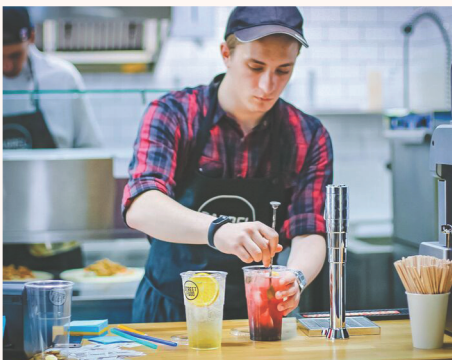




Ontario Society of
Occupational Therapists

CHILD & YOUTH MENTAL HEALTH RESOURCE DIRECTORY

FEBRUARY 2021



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Child & Youth Mental Health Resource Directory

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Child and Youth Mental Health Resource Directory

The following is a list of general mental health resources focused on children and youth. This list is not representative of all the resources available, and the inclusion of a specific resource is not an endorsement by our OSOT committee. Individuals must use their own personal and professional judgement as to the appropriate use of resources for a given client. If you have a resource you would like to see shared on this directory, please email osot@osot.on.ca.

Note: Web links have been included in this resource document. The links have been tested and are representative of current function. There is a chance that the links may not work in the future.

General Mental Health Resources for Children & Youth

Directories for Mental Health Services in Ontario

1. Addiction, Mental Health, Problem Gambling Treatment Services: www.connexontario.ca
2. Children's Mental Health Ontario: www.cmho.org + www.cmho.org/find-help/find-a-centre
3. E-Mental Health: www.ementalhealth.ca
4. EPION Network (has a listing of Early Psychosis Intervention Programs in Ontario):
www.help4psychosis.ca/looking-for-help/where-to-get-help/#marker183
5. Health Canada: www.hc-sc.gc.ca
6. Lead agencies:
www.children.gov.on.ca/htdocs/English/professionals/specialneeds/momh/moving-on-mental-health.aspx
7. National Network for Mental Health: www.nnmh.ca
8. 211 Ontario Provincial Services Referral Service: www.211ontario.ca

Books/Articles:

1. Arbesman, M., Bazyk, S., & Nochajski, S. M. (2013). *Systematic review of occupational therapy and mental health promotion, prevention, and intervention for children and youth*. American Journal of Occupational Therapy, 67(6), e120-e130.
2. Barnes, K. J., Beck, A. J., Vogel, K. A., Grice, K. O., & Murphy, D. (2003). *Perceptions regarding school-based occupational therapy for children with emotional disturbances*. American Journal of Occupational Therapy, 57(3), 337-341.
3. Bazyk, S. (2011). *Mental Health Promotion, Prevention, and Intervention with Children and Youth*. AOTA Press.
4. Berg, K. L., Medrano, J., Acharya, K., Lynch, A., & Msall, M. E. (2018). *Health impact of participation for vulnerable youth with disabilities*. American Journal of Occupational Therapy, 72(5), 7205195040p1-7205195040p9. doi: 10.5014/ajot.2018.023622.
5. Case-Smith, J. & O'Brien, C. (2015). *Occupational Therapy for Children and Adolescents, 7th edition*. Elsevier Canada.

6. Chan, C., Dennis, D., Jankowski, Kim, S., & Jankowski, J. (2017). *An integrative review of school-based mental health interventions for elementary students: Implications for occupational therapy*. Occupational Therapy in Mental Health. doi:10.1080/0164212X.2016.1202804.
7. Cole & Donohue (2011). *Social Participation in Occupational Contexts: In Schools, Clinics, and Communities*. Slack Incorporated.
8. Cramm, H., Pollock, N., Dennis, D., Subramaniam, K., and Carkner, M. *Occupational therapy with school-aged children*. Occupational Therapy Now, 11(6), 24 -26, (NOV/DEC) 2009.
9. Dennis, D., and Rebeiro, K. *Occupational therapy in pediatric mental health: Do we practice what we preach?* Occupational Therapy in Mental Health, 16(2), 5-25. 2000.
10. D'Entremont, L., Gregor, M., Kirou, E., Nelligan, L., & Dennis, D. (2017). *Developmental milestones for productivity occupations in children and youth: An integrative review*. WORK: A Journal of Prevention, Assessment, and Rehabilitation. 56, 75-89. doi:10.3233/WOR-162466.
11. Kielhofner, G. (2008). *Model of Human Occupation, 4th edition*. Wolters Kluwer.
12. Land, S.J. & Bundy, A.C. (2011). *Kids Can Be Kids - A Childhood Occupation Approach*. F.A. Davis Co.
13. Rodger, S. (Ed.) (2010). *Occupation Centred Practice with Children: A Practical Guide for Occupational Therapists*. Wiley-Blackwell.
14. Rodger, S. & Ziviani, J. (Eds.). (2006). *Occupational Therapy with Children: Understanding Children's Occupations and Enabling Participation*. Wiley-Blackwell.
15. Pfeiffer, B., Frolek Clark, G., & Arbesman, M. (2018). *Effectiveness of cognitive and occupation-based interventions for children with challenges in sensory processing and integration: A systematic review*. American Journal of Occupational Therapy, 72(1):7201190020p1-7201190020p9. doi: 16.5014/ajot.2018.028233
16. Szatmari & Cleverley. *Focus on Occupational Performance in Child & Youth Mental Health: A Key Role for Occupational Therapists*. Occupational Therapy Now, Vol 21.1.
17. Tokolahi, E., Em-Chhour, C., Barkwill, L., & Stanley, S. (2013). *An occupation-based group for children with anxiety*. British Journal of Occupational Therapy, 76(1), 31-36.
18. Walrath, C. M., Mandell, D. S., Holden, E. W., & Santiago, R. L. (2004). *Assessing the strengths of children referred for community-based mental health services*. Mental Health Services Research, 6(1), 1-8.

Health Media (Websites, Audio/Video):

1. American Academy of Child & Adolescent Psychiatry: www.aacap.org
2. American Psychological Association: www.apa.org
3. AOTA Focus on Mental Health: www.aota.org/-/media/corporate/files/practice/mentalhealth/focus-on-mental-health-booklet.pdf
4. AOTA Pediatric Podcasts: www.aota.org/Practice/Children-Youth/pediatric-chats-podcast.aspx
5. Booster Buddy (mobile app for mental health): www.islandhealth.ca/learn-about-health/children-youth/mental-health-children-youth/boosterbuddy-mobile-app
6. Canadian Mental Health Association: www.cmha.ca
7. Canadian Psychological Association: www.cpa-apc.org
8. Center for Addiction & Mental Health: www.camh.ca
9. Children's Hospital of Eastern Ontario: www.cheo.on.ca
10. Children's Mental Health Ontario: www.cmho.org
11. E-Mental Health: www.ementalhealth.ca
12. Every Moment Counts: www.everymomentcounts.org
13. Excellence for Child and Youth: www.excellenceforchildand youth.ca/resource-hub

14. Facts For Families:
[www.aacap.org/AACAP/Families and Youth/Facts for Families/Facts for Families Keyword.asp](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Keyword.asp)
[X](#)
15. Happily Family Conference: conference.happilyfamily.com/
16. Kelty Mental Health Resource Center: www.keltymentalhealth.ca
17. Kids Help Phone: www.kidshelpphone.ca
18. Mental Health Foundations: www.mentalhealthfoundations.ca/resources
19. Mind Your Mind: www.mindyourmind.ca
20. My Health Magazine: www.yoomagazine.net
21. National Network for Mental Health: www.nnmh.ca
22. Practice Wise: www.practicewise.com
23. Teen Mental Health: www.teenmentalhealth.org
24. The Center of Knowledge on Healthy Child Development
www.offordcentre.com/research/knowledge
25. Umind: www.umind.ca

Professional Development and Continuing Education in Mental Health

Please note that these lists are not exhaustive, and training can be accessed through various other avenues:

General Mental Health

1. Canadian Association of Occupational Therapists:
www.caot.ca/site/pd/caotworkshops?nav=sidebar
2. Centre for Addiction and Mental Health: www.camh.ca/en/education/continuing-education-programs-and-courses/continuing-education-directory
3. Centre for Suicide Prevention: www.suicideinfo.ca/workshops/
4. Children’s Mental Health Ontario: <https://cmho.org/resources>
5. Mental Health Commission of Canada – Mental Health First Aid: www.mhfa.ca/en/continuing-education
6. Mood Disorders Society of Canada: www.mdsc.ca/continuing-education/
7. Ontario Society of Occupational Therapists: www.osot.on.ca/ProfessionalDevelopment

Psychotherapy Specific Training

1. Acceptance and Commitment Therapy: www.aptcanda.com/acceptance-and-commitment-therapy-training.html
2. CBT for Child & Youth - Adler Institute: www.adler.ca/index.php/online-courses/online-cbt
3. Cognitive Behavioural Therapy (Beck Institute): www.beckinstitute.org/get-training/
4. Dialectical Behavioural Therapy: www.behavioraltech.org/ (training); www.dbt-lbc.org/ (certification)
5. Emotion Focused Family Therapy: www.mentalhealthfoundations.ca/for-clinicians
6. Emotion Focused Skills Therapy: www.drjoannedolhanty.com/training
7. The Association of Psychological Therapies: www.aptcanda.com/

View OSOT’s *Compendium of Counselling and Psychotherapy Resources for Occupational Therapists*, 2nd Edition: www.osot.on.ca/docs/practice_resources/Psych_Compndium_2nd_Edition.pdf

Assessment Related Tools

The following is a list of assessment tools that can be used to help identify client strengths and provide a baseline for formulating client-centred interventions in child and youth mental health. This list represents some of the common assessments used, however is not representative of all the possible assessments that can be used to evaluate skills.

Resource Name	Description
Adaptive Behavior Assessment System - 3 (ABAS3)	Provides a complete assessment of adaptive skills across the lifespan.
Adolescent Role Assessment (ARA)	Gathers information on the adolescent's occupational role involvement over time and across domains.
Ages & Stages Questionnaires – 3rd Edition (ASQ)	Screening tool for developmental delay. "Parents complete the simple, illustrated 30-item questionnaires at designated intervals, assessing children in their natural environments to ensure valid results. Each questionnaire can be completed in just 10-15 minutes and covers five key developmental areas: communication, gross motor, fine motor, problem solving, and personal-social. Professionals convert parents' responses of yes, sometimes, and not yet — in just 2-3 minutes — to color-coded scoring sheets, enabling them to quickly determine a child's progress in each developmental area." (Quoted from Publisher)
Assessment of Motor & Process Skills (AMPS)	Provides an objective assessment of motor and process skills in the context of performing several familiar functional tasks of the subject's choice.
Balcones Sensory Integration Screening Kit	To assist in identifying special neuro-behavioural, behavioural, and/or classroom performance.
Behavioral and Emotional Screening System (BASC/BESS)	Designed for use by schools, mental health clinics, paediatric clinics, communities, and researchers to screen for a variety of behavioural and emotional disorders that can lead to adjustment problems.
Behaviour Rating Inventory of Executive Function (BRIEF)	Assess impairment of executive function.
Behaviour Assessment System for Children 2nd Edition (BASC-2)	Behaviours, thoughts, and emotions of children and adolescents.

Behavioural Assessment of the Dysexecutive Syndrome in Children (BADS-C)	Assist in early identification of deficits in executive functioning in children.
Brief Infant Toddler Social Emotional Assessment (BITSEA)	Assess emerging social-emotional development.
Canadian Practice Process Framework (CPPF)	Useful in a variety of practice settings. Enables OTs to facilitate client-centred, evidence-based practice, as well as reflective practice. Comprised of eight key action points that help to guide the therapeutic process.
Canadian Occupational Performance Measure (COPM)	An individualized, client-centred measure designed to detect change in a client's self-perception of occupational performance over time.
Child Occupational Self-Assessment (COSA)	A client-centred assessment tool and an outcome measure designed to capture youth's perceptions regarding their sense of occupational competence and the importance of everyday activities. Ages 7-18.
Children's Assessment of Participation and Engagement (CAPE)	Gathers information on child's participation in everyday activities outside of mandated school activities.
Child and Adolescent Social Perception Measure (CASP)	To measure a child's sensitivity to non-verbal aspects of communication.
Child Behaviour Checklist (CBCI)	To record a child's competencies and problems as reported by parent or caregiver.
Child Behaviours Inventory of Playfulness (CBI)	Examines playful behaviours of school-aged children (pre-school - grade 4). Includes parent and teacher reports forms.
Childhood Autism Rating Scale (CARS)	Helps to identify children with Autism and determine symptom severity through quantifiable ratings based on direct observation. Two 15-item rating scales completed by the clinician (each for a different population); and an unscored Parent/Caregiver Questionnaire. Ages 2+.
Connors – 3rd Edition	Assessment of attention-deficit/hyperactivity disorder (ADHD) and its most common comorbid problems and disorders in children and adolescents aged 6 to 18 years. A multi-informant assessment that takes into account home, social, and school settings, with rating forms for parents, teachers, and youth.

Community Integration Questionnaire	Helps clients examine the extent of their community participation.
DeGangi Berk Test of Sensory Integration	A criterion-referenced assessment of sensory integrative functions of children 3 to 5 years who demonstrate delays in sensory, motor, and perceptual skills, or who are suspected of having learning problems.
Doors and People for Children	Assess long-term memory. A test of visual and verbal recall and recognition.
Evaluation of Social Interaction (ESI)	An occupational therapy assessment which evaluates a person's quality of social interaction during natural social exchanges with typical social partners.
Gilliam Autism Rating Scale – 2nd Edition (GARS-2)	A rating scale to help identify and diagnose Autism in children and young adults.
Greenspan Social Emotional Growth chart	A screening questionnaire for infants and young children.
Informal Observation/ Interviewing	Clinician engages the client through informal questions, conversation, and activities and takes note of their performance/response across each domain (person, environment, occupation).
Knox Preschool Play Scale	Observational assessment of play skills.
Making Action Plans (MAPs)	A planning process used by teams to help students plan for their futures. The process uses a person-centred approach in which the plans for the future are built upon the student's dreams, fears, interests, and needs. Provides a framework to more fully integrate students; to be used in conjunction with the IEP.
Measures of Psychosocial Development (MPD)	Designed to translate the constructs of Erikson's theory into objective measures to facilitate the investigation and clinical application of Erikson's work.
Miller Function and Participation Scales (M-FUN)	Assess a child's functional performance related to school participation.
Mini Mental State Exam (MMSE)	Set of questions for screening cognitive function.
Model of Human Occupation Screening Tool (MoHOST)	Addresses the majority of MOHO concepts (volition, habituation, skills, and environment), allowing the therapist to gain an overview of the client's occupational functioning.
Multidimensional Anxiety Scale for Children (MASC)	A revision of the Multidimensional Anxiety Scale for Children, the MASC 2 assesses the presence of

	symptoms related to anxiety disorders in youth 8 to 19 years.
Multidimensional Self Esteem Inventory (MSEI)	Measures global self-esteem and its eight components.
Occupational Circumstances Assessment-Interview Rating Scale (OCAIRS)	Gathers data on a client's occupational adaptation. Provides a structure for gathering, analyzing, and reporting data on the extent and nature of an individual's occupational participation. It can be used with a wide range of clients, and would be appropriate for any adolescent or adult client who has the cognitive and emotional ability to participate in an interview.
Occupational Performance History Interview – 2nd Version (OPHI - II)	A semi-structured interview that explores a client's life history in the areas of work, play, and self-care performance.
Occupational Therapy Psychosocial Assessment of Learning (OT PAL)	A unique tool designed to examine environmental factors to determine the best "fit" between a particular child and his/her environment. The OT PAL targets students between 6 and 12 years in elementary school who are experiencing difficulty meeting functional expectations and roles in the classroom which may affect learning.
Parenting Stress Index – 3rd Edition (PSI)	Screening and triage measure for evaluating the parenting system and identifying issues that may lead to problems in the child's or parent's behaviour. Focuses on three major domains of stress: child characteristics, parent characteristics, and situational/demographic life stress.
Participation and Environment Measure -- Children and Youth (PEM-CY)	A measure that evaluates participation in the home, school, and community, alongside environmental factors within each of these settings. It allows parents and service providers to understand more about a child/youth's current level of participation, while encouraging problem solving strategies around changeable elements within each setting to better support further participation. Ages 5-17.
Pediatric Evaluation of Disability Inventory (PEDI)	To assess functional skills of young children, monitor progress, or evaluate the outcome of a therapeutic program. For children with disabilities between 6 months to 7.5 years.
Pediatric Interest Profiles (PIPs)	A self-report that surveys children's and adolescent's play and leisure interests.
Pediatric Volitional Questionnaire	Uses observation of the child's daily behaviours and occupations to assess volition. It provides information about the child's motivational strengths and weaknesses, environmental supports and hindrances, and activities that maximize the child's interests and motivation.

Perceived Efficacy and Goal Setting System (PEGS)	Enables children (5-9 years) to self-report their perceived competence in everyday activities and to set goals for intervention. Using a set of cards that show self-care, school, and leisure activities, children identify the activities that are challenging for them and choose those that they are motivated to work on. Parallel questionnaires for caregivers and educators allow for multiple perspectives to be considered in collaborative goal setting.
Piers Harris Self Concept Scale	Provides a complete picture of self-concept using a simple yes-or-no response format.
Play Activities	Engage clients through informal play activities (i.e., board games, competitive games) and observe how they participate, and what skills they utilize.
Preferences for Activities of Children (PAC)	Self-report measure of children's participation in recreation and leisure activities outside of mandated school activities.
Preschool and Kindergarten Behaviour Scales (PKBS)	A behaviour rating scale designed for use with children 3 to 6 years that helps to identify social skills and behaviours.
Resiliency Scales for Children and Adolescents	Comprises three scales for assessing the relative strength of three aspects of personal resilience as a profile in children and adolescents.
Rivermead Behavioural Memory Test for Children – 3rd Edition (RBMT-3)	To detect and identify memory impairments that occur in everyday activities.
The Roll Evaluation of Activities of Life (REAL)	Assess child's ability to take care of themselves. Assessment of ADLs and Independent Activities of Daily Living (IADLs) in children. Ages: 2:0 - 18:11.
School Function Assessment (SFA)	Used to measure a student's performance of functional tasks that support his/her participation in the academic and social aspects of an elementary school program (grades K–6).
School Setting Interview (SSI)	An instrument which assesses student-environment fit and reflects the potential needs for adjustments to enhance students' participation in school activities.
School Version of the Assessment of Motor & Process Skills (School AMPS)	Used to measure the quality of a student's schoolwork task performance. It can be administered to students with or without a disability who are experiencing challenges with schoolwork task performance. There are over 25 schoolwork tasks including: writing, drawing, coloring, cutting, pasting, and computer tasks. Ages 3-15.

Self-Image Profiles (SIP)	A self-report used to assess self-image and self-esteem in children and adolescents. It provides a visual display of self-image, enabling the child/young person to reveal to him/herself, as well as to the clinician, the way in which they construe themselves as they complete it.
Sensory Profile	To determine how well a subject processes sensory information in everyday situations and to profile the sensory system's effect on functional performance.
Sensory Processing Measure (SPM)	Provides a complete picture of children's sensory processing difficulties at school and home.
Sensory Integration and Praxis Tests (SIPT)	To assess praxis and sensory processing and integration of vestibular, proprioceptive, tactile, kinesthetic, and visual systems. 4 years to 8 years, 11 months.
The Short Child Occupational Profile (SCOPE)	The SCOPE is an occupation-focused assessment that determines how a child's volition, habituation, skills, and the environment facilitate or restrict participation. Developed in collaboration with international practitioners, the SCOPE seeks to facilitate a systematic evaluation of most MOHO concepts.
Society McCarthy Scale of Children's Abilities	Measure cognitive and motor development in children.
Solution-Focused Interviewing	This approach utilizes client strengths and resources rather than expert-directed problem discussions and answers. Strength-based questions, in contrast, are directed at discovering what the client wants to do about the problem.
Structured Assessment of Violence Risk in Youth (SAVRY)	A risk assessment instrument designed to structure appraisals of violence risk and risk management plans for adolescents.
Test of Everyday Attention for Children (TEA-Ch)	Assess the different attentional capacities in children and adolescents.
The Tourettes Syndrome and OCD Checklist – Conners	Helps parents and teachers to better understand children and youth with TS and/or OCD and provide the support and interventions these children need. Presented in a checklist format.
Trauma Symptom Checklist for Children (TSCC)	Evaluate acute and chronic post-traumatic symptoms in children.
Vineland Adaptive Behavior Scales 2	A measure of adaptive behavior from birth to adulthood.
Vineland Social Emotional Early Childhood Scale	A measure of social-emotional development specifically designed for infants and young children.

Alphabetical Index of Specific Mental Health Resources for Children and Youth

The following is an alphabetical index of specific mental health resources for children and youth. This list is not representative of all the resources available, and inclusion of a specific resource is not an endorsement by our OSOT Team. Individuals must use their own personal and professional judgement as to the appropriate use of resources for a given client.

Activities of Daily Living (ADLs)

Books:

1. Newman, C. (2020). *How to Be A Person: 65 Hugely Useful, Super-Important Skills to Learn before You're Grown Up*. Storey Publishing.

Health Media (Websites, Audio/Video):

1. Kindly care: www.kindlycare.com/activities-of-daily-living/
2. Sleep Hygiene: www.cci.health.wa.gov.au/en/Resources/Looking-After-Yourself/Sleep

Anxiety

Books:

1. Benson, H. (1985). *Beyond the Relaxation Response*. Berkley.
2. Bourne, E. (2010). *The Anxiety and Phobia Workbook*. New Harbinger Publications.
3. Dacey, J., Mack, M., & Fiore, L. (2016). *Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children*. Wiley-Blackwell.
4. DuPont Spencer, E., DuPont, R., & DuPont, C. (2014). *The Anxiety Cure for Kids: A Guide for Parents and Children*. Wiley.
5. Huebner, D. (2005). *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety: What to Do Guides for Kids*. Magination Press.
6. Huebner, D. (2017). *Outsmarting Worry: An Older Kid's Guide to Managing Anxiety*. Jessica Kingsley Publishers.
7. Instant Help Books: www.newharbinger.com
8. Jain, R. and Tsabary, S. (2020). *Super Powered: Transform Anxiety into Courage, Confidence, and Resilience*. Random House Books for Young Readers.
9. Lowenstein, L. (2016). *Creative CBT Interventions for Children with Anxiety*. Champion Press.
10. Manassis, K. (1996). *Keys to Parenting your Anxious Child*. B.E.S. Publishing.
11. Shaw, M.A. (2003). *Your Anxious Child: Raising a Healthy Child in a Frightening World*. Tapestry Press.
12. Spence, R.S. PhD., Lyneham, H. PhD., & Cobham, V. PhD. (2008). *Helping Your Anxious Child: A Step-by-Step Guide for Parents*. New Harbinger Publications.

Health Media (Websites, Audio/Video):

1. Anxiety Disorders Association of Canada: www.anxietycanada.ca
2. Anxiety Canada Youth: www.youth.anxietycanada.com (Formerly Anxiety BC www.anxietybc.com) - Separation Anxiety DVD
3. Free Social Work resources and Tools: www.socialworkerstoolbox.com
4. Here To Help: www.heretohelp.bc.ca/workbook/anxiety-disorders-toolkit
5. Hole in One: A Tale from the Iris the Dragon Series – Grass (free download as well) www.iristhedragon.com/bookstore.html
6. Liana Lowenstein: www.youtube.com/user/lowensteinliana
7. Mind Shift mobile app: www.anxietycanada.com/resources/mindshift-cbt/

8. Panic Disorder DVD (Anxiety BC resource)
9. Teen Mental Health: www.teenmentalhealth.org
10. Therapist aid- resources and worksheets: www.therapistaid.com

Programs & Approaches:

1. Anxiety Canada website: www.anxietycanada.com/learn-about-anxiety/anxiety-in-children/#anxiety-articles
2. Camp Cope-A-Lot (CD-ROM) - Kendall (7-13 years old)
3. Coping Cat Group Intervention Handbook: www.cebc4cw.org/program/coping-cat/detailed
4. C.A.T. Project – Kendall (14-17 years old)
5. Depressed and Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety – Marra
6. Emotion Focused Therapy
7. Facing your fears (anxiety management for Asperger Syndrome): products.brookespublishing.com/Facing-Your-Fears-Facilitators-Set-P144.aspx
8. I Bet I Won't Fret: A Workbook to Help Children with Generalized Anxiety Disorder – Sisemore: www.millercounselingserv.com/uploads/9/0/5/1/90518949/i_bet_i_wont_fret-a_workbook_to_help_children_with_generalized_anxiety_disorder.pdf
9. Mighty Moe – Woloshyn (5-11): www.cw.bc.ca/library/pdf/pamphlets/Mighty%20Moe1.pdf
10. The Dialectical Behavior Therapy Skills Workbook for Anxiety – Breaking Free from Worry, Panic, PTSD & Other Anxiety Symptoms – Chapman, Gratz & Tull
11. Thinking, Feeling, Behaving for Adolescents – Vernon (Grade 7-11)

Attachment

Books:

1. Hughes, D. (2009). *Principles of Attachment Focused Parenting: Effective Strategies to Care For Children*. WW Norton.
2. Kolari, J. (2010). *Connected Parenting: How to Raise A Great Kid*. Penguin Canada.
3. MacNamara, D. (2016). *Rest, Play, Grow: Making Sense of Preschoolers (or Anyone Who Acts Like One)*. Aona Books.
4. Neufeld, G. (2013). *Hold on to Your Kids: Why Parents Need to Matter More Than Peers*. Vintage Canada.

Health Media (Websites, Audio/Video):

1. Attachment Association of Canada: www.attachmentcan.ca
2. Dr. Michael Cheng (Children's Hospital of Eastern Ontario): www.drcheng.ca
3. He Shoots He Scores: A Tale from the Iris the Dragon Series (free download): www.iristhedragon.com/bookstore.html

Programs & Approaches:

1. Circle of Security: www.circleofsecurityinternational.com
2. COPE Parenting
3. Coping Power
4. Emotion Focused Therapy: www.psychologytoday.com/ca/therapy-types/emotionally-focused-therapy
5. Floor Time Approach: www.stanleygreenspan.com
6. Parenting for Life
7. Parent Management Training – Kazdin: www.alankazdin.com
8. Step Up (modified)
9. Strengthening Families: www.strengtheningfamiliesprogram.org

Attention

People:

1. Dr. Ned Hallowell: www.drhallowell.com/meet-dr-hallowell

Books:

1. Brown, T.E. (2015). *Smart but Stuck: Emotions in Teens and Adults with ADHD*. Wiley.
2. Forehand, R. & Long, N. (2010). *Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds*. McGraw-Hill Education.
3. Parker, H. (2006). *The ADHD Workbook for Parents: A Guide for Parents of Children Ages 2–12 with Attention-Deficit/Hyperactivity Disorder*. Specialty Press/A.D.D. Warehouse.
4. Quinn, P., & Stern, J. (2001). *Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder*. Magination Pr.

Health Media (Websites, Audio/Video):

1. Shift Your Thinking LD: Resource Hub + Digital Library: www.shiftyourthinkingld.com
2. Teacher resource for movement breaks: www.gonoodle.com
3. Zones mobile app: www.zonesofregulation.com/apps.html

Programs & Approaches:

1. Attention Games: 101 Fun, Easy Games That Help Kids Learn to Focus 1st (first) edition by Barbara Sher
2. Collaborative and Proactive Solutions (formerly known as The Collaborative Problem-Solving Approach) by Ross Greene: www.livesinthebalance.org
3. My Attention Engine by Dr. Lynne Kenney: www.lynnekenney.com/start-your-attention-engines/
4. The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders by Sandra F. Rief
5. The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control by Lawrence E. Shapiro
6. The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence by Lara Honos-Webb
7. The Zones of Regulation by Leah Kuypers: www.zonesofregulation.com/index.html

Borderline Personality Traits

Books:

1. Instant Help Books: www.newharbinger.com

Health Media (Websites, Audio/Video):

1. App: DBT Diary Card and Skills Coach: coping skills and reminders of the DBT approach

Programs:

1. Dialectical Behaviour Therapy Skills, 101 Mindfulness Exercises and Other Fun Activities for Children and Adolescents – Kimberley Christensen, Gage Riddoch & Julie Eggers Huber
2. Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance Skills for Adolescents – Bonner (free pdf):
nebula.wsimg.com/36493759e35e8555be81ded9e34e5113?AccessKeyId=1E15AA41B5D9BBC1C941&disposition=0&alloworigin=1

3. The Dialectical Behavior Therapy Skills Workbook for Anxiety – Breaking Free from Worry, Panic, PTSD & Other by Alexander L. Chapman, Kim L. Gratz, and Matthew T. Tull

Cognitive Behavioural Therapy (CBT)

Books:

1. Instant Help Books: www.newharbinger.com

Health Media (Websites, Audio/Video):

1. Mood Gym: www.moodgym.anu.edu.au
2. Treating Psychosis: www.treatingpsychosis.com

Programs & Approaches:

1. Mind Over Mood by Dennis Greenberger and Christine A. Padesky: www.mindovermood.com
2. The Triangle of Thoughts, Feelings and Beliefs: www.thebluesprogram.weebly.com
3. Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People by Paul Stallard

Conflict Resolution

Books:

1. Ginott, H. (2003). *Between Parent and Child: The Bestselling Classic That Revolutionized Parent-Child Communication*. Harmony.
2. Greene, R. (2014). *Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them*. Scribner.
3. Hall, K.D., & Cook, M. (2011). *The Power of Validation: Arming Your Child Against Bullying, Peer Pressure, Addiction, Self-Harm, and Out-of-Control Emotions*. New Harbinger Publications.
4. Siegel, D., & Bryson, T. (2016). *No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind*. Bantam.

Health Media (Websites, Audio/Video):

1. Think Kids - Dr. Stuart Albon: www.thinkkids.org
2. Lives in the Balance - Dr. Ross Greene: www.livesinthebalance.org
3. Ross Greene: www.youtube.com/user/DrRossGreene

Programs & Approaches:

1. Collaborative Problem Solving
2. COPE Parenting
3. Emotion Focused Therapy

Developmental Readiness (Brain Under Construction)

Books:

1. Kleinfeld, J., Wescott, S., & Morse, B. (1993). *Fantastic Antone Succeeds: Experiences in Educating Children with Fetal Alcohol Syndrome*. University of Alaska Press.
2. Kleinfeld, J., Wescott, S., & Morse, B. (2000). *Fantastic Antone Grows Up: Adolescents and Adults with Fetal Alcohol Syndrome*. University of Alaska Press.
3. Wilder, L., & King-Peery, K. (2011). *Family Hope: Positive Behavior Support for Families of Children with Challenging Behavior: Parent Handbook*. Research Press.

Health Media (Websites, Audio/Video)

1. Fetal Alcohol Spectrum Disorder (FASD) – Strategies Not Solutions (free): edmontonfetalalcoholnetwork.org/wp-content/uploads/2019/02/strategies_not_solutions_handbook.pdf

Eating Disorders and Body Image

Books:

1. Catterick, M., and Curran, L. (2014). *Understanding Fetal Alcohol Spectrum Disorder: A Guide to FASD for Parents, Carers and Professionals*. Jessica Kingsley Publishers.
2. Instant Help Books: www.newharbinger.com

Health Media (Websites, Audio/Video):

1. Canada FASD Research Network: www.canfasd.ca
2. Fetal Alcohol Syndrome Disorder Ontario Network of Expertise: www.fasdontario.ca

Emotional Regulation/Mood

Books:

1. Gottman, J. (1998). *Raising An Emotionally Intelligent Child*. Simon & Schuster.
2. Instant Help Books: www.newharbinger.com
3. Johnstone, M. (2006). *Living with a Black Dog: His Name Is Depression*. Andrews McMeel Publishing.
4. Kaufman, M. (2002). *Helping Your Teen Overcome Depression: A Guide For Parents*. Key Porter Books.
5. Kolari, J. (2010). *Connected Parenting: How to Raise A Great Kid*. Penguin Canada.
6. Rey, J. (2002). *More Than Just the Blues: Understanding Serious Teenage Problems*. Simon & Schuster.

Health Media (Websites, Audio/Video):

1. Clinical Research Unit for Anxiety & Depression: www.crufad.org
2. Mood Disorders Society of Canada: www.mdsc.ca
3. Shift Your Thinking Resource Hub + Digital Library: www.shiftyourthinkingld.com

Programs & Approaches:

1. ASD Cool Kids – (2-6 years old)
2. Beyond the Blues: A Workbook to Help Teens Overcome Depression by Lisa M. Schab
3. Brief Behavioural Activation Treatment for Depression – Lejuez: Behavioral Activation
4. Dealing with Depression – Antidepressant Skills for Teens by Dan Bilsker, Merv Gilbert, David Worling, & Jane Garland (free pdf): www.sfu.ca/carmha/publications/dwd.html
5. Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance Skills for Adolescents – Bonner (free pdf): www.starcenter.pitt.edu/manuals
6. Helping your Teenager Beat Depression: A Problem-Solving Approach for Families by Katharina Manassis, Anne Marie Levac
7. Mind over Mood by Dennis Greenberger & Christine Padesky (Clinician Guidebook also available)
8. Overcoming Depression – A CBT Approach for Taming the Depression Beast by Mark Gilson & Gilson Freeman
9. Recovering from Depression: A workbook for Teens by Mary Ellen Copeland and Stuart Copans

Engagement

Programs & Approaches:

1. Action Over Inertia by Terry Krupa et al.: www.psyrehab.ca/resources/show/a21b3
2. Activity Engagement Measure

Executive Functioning

Books:

1. Dawson, P., & Guare, R. (2009). *Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential*. The Guilford Press.
2. Guare, R., Dawson, P., & Guare, C. (2012). *Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential*. The Guilford Press.
3. Instant Help Books: www.newharbinger.com
4. Shure, M., & DiGeronimo, T. (1996). *Raising a Thinking Child*. Gallery Books.
5. Shure, M. (2001). *Raising a Thinking Preteen: The "I Can Problem Solve" Program for 8- to 12-Year-Olds*. Holt Paperbacks.

Health Media (Websites, Audio/Video):

1. Harvard University Activities Guide: www.developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/
2. Shift Your Thinking LD Resource Hub + Digital Library: www.shiftyourthinkingld.com/resource-hub-digital-library

Programs & Approaches:

1. I Can Problem Solve: An Interpersonal Cognitive Problem-Solving Program: Intermediate Elementary Grades by Myrna B. Shure
2. I Can Problem Solve: An Interpersonal Cognitive Problem-Solving Program Kindergarten & Primary Grade by Myrna B. Shure
3. Invincible Mama Program: www.beyondok.ca/invinciblemama
4. Raising a Thinking Child Workbook by Myrna B. Shure
5. Skills Streaming –Child and Adolescent Versions for Executive Functioning at Home and at School: www.researchpress.com/books/716/skillstreaming-early-childhood
6. The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders by Sandra F. Rief
7. 101 Life Skills Games for Children: Learning, Growing, Getting Along (Ages 6-12)
8. 101 More Life Skills Games for Children: Learning, Growing, Getting Along (Ages 9-15)

Growth Mindset

People:

1. Carol Dweck: www.mindsetworks.com

Books:

1. Big Life Journal: biglifejournal.com/
2. Dweck, C. (2007). *Mindset: The New Psychology of Success*. Ballantine Books.

Health Media (Websites, Audio/Video):

1. Shift Your Thinking LD: Resource Hub + Digital library: www.shiftyourthinkingld.com

Gut Health

People:

1. Dr. Irina Matveikova: www.irinamatveikova.com/en

Books:

1. Matveikova, I. (2014). *Digestive Intelligence: A Holistic View of Your Second Brain*. Findhorn Press.

Health Media (Websites, Audio/Video):

1. Shift Your Thinking LD: Resource Hub + Digital Library (videos and content): www.shiftyourthinkingld.com

Impulse Control

Books:

1. Instant Help Books: www.newharbinger.com
2. Woods, D., Piacentini, J., Chang, S., Deckersbach, T., & Ginsburg, G. (2008). *Managing Tourette Syndrome: A Behavioral Intervention for Children and Adults, Therapist Guide*. Oxford University Press.

Health Media (Websites, Audio/Video):

1. Life's A Twitch by Dr. Duncan McKinlay: www.lifesatwitch.com

Programs & Approaches:

1. CPRI The Break Shop – for Tourettes: www.cpri.ca/families/programs-services/brake-shop/brake-shop-clinic-resources

Learning Differences (dyslexia, learning disabilities, ADHD)

People:

1. Dr Ned Hallowell: www.drhallowell.com
2. Susan Schenk, Beyond Ok: www.beyondok.ca and www.technologyandtoolsforkids.com

Books:

1. Armstrong, T. (2011). *The Power of Neurodiversity: Unleashing the Advantages of Your Differently Wired Brain*. Da Capo Lifelong Books.
2. Instant Help Books: www.newharbinger.com
3. Levine, M. (1994). *Educational Care a System for Understanding and Helping Children With Learning Problems at Home and in School*. Educators Pub Svc Inc.
4. Schultz, J. (2011). *Nowhere to Hide: Why Kids with ADHD and LD Hate School and What We Can Do About It*. Jossey-Bass.

Health Media (Websites, Audio/Video):

1. Shift Your Thinking LD: Resource Hub + Digital Library (videos and content): www.shiftyourthinkingld.com

Programs & Approaches:

1. Invincible Mama Program: www.beyondok.ca/invinciblemama

Mindfulness

People:

1. Dr. Kristen Neff: www.self-compassion.org

Books:

1. Instant Help Books: www.newharbinger.com

Health Media (Websites, Audio/Video):

1. Head Space: www.headspace.com
2. Mindful Games by Susan Kaiser Greenland: www.susankaisergreenland.com/watch-demonstrations
3. Shift Your Thinking LD: Resource Hub + Digital Library (videos and content): www.shiftyourthinkingld.com
4. Sitting Still Like a Frog: <https://www.shambhala.com/sittingstilllikeafrog/>

Obsessive Compulsive Disorder (OCD)

Books:

1. Buffolano, S. (2008). *Coping with Tourette Syndrome: A Workbook for Kids with Tic Disorders*. Instant Help.
2. Chansky, T. (2011). *Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents*. Harmony.
3. Huebner, D. (2007). *What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD*. Magination Press.
4. Instant Help Books: www.newharbinger.com
5. Wagner, A.P. (2013). *Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment*. Lighthouse Press.
6. Zucker, B. (2010). *Take Control of OCD: The Ultimate Guide for Kids with OCD*. Prufrock Press.
7. Wagner, A.P. (2013). *Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment*. Lighthouse Press.

Health Media (Websites, Audio/Video):

1. OCD DVD (Anxiety BC resource)

Programs & Approaches:

1. CPRI The Break Shop – for Tourettes: www.cpri.ca/content/page.aspx?section=158
2. Family Based Treatment for Young Children With OCD: Therapist Guide – Freeman & Garcia
3. OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual – March & Mull
4. SLAM OCD - Pires
5. Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" - and Parents Say "Way to Go" – March
6. What to do when your BRAIN gets Stuck, A kid's guide to overcoming OCD by Dawn Huebner

Oppositional Defiant Disorder (ODD)

Books:

1. Bernstein, J. (2006). *10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behavior*. Da Capo Press.
2. Dunn Buron, K., & Curtis, M. (2012). *The Incredible 5-Point Scale: Assisting Students in Understanding Social Interactions and Controlling Their Emotional Responses*. Aapc Inc.

3. Forehand, R., & Long, N. (2010). *Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds*. McGraw-Hill Education.
4. Greene, R. (2014). *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children*. Harper Paperbacks.
5. Instant Help Books: www.newharbinger.com

Health Media (Websites, Audio/Video):

1. Shift Your Thinking LD - Resource Hub + Digital Library: www.shiftyourthinkingld.com
2. Zones Mobile App: www.zonesofregulation.com/apps.html

Programs & Approaches:

1. Aggression Replacement Training: A Comprehensive Intervention for Aggressive Youth, Third Edition (Revised and Expanded, CD included) – Glick
2. Coping Power – Wells, Lochman & Lenhart
3. Coping Power (modified) – Wells, Lochman & Lenhart
4. CPRI – Self Management Toolkit for Anger and Rage: www.cpri.ca/families/
5. Defiant Children – A Clinician’s Manual for Assessment and Parent Training – Barkley
6. Defiant Teens: A Clinician's Manual for Assessment and Family Intervention – Barkley, Edwards, & Robin
7. Emotion Focused Therapy
8. Family HOPE Parent Handbook: Positive Behavior Support for Families of Children with Challenging Behavior – King-Peery & Wilder
9. I'm Not Bad, I'm Just Mad: A Workbook to Help Kids Control Their Anger – Shapiro & Greenwald
10. Skills Training for Children with Behaviour Problems, Revised Edition: A Parent and Practitioner Guidebook – Bloomquist
11. Social Skills Intervention System (SSIS) – Elliott & Gresham (7-12 years old)
12. Temper Tamers - Smith
13. The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration – Lohmann & Taylor
14. The Kazdin Method for Parenting the Defiant Child – Kazdin
15. The Second Step – Beland (7-12 years old) and (12-14 years old)
16. The Zones of Regulation - Kuypers
17. What to do when your Temper Flares: A Kid's Guide to Overcoming Problems with Anger – Huebner

Resilience

People:

1. Dr. Sue Ball - Talks about resilience
2. Dr. Kristen Neff - also reviews resilience and compassion: www.self-compassion.org

Books:

1. Faber, A., & Mazlish, E. (1996). *How to Talk So Kids Can Learn*. Scribner.
2. Faber, A., & Mazlish, E. (2012). *How to Talk So Kids Will Listen & Listen So Kids Will Talk*. Scribner.

Health Media (Websites, Audio/Video):

1. Dr Mike Evans: www.youtube.com/channel/UCL-IWPkXQn3JYYYYsPnpGIlg
2. Shift Your Thinking LD: Resource Hub + Digital Library (videos and content): www.shiftyourthinkingld.com

Programs:

1. Mindmasters 2: www.santepubliqueottawa.ca/fr/public-health-services/resources/Documents/MM2_ENG_Oct_2019_OPH_FIN_web_FINAL-s.pdf
2. Tools for Life: www.toolsforlife.ca

Self-Esteem

Books:

1. Instant Help Books: www.newharbinger.com

Health Media (Websites, Audio/Video):

1. Catch A Falling Star: A Tale from the Iris the Dragon Series (free download): www.iristhedragon.com/bookstore.html
2. Shift Your Thinking LD: Resource Hub + Digital Library (videos and content): www.shiftyourthinkingld.com
3. Understood for LD: www.understood.org/en/friends-feelings/empowering-your-child/self-esteem/the-importance-of-self-esteem-for-kids-with-learning-and-attention-issues

Programs & Approaches:

1. IMPACT: Self-Esteem (13-18 years old). Ready to Use Self-Esteem Activities for Young Children – Feldman
2. Self-Esteem Workbook for Teens – Schab
3. Strong Start: Grades K-2: A Social & Emotional Learning Curriculum [With CD-ROM] (Strong Kids Curricula) - Merrell
4. Strong Kids: Grades 3-5: A Social & Emotional Learning Curriculum [With CD-ROM] (Strong Kids Curricula) – Merrell
5. Strong Kids: Grades 6-8: A Social and Emotional Learning Curriculum (Strong Kids Curricula) – Merrell
6. Teen Self Esteem Workbook - Leutenberg
7. The Dove Program: www.dove.com/ca/en/dove-self-esteem-project.html
8. The Power of Positive Play - Fabiano & Raftis: www.nicoleraftis.ca
9. The Selfie Project - Cizmar (13-18 years old)

Self-Harm

Books:

1. Kaufman, M. (2002). *Helping Your Teen Overcome Depression: A Guide For Parents*. Key Porter Books.
2. Manassis, K. (2004). *Helping Your Teenager Beat Depression: A Problem-Solving Approach for Families*. Woodbine House.

Health Media (Websites, Audio/Video):

1. Apps: Optimism – mood tracking
 - a. My3 – suicidal ideation
 - b. Operation Reach Out - suicidal ideation
 - c. i-Bobbly – suicidal ideation and depression
2. Kids Health: www.kidshealth.org
3. Living Works - Suicide Safer Communities: www.livingworks.net
4. The Centre for Suicide Prevention: www.suicideinfo.ca

Programs & Approaches:

1. Beyond the Blues: A Workbook to Help Teens Overcome Depression – Schab
2. Brief Behavioural Activation Treatment for Depression – Lejuez (free pdf available)
3. Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance Skills for Adolescents – Bonner
4. Mind Over Mood – Greenberger & Padesky (Clinician Guidebook also available)
5. Overcoming Depression – A CBT Approach for Taming the Depression Beast – Gilson & Freeman
6. PRISM (Program for Innovative Self-Management) – Wexler
7. Recovering from Depression: A workbook for Teens - Copeland
8. Stopping the Pain: A Workbook for Teens who Cut and Self Injure – Shapiro

Self-Regulation

Books:

1. Garland, T. (2014). *Self-Regulation Interventions and Strategies: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders*. PESI Publishing & Media.
2. Instant Help Books: www.newharbinger.com
3. Marnach, K.J.W. (2017). *I Can Do That: A Book on Self-Regulation*. CreateSpace Independent Publishing Platform.
4. Shanker, S. (2017). *Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life*. Penguin Books.
5. Siegel, D., & Bryson, T.P. (2012). *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*. Bantam.
6. Wright, L. (2016). *I Can Handle It*. Laurie Wright.

Programs & Approaches:

1. Emotion Focused Therapy
2. The Alert Program by Therapy Works Inc: www.alertprogram.com
3. The incredible 5-point scale by Kari Dunn Buron: www.5pointscale.com
4. The Power of Positive Play - Fabiano & Raftis: www.nicoleraftis.ca
5. Zones of Regulation by Leah Kuypers (OT)

Sensory Processing

Books:

1. Biel, L., & Peske, N. (2009). *Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Processing Issues, Revised and Updated Edition*. Penguin Books.
2. Champagne, T. (2011). *Sensory Modulation & Environment: Essential Elements of Occupation*. Pearson.
3. Dunn, W. (2009). *Living Sentionally: Understanding Your Senses*. Jessica Kingsley Publishers.
4. Instant Help Books: www.newharbinger.com
5. Kranowitz, C. (2006). *The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder*. TarcherPerigee.
6. Kranowitz, C. (2016). *The Out-of-Sync Child Grows Up: Coping with Sensory Processing Disorder in the Adolescent and Young Adult Years*. TarcherPerigee.
7. Smith, K., & Gouze, K. (2005). *The Sensory-Sensitive Child: Practical Solutions for Out-of-Bounds Behavior*. William Morrow Paperbacks.

Programs & Approaches:

1. Building Bridges Through Sensory Integration by Yack, Acquilla and Sutton
2. Sensorimotor Psychotherapy - Pat Odden and Jonina Fisher

3. Sensory Modulation Arousal and Regulation Treatment (SMART) Jane Koomar et al.
4. Sensory Modulation and Environment. Essential elements of Occupation. Tina Champagne
5. The Out of Sync Child Has Fun by Carol Stock Kranowitz
6. The Sensory Connection Program. Activities for Mental Health Treatment. Karen M. Moore
7. The Zones of Regulation by Leah Kuypers

Sexuality

Books:

1. Instant Help Books: www.newharbinger.com

Social Cognition

Books:

1. Garcia Winner, G., & Crooke, P. (2020). *You Are a Social Detective! Explaining Social Thinking to Kids*. Think Social Publishing.
2. Garcia Winner, G. (2007). *Thinking About YOU Thinking About ME*. Think Social Publishing.
3. Garcia Winner, G. (2013). *We Thinkers! Social Thinking Curriculum for ages 4-7*. Think Social Publishing.
4. Kelly, A. (2017). *Talkabout for Children 3: Developing Friendship Skills*. Routledge.
5. Madrigal, S., & Garcia Winner, G. (2008). *Superflex, A Superhero Social Thinking Curriculum*. Think Social Publishing.

Programs & Approaches:

1. Social Skills Intervention System (SSIS) – Elliot & Gresham (7-12 years old)
2. Social Thinking, Thinksheets for Teens and Tweens by Michelle Garcia Winner
3. Superflex, Superhero Social Thinking Curriculum by Michelle Garcia Winner
4. The Power of Positive Play - Fabiano & Raftis: www.nicoleraftis.ca
5. Think Social – A Social Thinking Approach
6. We Thinkers! (previously The Incredible Flexible You), Social Thinking Curriculum for ages 4-7 by Michelle Garcia Winner
7. 101 Ways to Teach Children Social Skills (free pdf available):
www.counselingtools.com/socialskillscentral-com

Spirituality

People:

1. Steven Furtick
2. Joel Osteen

Books:

1. Dokko Kim, D. (2018). *Unbroken Faith: Spiritual Recovery for the Special Needs Parent*. Worthy Publishing.
2. Payne, K. (2015). *JumpStart: A Catalyst to Launch you into a Daily Spiritual & Physical Health Routine*. CreateSpace Independent Publishing Platform.

Health Media (Websites, Audio/Video):

1. Taking Charge: www.takingcharge.csh.umn.edu/what-spirituality

Stress

Books:

1. Instant Help Books: www.newharbinger.com

Health Media (Websites, Audio/Video):

1. Shift Your Thinking LD: Resource Hub + Digital Library (videos and content): www.shiftyourthinkingld.com
2. Stress Strategies: www.stressstrategies.ca

Programs & Approaches:

1. Stress Strategies
2. Stress Lessons Toolkit Psychology Foundation of Canada

Substance Abuse

Books:

1. Cohen, P. (1998). *Helping Your Chemically Dependent Teenager Recover: A Guide for Parents and Other Concerned Adults*. Hazelden Publishing.
2. Instant Help Books: www.newharbinger.com
3. Marshall, S. (2003). *Young Sober and Free: Experience, Strength, and Hope for Young Adults*. Hazelden Publishing.
4. Staffo, D. (2007). *Let's Clear the Air: 10 Reasons Not to Start Smoking*. Lobster Press.

Health Media (Websites, Audio/Video):

1. Addictions Foundation of Manitoba: www.afm.mb.ca
2. Alcoholics Anonymous: www.aa.org
3. Al Anon Family Groups: www.al-anon.alateen.org
4. Canadian Center on Substance Use & Addiction: www.ccsa.ca
5. Canadian Mental Health Association: www.cmha.ca
6. Centre for Addictions & Mental Health: www.camh.net
7. Narcotics Anonymous: www.na.org

Transition to Adulthood

Books:

1. Stewart, D. (2012). *Transitions to Adulthood for Youth with Disabilities Through an Occupational Therapy Lens*. Slack Incorporated.

Programs:

1. Action Over Inertia by Terry Krupa et al.
2. KIT: Keeping It Together for Youth by CanChild Youth Kit

Trauma

Books:

1. Help for the Hard Times: Getting Through Loss by Earl Hipp
2. Real Life Heroes: Toolkit for Treating Traumatic Stress in Children and Families, 2nd Edition Paperback – December 13, 2016
3. Rebuilding Attachments with Traumatized Children - Kagan
4. The Body Keeps the Score by Bessel Van Der Kol

Health Media (Websites, Audio/Video):

1. www.barthel.ca
2. www.cpri.ca/families

Programs & Approaches:

1. Trauma Focused CBT: www.tfcbt.org
2. Dialectical Behavior Therapy Skills Workbook for Anxiety – Breaking Free from Worry, Panic, PTSD & Other Anxiety Symptoms – Chapman, Gratz & Tull