

The following pages include websites and numbers for mental health organizations, internet resources and websites, and books about bipolar disorder.

Mental Health Organizations

The American Academy of Child and Adolescent Psychiatry (AACAP) 3615 Wisconsin Ave., N.W., Washington, D.C. 20016-3007 (Tel: 202-966-7300; fax: 202-966-2891; www.aacap.org).

American Psychiatric Association (APA), 1000 Wilson Boulevard, Suite 1825, Arlington, Va. 22209-3901; (Tel: 888-35-PSYCH (77924), 703-907-7300; www.apa.com)

American Psychological Association (APA) American Psychological Association, 750 First Street, NE, Washington, DC 20002-4242; Telephone: (800- 374-2721 or 202- 336-5500; www.apa.org).

National Alliance for Research on Schizophrenia and Depression 60 Cutter Mill Road, Suite 404, Great Neck, NY 11021; (Tel: 800-829-8289; www.narsad.org). This is the largest donor-supported, nongovernmental organization dedicated to raising and distributing funds for research into the nature, causes, treatments, and prevention of severe mental illnesses, including bipolar disorder, schizophrenia, depression, and severe anxiety disorders. Their website includes up-to-date information about the diagnosis and treatment of severe psychiatric disorders.

National Alliance for the Mentally Ill 200 N. Glebe Road, Suite 1015, Arlington, VA 22203-3754, (Tel: 800-950-NAMI (6264); www.nami.org). NAMI is a self-help, support and advocacy organization for people with severe mental illnesses, their family members, and friends. In their website you will find reliable information about diagnoses, treatment, sources of support, books and many other relevant issues for people with psychiatric disorders.

Child and Adolescent Bipolar Foundation (CABF) 1187 Wilmette Avenue, #PMB 331, Wilmette, IL 60091 (847-256-8525; www.bpkids.org). CABF is a unique parent-led organization whose goal is to provide information and support to family members, healthcare professionals, and the public concerning bipolar disorder in the young.

The Depressed and Bipolar Support Alliance (DBSA) (www.dbsalliance.org) (previously known as **The National Depressive and Manic-Depressive Association**) 730 N. Franklin Street, Suite 501, Chicago, Illinois 60610-7204 USA. (Tels: 800-826-3632 and 312-642-0039; fax 312-642-7243). The DBSA is devoted to educating consumers and their family members about mood disorders, decreasing the public stigma of these illnesses, fostering self-help, advocating for research funding, improving access to care, and it also has a link to find mental health and professionals in your area and other resources.

The National Mental Health Association 2001 N. Beauregard Street, Alexandria, VA 22311, telephone: (Tel: 1-800-969-NMHA (6642); www.nmha.org). The National Mental Health Association is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. NMHA works to improve the mental health of people with mental disorders, through advocacy, education, research and service.

Internet Resources /Web Sites

Internet resources specific to children with bipolar disorder

The Bipolar Child <http://www.bipolarchild.com>

This website provides general information about bipolar disorder in youth, news about new research, email newsletter, and other resources.

Bipolar Significant Others (BPSO) <http://www.BPSO.org>

This is an internet support group for people in relationships with someone who has a bipolar disorder (children, parents, siblings, spouses, etc).

Bipolar World Web Site www.bipolarworld.net

This website provides general information on bipolar diagnosis, treatments, and suicide, an “ask the doctor” link, personal stories, information on disabilities and stigma, community and family support, relevant books, a bipolar message board, and chat rooms.

Child and Adolescent Bipolar Foundation (CABF) <http://www.bpkids.org>

This is a reliable website that offers online support groups, chat rooms, message boards, learning center, database of professional members and local support groups, resource page with information on Social Security, drug database, information about studies and publications, and international resources.

Juvenile Bipolar Research Foundation (JBRF) <http://www.bpchildresearch.org>

This website provides general information about bipolar disorder in youth, news about new research, screening questionnaires, professional listservs for physicians and therapists treating the children, Grand Rounds Program (bimonthly online clinical case conferences with parental questions addressed by international experts), and discussion forums for parents and educators.

Lithium Information Center c/o Madison Institute of Medicine.

<http://www.wpic.pitt.edu/STANLEY/images/othrnws/lithinfo.htm>

This center compiles all information available regarding lithium.

National Institute of Mental Health Publications www.nimh.nih.gov/publicat/bipolar.cfm

This site provides excellent up-to-date information on the symptoms, course, causes, and treatment of bipolar disorder in children and adults. Separate sections are devoted to child and adolescent bipolar illness, suicide, medical treatments and their side effects, co-occurring illnesses, psychosocial treatments, sources of help for individuals and families, and clinical research studies.

Suicide Hotline www.suicidehotlines.com

This website includes 1-800 phone numbers for all states in the United States for teens and parents of teens who are in crisis and have suicidal thoughts.

Autism Society of America: <http://www.autism-society.org>

ASA is the oldest and largest grassroots organization within the autism community, with more than 200 chapters and over 20,000 members and supporters nationwide. ASA is the leading source of education, information and referral about autism and has been the leader in advocacy and legislation initiatives for more than three decades.

Anxiety Disorders Association of America www.adaa.org

This web may be useful because many bipolar children and teens have anxiety disorders.

Bridge to Understanding www.bridgetounderstanding.com

This web will inform about special schools for children and teens with mood and behavior problems.

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

www.chadd.org

This website gives reliable information regarding education, support and research for youth and adults with ADHD. Since Bipolar children usually have ADHD this web is a very important source of information for parents and clinicians.

Federation for Families for Children Mental Health www.ffcmh.org

A National parent-run advocacy and support organization for children and youth with emotional, behavioral or mental disorders and their families.

National Attention Deficit Disorder Association. www.add.org

This website offers support and information for parents of children with ADHD and adults with this disorder.

National Library of Medicine www.nlm.nih.gov/medlineplus

Free access to Medline, where over four thousand biomedical journals are archived. Click on "Other Resources" and then on "MEDLINE" to conduct a search of articles dating back to the 1960s. Some full-text articles are available; others are abstracts.

National Association of School Psychologists www.nasponline.org

This website includes numerous tips for parents and teachers on helping children with school related issues like how to manage off-task behaviors, impulsivity, violent behaviors, learning disabilities, and how to advocate for your child. It includes several links to other important websites.

Negotiating the special Education Maze. www.ldonline.org/ld_indepth/parenting/maze.html

Learning disabilities OnLine: LD. This web site provides guide and information regarding resources for special education.

Online Asperger Syndrome Information & Support. <http://www.udel.edu/bkirby/asperger/>

As the name says, this is a website that functions for autism spectrum disorders the way CABF does for childhood bipolar disorder.

Pendulum Resources www.pendulum.org

Offers information about the DSV-IV diagnostic criteria, current medical treatments, books favored by mental health consumers and family members, articles on how to cope with depression on bipolar disorder in yourself or a loved one, writings and poetry by people with bipolar disorder, links to other relevant sites, and updates on research studies.

Struggling Teens www.strugglingteens.com

This is a web resource for parents who are struggling with their children. You'll find a wide variety of resources for your child such as special camps (e.g., for ADHD, boot and wilderness camps), keep up-to-date on current news, and ideas from and about schools and program (e.g., residential), educational consultants, chat rooms, and news.

Teaching LD.Org www.teachingLD.org

The website for the Division of Learning disabilities for the Council of Teaching Exceptional Children is a good resource for parents and teachers who have or are working with children with psychiatric disorders.

The Center for Mental Health Services (CMHS) www.mentalwelath.org

The Child, Adolescent and Family Branch of the federal Center for Mental Health Services promotes and ensures that the mental health needs of children and their families are met within the context of community-based systems of care.

Books about Bipolar Disorders and Other Relevant Issues

Books written for parents about bipolar disorder

(Clinicians, teachers, and counselors can also benefit from reading these books).

Birmaher, B: **New Hope for Children and Teens with Bipolar Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions**; Three Rivers Press; 2004. Dr. Birmaher has done research in mood and anxiety disorders for many years. This is an authoritative and readable book by an excellent child and adolescent psychiatrist.

Fristad, M and Goldberg J; **Raising a Moody Child**, Guilford press, 2003. Book based on the authors' experiences running psychoeducational groups for depressed or bipolar children and their parents.

Koplewicz, H.S. **More Than Moody**. New York: G. P. Putnam's Sons, 2002. This is an informative book for parents whose teens have depression. It includes symptoms, course and outcome, treatment, and useful tips for the management of this disorder.

Lynn, G.T. **Survival strategies for parenting children with bipolar disorder: innovative parenting and counseling techniques for helping children with bipolar disorder and the conditions that may occur with it**. Jessica Kingsley Pub., 2000. This book offers 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.

Miklowitz , D.J. and George, E.L. **The Bipolar Teen: What You Can Do To Help your Family and Teen**; This book provides up to date information about how to manage communication, stress, and medication adherence in older children and teens with bipolar disorder

Papolos, D.F., & Papolos, J. **The Bipolar Child**. New York: Broadway Books, 2002. This book reviews the literature of bipolar disorder in children and new developments in the field. It has helpful chapters on neuropsychological testing and how to do an Individualized Education Plan (IEP) at school. Its major drawback is that all serious psychiatric disorders in children are called "bipolar".

Steel, D. **His Bright Light: The story of Nick Traina**. Delacorte Press, 1998. This book portrays the personal story of the childhood and adolescence of a gifted and talented boy with early-onset bipolar disorder.

Torrey, E.F. and Knable, M.B. **Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families and Providers**. Basic Books, 2002. This book provides an overview of diagnostic and treatment of bipolar disorders and important family issues associated with this disorder.

Waltz, M. **Bipolar Disorders: A guide to helping children and adolescents**. Sebastopol, CA: O'Reilly & Associates, 2002. A very good book about the diagnosis, treatment, and management of school, insurance, transition to adulthood, and other issues in children with bipolar disorder.

Books written for parents about psychiatric disorders or behaviors that are relevant for the management of your child's bipolar disorder.

Barkley, R.A. **Your Defiant Child**; and Barkley, R.A, Gwenyth H, Edwards, and Arthur L. Robin. **Defiant Teens**. Guilford Press, 1997 and 1998, respectively. These books present practical advise how to manage children and teens with oppositional or defiant behaviors.

Barkley, R.A. **Taking Charge of ADHD: Revised edition**. Guilford Press, 2000. A step-by-step plan for behavior management for children with ADHD. Diagnosis, treatment, and neurologic research of what causes ADHD. Practical advice for parents on managing stress and keeping peace in the family. This book includes descriptions of books, organizations, and Internet resources that families can trust.

Green, R.W. **The Explosive Child: A new approach for understanding and parenting easily frustrated, chronically inflexible children.** New York: HarperCollins, 1998. This book teaches parenting techniques for children with severe behavior problems, mood swings and temper outbursts.

Koplewicz H.S. **It's Nobody's Fault: New Hope and Help for Difficult Children.** Three Rivers Press, NY, 1996. The best description of serious child psychiatric disorders available. Treatment concepts are still applicable though medication information is now somewhat out of date.

Patterson, G.R. **Families: Applications of social learning to family life.** Champaign, IL: Research Press, 1975. This book informs parents how to manage their children's behavior problems.

Patterson, G.R. **Living with children: New methods for parents and teachers.** Champaign, IL: Research Press, 1976. This book teaches parents and teachers how to manage children with behavior problems.

Patterson, G.R. & Forgatch, M.S. **Parents and adolescents living together, Part 1: The basics and Parents and adolescents living together, part 2: Family problem solving.** Castalia Pub., 1989. In Vol. 1, authors provide practical, useful and effective suggestions on how to improve your parenting skills and thereby improve the behavior of your children. It suggests methods to replace negative, coercive parent/child interactions with more positive, reciprocal interactions. Volume 2 covers communication skills, problem solving, sex, drugs, and alcohol, school problems and more.

Wilens, T.E. **Straight talk about psychiatric medications for kids.** New York: Guilford Press, 1999. An overview of common childhood psychiatric disorders (including bipolar disorder) and medications used to treat them.

Books for children with bipolar disorder.

Anglada, T. **Turbo max a story for siblings of bipolar children.** Self-published, 2002. For siblings (ages 8-12) of children with bipolar disorder. A boy's summer diary describes his understanding and feelings regarding his sister's illness.

Child and Adolescent Bipolar Foundation and Depression and Bipolar Support Alliance: **The Storm in My Brain: Kids and Mood Disorders.** This is a children's book developed by these support groups to help explain mood disorders to children, and adults. Available from either www.bpkids.org or www.DBSAAlliance.org

McGee, C.C. **Matt the moody hermit crab.** McGee & Woods, Inc., 2002. A story for children (ages 8 to 12) with Bipolar Disorder. Over the course of one school year, Matt undergoes the onset, diagnosis and treatment of this mental illness.

Sommers, M.A. **Everything you need to know about bipolar disorder and manic depressive illness.** Rosen Publishing Group, 2000. A book with nice illustrations intended for adolescents upon first diagnosis of bipolar disorder. Very straightforward, with examples, and a glossary of terms at the back.

Books written for clinicians about bipolar disorder in children that can also be helpful for parents.

Findling, R.L., Kowatch, R.A., & Post, R. M. **Pediatric bipolar disorder: A handbook for clinicians.** Martin Dunitz Ltd, 2003. This book reviews the most current literature about the causes, manifestations, and treatment of pediatric bipolar disorder.

Geller, B., Delbello, M.P. & Frome, M.P. (Editors). **Bipolar disorder in childhood and early adolescence.** Guilford Press, 2003. Review of current knowledge on bipolar disorder in

Goodwin, F.K., & Jamison, K.R. **Manic-depressive illness**. New York: Oxford University Press, 1990. This is the “bipolar bible”. It is written for professionals but it may be informative for parents. A new edition will be published soon.

Martin, A., Scahill, L., Charney, D.S., & Leckman, J.F. **Pediatric psychopharmacology: Principles and practice**. New York, NY: Oxford University Press Inc, 2003. The latest and more comprehensive book published about the use of medications in children and teens.

Robin, A.L. & Foster, S. L. **Negotiating parent-adolescent conflict**. Guilford Press, 2002. This is an excellent book on the management and treatment of parent-adolescent conflict.

Books for adults with bipolar disorder and their families.

Fawcett, J., Golden, B., & Rosenfeld, N. **New hope for people with bipolar disorder.** Roseville, CA: Prima Health, 2000. This book is a good source of information for adults with bipolar disorders.

Duke, P., & Hochman, G. **A brilliant madness: Living with manic-depressive illness.** New York: Bantam Books, 1993. The author gives a self report of her bipolar disorder, successful treatment, and explains facts of the disease and methods of treatment available.

Jamison, K.R. **Touched with fire: Manic-depressive illness and the artistic temperament.** New York: Maxwell Macmillan International, 1993. This book reviews the lives of famous people who have mood problems and quite probable bipolar disorder.

Jamison, K.R. **An Unquiet Mind.** New York: Knopf, 1995. Dr. Jamison, a known researcher in the area of bipolar disorder, recounts her personal experiences living with this disorder.

Garnet, R. & Ferber, E. **Why am I up, why am I down?** Dell Pub Co, 1999. This book discusses the symptoms of both manic and depressive episodes and their common triggers, what causes bipolar disorder and who is at risk, how to get the very specific kind of help you need and current treatments.

Miklowitz, D.J. **The bipolar disorder survival guide; What you and your family need to know.** New York: Guilford Press, 2002. This is an excellent book for people with bipolar disorder. This book can also be read by parents of children with bipolar disorders. It gives excellent tips on how to manage the symptoms of bipolar disorder.

Hinshaw, S. **The Years of Silence Are Past.** Cambridge University Press, 2002. Steve Hinshaw, who is a well known ADHD research psychologist describes growing up with a manic depressive father in the 1950s and 1960s. What people did and didn't talk about, how children understood psychiatric illness when it wasn't clear what the problems were, and of course interspersed is information about the disorder.