

Resources

Last Updated Sunday, 28 February 2010

Ohio Hotlines:

- Choices: Crisis Hotline - 614-224-4663
- Choices: Domestic Violence - 614-258-6080
- DBSA (Depression & Bi-Polar Support Alliance of Ohio) - 419-255-1459
- First Link – resource guide - 614-221-2255
- Franklin County Children Services - 614-229-7000
- Netcare Access (Mental Health Emergencies) - 614-276-2273
- ODADAS (Ohio Department of Alcohol and Drug Addiction Services) - 1-800-788-7254
- Ohio State University Emergency Room - 614-257-3000
- Suicide Prevention - 614-221-5445
- Suicide Prevention Teen Line - 614-294-3300

National Hotlines:

- Al-Anon, Family Groups - 212-301-7240
- Alcoholics Anonymous - 212-686-1100
- Battered Women’s Task Force - 414-466-1660
- Bulimia/Anorexia 24 hour Crisis Line - 800-762-3334
- Child Abuse Hotline - 800-442-4453
- Council on Alcoholism & Drug Dependence - 212-206-6770
- Eating Disorder Hotline - 800-233-5450
- National Legal Aid & Defender Association - 202-452-0620
- Narcotics Anonymous - 818-780-3951
- Runaway Hotline - 800-231-6946
- The Grief Recovery Institute - 800-445-4808

Web Resources:

- 1-2-3 Magic: Parenting Solutions using Positive Discipline from Dr. Thomas Phelan
- Academy for Eating Disorders
- CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

- Marriage Builders
- Mental Help Net
- NAMI: National Alliance on Mental Illness
- National Eating Disorder Association
- National Institute of Mental Health
- National Institute on Drug Abuse
- Parents
- Something Fishy: Web-site on Eating Disorders
- Substance Abuse and Mental Health Services Administration
- WebMD

Recommended Reading:

ADD/ADHD:

- Taking Charge of ADHD: The Complete Authoritative Guide for Parents. R. Barkley
- Understanding Girls With ADHD. K. Nadeau
- Power Parenting For Children with ADD/ADHD: A Practical Guide For Managing Difficult Behaviors. G. Flick
- From Chaos to Calm: Effective Parenting for Challenging Children with ADHD and Other Behavioral Problems. J. Heining & S. Weiss

Eating Disorders:

- The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Health Eating, and Positive Body Image at Home. M. Hernin & N. Matsumoto
- When Your Child Has An Eating Disorder: A Step-By-Step Workbook for Parents and Other Caregivers. A. Natenshon
- Help Your Teenager Beat an Eating Disorder. J. Lock & D. LeGrange
- Treatment Manual for Anorexia Nervosa: A Family-Based Approach. J. Lock
- Wasted: A Memoir of Anorexia and Bulimia. M.Hornbacher
- Thin Enough: My Spiritual Journey Through the Living Death of An Eating Disorder. S. Cruse
- Reviving Ophelia: Saving the Selves of Adolescent Girls. M. Pipher
- Help For Eating Disorders: A Parent's Guide to Symptoms, Causes & Treatments. D. K. Katzman & L. Pinhas
- Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers. J. Treasure
- Children and Teens Afraid To Eat: Helping Youth In Today's Weigh-Obsessed World. F. M. Berg

Self-Esteem

- Everyday Ways To Raise Smart, Strong, Confident Girls: Successful Teens Tell Us What Works. B. Littman

- School Girls: Young Women, Self-Esteem and The Confidence Gap. P. Orenstein
- Girls Will Be Girls: Raising Confident and Courageous Daughters. J. Deak

Social Cliques:

- Odd Girl Speaks Out: Girls Write About Bullies, Cliques, Popularity, and Jealousy. R. Simmons
- Odd Girl Out: The Hidden Culture of Aggression in Girls. R. Simmons
- Queen Bees & Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence. R. Wiseman
- Girlfighting: Betrayal and Rejections Among Girls. L. Brown
- Your Child: Bully or Victim? Understanding and Ending School Yard Tyranny. P. L. Sheras

Dating:

- The Teen Code: How to Talk to Them About Sex, Drugs, and Everything Else. R. Godfrey
- In Love and In Danger: A Teens Guide to Breaking Free of Abusive Relationships. B. Levy
- Save the Date: A Curriculum for Teen on Developing Healthy Dating Relationships. The Family Violence Project
- Beyond The Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens--From Middle School to High School and Beyond. D. W. Haffner & A. H. Tartaglione

Adoption and Attachment:

- Parenting Other People's Children: Understanding and Repairing Reactive Attachment Disorder. J. Stoller
- Beneath The Mask: Understanding Adopted Teens. D. Riley & J. Meeks
- When Love Is Not Enough: A Guide To Parenting Children with RAD. N. Thomas
- Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children and Families. T. Levy and M. Orlans

Mood Related Issues:

- Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families, and Providers. E. F. Torrey.
- The Bipolar Disorder Survival Guide: What You and Your Family Need to Know. D. J. Miklowitz
- The Bipolar Teen: What You Can Do to Help Your Child and Your Family. D. J. Miklowitz

Sibling Relations:

- Siblings Without Rivalry. A. Faber & E. Mazlish
- Loving Each One Best: A Caring & Practical Approach to Raising Siblings. N Samalin & C Whitney
- Twice Blessed: Everything You Need to Know about Having a Second Child-Preparing Yourself, Your Marriage & Your Firstborn for a New Family of Four. J. Leonard
- The Complete Book of Sibling Rivalry. J. McDermott
- Sibling Rivalry. S. V. Reit

- Hugging, Hitting and Other Family Matters. S. Hample, N. Hample

Discipline:

- How to Talk so Children Will Listen and How to Listen so Children Will Talk. A Faber & E Mazlish
- SOS-Help for Parents. L. Clark
- The Difficult Child. S. Turecki & L Tanner
- Liberated Parents/Liberated Children. A. Faber & E. Mazlish
- The New Strong-Willed Child. J. Dobson
- 1-2-3 Magic. T. Phelan
- Logical Consequences: The New Approach to Discipline. R. Dreikurs
- Children: The Challenge. R. Dreikurs
- Parenting the Strong-Willed Child, The Clinically Proved Five-Week Program for Parents of Two to Six Year Olds. R. Forehand & N. Long
- Your Defiant Child: Eight Steps to Better Behavior. R. Barkley & C. Benton
- The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children. R. Greene
- Raising Resistant Children. R. Brooks & S. Goldstein

Divorce:

- Making Divorce Easier on Your Child: 50 Effective Ways to Help Children Adjust. N. Long & R Forehand
- Surviving the Break-up: How Children and Parents Cope with Divorce. JS Wallerstein & JB Kelly
- Child-Friendly Divorce. D. Berry
- The Divorce Helpbook for Teens. C. MacGregor
- Helping Children Survive Divorce: What to Expect, How to Help. AD Hart

Other Parent Resources:

- Asperger's Syndrome: A Guide for Parents & Professionals. T. Atwood
- Perfect Targets: Asperger Syndrome and Bullying. R. Heinrichs
- The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder. C.S. Kranowitz & L Miller
- The Sensory-Sensitive Child: Practical Solutions for Out-of-Bounds Behavior. K. Smith & K. Gouze.
- Bright Minds, Poor Grades: Understanding and Motivating Your Underachieving Child. M. D. Whitley
- Seven Steps to Homework Success. S. S. Zentall
- The Heart of Parenting: Raising and Emotionally Intelligent Child. J. Gottman & J. Declaire