents	Raquel E. Gur	Book	<i>If Your Adolescent Has Schizophrenia</i> is an informative guide, written specifically to help adults spot the warning signs and seek appropriate treatment for the young people in their lives. 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.
Me, Myself, and Them: a Firsthand Account of One Young Person's Experience with Schizophrenia	Kurt Snyder	Book	In <i>Me, Myself, and Them</i> , Kurt looks back from the vantage point of recovery and eloquently describes the debilitating changes in thoughts and perceptions that took hold of his life during his teens and twenties. As a memoir, this book is remarkable for its unvarnished look at the slow and difficult process of coming back from severe mental illness.
Next to Nothing: a Firsthand Account of One Teenager's Experience with an Eating Disorder	Carrie Arnold	Book	In <i>Next to Nothing</i> , she tells the story of her descent into anorexia, how and why she fell victim to this mysterious illness, and how she was able to seek help and recover after years of therapy and hard work. Now an adult, Arnold uses her own experiences to offer practical advice and guidance to young adults who have recently been diagnosed with an eating disorder, or who are at risk for developing one.
Thought that Counts: a Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder	Jared Douglas Kant	Book	In <i>The Thought that Counts</i> , Jared shares his deeply personal account of trial, tribulation, and ultimately triumph. Using anecdotes, narratives and sidebars, this book adds a human face to a complex disorder. Drawing on the latest scientific and medical evidence, he explains how to recognize warning signs, where to find help, and what treatments have proved effective.
What to do When Your Child has Obsessive-Compulsive Disorder: Strategies and Solutions	Aureen Pinto Wagner	Book	Dr. Aureen Wagner brings you the latest scientific advances in the treatment of this beguiling disorder, along with her many years of experience in treating children and teenagers. Using the metaphor of the Worry Hill, for which she has received international recognition, Dr. Wagner presents a powerful step-by-step approach that countless children have used successfully to regain control from OCD.