



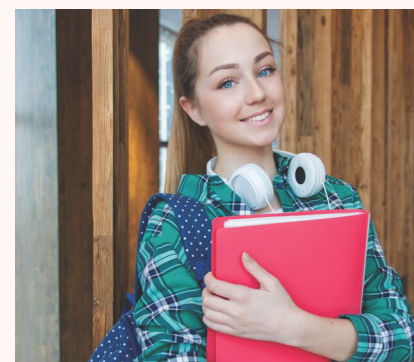
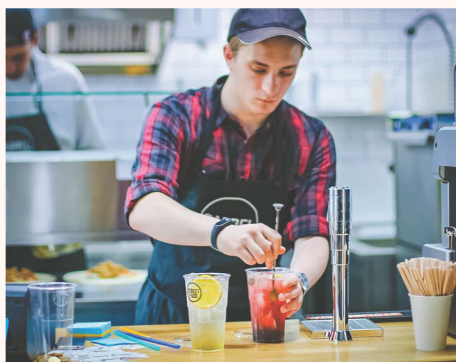
Ontario Society of  
Occupational Therapists

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# CHILD & YOUTH MENTAL HEALTH RESOURCE DIRECTORY

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FEBRUARY 2022



## Acknowledgements

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## Child and Youth Mental Health Resource Directory

Last Updated January 2022

This directory provides information and resources focused on supporting children and youth. It is not comprehensive or indicative of all resources available, and the inclusion of a specific item, or resource is not an endorsement by the OSOT Child and Youth Mental Health Team. Occupational therapists must use their own personal and professional judgement as to the appropriate use of information and resources for a given client and or situation. If you have a resource you would like to see shared on this directory, please email the OSOT office at [osot@osot.on.ca](mailto:osot@osot.on.ca).

Note: Web links have been included in this resource document. The links represent current function and website placement. They may not be functional in future, as web content changes etc. Please contact the OSOT office at [osot@osot.on.ca](mailto:osot@osot.on.ca) should you encounter difficulties.

### 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](http://www.connexontario.ca)
2. Children's Mental Health Ontario: [www.cmho.org](http://www.cmho.org) + [www.cmho.org/find-help/find-a-centre](http://www.cmho.org/find-help/find-a-centre)
3. E-Mental Health: [www.ementalhealth.ca](http://www.ementalhealth.ca)
4. Early Psychosis Intervention Ontario Network (EPION): [www.help4psychosis.ca/looking-for-help/where-to-get-help/#marker183](http://www.help4psychosis.ca/looking-for-help/where-to-get-help/#marker183)
5. Health Canada: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
6. Kids Mental Health: [www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca)
7. Knowledge Institute on Child and Youth Mental Health and Addictions: [www.cymha.ca](http://www.cymha.ca)
8. Mental Health Lead Agencies:  
[www.children.gov.on.ca/htdocs/English/professionals/specialneeds/momh/moving-on-mental-health.aspx](http://www.children.gov.on.ca/htdocs/English/professionals/specialneeds/momh/moving-on-mental-health.aspx)
9. National Network for Mental Health: [www.nnmh.ca](http://www.nnmh.ca)
10. 211 Ontario Provincial Services Referral Service: [www.211ontario.ca](http://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.
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8. Cole & Donohue (2011). *Social Participation in Occupational Contexts: In Schools, Clinics, and Communities*. Slack Incorporated.
9. Fraser, K., MacKenzie, D., & Versnel, J. (2017). *Complex Trauma in Children and Youth: A Scoping Review of Sensory-Based Interventions*. Occupational Therapy in Mental Health, 33(3), 199-216. doi: 10.1080/0164212X.2016.1265475
10. 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.
11. 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.
12. 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.
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15. Rodger, S. (Ed.) (2010). *Occupation Centred Practice with Children: A Practical Guide for Occupational Therapists*. Wiley-Blackwell.
16. Rodger, S. & Ziviani, J. (Eds.). (2006). *Occupational Therapy with Children: Understanding Children's Occupations and Enabling Participation*. Wiley-Blackwell.
17. 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
18. Szatmari & Cleverley. *Focus on Occupational Performance in Child & Youth Mental Health: A Key Role for Occupational Therapists*. Occupational Therapy Now, Vol 21.1.
19. 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.
20. 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](http://www.aacap.org)
2. American Psychological Association: [www.apa.org](http://www.apa.org)
3. AOTA Focus on Mental Health: [www.aota.org/-/media/corporate/files/practice/mentalhealth/focus-on-mental-health-booklet.pdf](http://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](http://www.aota.org/Practice/Children-Youth/pediatric-chats-podcast.aspx)
5. Canadian Mental Health Association: [www.cmha.ca](http://www.cmha.ca)
6. Canadian Psychological Association: [www.cpa-apc.org](http://www.cpa-apc.org)
7. Center for Addiction & Mental Health: [www.camh.ca](http://www.camh.ca)



8. Children's Hospital of Eastern Ontario: [www.cheo.on.ca](http://www.cheo.on.ca)
9. Children's Mental Health Ontario: [www.cmho.org](http://www.cmho.org)
10. Every Moment Counts: [www.everymomentcounts.org](http://www.everymomentcounts.org)
11. Excellence for Child and Youth: [www.cymha.ca](http://www.cymha.ca)
12. 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](#)
13. Happily Family Conference: [www.happilyfamily.com](http://www.happilyfamily.com)
14. Institute of Child Psychology: [www.instituteofchildpsychology.com](http://www.instituteofchildpsychology.com)
15. Kelty Mental Health Resource Center: [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)
16. Kids Help Phone: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
17. Mental Health Foundations: [www.mentalhealthfoundations.ca/resources](http://www.mentalhealthfoundations.ca/resources)
18. Mind Your Mind: [www.mindyourmind.ca](http://www.mindyourmind.ca)
19. My Health Magazine: [www.yoomagazine.net](http://www.yoomagazine.net)
20. National Network for Mental Health: [www.nnmh.ca](http://www.nnmh.ca)
21. Ontario Society of Occupational Therapists: [www.osot.on.ca/mentalhealth](http://www.osot.on.ca/mentalhealth)
22. Practice Wise: [www.practicewise.com](http://www.practicewise.com)
23. Sick Kids Centre for Community Mental Health: [www.sickkidscmh.ca/about-us/](http://www.sickkidscmh.ca/about-us/)
24. Teen Mental Health: [www.teenmentalhealth.org](http://www.teenmentalhealth.org)
25. The Center of Knowledge on Healthy Child Development [www.offordcentre.com](http://www.offordcentre.com)
26. Umind: [www.umind.ca](http://www.umind.ca)

## Professional Development and Continuing Education in Mental Health

### General Mental Health

1. Canadian Association of Occupational Therapists: [www.caot.ca/site/pd/caotworkshops?nav=sidebar](http://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](http://www.camh.ca/en/education/continuing-education-programs-and-courses/continuing-education-directory)
3. Centre for Suicide Prevention: [www.suicideinfo.ca/workshops/](http://www.suicideinfo.ca/workshops/)
4. Children's Mental Health Ontario: <https://cmho.org/resources>
5. Leading Edge Seminars: [www.leadingedgeseminars.org](http://www.leadingedgeseminars.org)
6. Mental Health Commission of Canada – Mental Health First Aid: [www.mhfa.ca/en/continuing-education](http://www.mhfa.ca/en/continuing-education)
7. Mood Disorders Society of Canada: [www.mdsc.ca/continuing-education/](http://www.mdsc.ca/continuing-education/)
8. Ontario Society of Occupational Therapists: [www.osot.on.ca/ProfessionalDevelopment](http://www.osot.on.ca/ProfessionalDevelopment)
9. Udemy: [www.udemy.com](http://www.udemy.com)

### Psychotherapy Specific Training

1. Acceptance and Commitment Therapy: [www.aptcanda.com/acceptance-and-commitment-therapy-training.html](http://www.aptcanda.com/acceptance-and-commitment-therapy-training.html)
2. CBT for Child & Youth - Adler Institute: [www.adler.ca](http://www.adler.ca)
3. Cognitive Behavioural Therapy (Beck Institute): [www.beckinstitute.org/get-training/](http://www.beckinstitute.org/get-training/)
4. Dialectical Behavioural Therapy: [www.behavioraltech.org/](http://www.behavioraltech.org/) (training); [www.dbt-lbc.org/](http://www.dbt-lbc.org/) (certification)
5. Emotion Focused Family Therapy: [www.mentalhealthfoundations.ca/for-clinicians](http://www.mentalhealthfoundations.ca/for-clinicians)
6. Emotion Focused Skills Therapy: [www.drjoannedolhanty.com/training](http://www.drjoannedolhanty.com/training)
7. Laurier University School of Social Work: [www.wlu.ca/academics/faculties/faculty-of-social-work/professional-development/index.html](http://www.wlu.ca/academics/faculties/faculty-of-social-work/professional-development/index.html)

8. Ontario Society of Occupational Therapists' Mental Health Archived Webinars: [www.osot.on.ca/mentalhealthwebinars](http://www.osot.on.ca/mentalhealthwebinars)
9. Standards of Practice for Psychotherapy, COTO: [www.coto.org/resources/standards-for-psychotherapy-2018](http://www.coto.org/resources/standards-for-psychotherapy-2018)
10. The Association of Psychological Therapies: [www.aptcanda.com/](http://www.aptcanda.com/)

View OSOT's *Compendium of Counselling and Psychotherapy Resources for Occupational Therapists*, 2<sup>nd</sup> Edition: [www.osot.on.ca/docs/practice\\_resources/Psych\\_Compndium\\_2nd\\_Edition.pdf](http://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 of Tool
<b>Adaptive Behavior Assessment System - 3 (ABAS3)</b>	Provides a complete assessment of adaptive skills across the lifespan.
<b>Adolescent Role Assessment (ARA)</b>	Gathers information on the adolescent's occupational role involvement over time and across domains.
<b>Ages &amp; Stages Questionnaires – 3<sup>rd</sup> Edition (ASQ)</b>	Screens for developmental delay. <i>“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.”</i> (Quoted from Publisher)
<b>Assessment of Motor &amp; Process Skills (AMPS)</b>	Provides an objective assessment of motor and process skills in the context of performing several familiar functional tasks of the subject's choice.
<b>Balcones Sensory Integration Screening Kit</b>	Assesses neuro-behavioural, behavioural, and/or classroom performance.
<b>Behavioral and Emotional Screening System (BASC/BESS)</b>	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.
<b>Behaviour Rating Inventory of Executive Function (BRIEF)</b>	Assesses impairment of executive function.
<b>Behaviour Assessment System for Children 2<sup>nd</sup> Edition (BASC-2)</b>	Assesses behaviours, thoughts, and emotions of children and adolescents.

<b>Behavioural Assessment of the Dysexecutive Syndrome in Children (BADS-C)</b>	Assists in early identification of deficits in executive functioning in children.
<b>Brief Infant Toddler Social Emotional Assessment (BITSEA)</b>	Assesses emerging social-emotional development.
<b>Canadian Practice Process Framework (CPPF)</b>	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.
<b>Canadian Occupational Performance Measure (COPM)</b>	An individualized, client-centred measure designed to detect change in a client's self-perception of occupational performance over time.
<b>Child Occupational Self-Assessment (COSA)</b>	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.
<b>Children's Assessment of Participation and Engagement (CAPE)</b>	Gathers information on child's participation in everyday activities outside of mandated school activities.
<b>Child and Adolescent Social Perception Measure (CASP)</b>	Measures a child's sensitivity to non-verbal aspects of communication.
<b>Child Behaviour Checklist (CBCI)</b>	Records a child's competencies and problems as reported by parent or caregiver.
<b>Child Behaviours Inventory of Playfulness (CBI)</b>	Examines playful behaviours of school-aged children (pre-school - grade 4). Includes parent and teacher reports forms.
<b>Childhood Autism Rating Scale (CARS)</b>	Identifies children with Autism and determines 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+.
<b>Connors – 3<sup>rd</sup> Edition</b>	Assess 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.

<b>Community Integration Questionnaire</b>	Helps clients examine the extent of their community participation.
<b>DeGangi Berk Test of Sensory Integration</b>	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.
<b>Doors and People for Children</b>	Assesses long-term memory. A test of visual and verbal recall and recognition.
<b>Evaluation of Social Interaction (ESI)</b>	Evaluates a person's quality of social interaction during natural social exchanges with typical social partners.
<b>Gilliam Autism Rating Scale – 2<sup>nd</sup> Edition (GARS-2)</b>	Norm referenced tool to screen Autism Spectrum Disorder for individuals between ages of 3-22.
<b>Greenspan Social Emotional Growth chart</b>	Screening tool for social emotional development in infants and young children.
<b>Informal Observation/ Interviewing</b>	Clinician engages the client through informal questions, conversation, and activities and takes note of their performance/response across each domain (person, environment, occupation).
<b>Knox Preschool Play Scale</b>	Assesses play skills through observation.
<b>Making Action Plans (MAPs)</b>	Uses a planning process to help students plan for their futures. Takes 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 Individualized Education Plan (IEP).
<b>Measures of Psychosocial Development (MPD)</b>	Translates the constructs of Erikson's theory into objective measures to facilitate the investigation and clinical application of Erikson's work.
<b>Miller Function and Participation Scales (M-FUN)</b>	Assesses a child's functional performance related to school participation.
<b>Mini Mental State Exam (MMSE)</b>	Uses a set of questions for screening cognitive function.
<b>Model of Human Occupation Screening Tool (MoHOST)</b>	Addresses the majority of MOHO concepts (volition, habituation, skills, and environment), allowing the therapist to gain an overview of the client's occupational functioning.

<b>Multidimensional Anxiety Scale for Children (MASC) 2</b>	Assesses the presence of symptoms related to anxiety disorders in youth 8 to 19 years.
<b>Multidimensional Self Esteem Inventory (MSEI)</b>	Measures global self-esteem and its eight components.
<b>Occupational Circumstances Assessment-Interview Rating Scale (OCAIRS)</b>	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.
<b>Occupational Performance History Interview – 2<sup>nd</sup> Version (OPHI - II)</b>	Explores a client's life history in the areas of work, play, and self-care performance, through a semi-structured interview.
<b>Occupational Therapy Psychosocial Assessment of Learning (OT PAL)</b>	Examines environmental factors to determine the best "fit" between a particular child and their 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.
<b>Parenting Stress Index – 3<sup>rd</sup> Edition (PSI)</b>	Screens and triages 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.
<b>Participation and Environment Measure -- Children and Youth (PEM-CY)</b>	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.
<b>Pediatric Evaluation of Disability Inventory (PEDI)</b>	Assesses functional skills of young children, monitors progress, and or evaluates the outcome of a therapeutic program. For children with disabilities between 6 months to 7.5 years.
<b>Pediatric Interest Profiles (PIPs)</b>	Surveys children's and adolescent's play and leisure interests, through self-reporting.
<b>Pediatric Volitional Questionnaire</b>	Uses observation of the child's daily behaviours and occupations to assess volition. Provides information about the child's motivational strengths and challenges, environmental supports and obstacle, and activities that maximize the child's interests and motivation.

<b>Perceived Efficacy and Goal Setting System (PEGS)</b>	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.
<b>Piers Harris Self Concept Scale</b>	Provides a complete picture of self-concept using a simple yes-or-no response format.
<b>Play Activities</b>	Engages children through informal play activities (e.g., board games, competitive games) and observes how they participate, and what skills they utilize.
<b>Preferences for Activities of Children (PAC)</b>	Measures a child's participation in recreation and leisure activities outside of mandated school activities, through self-reporting.
<b>Preschool and Kindergarten Behaviour Scales (PKBS)</b>	Identifies social skills and behaviours for children 3 to 6 years
<b>Resiliency Scales for Children and Adolescents</b>	Comprises three scales for assessing the relative strength of three aspects of personal resilience as a profile in children and adolescents.
<b>Rivermead Behavioural Memory Test for Children – 3<sup>rd</sup> Edition (RBMT-3)</b>	Detects and identifies memory impairments that occur when engaging in everyday activities.
<b>The Roll Evaluation of Activities of Life (REAL)</b>	Assesses a child's ability to take care of themselves. Assesses Activities of Daily Living (ADLs) and Independent Activities of Daily Living (IADLs) in children. Ages: 2:0 - 18:11.
<b>School Function Assessment (SFA)</b>	Measures a student's performance of functional tasks that supports their participation in the academic and social aspects of an elementary school program (grades K–6).
<b>School Setting Interview (SSI)</b>	Assesses student-environment fit and reflects the potential need for adjustments to enhance students' participation in school activities.
<b>School Version of the Assessment of Motor &amp; Process Skills (School AMPS)</b>	Measures 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.

<b>Self-Image Profiles (SIP)</b>	Assesses self-image and self-esteem in children and adolescents, through self-reporting. Provides a visual display of self-image, enabling the child/young person to reveal to themselves, as well as to the clinician, the way in which they construe themselves as they complete it.
<b>Sensory Profile</b>	Determines how well a subject processes sensory information in everyday situations and to profile the sensory system's effect on functional performance.
<b>Sensory Processing Measure (SPM)</b>	Provides a complete picture of a child's sensory processing difficulties at school and home.
<b>Sensory Integration and Praxis Tests (SIPT)</b>	Assesses praxis and sensory processing and integration of vestibular, proprioceptive, tactile, kinesthetic, and visual systems. Ages 4 years to 8 years, 11 months.
<b>The Short Child Occupational Profile (SCOPE)</b>	Determines how a child's volition, habituation, skills, and the environment facilitate or restrict participation in occupation. Developed in collaboration with international practitioners, the SCOPE seeks to facilitate a systematic evaluation of most MOHO concepts.
<b>Society McCarthy Scale of Children's Abilities</b>	Measures cognitive and motor development in children.
<b>Solution-Focused Interviewing</b>	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.
<b>Structured Assessment of Violence Risk in Youth (SAVRY)</b>	Assesses violence risk and risk management plans for adolescents.
<b>Test of Everyday Attention for Children (TEA-Ch)</b>	Assesses the different attentional capacities in children and adolescents.
<b>The Tourettes Syndrome and OCD Checklist – Conners</b>	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.
<b>Trauma Symptom Checklist for Children (TSCC)</b>	Evaluates acute and chronic post-traumatic symptoms in children.
<b>Vineland Adaptive Behavior Scales 2</b>	Measures adaptive behavior from birth to adulthood.
<b>Vineland Social Emotional Early Childhood Scale</b>	Measures social-emotional development specifically designed for infants and young children.

# Index of Specific Mental Health Resources for Children and Youth

## Acceptance & Commitment Therapy

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### Books:

1. Harris, R. (2008). *The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT*. Trumpeter.
2. Harris, R. (2014). *The Illustrated Happiness Trap: How to Stop Struggling and Start Living*. Shambhala.
3. Jackson Brown, F. & Gillard, D. (2016). *Acceptance and Commitment Therapy For Dummies*. For Dummies.

### Health Media (Websites, Audio/Video):

1. Russ Harris YouTube Videos: <https://www.youtube.com/channel/UC-sMFszAaa7C9poytIAmBvA>

## Activities of Daily Living (ADLs)

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### 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/](http://www.kindlycare.com/activities-of-daily-living/)
2. Sleep Hygiene: [www.cci.health.wa.gov.au/en/Resources/Looking-After-Yourself/Sleep](http://www.cci.health.wa.gov.au/en/Resources/Looking-After-Yourself/Sleep)

## Anxiety

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### 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. Jain, R. and Tsabary, S. (2020). *Super Powered: Transform Anxiety into Courage, Confidence, and Resilience*. Random House Books for Young Readers.
8. Lowenstein, L. (2016). *Creative CBT Interventions for Children with Anxiety*. Champion Press.
9. Manassis, K. (1996). *Keys to Parenting your Anxious Child*. B.E.S. Publishing.
10. Shaw, M.A. (2003). *Your Anxious Child: Raising a Healthy Child in a Frightening World*. Tapestry Press.
11. Sisemore, T. (2008). *I Bet I Won't Fret: A Workbook to Help Children with Generalized Anxiety Disorder*. Instant Help.
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](http://www.anxietycanada.ca)



2. Anxiety Canada Youth: [www.youth.anxietycanada.com](http://www.youth.anxietycanada.com) (Formerly Anxiety BC [www.anxietybc.com](http://www.anxietybc.com)) - Separation Anxiety DVD
3. Free Social Work resources and Tools: [www.socialworkerstoolbox.com](http://www.socialworkerstoolbox.com)
4. Go Zen: [www.gozen.com](http://www.gozen.com)
5. Here To Help: [www.heretohelp.bc.ca/workbook/anxiety-disorders-toolkit](http://www.heretohelp.bc.ca/workbook/anxiety-disorders-toolkit)
6. Hole in One: A Tale from the Iris the Dragon Series – Grass (free download as well) [www.irsthedragon.com/bookstore.html](http://www.irsthedragon.com/bookstore.html)
7. Liana Lowenstein: [www.youtube.com/user/lowensteinliana](http://www.youtube.com/user/lowensteinliana)
8. Mind Shift mobile app: [www.anxietycanada.com/resources/mindshift-cbt](http://www.anxietycanada.com/resources/mindshift-cbt)
9. Teen Mental Health: [www.teenmentalhealth.org](http://www.teenmentalhealth.org)
10. Therapist aid- resources and worksheets: [www.therapistaid.com](http://www.therapistaid.com)

#### **Programs & Approaches:**

1. Anxiety Canada website: [www.anxietycanada.com/learn-about-anxiety/anxiety-in-children/#anxiety-articles](http://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](http://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](http://products.brookespublishing.com/Facing-Your-Fears-Facilitators-Set-P144.aspx)
8. Friends for Life Programs: [www.friendsresilience.org/friendsforlife](http://www.friendsresilience.org/friendsforlife)
9. Mighty Moe – Woloshyn (5-11): [www.cw.bc.ca/library/pdf/pamphlets/Mighty%20Moe1.pdf](http://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**

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##### **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](http://www.attachmentcan.ca)
2. Dr. Michael Cheng (Children's Hospital of Eastern Ontario): [www.drcheng.ca](http://www.drcheng.ca)
3. He Shoots He Scores: A Tale from the Iris the Dragon Series (free download): [www.irsthedragon.com/bookstore.html](http://www.irsthedragon.com/bookstore.html)
4. Kim Barthel.ca: [www.kimbarthel.ca](http://www.kimbarthel.ca)
5. The Neufeld Institute: [www.neufeldinstitute.org](http://www.neufeldinstitute.org)

##### **Programs & Approaches:**

1. Circle of Security: [www.circleofsecurityinternational.com](http://www.circleofsecurityinternational.com)
2. COPE Parenting

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

## Attention

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### 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.

### Contacts:

1. Dr. Ned Hallowell: [www.drhallowell.com/meet-dr-hallowell](http://www.drhallowell.com/meet-dr-hallowell)

### Health Media (Websites, Audio/Video):

1. How To ADHD: [www.youtube.com/c/HowtoADHD](http://www.youtube.com/c/HowtoADHD)
2. Shift Your Thinking LD: Resource Hub + Digital Library: [www.shiftyourthinkingld.com](http://www.shiftyourthinkingld.com)
3. Teacher resource for movement breaks: [www.gonoodle.com](http://www.gonoodle.com)
4. Zones mobile app: [www.zonesofregulation.com/apps.html](http://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](http://www.livesinthebalance.org)
3. The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders by Sandra F. Rief
4. The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control by Lawrence E. Shapiro
5. The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence by Lara Honos-Webb
6. The Zones of Regulation by Leah Kuypers: [www.zonesofregulation.com/index.html](http://www.zonesofregulation.com/index.html)

## Borderline Personality Traits

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### 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: [www.starcenter.pitt.edu/manuals](http://www.starcenter.pitt.edu/manuals)
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)

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### Health Media (Websites, Audio/Video):

1. Mood Gym: [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)
2. Treating Psychosis: [www.treatingpsychosis.com](http://www.treatingpsychosis.com)

### Programs & Approaches:

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

## Conflict Resolution

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### 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](http://www.thinkkids.org)
2. Lives in the Balance - Dr. Ross Greene: [www.livesinthebalance.org](http://www.livesinthebalance.org)
3. Ross Greene: [www.youtube.com/user/DrRossGreene](https://www.youtube.com/user/DrRossGreene)

### Programs & Approaches:

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

## Depression

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### Health Media (Websites, Audio/Video):

1. CAMH: Cundil Centre for Child & Youth Depression: <https://cundildepressioncaretool.camh.ca/assessment>

## Developmental Readiness (Brain Under Construction)

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### 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.

## Dialectical Behavior Therapy (DBT)

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### Books:

1. Marra, T. (2004). *Depressed and Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression and Anxiety*. New Harbinger Publications.
2. Chapman, A., Gratz, K., & Tull, M. (2011). *The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms*. New Harbinger Publications.

## Emotional Focused Therapy

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### Books:

1. Greenberg, L. (2016). *Emotion-Focused Therapy*. American Psychological Association.

### Health Media (Websites, Audio/Video):

1. Today's Parent - The therapy that can help with your kid's big emotions:  
[www.todayparent.com/family/family-health/the-therapy-that-can-help-with-your-kids-big-emotions/](http://www.todayparent.com/family/family-health/the-therapy-that-can-help-with-your-kids-big-emotions/)

## Emotional Regulation/Mood Disorder

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### Books:

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

### Health Media (Websites, Audio/Video):

1. Big Life Journal Blog & Printables: <https://biglifejournal.com/collections/printables>
2. Clinical Research Unit for Anxiety & Depression: [www.crufad.org](http://www.crufad.org)
3. Mood Disorders Society of Canada: [www.mdsc.ca](http://www.mdsc.ca)

### 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](http://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](http://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

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### Programs & Approaches:

1. Action Over Inertia by Terry Krupa et al.: <https://www.psyrehab.ca/resources/show/a21b3>
2. Activity Engagement Measure
3. Floortime: [www.icdl.com/floortime](http://www.icdl.com/floortime)

## Executive Functioning

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### 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. Shure, M., & DiGeronimo, T. (1996). *Raising a Thinking Child*. Gallery Books.
4. 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/](http://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](http://www.shiftyourthinkingld.com/resource-hub-digital-library)
3. LD@school: [www.ldatschool.ca/ldschoo/](http://www.ldatschool.ca/ldschoo/)

### 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. Raising a Thinking Child Workbook by Myrna B. Shure
4. Skills Streaming –Child and Adolescent Versions for Executive Functioning at Home and at School: [www.researchpress.com/books/716/skillstreaming-early-childhood](http://www.researchpress.com/books/716/skillstreaming-early-childhood)
5. The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders by Sandra F. Rief
6. 101 Life Skills Games for Children: Learning, Growing, Getting Along (Ages 6-12)
7. 101 More Life Skills Games for Children: Learning, Growing, Getting Along (Ages 9-15)

## Family Relational Mental Health

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### Books/Articles:

1. Leen-Feldner, E., Feldner, M., Bunaciu, L., & Blumenthal, H. (2011). *Associations between parental PTSD and offspring internalizing problem and parental aggression*. Journal of Anxiety Disorders 25 (2) 169-175.

2. Stallard, P., Norman, P (2004). *The effects of parental mental illness upon children: A descriptive study of the views of parents and children*. Clinical Child Psychology and Psychiatry 1359–1045 (200401) 9(1)

## Fetal Alcohol Spectrum Disorder (FASD)

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### Books:

1. Catterick, M., & Curran, L. (2014). *Understanding Fetal Alcohol Spectrum Disorder: A Guide to FASD for Parents, Carers and Professionals*. Jessica Kingsley Publishers.

### Health Media (Websites, Audio/Video):

1. Health Watch Table FASD: [www.surreyplace.ca](http://www.surreyplace.ca)
2. Canada FASD Research Network: [www.canfasd.ca](http://www.canfasd.ca)
3. Fetal Alcohol Syndrome Disorder Ontario Network of Expertise: [www.fasdontario.ca](http://www.fasdontario.ca)

## Grief

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### Books:

1. Devine, M. (2021). *How to Carry What Can't Be Fixed: A Journal for Grief*. Sounds True.

### Contacts:

1. The Nightingale Center: [www.nightingalecentre.org](http://www.nightingalecentre.org)

### Health Media (Websites, Audio/Video):

1. Kids Grief: [www.kidsgrief.ca](http://www.kidsgrief.ca)
2. “I Don’t Know What to Say: How to Help Someone Who is Grieving” slideshow: [https://nightingalecentre.org/wp-content/uploads/2019/05/The-Nightingale-Centre-Supporting-Someone-who-is-Grieving\\_compressed.pdf](https://nightingalecentre.org/wp-content/uploads/2019/05/The-Nightingale-Centre-Supporting-Someone-who-is-Grieving_compressed.pdf)

## Growth Mindset

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### Books:

1. Big Life Journal: [biglifejournal.com/](http://biglifejournal.com/)
2. Dweck, C. (2007). *Mindset: The New Psychology of Success*. Ballantine Books.
3. Cook, J. (2017). *Bubble Gum Brain: Ready, Get Mindset...Grow!* National Center for Youth Issues.

### Contacts:

1. Carol Dweck: [www.mindsetworks.com](http://www.mindsetworks.com)

### Health Media (Websites, Audio/Video):

1. Shift Your Thinking LD: Resource Hub + Digital library: [www.shiftyourthinkingld.com](http://www.shiftyourthinkingld.com)
2. @biglifejournal Instagram account and blog

## Gut Health

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### Books:

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

### Contacts:

1. Dr. Irina Matveikova: [www.irinamatveikova.com/en](http://www.irinamatveikova.com/en)

## Impulse Control

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### Books:

1. 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](http://www.lifesatwitch.com)

### Programs & Approaches:

1. CPRI The Brake Shop – for Tourettes: [www.cpri.ca/families/programs-services/brake-shop/brake-shop-clinic-resources](http://www.cpri.ca/families/programs-services/brake-shop/brake-shop-clinic-resources)

## Learning Differences (Dyslexia, Learning Disabilities, ADHD)

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### Books:

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

### Contacts:

1. Dr. Ned Hallowell: [www.drhallowell.com](http://www.drhallowell.com)
2. Elisheva Schwartz: [www.elishevaschwartz.com](http://www.elishevaschwartz.com)

### Health Media (Websites, Audio/Video):

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

## Mindfulness

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### Contacts:

1. Dr. Kristen Neff: [www.self-compassion.org](http://www.self-compassion.org)

### Health Media (Websites, Audio/Video):

1. Head Space: [www.headspace.com](http://www.headspace.com)
2. Mindful Games by Susan Kaiser Greenland: [www.susankaisergreenland.com/watch-demonstrations](http://www.susankaisergreenland.com/watch-demonstrations)
3. Shift Your Thinking LD: Resource Hub + Digital Library (videos and content): [www.shiftyourthinkingld.com](http://www.shiftyourthinkingld.com)
4. Sitting Still Like a Frog: [www.shambhala.com/sittingstilllikeafrog](http://www.shambhala.com/sittingstilllikeafrog)
5. Affirmation Meditation: [www.youtube.com/watch?v=SCuzh8SQ9ZA&t=14s](http://www.youtube.com/watch?v=SCuzh8SQ9ZA&t=14s)

## Motivational Interviewing

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### Books:

1. Naar, S. & Suarez, M. (2010). *Motivational Interviewing with Adolescents and Young Adults*. The Guilford Press.



2. Forrester, D., Wilkins, D., & Whittaker, C. (2021). *Motivational Interviewing for Working with Children and Families: A Practical Guide for Early Intervention and Child Protection*. Jessica Kingsley Publishers.

#### **Health Media (Websites, Audio/Video):**

1. The Story of Motivational Interviewing by William Miller: various YouTube videos
2. Principles of Motivational Interviewing: [www.youtube.com/watch?v=s3MCJZ7OGRk](http://www.youtube.com/watch?v=s3MCJZ7OGRk)

### Obsessive Compulsive Disorder (OCD)

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#### **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. Wagner, A.P. (2013). *Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment*. Lighthouse Press.
5. Zucker, B. (2010). *Take Control of OCD: The Ultimate Guide for Kids with OCD*. Prufrock Press.
6. 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. Mobile app: <http://www.liveocdfree.com/about.html>
2. OCD DVD (<https://www.anxietycanada.com/>)

#### **Programs & Approaches:**

1. CPRI OCD Toolkit: <https://vimeopro.com/cpri/brakeshop/video/77674834>
2. CPRI The Brake Shop: <https://www.ontario.ca/document/child-and-parent-research-institute-cpri-brake-shop-program-recommended-resources/welcome-brakeshop>
3. Family Based Treatment for Young Children With OCD: Therapist Guide – Freeman & Garcia
4. OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual – March & Mull
5. SLAM OCD - Pires
6. Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" - and Parents Say "Way to Go" – March
7. What to do when your BRAIN gets Stuck, A kid's guide to overcoming OCD by Dawn Huebner

### Oppositional Defiant Disorder (ODD)

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#### **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. Huebner, D. (2007). *What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger*. Magination Press.

6. Kazdin, A. (2008). *The Kazdin Method for Parenting the Defiant Child: With No Pills, No Therapy, No Contest of Wills*. Mariner Books.
7. Kuypers, L. (2011). *Zones of Regulation*. Think Social Publishing.
8. Lohmann, R.C., and Taylor, J. (2019). *The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration*. Instant Help.

#### **Health Media (Websites, Audio/Video):**

1. Shift Your Thinking LD - Resource Hub + Digital Library: [www.shiftyourthinkingld.com](http://www.shiftyourthinkingld.com)
2. Zones Mobile App: [www.zonesofregulation.com/apps.html](http://www.zonesofregulation.com/apps.html)
3. Collaborative and Proactive Solutions: [www.livesinthebalance.org](http://www.livesinthebalance.org)

#### **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: <https://www.leakybrakes.ca/brake-shop/brake-shop-virtual-clinic/self-management>
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) – Elliot & Gresham (7-12 years old) Temper Tamers – Smith
12. The Second Step – Kathy Beland (7-12 years old) and (12-14 years old)

#### **Resilience**

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##### **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.

##### **Contacts:**

1. Dr. Sue Ball - Talks about resilience
2. Dr. Kristen Neff - also reviews resilience and compassion: [www.self-compassion.org](http://www.self-compassion.org)

#### **Health Media (Websites, Audio/Video):**

1. Dr. Mike Evans: [www.youtube.com/channel/UCL-IWPkXQn3JYYsPnpGllg](http://www.youtube.com/channel/UCL-IWPkXQn3JYYsPnpGllg)
2. Shift Your Thinking LD: Resource Hub + Digital Library (videos and content): [www.shiftyourthinkingld.com](http://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](http://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](http://www.toolsforlife.ca)

## Self-Esteem

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### Books:

1. Jain, R. & Tsabary, S. (2020). *Superpowered: Transform Anxiety into Courage, Confidence, and Resilience*. Random House Books for Young Readers.

### Health Media (Websites, Audio/Video):

1. Catch A Falling Star: A Tale from the Iris the Dragon Series (free download): [www.irsthedragon.com/bookstore.html](http://www.irsthedragon.com/bookstore.html)
2. Shift Your Thinking LD: Resource Hub + Digital Library (videos and content): [www.shiftyourthinkingld.com](http://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](http://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](http://www.dove.com/ca/en/dove-self-esteem-project.html)

## Self-Harm

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### 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](http://www.kidshealth.org)
3. Living Works - Suicide Safer Communities: [www.livingworks.net](http://www.livingworks.net)
4. The Centre for Suicide Prevention: [www.suicideinfo.ca](http://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. Dealing with Depression – Antidepressant Skills for Teens - Bilsker, Gilbert, Worling, & Garland [www.sfu.ca/carmha/publications/dwd.html](http://www.sfu.ca/carmha/publications/dwd.html)

4. Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance Skills for Adolescents – Bonner
5. Mind Over Mood – Greenberger & Padesky (Clinician Guidebook also available)
6. Overcoming Depression – A CBT Approach for Taming the Depression Beast – Gilson & Freeman
7. PRISM (Program for Innovative Self-Management) – Wexler
8. Recovering from Depression: A workbook for Teens - Copeland
9. Stopping the Pain: A Workbook for Teens who Cut and Self Injure – Shapiro

## Self-Regulation

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### 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. Kuypers, L., & Sautter, E. (2021). *The Zones of Regulation Storybook Set*. Think Social Publishing.
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.

### Health Media (Websites, Audio/Video):

1. Self-Reg: [www.self-reg.ca](http://www.self-reg.ca)

### Programs & Approaches:

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

## Sensory Processing

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### 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. Kranowitz, C. (2006). *The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder*. TarcherPerigee.
5. Kranowitz, C. (2016). *The Out-of-Sync Child Grows Up: Coping with Sensory Processing Disorder in the Adolescent and Young Adult Years*. TarcherPerigee.
6. 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

## Social Cognition

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### Books:

1. Garcia Winner, G. (2007). *Thinking About YOU Thinking About ME*. Think Social Publishing.
2. Garcia Winner, G. (2013). *We Thinkers! Social Thinking Curriculum for ages 4-7*. Think Social Publishing.
3. Garcia, M. & Crooke, P. (2020). *You Are a Social Detective: Explaining Social Thinking to Kids*. North River Press Publishing Corporation.
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.
6. Sautter, E. (2020). *Make Social and Emotional Learning Stick!: Practical Activities to Help Your Child Manage Emotions, Navigate Social Situations & Reduce Anxiety*. Make It Stick 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](http://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](http://www.counselingtools.com/socialskillscentral-com)

## Spirituality

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### 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.

### Contacts:

1. Steven Furtick
2. Joel Osteen

### Health Media (Websites, Audio/Video):

1. Taking Charge: [www.takingcharge.csh.umn.edu/what-spirituality](http://www.takingcharge.csh.umn.edu/what-spirituality)

## Stress

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### Books:

1. Dana, D. (2018). *Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*. WW Norton.
2. Shanker, S. (2017). *Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life*. Penguin Books.

**Health Media (Websites, Audio/Video):**

1. Shift Your Thinking LD: Resource Hub + Digital Library (videos and content): [www.shiftyourthinkingld.com](http://www.shiftyourthinkingld.com)
2. Stress Strategies: [www.stressstrategies.ca](http://www.stressstrategies.ca)
3. Self-Reg: [www.Selfreg.ca](http://www.Selfreg.ca)

**Programs & Approaches:**

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

## Substance Abuse

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**Books:**

1. Cohen, P. (1998). *Helping Your Chemically Dependent Teenager Recover: A Guide for Parents and Other Concerned Adults*. Hazelden Publishing.
2. Marshall, S. (2003). *Young Sober and Free: Experience, Strength, and Hope for Young Adults*. Hazelden Publishing.
3. 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](http://www.afm.mb.ca)
2. Alcoholics Anonymous: [www.aa.org](http://www.aa.org)
3. Al Anon Family Groups: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)
4. Canadian Center on Substance Use & Addiction: [www.ccsa.ca](http://www.ccsa.ca)
5. Canadian Mental Health Association: [www.cmha.ca](http://www.cmha.ca)
6. Centre for Addictions & Mental Health: [www.camh.net](http://www.camh.net)
7. Narcotics Anonymous: [www.na.org](http://www.na.org)

## Transition to Adulthood

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**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

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**Books:**

1. Hipp, E. (1995). *Help for The Hard Times: Getting Through Loss*. Hazelden Publishing.
2. Kagan, R. (2016). *Real Life Heroes: Toolkit for Treating Traumatic Stress in Children and Families*, 2nd Edition. Routledge.
3. Kagan, R. (2012). *Rebuilding Attachments with Traumatized Children: Healing from Losses, Violence, Abuse, and Neglect*. Routledge.
4. Van Der Kolk, B. (2015). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin Publishing Group.
5. Winfrey, O. & Perry, B. (2021). *What Happened to You?: Conversations on Trauma, Resilience, and Healing*. Flatiron Books.

**Health Media (Websites, Audio/Video):**

1. <https://www.kimbarthel.ca>
2. [www.ontario.ca/page/child-and-parent-resource-institute-cpri](http://www.ontario.ca/page/child-and-parent-resource-institute-cpri)
3. [www.brenebrown.com](http://www.brenebrown.com)

**Programs & Approaches:**

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