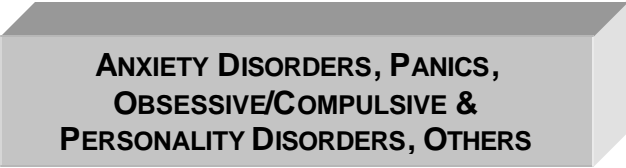


PART ONE – BOOKS



**ANXIETY DISORDERS, PANICS,
OBSESSIVE/COMPULSIVE &
PERSONALITY DISORDERS, OTHERS**

Babor, Shirley, LCSW, MFCC & Carol Goldman, LICSW
Overcoming Panic Attacks: Strategies to Free Yourself from the Anxiety Trap, CompCare Publishing, 1990

92 pgs.

Beck, Aaron T., M.D.
Cognitive Therapy and The Emotional Disorders, Penguin Books, 1976

356 pgs.

Beck, Aaron T., M.D. and Arthur Freeman, Ed.D.
Cognitive Therapy of Personality Disorders, Guilford Press, 1990

Beck and his associates have produced an exceptionally useful handbook in the cognitive behavioral tradition for working with the challenging problem of personality disorders.

396 pgs.

Bourne, Edmund J.
The Anxiety and Phobia Workbook, New Harbinger Publications, 1990

Step by step guidelines & exercises for people struggling with panic attacks, or agoraphobia and anxiety.

313 pgs.

Foster, Constance
Kids Like Me, Solvay Pharmaceuticals, Inc., 1997

Children's stories about Obsessive Compulsive Disorder

24 pgs.

Griest, John
Obsessive Compulsive Disorder: A Guide, Obsessive-Compulsive Information Center, University of Wisconsin, 1989

46 pgs.

Goldstein, Alan, Ph.D. and Berry Stainback
Overcoming Agoraphobia, Penguin Books, 1987

The director of Temple University's Agoraphobia and Anxiety Program, Goldstein helps his clients conquer the fear of the outside world.

285 pgs.

Gunderson, John G., M.D.
Borderline Personality Disorder, American Psychiatric Press, Inc., 1984

Quote from the jacket cover: "This book will be of interest to anyone with clinical responsibilities treating borderline personality disorder, historically a subject of much confusion and controversy. Dr. Gunderson, a recognized authority on personality disorders, schizophrenia, has written a definitive guide to the diagnosis and treatment of borderline personality disorder."

204 pgs.

Kaysen, Susanna
Girl, Interrupted, Turtle Bay Books (Div.
Random House), 1993 (2 Copies)
Kaysen, at 18, spends two years at
McLean Psychiatric Hospital. She looks
back at her time and treatment there with the
diagnosis of personality disorder.
168 pgs.

Kernodle, William D., M.D.
Panic Disorder: The Medical Point of View,
Cadmus Publishing, 1995
197 pgs.

Kreisman, Jerold J., M.D. & Hal Straus
I Hate You – Don't Leave Me, Avon Books,
1989 (2 Copies)
Understanding the borderline
personality.
207 pgs.

Levenkron, Steve
Obsessive-Compulsive Disorders, Warner
Books, 1991 (2 Copies)
“Enormously engrossing and
painlessly instructive to Mental Health
professionals and lay people alike. Read it!”
– Michael Kenin, M.D., Chief of
Psychopharmacology, Department of
Psychiatry, Lenox Hill Hospital, New York
City
192 pgs.

Linehan, Marsha M.
Cognitive-Behavioral Treatment of
Borderline Personality Disorder, Guilford
Publications, Inc., 1993
“Every once in a very long while, in
our field, a clinical innovation is introduced
that profoundly improves patient care.
Marsha Linehan’s development of a
cognitive-behavioral approach to borderline
personality disorder is such a rare innovation
... Her techniques are clear, teachable and
learnable and make good common sense ...”
From the foreword by Allen Frances, MD.
558 pgs.

Linehan, Marsha M.
Skills Training Manual for Treating
Borderline Personality Disorder, A
Companion Manual, Guilford Publications,
Inc., 1993
This manual is a step-by-step guide
for teaching clients four sets of skills:
interpersonal effectiveness, emotion
regulation, distress tolerance and
mindfulness. The manual features an array
of client handouts that may be readily
photocopied.
180 pgs.

Madison Institute of Medicine
Fearful Flyer's: A Guide, Madison Institute
of Medicine, 1998
66 pgs.

Madison Institute of Medicine
Obsessive Compulsive Disorder: A Guide,
(Revised) Obsessive-Compulsive
Information Center, University of
Wisconsin, 1997
65 pgs.

Madison Institute of Medicine
Panic Disorder & Agoraphobia: A Guide,
(Revised) Madison Institute of Medicine,
1998
69 pgs.

Madison Institute of Medicine
Social Phobia: A Guide, Madison Institute
of Medicine, 1997

61 pgs.

Madison Institute of Medicine
Trichotillomania: A Guide, (Revised)
Madison Institute of Medicine, 1998

49 pgs.

Rapoport, Judith L., M.D.
The Boy Who Couldn't Stop Washing, The
Experience and Treatment of Obsessive-
Compulsive Disorder, Plume, 1989, E.P.
Dutton, New York, 1988

Quote from jacket
cover: "...Obsessive-Compulsive Disorder
(OCD) is an emotionally crippling disease
that afflicts up to six million Americans.
Petty thoughts, point less rituals – cleaning,
counting, avoiding, checking – that sufferers
are powerless to stop, repeating them over
and over until they feel they have "gotten it
right". In this landmark study, a
distinguished psychiatrist and expert on
OCD recounts the extraordinary experiences
of dozens of her patients, many of who
speak in their own words, and explores the
successes of new and existing treatments.
By providing guidelines for diagnosis as
well as lists of resources and references, The
Boy Who Couldn't Stop Washing offers
new hope for OCD patients and their
families..."

261 pgs.

Ross, Jerilyn
Triumph Over Fear, Bantam Books, 1991

Through case histories, the many
faces of anxiety, including phobias, panic
disorder, Obsessive Compulsive Disorder
and Post Traumatic Stress Disorder are
explored. Step-by-step treatment plans are
introduced.

297 pgs.

University of Wisconsin-Madison
Obsessive Compulsive Disorder in Children
and Adolescents: A Guide, (Revised)
University of Wisconsin-Madison, 1997

58 pgs

Wilson, R. Reid, Ph.D.
Don't Panic; Taking Control of Anxiety
Attacks, Harper Collins, 1987

Dr. Wilson is an internationally
known specialist in the treatment of anxiety
and panic disorders. He offers strategies that
have been found to be successful in his
practice.

288 pgs.

CHILDREN & ADOLESCENTS

Axline, Virginia M.
Dibs in Search of Self, Houghton, Mifflin
Co., 1964

The author is known for her
contributions to the theory and practice of
play therapy with children. "This is the story
of the emergence of a strong, healthy
personality in a previously deeply disturbed
child."

220 pgs.

Axline, Virginia M.
Play Therapy, Ballantine Books, 1947

Section titles include: Introduction to
Play Therapy, the Non-Directive Play
Therapy Situation and Participants, The
Principles of Non-Directive Play Therapy,
Implications of Education and Annotated
Therapy Records.

370 pgs.

Cantor, Sheila
The Schizophrenic Child, Eden Press, 1982
Defines schizophrenia, takes the reader through stages of development: three months through adolescence. The book talks about parent interest groups, also has a section called "To the Physician". Contains reference list / glossary of terms.
109 pgs.

Cobain, Bev
When Nothing Matters Anymore: A Survival Guide for Depressed Teens, Free Spirit Publishing, 1998
Quote from the foreword..." This survival guide is a remarkable and much needed resource for young people with depression. Author Bev Cobain is cousin to Kurt Cobain, who was the lead singer of the rock band Nirvana when he tragically took his own life in 1994. Because popular figures like Kurt Cobain are so important and looked up to by the youth, the question "Why did he do it?" is inevitably raised..."
By Peter Jensen, M.D., Associate Director for Child & Adolescent Research, National Institute of Mental Health
164 pgs.

Columbia University & New York State Psychiatric Institute
Helping Troubled Youth: The Columbia Teen Screen Suicide Prevention Program
66 pgs.

Fassler, David, M.D. and Lynn Dumas
Help Me I'm Sad, Viking Press, 1997
Provides parents insight into the many faces of depression in children and adolescents.
210 pgs.

Friedman, Robert M. et al
Advocacy on Behalf of Children with Serious Emotional Problems, Charles C. Thomas, 1989
Discusses a range of strategies in different areas with case studies of successful efforts. NAMI members and its executive director, Laurie Flynn, have joined in this effort.
152 pgs.

Greene, Ross W., Ph.D.
The Explosive Child, Harper Collins Publishers Inc., 2001
A new approach for understanding and parenting easily frustrated, chronically inflexible children.
334 pgs.

Hanson, Regina
The Face At The Window, Clarion Books, 1997
32 pgs.

Herskowitz, Joel, M.D.
Is Your Child Depressed?, Pharos Books, 1988 (2 Copies)
Discussion of causes with emphasis on psychotherapy. What depression looks like in children.
224 pgs.

Hyland, Betty
The Girl with the Crazy Brother, New York, Franklin Watts, 1987
Fiction: A story for teenagers of a girl whose brother is diagnosed as schizophrenic. Teenage siblings will relate to her experiences: her humiliation when her brother "acts crazy" at school, her feelings of isolation, her reluctance to have friends come over to her house, the teasing that reflects stigma, her joy in finding an understanding friend. The book will reassure teenage siblings that they are not alone.
139 pgs.

- Irwin, Cait
Conquering the Beast Within, Random House, 1998
One teenager tells her inspiring story
105 pgs.
- Johnson, Julie Tallard
Understanding Mental Illness, Lerner Publications, 1989
A sympathetic writing for teens.
72 pgs.
- Koplewicz, Harold S., M.D.
It's Nobody's Fault, Times Books, 1996
Features the latest treatments – including medication – for Attention Deficit Disorder, Anxiety, Eating Disorders, School Phobia and more
303 pgs.
- Laskin, Pamela and Addie Moskowitz
Wish Upon a Star, Magination Press, 1991
A book for children with a mentally ill parent.
30 pgs.
- MacCracken, Mary
Lovey: A Very Special Child, J.B. Lippencott CO., 1976
A compassionate teacher helps a disturbed child into “new life”.
189 pgs.
- MacDonald, Betsey Douglas
Helping Each Other
Helping Each Other is designed to help youngsters understand that many illnesses present challenges which families can overcome by working together.
22 pgs.
- McElroy, Evelyn, Ph.D.
Children and Adolescents with Mental Illness: A Parents' Guide, Woodbine House, 1988 (2 Copies)
Deals realistically and practically with the problems parents face when mental illness strikes a child. The book provides guidance in decisions about therapists and hospitals, the attitudes of professionals, crisis and emergencies, the educational and legal rights of children, and planning for the future. Encourages parents to learn about mental illness and be assertive in treatment decisions.
221 pgs.
- Miller, Alice
Breaking Down the Wall of Silence, Dutton, 1991
Famous psychotherapist writes of child abuse and its effects.
181 pgs.
- Miller, Alice
The Untouched Key, Doubleday, 1988
The famous psychotherapist traces childhood trauma in creativity and destruction.
170 pgs.
- Myles, Brenda Smith and Jack Southwick
Asperger Syndrome and Difficult Moments, Autism Asperger Publishing Co., 1999
Practical solutions for tantrums, rage and meltdowns
106 pgs.
- Naylor, Phyllis Reynolds
The Keeper, Bantam Books, 1986
Fiction: A supportive book when someone you love is mentally ill. The book relates the struggle a teenage boy and his mother go through to get treatment for a mentally ill father in denial.
212 pgs.

NIMH
Treating Family Violence in a Pediatric Hospital: A Program of Training and Research Services, NIMH, 1987
Quote from foreword by Salem A. Shah, PhD, Chief, Antisocial and Violent Behavior Branch, National Institute of Mental Health: “This monograph describes an innovative, exemplary program of training, research and services for the treatment of family violence...with a particular focus on child abuse and neglect. The report highlights critical conceptual and procedural issues, the limits of current clinical knowledge and related service needs and various gaps between research and practice...”
90 pgs.

Papolos, Demetri, M.D. and Janice Papolos
The Bipolar Child, Broadway Books, 1999
The definitive and reassuring guide to childhood’s most misunderstood disorder.
398 pgs.

Peschel, Enid and Richard and James W. and Carol Howe
Neurobiological Disorders in Children and Adolescents, Jossey-Bass, San Francisco, 1992
This very important book asserts and documents two ideas not widely realized: (1) that serious mental illnesses exist in children and adolescents and (2) that they originate in physical, neurochemical or neuroanatomical disorders. The book will reassure and strengthen family members and provide essential information for mental health professionals, school personnel, insurance managers and lawyers.
140 pgs.

Portland Research & Training Center
Taking Charge: A Handbook for Parents Whose Children Have Emotional Handicaps, Portland State University, 1988
Discusses: Family Impact, Coping, Finding Help, Specialist for Diagnosis and Treatment, Common Conditions Exhibited and Understanding the Law. Each section ends with a question and answer section.
108 pgs.

Riley, Jocelyn
Only My Mouth is Smiling, William Morrow & Co., 1986
Fiction: A powerful story about a girl with a mentally ill mother who learns to act happy in spite of the pain she feels inside.
222 pgs.

Slaby, Andrew, M.D. and Lili Frank Garfinkel
No One Saw My Pain: Why Teens Kill Themselves, W.W. Norton, Co., 1994
An insightful book for parents, teachers and anyone who works with adolescents.
288 pgs.

Sobkiewicz, Tootsie, MSW
Our Special Mom, Our Special Dad, Children of Mentally Ill Parents, 1994
Two interactive story books about mental illness.
26 pgs. each

Swedo, Susan Anderson, Dr. and Dr. Henrietta L. Leonard
Is It “Just a Phase”? How to Tell Common Childhood Phases From More Serious Problems, Broadway Books, 1999
When to get help for toddlers to teens and what to do about: Thumb Sucking, Bed-wetting, Separation Problems, Shyness, Hyperactivity, Nighttime Fears, ADHD, School Avoidance, Misbehavior, Eating Problems and Much More.
348 pgs.

Torney, Carrie Lyn
What's Wrong With Nick?, Friends of Nick,
1992

This book helps children feel comfortable enough with the issue of schizophrenia to ask questions.
15 pgs.

Wender, Paul, M.D.
The Hyperactive Child, Adolescent and Adult, Oxford University Press, 1987
(2 Copies)

Discussion of attention deficit disorder, medical treatment, plus psychological and educational management.
162 pgs.

Wood, Robert W., Editor
Journal of Child and Adolescent Psychotherapy, Rivendell Foundation, Nov. 1987

88 pgs.



American Medical Association
Essential Guide to Depression, Pocket Books, 1998

Clear authoritative health information for your family
238 pgs.

Beck, Aaron, M.D.
Cognitive Therapy of Depression, Guilford Publishing, 1981

This bestselling classic work shows how psychotherapists can effectively treat depressive disorders with accompanying problems such as anxiety, suicide threats and the subtle dynamics such as doctor / patient relationships.
425 pgs.

Burns, David, M.D.
Feeling Good: The New Mood Therapy, Signet Books, 1980 (2 Copies)

Dr. Burns has been one of the prime developers of Cognitive Therapy, upon which Feeling Good is based. Section headings include: Theory and Research, Practical Applications, "Realistic" Depressions, Prevention and Personal Growth, Defeating Hopelessness and Suicide, Coping with the Stresses and Strains of Daily Living and The Chemistry of Mood.

416 pgs.

Casey, Nell
Unholy Ghost, Harper Collins, 2001

Unholy Ghost is a unique collection of essays about depression that, in the spirit of William Styron's Darkness Visible, finds vivid expression for an elusive illness suffered by more than one in five Americans today.

299 pgs.

Copeland, Mary Ellen, M.S.
Learning to Cope with Depression and Manic Depression, Peach Press, 1991

184 pgs.

Copeland, Mary Ellen, M.S.
Living Without Depression and Manic Depression, New Harbinger Publications, 1994

A workbook for maintaining mood stability.
264 pgs.

Court, Bryan L. and Gerald E. Nelson, M.D.
Bipolar Puzzle Solution, Accelerated Development, Taylor and Francis, 1996

The format of this handbook is questions frequently heard in bipolar support groups with answers by Dr. Nelson.

181 pgs.

Cronkite, Kathy
On the Edge of Darkness: Conversations
About Conquering Depression, Doubleday,
1994

Well known entertainers, authors and
public servants testify.

352 pgs.

Fawcett, Jan, M.D., Bernard Golden, Ph.D.
& Nancy Rosenfeld
New Hope for People with Bipolar Disorder,
Prima Publishing, 2000

Your friendly, authoritative guide to
the latest in traditional and complementary
solutions.

331 pgs.

Goodwin, Frederick K. and Kay Redfield
Jamison
Manic Depressive Illness, New York,
Oxford University Press, 1990

A long anticipated landmark book
for physicians and scientists by a
psychiatrist and clinical psychologist who
are world leaders in their field. It is
comprehensive, authoritative and readable
and will be the leading book on the subject
for many years. The authors show great
sensitivity to the suffering that accompanies
manic-depression.

938 pgs.

Greist, John H., M.D. & James W. Jefferson,
M.D.
Depression and Its Treatment, Warner
Books, 1994

A layman's guide by two leading
psychiatrists to help you understand and
cope with America's #1 Mental Health
Problem.

164 pgs.

Jamison, Kay Redford
Touched By Fire: Manic Depressive Illness
and the Artistic Temperament, Free Press,
1993

370 pgs.

Jamison, Kay Redford
An Unquiet Mind: Memoir, Alfred A.
Knopf, Inc., 1995

An internationally known
psychiatrist and teacher reveals her own
struggle with manic depression.

224 pgs.

Klein, Donald F., M.D. & Paul H. Wender,
M.D.

Understanding Depression: A Complete
Guide to Its Diagnosis and Treatment,
Oxford University Press, 1993

181 pgs.

Kline, Nathan S., M.D.
From Sad to Glad, Ballantine Books, 1975

The remarkable treatment that has
brought happiness back to thousands by "the
ultimate specialist on depression"

214 pgs.

Manning, Martha
Undercurrents, Harper Collins, 1994

A therapist's reckoning with her own
depression.

200 pgs.

Miklowitz, David J. & Michael J. Goldstein
Bipolar Disorder: A Family-focused
treatment approach, The Guilford Press,
1997

318 pgs.

Mondimore, Francis M.
Depression: The Mood Disease, Johns Hopkins Press, 1990
Dr. Mondimore offers authoritative and comprehensive evidence that serious depression is a no-fault biochemical disorder in lay terms. He also gives an optimistic assessment of future treatments.
225 pgs.

NAMI
Clinical Depression Series, NAMI, 1992, 1993
References, articles and pamphlets, in folder format, dealing individually with clinical depression and the College Student, Young Professional Women, Older Americans and African Americans. Eli Lilly & Co. provided the educational grant.

Papolos, Demitri, M.D. and Janice Papolos
Overcoming Depression, Harper & Row, 1987
“The most comprehensive book available for the layperson on depression...A storehouse of useful, indeed essential, information.” – Donald F. Klein, MD, Professor of Psychiatry, Columbia University’s College of Physicians and Surgeons.
319 pgs.

Papolos, Demitri, M.D. and Janice Papolos
Overcoming Depression, Harper & Row, 1987, (Revised) Third Edition, 1997
A comprehensive up-to-date treatment of depression that is clearly organized and easy to manage. It begins with descriptions of the disease, discussions of diagnosis and research, and moves on to consider various forms of treatment. A closing section on “Living with the Illness” is practical and realistic. Appendices list resources for families and patients and summarize state commitment laws.
319 pgs.

Quinett, Paul G.
Suicide – The Forever Decision, Crossroad Publishing, 1995, (Revised)
156 pgs.

Sheffield, Anne
How You Can Survive When They’re Depressed, Three Rivers Press, New York, 1999
From the Introduction by Donald F. Klein, M.D. – “It might help the reader to place Anne Sheffield’s book in the historical context of our progressive understanding of psychiatric illness.”
306 pgs.

Sheffield, Anne
Sorrow’s Web, Free Press, 2000
Overcoming the Legacy of Maternal Depression
285 pgs.

Steel, Danielle
His Bright Light, Delacorte Press, 1998 (2 Copies)
This is a story of an extraordinary boy with a brilliant mind, a heart of gold and a tortured soul. It is the story of an illness, a fight to live and a race against death.
291 pgs.

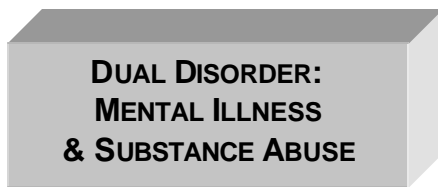
Stein, Patricia M., R.D., M.S., M.A. & Barbara C. Unell
Anorexia Nervosa: Finding the Line, CompCare Publications, 1986
Recovering anorexics tell their own stories.
93 pgs.

Thompson, Tracy
The Beast: A Journey Through Depression, Penguin Books, 1995
First person account by Washington Post reporter and Pulitzer finalist.
290 pgs.

US Dept. of Human Services
Depression in Primary Care: Clinical Practice Guideline, Vol. 2, No. 5, Apr 1993 (2 Copies)
Treatment of Major Depression
175 pgs.

Whybrow, Peter C.
A Mood Apart: The Thinker's Guide to Emotion and its Disorders, HarperPerennial, 1998

“An excellent book. A Mood Apart describes individuals suffering from mood disorders with compassion and insight; their stories humanize the condition and their recoveries inspire hope.” – Kay Redfield Jamison, author of An Unquiet Mind
361 pgs.



Robert E. Drake & Kim Mueser, Editors
Dual Diagnosis of Major Mental Illness and Substance Abuse, Jossy-Bass Publishers, 1996
Vol. 2 – Recent Research and Clinical Implications.
118 pgs.

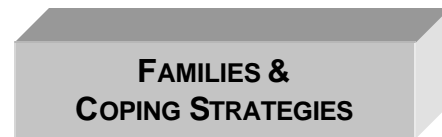
Pepper, Bert, M.D. & Hilary Ryglewicz, ACSW
Alcohol and Street Drugs: What Parents Need to Know, The Information Exchange (T.I.E.), 1989 (2 Copies)
58 pgs.

Pepper, Bert, M.D. & Hilary Ryglewicz, ACSW
Alcohol and Street Drugs: Time for a Choice, T.I.E., 1989 (2 Copies)
58 pgs.

Pepper, Bert, M.D. & Hilary Ryglewicz, ACSW
Alcohol, Drugs and Mental and Emotional Problems: What You Need to Know to Help Your Dual-Disorder Client, T.I.E., 1989 (2 Copies)
127 pgs.

Pepper, Bert, M.D. & Hilary Ryglewicz, ACSW
Lives at Risk: Understanding and Treating Young People with Dual Disorders, Free Press, 1996
264 pgs.

Smith, Ann W.
Grand Children of Alcoholics: Another Generation of Co-Dependency, Health Communications, Inc., 1988
168 pgs.



Ackerman, Robert J., Ph.D.
Let Go and Grow: Recovery for Adult Children, Health Communications, Inc., 1987

Quote from cover: “In Let Go and Grow: Recovery for Adult Children, Dr. Ackerman, from his in-depth studies, identifies the characteristics of all adult children of alcoholics, plus the varying and diverse types. He identifies the positive characteristics and pinpoints the problem areas, so that through the process of forgiveness and understanding, the adult child, too, can achieve positive intimate relationships. From recognizing and dealing with the problem with the parent(s), the adult child can make peace within the family to let go the problems of the past, and grow into healthy adulthood.
187 pgs.

Adamec, Christine
How to Live with a Mentally Ill Person,
John Wiley & Sons, Inc., 1996
235 pgs.

Amador, Xavier, Ph. D.
I Am Not Sick, I Don't Need Help!, Vida
Press, 2000
Helping the seriously mentally ill
accept treatment.
202 pgs.

AMI of Ohio
Just for this Day: Meditations for Families
Experiencing Mental Illness, 1992
114 pgs.

Bernheim, Kayla, Richard Lewind and
Caroline Beale
The Caring Family: Living with Chronic
Mental Illness, Random House, 1982
A book for families with mentally ill
members. It suggests ways of dealing with
such issues as the ill member's undesirable
behavior, overseeing treatment, using the
mental health system and solving legal
problems. Includes brief sections for
spouses, parents and siblings.
226 pgs.

Burland, Joyce
What Hurts / What Helps: A Guide to what
Families of the Mentally Ill Need from
Mental Health Professionals, Behavioral
Health, Inc., 1993
20 pgs.

Bradshaw, John
Bradshaw on: Healing the Shame That
Binds You, Health Communications, Inc,
1988

Quote from back cover: "In an
emotionally revealing way Bradshaw shows
us how toxic shame is the core problem in
our compulsions, co-dependencies,
addictions and the drive to superachieve,
resulting in the breakdown in the family
system and our inability to go forward with
our lives. We are bound, Bradshaw tells us,
by our shame. But drawing from his 22
years of experience as a counselor, he offers
us the techniques to heal our shame. Using
affirmations, visualizations, "inner voice"
and "feeling" work plus guided meditations
and other useful healing techniques, he
releases the shame that binds us to our past."
245 pgs.

Burch, Claire
Stranger in the Family: A Guide to Living
with the Emotionally Disturbed, Bobbs-
Merril Co. Inc., 1972

Quote from the cover: "...an
innovative work on a subject which is still
so controversial that any attempt to negotiate
it is like picking one's way across a bed of
hot coals... Out of her own long encounter,
plus familiarity with most psychiatric and
anti-psychiatry movements, she has written
a deeply compassionate, straight forward
and truly healthful book with a point of view
that is filled with hope for families.
233 pgs.

California AMI
Families Know About Coping with Serious Mental Illness, Sacramento, CA, AMI 1989
(2 Copies)

An excellent book for outreach developed by the California Alliance for the Mentally Ill that can be used by any state or local affiliate. Engaging illustrations and a readable text assure readers that they are not alone. The book offers sound advice: find professional help, become involved in treatment decisions, read about mental illness, take care of yourself, cultivate coping skills, change your expectations.

28 pgs.

Dearth, Nona, et al,
Families Helping Families: Living with Schizophrenia, W.W. Norton & Co., 1986

Written by NAMI members to help other families cope with mentally ill members. It is direct, authoritative and practical in dealing with a wide range of problems families face – their feelings and attitudes, relationships with a professionals (take them off a pedestal), the state of services and the need for improvement. Ends by reaffirming the need for families to work together as advocates.

163 pgs.

Dinner, Sherry H., Ph.D.
Nothing to be Ashamed Of, Lothrop, Lee and Shepard Books, 1982

This book contains chapters on: What is Mental Illness? Reactions to Living with a Mentally Ill Person, Schizophrenia, Mood Disorders, Anxiety Disorders, Post-Traumatic Stress Disorder, Alzheimer's Disease, Eating Disorders, Mental Health Professionals and What They Do, Coping and Helping Your Family. Includes an appendix on finding a support group.

212 pgs.

Gil, Eliana, Ph.D.
Outgrowing the Pain, Dell Publishing, 1988

Quote from introduction, "As a therapist, I have seen many clients who have sought help for a variety of problems including finding or keeping jobs, problems with a drinking or abusive mate, depression, general dissatisfaction with life, or a feeling of "wandering" without clear direction or goals. When I inquired into their pasts, physical, sexual, emotional abuse and / or neglect often had occurred. I began to recognize similar patterns and difficulties in victims of past or current abuse.

88 pgs.

Hatfield, Agnes B.
Consumer Guide to Mental Health Services, Arlington, VA, NAMI, 1985
(3 Copies)

A essential beginner's handbook for families of mentally ill persons. It deals with choosing a therapist, hospitalization, community services, insurance, long-term planning, and grievances. Urges families to be assertive consumers.

17 pgs.

Hatfield, Agnes B.
Coping with Aggressive Behavior, NAMI, 1992 (2 Copies)

Booklet on violent behavior in people who have mental illness and the family's role in dealing with it.

6 pgs.

Hatfield, Agnes B.
Coping with Mental Illness in the Family: A Family Guide, NAMI, 1991
An updated coping guide by a professional who speaks from personal experience. Addresses many of the problems families face as they try to understand mental illness and cope with the problems it raises. It offers practical suggestions for lowering stress levels, managing disturbing behavior, and using family and community resources. The book is equally appropriate for use by individual families, family study groups, or professionals.
68 pgs.

Hatfield, Agnes B.
Families of the Mentally Ill: Meeting the Challenges, Jossy-Bass, 1987
Written for professionals by NAMI members, most of whom are themselves professionals. The book describes the anguish families suffer because of a loved one's mental illness, the history of the family movement and its empowering effect, the stigma families confront, and the humiliation they often suffer in their relations with service providers. Promising developments are family advocacy, more collaborative professional-family relationships, and advances in scientific research.
107 pgs.

Hatfield, Agnes B.
Family Education in Mental Illness, Guilford, 1990
A must for families in educating themselves for supporting ill loved ones.
212 pgs.

Hatfield, Agnes B.
Medication Compliance, NAMI, 1990
Booklet on medication compliance includes forgetfulness, unpleasant side-effects, issues of control. For families, consumers and the treatment professional.
6 pgs.

Hatfield, Agnes B. Ph.D. and Harriet Lefley
Surviving Mental Illness: Stress, Coping and Adaptation, Guilford Press, 1993
(2 Copies)
200 pgs.

Hatfield, Agnes B.
Understanding Low Motivation in Mental Illness, NAMI, 1990
Booklet.
6 pgs.

Hinckley, Jack and JoAnn
Breaking Point, Chosen Books, 1985
The parents of John Hinckley, Jr. talk about the step-by-step process of John developing mental illness. Sections include: Early Warning Signs, Where to Turn for Help and Do's and Don'ts for Families.
375 pgs.

Johnson, Julie Tallard
Hidden Victims: An 8 Stage Healing Process for Families and Friends of the Mentally Ill, Doubleday, 1988 (2 Copies)
Practical and realistic help for the "hidden victims" of mental illness – siblings, spouses, parents and adult children. The author urges family members to accept mental illness as they would accept any chronic illness, to limit its disruptive effect on family life, and to learn to cope with guilt and fear. She proposes an eight-stage healing process that builds self-esteem and inner peace.
190 pgs.

Kanter, Joel S.
Coping Strategies for Relatives of the Mentally Ill, NAMI, 1984
Useful for individual families or as a discussion group manual. Deals with attitudes and goals for families, planning and implementing effective coping strategies, handling aggression and intimidation, and supporting and protecting the mentally ill person. Cites the need to require that mentally ill persons respect others and take steps toward independence.
28 pgs.

Kurtz, Ernest and Katherine Ketcham
Spirituality of Imperfection, Bantam Books, 1992
“Spirituality teaches us...how to deal with failure in life...errors are part of the game, part of its rigorous truth.” Kurtz uses wisdom stories from many cultures and the Twelve Step Program to share his vision and hope. A spiritual connection often comes when consumers and families tell their own stories and the truth revealed helps them to heal.
293 pgs.

Laing, R.D.
Politics of the Family, Pantheon Books, 1969
Chapter 1: The Family and the “Family”,
Chapter 2: Intervention in Social Situations,
Chapter 3: The Study of Family and Social Contexts in Relation to Schizophrenia.
Quote from the book jacket: “The first chapter was originally addressed to psychoanalysts, the second to social workers, the third to psychiatrists. The remaining chapters comprise five talks given on Canadian Radio. Each has been much revised and the resulting volume, written in a simple and lucid style, is of concern to anyone who wishes to consider what it is like to live in a family.”
133 pgs.

Lefley, Harriet P.
Family Caregiving in Mental Illness, Sage Publications, 1996
261 pgs.

Low, Abraham A.
Mental Health Through Will Training, Christopher Publishing House, 1971
A system of self-help in psychotherapy as practiced by Recovery Incorporated.
393 pgs.

Marsh, Diane T.
Families and Mental Illness: New Directions in Professional Practice, Praeger Publishers, 1992
Some exciting developments currently underway that should draw professionals and families together for more effective treatment of the mentally ill relative. This book can be an asset in the training of the mental health professional.
231 pgs.

Turnbull III, H. Rutherford
Disability and the Family: A Guide to Decisions for Adulthood, Paul H. Brooks Publications, 1989
An up-to-date, comprehensive, and useful guidebook for families of disabled persons about planning for the future. It covers legal issues, government disability programs, wills and trusts, housing and employment, and advocacy. Most cases cited are of retarded persons, but the information is immediately applicable to persons with mental illnesses.
432 pgs.

Van Buren, Abigail
A Family Affair, Brunner / Mazel, 1986
Based on letters to Abigail Van Buren in cooperation with The Group for the Advancement of Psychiatry. Chapter titles include: The Family Cries for Help, The Family Tries to Come to Terms with Mental Illness, The Support System Sometimes Fail, The Family Seeks Help, and What Can Be Done? This book also contains a bibliography, a resource information section, references, and a section about The Group for the Advancement of Psychiatry.
104 pgs.

Vine, Phyllis
Families in Pain: Children, Siblings and Parents Speak Out, Pantheon Books, 1982
Written by a NAMI member. The author tells the stories of families and patients as they go through initial symptoms and hospitalization, diagnosis, treatment programs, life at home and in a hospital, and face chronicity. The final chapter urges families to advocate for better services.
273 pgs.

Wasow, Mona
The Skipping Stone: Ripple Effects of Mental Illness on the Family – 1st Edition, Science & Behavior Books, Inc., 1995
A compassionate, but stirring wake-up call to professionals to hear and address the concerns of all types of family members – children, siblings, spouses, grand parents, aunts and uncles.
233 pgs.

Wasow, Mona
The Skipping Stone: Ripple Effects of Mental Illness on the Family – 2nd Edition, Science & Behavior Books, Inc., 2000 (2 Copies)
A compassionate, but stirring wake-up call to professionals to hear and address the concerns of all types of family members – children, siblings, spouses, grand parents, aunts and uncles.
303 pgs.

Woolis, Rebecca, MFCC
When Someone You Love Has a Mental Illness: A Handbook for Family, Friends and Caregivers, Tarcher Perigee, 1992
This offering is an excellent practical and accessible guideline for coping with mental illness.
228 pgs.



American Psychiatric Association
Diagnostic and Statistical Manual of Mental Disorders (DSM-III-R), American Psychiatric Press, 3rd Edition – Revised, 1987
Standard diagnostic tool.
567 pgs.

American Psychological Association
Thesaurus of Psychological Index Terms, Fifth Edition, 1988
291 pgs.

Andreasen, Nancy C., M.D., Ph.D. and Donald W. Black, M.D.
Introductory Textbook of Psychiatry, American Psychiatry Press, 1991
Comprehensive yet readable for professionals, consumers and families.
Paper.
565 pgs.

- Armstrong, Moe
Recovery & Rehabilitation, Center for
 Psychiatric Rehabilitation, 2000
 Book of poems and Illustrations by
 the Moe Armstrong, who is a consumer
 living in Boston, MA.
 86 pgs.
- Bernheim, Kayla, Ph.D.
Patient “Confidentiality” and You, NAMI,
 April 1990 (2 Copies)
 11 pgs.
- Breggin, Peter
Toxic Psychiatry, St. Martin’s Press, NY
 1991
 Why therapy, empathy and love must
 replace the drugs, electroshock and
 biochemical theories of the “new
 psychiatry.” Controversial material for
 objective reading.
 410 pgs.
- Busick, Bonnie Sigren and Martha Gorman
Ill Not Insane, New Idea Press, 1986
 The authors pose questions that must
 be answered and raise issues that must be
 resolved. Every member of our society
 should read this book. – Barbara
 Hancock, President, Colorado Alliance for
 the Mentally Ill
 311 pgs.
- Estroff, Sue E.
Making it Crazy, University of California
 Press, 1981
 An ethnography of psychiatric
 clients in an american community.
 328 pgs.
- Fitzgerald, Frances
Cities on a Hill, Simon & Schuster, 1981,
 1983, 1986
 A brilliant exploration of visionary
 communities remaking the American dream.
 414 pgs.
- Gendlin, Eugene T., Ph.D.
Focusing, Bantam Books, 1978
 Quote from jacket cover: “Based on
 research at the University of Chicago,
 focusing is a new technique of self therapy
 that teaches you to identify and change the
 way your personal problems concretely exist
 in your body... Focusing guides you to the
 deepest level of awareness within your
 body. It is on this level, unfamiliar to most
 people, that unresolved problems actually
 exist, and only on this level can they
 change.”
 174 pgs.
- Gorman, Jack M., M.D.
The New Psychiatry: An Essential Guide for
 Family Use – State of the Art Therapy,
 Medication and Emotional Health, St.
 Martin’s Press, 1996
 388 pgs.
- Grob, Gerald N.
The Mad Among Us – A History of the Care
 of America’s Mentally Ill, Harvard
 University Press, 1994
 386 pgs.
- Grosch, William N., M.D., M. Div. and
 David C. Olsen, Ph. D., C.S.W.
When Helping Starts to Hurt, W.W. Norton
 & Co., 1994
 A new look at burnout among
 psychotherapists
 183 pgs.
- Herman, Judith, M.D.
Trauma and Recovery, Basic Books, 1997
 The aftermath of violence – from
 domestic abuse to political terror
 290 pgs.
- Jamison, Kay Redfield
Night Falls Fast – understanding suicide,
 Alfred A. Knopf, 1999
 432 pgs.

Kaplan, Harold I., M.D. and Benjamin J. Sadock, M.D.
Comprehensive Glossary of Psychiatry and Psychology, Williams & Wilkins, 1991
203 pgs.

London, Wayne P., M.D.
Back to Basics, London Research, 1991
A Holistic Guide for Physical and Mental Health

Montana Advocacy Program (MAP)
Rights of Montanans with Mental Illness, 1993 (2 Copies)

Montana Advocacy Program (MAP)
Your Mental Health Rights in Montana, 1989

National Institute of Mental Health (NIMH)
When Someone Close has AIDS, NIMH, 1989
A booklet for friends, families and others who know a person with AIDS.
15 pgs.

National Institute of Mental Health (NIMH)
Primary Prevention in Mental Health: An Annotated Bibliography, NIMH, 1985
425 pgs

O'Shea, Mary Hepburn
Come Live With Me, Published by the Author, 1974

Quote from introduction: "If anyone is looking for a literary, scholarly book, this is not it! It is intended to be a simple book which expresses complex social issues in terms of feelings in a way, hopefully, anyone can understand. It's a book about people who have been in institutions and returned to the community. It's a book about agencies and how they use the bureaucratic procedures to find reasons they cannot do things. It's a book about community caretakers who live day to day with people who face the problems but can't find their way through 'the system'."

146 pgs.

Psychosocial Rehabilitation Journal, Vol. 13, Number 1, July, 1989

A quarterly published by the Trustees of Boston University and IAPSRs is available in the library. Input comes from researchers, family members and consumers exploring science and social issues and a vision of recovery for the 1990's. It contains stimulating letters to the editor and book reviews as well.

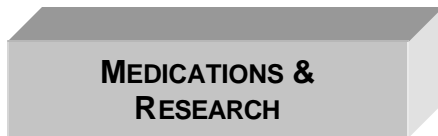
98 pgs.

Psychosocial Rehabilitation Journal, Vol. 17, Number 4, April, 1994
Serving People with Psychiatric Disorders at Risk for HIV / AIDS
180 pgs.

Restak, Richard M., M.D.
The Modular Brain, Touchstone, 1994
See description below.
199 pgs.

- Restak, Richard M., M.D.
Receptors, Bantam Books, 1994
 These two books present new knowledge about the brain and its functioning. Restak has been cited as “the best communicator to the public about the human brain” by Lawrence Hoffheimer, Executive Director, National Foundation for Brain Research.
 228 pgs.
- Russell, L. Mark, J.D. and Arnold E. Grant, J.D.
Planning for the Future: Providing a Meaningful Life for a Child with a Disability after your Death, American Publishing Co., 1993
 Updated advice from attorneys who specialize in estate planning. Using this book may be the single most important step taken in planning for a family member with a disability.
 417 pgs.
- Sharkey, Joe
Bedlam: Greed, Profiteering and Fraud in a Mental Health System Gone Crazy, St. Martin’s Press, 1994
 294 pgs.
- Spaniol, LeRoy, Ph.D. and Martin Koehler, B.A.
The Recovery Workbook: Practical Coping and Empowerment Strategies for people with Psychiatric Disability, Center for Psychiatric Rehabilitation, 1994
 119 pgs.
- Steele, Barbara, M.S.W., L.C.S.W. and Carolyn Willard, M.S.L.S.
Guidelines for Establishing a Family Resource Library, Association for the Care of Children’s Health, 1989, Second Edition (2 Copies)
 96 pgs.
- Strobel, Shirley H.
Creating a Circle of Caring: The Church and the Mentally Ill, NAMI of North Carolina, 1997 (2 Copies)
 Educating congregations about mental illness.
 96 pgs.
- US Dept. of Health and Human Services
Mental Health and Substance Abuse Services in Medicaid, 1993, SAMHSA, January 2000
- US Dept. of Health and Human Services
Mental Health Directory 1995, 1995
 Central source of information on mental health organizations throughout the United States.
 549 pgs.
- US Dept. of Health and Human Services
Mental Health, United States, 1996, 1996
 Statistical information that will be of concern in health care reform.
 249 pgs.
- Weekes, Claire, Dr.
Hope and Help for Your Nerves, Signet, 1969, Afterword, 1990
 An author continually read and rediscovered as a counselor who gets to the basic truths of coping with mental problems.
 209 pgs.
- Wood, Garth
The Myth of Neurosis: Overcoming the Illness Excuse, Harper & Row, 1983, 1986
 Wood presents the differentiation between genuine psychological illness and the neurotic response when life becomes overwhelmingly tough and how he counsels clients.
 294 pgs.

Zuckerman, Edward L., Ph.D.
The Clinician's Thesaurus, Three Wishes
Press, 1991
A guidebook for wording
psychological reports and other evaluations.
174 pgs.



AMI of New York State
Clozapine Perspectives 1992: Doctors Share
Their Experience, Booklet produced by AMI
of New York State on the drug's effect on
schizophrenia. (2 Copies)
10 pgs.

Andreasen, Nancy C., M.D., Ph.D.
The Broken Brain: The Biological
Revolution in Psychiatry, Harper & Row,
1984
An Excellent, comprehensive
explanation of advances in brain research
and their impact on understanding and
treating mental illness. The book is clearly
organized and written; even technical
explanations are understandable. The single
best book available about the state of the
psychiatry in the 1980's.
278 pgs.

Andreasen, Nancy C., M.D., Ph.D.
O Brave New World! Exploring the Mind
and Brain in Health and Disease, 1993
Tenth Annual Presidential Lecture 1993,
University of Iowa College of Medicine
25 pgs.

Appleton, William S., M.D.
Prozac and The New Antidepressants,
Penguin Putnam Inc., 1997, 2000
What you need to know about
Prozac, Zoloft, Paxil, Luvox, Wellbutrin,
Effexor, Serzone, Vestra, Celexa, St. John's
Wort and others
236 pgs.

Bouricius, Jean K.
Psychoactive Drugs and Their Effects on
Mentally Ill Persons, Arlington, VA NAMI,
1989 (Revised) (2 Copies)
A handbook about medication that
will be helpful to patients and families. After
brief descriptions of the many forms mental
illness can take, the author presents a wide
range of psychoactive drugs and includes
information about dosages, side-effects and
interactions with other drugs and foods. A
comprehensive, meticulous treatment of the
subject with extensive scientific references,
a glossary of medical terms, summary tables
and an index.
115 pgs.

Fink, Max, M.D.
Electroshock, Restoring the Mind, Oxford
University Press, 1999
157 pgs.

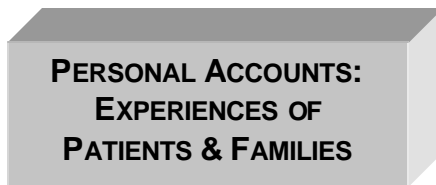
Gorman, Jack M., M.D.
The Essential Guide to Psychiatric Drugs,
St. Martin's Press, New York, 1990
Basic information on 123 drugs by a
distinguished psychopharmacologist.
397 pgs.

- Kramer, Peter D.
Listening to Prozac, Penguin Books, 1994
 “Not only a fascinating and beautifully written overview of the biology and psychology of mood-state, but a richly philosophical meditation upon the basic nature of human nature as well.” Maggie Scharf. This book is an awesome reminder that we can get locked into one way of thinking and stop the discovery process.
 490 pgs.
- Lithium Information Center
Carbamazepine & Manic Depression: A Guide, (Revised) University of Wisconsin, 1990
 Booklet. The “trade name” of this product in the US is Tegretol.
 31 pgs.
- Lithium Information Center
Electroconvulsive Therapy: A Guide, (Revised) University of Wisconsin, 1998
 19 pgs.
- Lithium Information Center
Lithium & Manic Depression: A Guide, (Revised) University of Wisconsin, 1990
 31 pgs.
- The University of Wisconsin-Madison,
 Department of Psychiatry
Attention-Deficit Hyperactivity Disorder in Children: A Medication Guide, Second Edition University of Wisconsin, 1997
 40 pgs.
- Madison Institute of Medicine, Information Center
Antipsychotic Medications: A Guide, (Revised) Madison Institute of Medicine, Information Center, 1998
 39 pgs.
- Madison Institute of Medicine, Information Center
Depression & Antidepressants: A Guide, (Revised) Madison Institute of Medicine, 1999
 48 pgs.
- Madison Institute of Medicine, Information Center
Divalproex & Manic Depression: A Guide, (Revised) Madison Institute of Medicine, 1990
 32 pgs.
- Weiden, Peter J., M.D. and Patricia L. Scheifler, M.S.W.
Breakthroughs in Antipsychotic Medications, NAMI, 1999
 A Guide for consumers, families and clinicians.
 202 pgs.
- Wilens, Timothy E., M.D.
Straight Talk about Psychiatric Medications for Kids, Guilford Press, 1999
 279 pgs.

Yudofsky, Stuart, M.D., Robert E. Hales, M.D. and Tom Ferguson, M.D.
What You Need to Know About Psychiatric Drugs, Ballantine Books, 1991

Three nationally renowned doctors prepared this easy-to-read consumer guide to current prescription drugs used to treat severe mental illnesses. Includes guide to buying, storing drugs and section on special risk groups.

646 pgs.



AMI of Marin County, CA
Coping Successfully with Mental and Emotional Disorders, AMI-Marin, 1985

Quote from introduction by Beverly K. Abbott, Director, Community Mental Health Services, Dept. of Health and Human Services, County of Marin, California: "This collection of interviews with people who have suffered from mental illness gives readers a very personal look at the experience of being mentally ill and the effect it has on one's life. They reveal the uniqueness of each individual, giving us a deep respect for their struggle and forcing us to think in human terms instead of using simplistic labels on this group of people."

84 pgs.

Bass, Ellen and Laura Davis
The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, Harper & Row, 1988

The *Courage to Heal* is an inspiring, comprehensive guide that offers hope and encouragement to every woman who was sexually abused as a child – and those who care about her. Although the effects of child sexual abuse are long-term and severe, healing is possible. The authors – Ellen Bass, a nationally known counselor, and Laura Davis, survivor of child sexual abuse – weave personal experience with professional knowledge to show the reader how she can come to terms with her past while moving powerfully into the future. The authors provide clear explanations, practical suggestions, a map of the healing journey, and many moving first-person examples of the recovery process drawn from their interviews with hundreds of survivors.

495 pgs.

Berger, Diane and Lisa Berger
We Heard the Angels of Madness: One Family's Struggle with Manic-Depression, Diane Berger and Lisa Berger, 1991

A mother's account of her son's illness.

308 pgs.

Chase, Truddi
When the Rabbit Howls, E.P. Dutton, 1987

A spellbinding journey through the fragmented world of the multiple personality. The disorder, complicated and frightening to both professionals and the general public, is the response of a creative mind seeking to escape the saturations of childhood terror and pain.

370 pgs.

Colorado AMI
Stepping Into the Light, (Poetry) 1988
Book of Poetry: published for the
10th Annual NAMI Convention.
39 pgs.

Cooper, Ed and Patty Cooper
When Even the Devil Deserts You, Dream
Again Press, 1992
Ed Cooper, who describes mental
illness from his own experience, makes a
plea to churches to become that accepting
community, to become informed and to stop
confusing mental illness with sin,
recognizing it as the brain disease that it is.
135 pgs.

Deveson, Anne
Tell Me I'm Here: One Family's Experience
With Schizophrenia, Penguin Books, 1991
(2 Copies)
Deveson is an Australian writer,
broadcaster and documentary filmmaker.
Her book was the recipient of the 1991
nonfiction Australian Human Rights Award.
269 pgs.

Donaldson, Kenneth
Insanity Inside Out, Crown Publishers, Inc.,
1976
Quote from the jacket cover: "A
tragic story of wasted years... yet also a
brave and useful one. For Ken Donaldson is
an American hero, the principal in a
landmark Supreme Court case which
ascertains the right to freedom for tens of
thousands of involuntary mental patients.
Perhaps the most important ruling on mental
patient's rights in the history of the nation,
the Donaldson Case promises to restructure
our incarcerative mental health system."
338 pgs.

Dowling, Colette
You Mean I Don't Have To Feel This Way?,
Charles Scribner's Sons, New York, 1991 (2
Copies)

This book was prompted by the
author's experience with her daughter who
was bulimic and depressed, eventually
diagnosed and successfully treated. Dowling
explores the idea that there is a relationship
between depression and other disorders such
as bulimia, obsessive-compulsive disorder
and even addiction.
293 pgs.

Duke, Patty and Kenneth Turan
Call Me Anna, Bantam Books, 1987
The autobiography of Patty Duke;
actress, wife, mother, manic depressive,
mental health advocate.
311 pgs.

Flach, Frederick, M.D.
Rickie, Ballantine Books, 1990
Author traces a 10 year hopeless
round of failed treatment for his daughter
diagnosed with schizophrenia. Eventually
Rickie was cured by visual perception and
orthomolecular treatment. The cure raises
questions about the correctness of the
original diagnosis. AMI families must guard
against the false hope this book may raise.
276 pgs.

Furlong, Pat Adams
Giving Voice, (Poetry), Knox AMI, TN,
1992
A woman who experiences serious
mental illness is encouraged to tell in poetry
the story of her journey and struggle in order
to strengthen others.
20 pgs.

Gordon, Barbara
I'm Dancing As Fast As I Can, Perennial
Library, 1989 (2 Copies)
Quote from cover: "Barbara Gordon,
successful career woman and award-winning
television producer, thought she had
everything – until her therapist advised her
to go off valium cold turkey. In the space of
a few weeks, she lost the man she loved, a
career she adored and herself. This book is
the dramatic, heart-wrenching story of her
valium-induced breakdown and of her
courageous struggle back to a new life."
313 pgs.

Gotkin, Janet and Paul
Too Much Anger, Too Many Tears,
Harper/Collins, 1975, 1992
Stumbling through the mental health
system with little support.
400 pgs.

Green, Hannah
I Never Promised You a Rose Garden, New
American Library, 1964
FICTON: Quote from jacket cover:
"Seldom has the strange and seductive world
of insanity been charted more explicitly, or
more beautifully, than in this novel – this
shining story of a young girl's three years in
a mental hospital and her journey back from
madness to reality."
256 pgs.

Hartley, Mariette
Breaking the Silence, Signet, 1991
An Emmy award winner, Hartley has
acted on stage, screen, and TV and is known
for her Polaroid Ads with James Garner. She
has overcome and written about her family
history of alcoholism, depression and
suicide. She supports NAMI and the
American Suicide Foundation.
333 pgs.

Howland, Bette
W-3, Viking Press, 1974
Quote from jacket cover by Saul
Bellow: "I was much moved by W-3. It is
admirably straight and thoughtful, tough
minded but full of powerful feeling. The
patients of W-3, black and white, men and
women, dizzy, endearing, suicidal, doomed,
come to us from these pages not as case
studies but as our own brothers and sisters.
No poses are struck and no vain gestures
made in this brave and honorable book.
Bette Howland is a real writer."
206 pgs.

Johnson County Community College,
Kansas
Breakthrough: An Experience in Human
Growth, (Poetry) The Mental Health
Association of Johnson County, 1972
Quote from the introduction: "Not
long ago some interested persons of Johnson
County got together to form the organization
known as Breakthrough – a community-
based group which strives to provide an
atmosphere where people, especially
persons returning home from mental
hospitals, can grow emotionally. The poems
in this publication represent the efforts of
members of Breakthrough searching for a
deeper meaning in life for themselves and
others. They have tried to put into words,
more importantly, to share their thoughts
and experiences, with others through writing
poetry."
73 pgs.

Lamb, Wally
I Know This Much Is True, Regan Books,
1998
“Every now and then a book comes
along that sets new standards for writers and
readers alike. Wally Lamb’s latest novel is
stunning – and even that might be an
understatement...this is a masterpiece.”
Associated Press
895 pgs.

Lear, Frances
The Second Seduction, Alfred Knopf, New
York, 1992
Founding editor-in-chief of Lear’s
Magazine, Frances Lear has come to
symbolize the success story of the American
career woman. Her courageous memoir
speaks of dark forces that have shaped her
being: alcoholism, the memory of abuse, a
loss of personal identity, manic depressive
illness, and the ever-present possibility of
suicide. Amazingly, she has prevailed.
191 pgs.

Lyden, Jacki
Daughter of the Queen of Sheba, Penguin
Books, 1997
“With exquisite control and elegant
decorum, Jacki Lyden presents us with an
incredibly compelling narrative of insanity,
imagination gone wild, and unconquerable
love between a mother and daughter.”
Carolyn See, author of *Dreaming: A Family
Memoir*
257 pgs.

McDonnell, Jane Taylor
News From the Border: A Mother’s Memoir
of Her Autistic Son, Tickner and Fields,
1993
376 pgs.

McNamer, Deirdre
Rima in the Weeds, Harper Perennial, 1992
FICTION: How a family copes in a
small Montana town when a daughter
returns with an unexpected child and finds
her mother struggling with a depressive
illness. Their relationship is the heart of the
story. A highly-acclaimed first novel.
313 pgs.

Millett, Kate
The Loony Bin Trip, Touchstone, 1990
A feminist writes of her personal
experiences with mental illness.
316 pgs.

Moorman, Margaret
My Sister’s Keeper: Learning to Cope with
a Sibling’s Mental Illness, W.W. Norton and
Co., 1992
The reader is called to share in a
personal healing journey between two
sisters.
303 pgs.

NAMI
Experiences of Patients and Families: First
Person Accounts, Arlington, VA, NAMI,
1989
A collection of short accounts by
patients and family members of their
experiences with schizophrenia. Fifteen are
from *Schizophrenia Bulletin*, two are from
the *New York Times*. The accounts illustrate
the range and complexity of patients, family
members and professionals.
83 pgs.

Schiller, Lori and Amanda Bennett
The Quiet Room: A Journey Out of the
Torment of Madness, Warner Books, 1994
In 1989 Schiller emerged from
mental darkness through her will and an
experimental medication. This book offers
hope and a lesson for us all in survival and
courage.
269 pgs.

Secunda, Victoria
When Madness Comes Home, Hyperion,
NY, 1997
Hope and help for the children,
siblings and partners of mentally ill persons.
362 pgs.

Sheehan, Susan
Is There No Place On Earth for Me?,
Vintage Books, 1983
A book by a journalist that is both a
detailed account of a woman with
schizophrenia and a general description of
mental illness and its treatment. The author
portrays in realistic and unrelenting terms
the mediocrity of hospitalization and the
failure of the community to provide
appropriate care. Well researched and based
on interviews and extended observations, the
book is both an indictment of the system and
a humane portrait of a deeply troubled yet
spirited woman. This book won the Pulitzer
Prize for nonfiction in 1982.
333 pgs.

Shetler, Harriet and Peggy Straw, Editors
A New Day: Voices From Across the Land,
Arlington, VA, NAMI, 1982
(3 Copies)
Essays by 12 persons who discuss
their experiences with mental illness. In
moving words, they describe their suffering
and treatment, their efforts to cope with and
manage their illness, the problems and
stigma they encounter, and their acceptance
of the disabilities.
34 pgs.

Simon, Clea
Mad House, Penguin Books, 1998
A compelling and compassionate
book that is part memoir and part practical
guide for coming to terms with the unique
pain of living with a sibling's mental illness.
215 pgs.

Smith, Nancy Covert
Journey Out of Nowhere, Word Books,
Publisher, 1973
Quote from jacket cover: "...Based
on her own frightening experience, Nancy
can give real and practical answers to a great
many questions about mental illness – most
especially how important is the behavior of
the people around a patient who is trying to
reenter society. The need for that kind of
education is obvious, as borne out by Mental
Health Association statistics that two out of
three patients are returned to the hospital
after release."
124 pgs.

Stebel, S.L.

The Shoe Leather Treatment: The Bill Thomas Story, J.P. Tarcher, 1980

Bill Thomas' story. Quote from jacket cover: "...Thomas finds himself remanded by the court to a maximum-security state hospital for the criminally insane. He soon learns that it is an institution from which no one ever leaves, where patients are forced to live like animals, where sexual abuses are condoned, where human cockfights are staged by guards for their own amusement, and where the shoe leather treatment – brutal kickings and beatings by groups of guards – is the only therapy patients ever receive.

350 pgs.

Steele, Ken and Claire Berman

The Day the Voices Stopped: A Memoir of Madness and Hope, Basic Books, 2001
(2 Copies)

Taunted by voices from the age of fourteen, in and out of hospitals and halfway houses for three decades, schizophrenic Ken Steele eventually emerged from madness to become a leading mental health advocate. This is his remarkable story...

257 pgs.

Stuart, Sara

Men In Trouble, Harper Collins, 1988

A fictional account of a bright and adventurous New England family who suffer the disruptive influences of mental illness. The fact that some families have a predisposition to certain psychiatric diseases is dealt with. No fairy tale here. The reader relates.

290 pgs.

Styron, William

Darkness Visible, Random House, 1990

"Mr. Styron's description of his climactic night of 'despair beyond despair' moved me (a healthy, nondepressive personality) to the point that I felt I was facing my own death. Here is an example of art refined in the fire of experience: the writing is so pure one is hardly aware of the ink on the page." – Edmund Morris

84 pgs.

Swados, Elizabeth

The Four of Us, Farrar, Straus and Giroux, 1991 (2 Copies)

The well-known writer / composer in the American theatre and an author of children's books, Swados tells the story of her creative family's struggle to understand and accept the mental illnesses that plagued both her brother and mother, but also the gifts passed on to her because they were part of her world.

243 pgs.

Weschler, James A.

In a Darkness, W.W. Norton & Co., 1972 – 1st Edition, 1988 – 2nd Edition

An account by a distinguished journalist of his son's schizophrenia and the family's anguish from the onset of the illness in the early 1960's to the son's suicide in 1969. The author traces frustrating relationships with eight psychiatrists and five mental hospitals, recurring crisis, and gathering hopelessness. He pays tribute to his son's valiant struggle. A heartbreaking, insightful book that was a "first" at the time of its publication in 1972. Unfortunately, many of the practices in diagnosis and treatment described in the book still persisted when the book was reprinted in 1988.

160 pgs. – 1st Edition
208 pgs. – 2nd Edition

Wilson, Louise
This Stranger, My Son, G.P. Putnam's Son,
1968

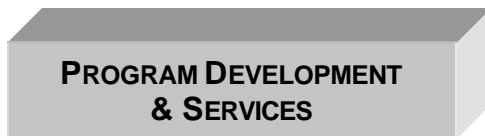
Quote from jacket cover: "An inspiring account of a mother's determined struggle to raise a child 'lost' to her through illness. Mrs. Wilson's heroic efforts to save her son, victim of paranoid schizophrenia, are bound to strike a chord in the heart of any parent who has tried to move heaven and earth out of love for his child.

223 pgs.

Wingard, Bill, Jr.
Sickness, Sanity, Counterfeits and Cures,
1983

Autobiography of a recovered schizophrenic.

86 pgs.



Adult Residential Care Journal
Group Homes for Persons Labeled Mentally Ill, Fall 1992

The focus of a special edition of The Adult Residential Care Journal and contributed to by a multidisciplinary group of researchers and practitioners. Report addresses operational problems, quality of care, staffing and future of group homes as patient alternatives. Single issue is available for \$10. Contact John McCain, PhD, ACSW, 720 Ottawa St., #100, Leavenworth, KS 66048.

136 pgs.

Carling, Paul, Ph.D.
Developing Family Foster Care Programs in Mental Health: A Resource Guide, 1984

This guide came about from the proceedings of the National Institute of Mental Health workshop on Family Foster Care for "Chronically Mentally Ill" Persons. Held on March 27 – 28, 1984 at Rockville, Maryland.

71 pgs.

Idaho Community Support Program
Alternatives: A Self-Help Guide for Idaho's Mentally Ill and Their Families, Idaho Community Support Project, January, 1986 (2 Copies)

Quote from preface: "...Now the professional community has come to recognize what the families have known all along – that they are a vital part of the treatment team and need to be included in the decision making and planning regarding their relative."

87 pgs.

Levine, Irene, Ph.D.
Developing Community Support Programs: A Resource Manual for Families, NAMI & the Center for Rehabilitation, Research & Training in Mental Health, Boston Univ. (2 Copies)

The report of a survey of NAMI families in 1983 to find out about the community programs and services they were organizing and operating. After addressing questions about the advisability of service delivery involvement, the study describes 24 such programs – housing, psychosocial rehabilitation and vocational rehabilitation. Although the descriptions are dated, the underlying ideas continue to be helpful to groups that are considering starting programs.

108 pgs.

- NAMI
Anti-Stigma: Improving Public understanding of Mental Illness, August, 1982
46 pgs.
- NIMH
Community Support Systems, NIMH, 1988 (3 Copies)
For persons with long-term mental illness: Questions and Answers.
27 pgs.
- Pepper, Bert & Hilary Ryglewicz: Editors
New Directions for Mental Health Services: The Young Adult Chronic Patient, Jossey-Bass Inc., Publishers, 1982
Chapters include: The Uninstitutionalized Generation, The Young Adult Chronic Patient, Serving the Young Adult Chronic Patient in the 1980's, Psycho Pharmacology, Working with the Family of the Psychiatrically Disabled Young Adult and Program Planning for Young Adult Chronic Patients.
129 pgs.
- Peterson's Guides, Inc.
Caring for Kids with Special Needs, 1993 (plus January 1993 Supplement)
The guide lists a broad range of facilities available in the US and Canada for troubled children and adolescents, 8 to 18 – psychiatric hospitals, drug and alcohol centers, residential schools to wilderness programs and camps. The range of problems addressed include autism, learning disabilities, substance abuse, eating and obsessive compulsive disorders, thought, mood and personality disorders.
481 pgs.
- Snyder, Jennifer, Terry O'Neil, Lisa Temple & Rue Cromwell
Psychiatric Disabilities: Concerns, Problems & Solutions in Independent Living for an Underserved Population, Research & Training Center on Independent Living for Underserved Populations, 1996
154 pgs.
- Steinwachs, Donald M., Laurie Flynn, GS Norquist & EA Skinner
Using Client Outcomes Information to Improve Mental Health and Substance Abuse Treatment, Jossey-Bass Publishing, 1996 (2 Copies)
New directions for mental health services.
154 pgs.
- Uhlourn, Bill
Creating a Caring Community: Developing Housing for Persons with Mental Illness, Arlington, VA, NAMI, 1980, 3rd Printing 1987 (3 Copies)
Written for those who are involved in developing housing and community support services. It identifies steps to be taken cooperatively by family members, clients and professionals in articulating underlying principles, understanding the wants and needs of the mentally ill persons, procuring data and organizing for action. The need for a variety of levels of support and services is emphasized. A dialogue format heightens interest.
261 pgs.
- US Department of Health & Human Services
Caring for People with Severe Mental Disorders: A National Plan of Research to Improve Services, 1991
80 pgs.

US Department of Health & Human Services
Approaching the 21st Century: Opportunities for NIMH Neuroscience Research, 1988
The National Advisory Mental Health Council Report to Congress on the Decade of the Brain
105 pgs.

US Government
Citizen Evaluation in Practice, 1984
163 pgs.

US Government
Psychiatric Disabilities: Employment and the Americans with Disabilities Act (1990), 1994
130 pgs.

US Public Health Service
Mental Health: A Report of the Surgeon General, 1999
487 pgs.

Winerip, Michael
9 Highland Road: Sane Living for the Mentally Ill, Vintage Books, 1994
“No better, more humane, more respectful but unsentimental book about lives troubled by mental illness has been written.” – The New York times Book Review
451 pgs.

REFORM & ADVOCACY

Coates, Judge Robert J.
A Street is Not a Home, Prometheus Books, 1990
A guidebook for dealing with homelessness in general and the homelessness of the mentally ill persons in particular.
356 pgs.

Boston Foundation
Homelessness: Critical Issues for Policy and Practice, The Boston Foundation, 1987 (2 Copies)

Papers from a conference that provide an excellent and concise introduction to homelessness. Causes sited are lack of community services, (medical, psychiatric and rehabilitative), alcoholism and drug abuse and family disorganization. Helpful programs – private, state and federal – are described.
64 pgs.

Isaac, Rael Jean and Virginia Armat
Madness in the Streets: How Society and the Law Abandoned the Mentally Ill, The Free Press, 1990 (2 Copies)

An Attack on the “right to refuse treatment” and commitment laws. How society and the law abandoned the mentally ill.
436 pgs.

Lamb, Richard, Editor
The Homeless Mentally Ill, American Psychiatric Press, 1984
A task force report of the American Psychiatric Association discusses the need for comprehensive system of services and related legal, medical and political issues.
320 pgs.

Neugeboren, Jay
Transforming Madness: New Lives for People Living with Mental Illness, Wm Morrow & Co., 1999 (3 Copies)
This book tells the extraordinary stories of individuals who have recovered from severe mental illness against a backdrop of those millions, like the author’s brother, who have not.
390 pgs.

Robert Woods Johnson Foundation
Struggling for Change: Mental Illness
Services in US and England, 1991
168 pgs.

Seager, Stephen B., M.D.
Street Crazy: The Tragedy of the Homeless
Mentally Ill, Westcom Press, 1998
Street Crazy recounts one
psychiatrist's experience with the mentally
ill, who have often become homeless
because of their disease. Using clear,
straight-forward language, Dr. Seager
explains "brain disease," tells the often
disturbing history of the mentally ill, and
shows how, through a series of well-
meaning legal mishaps, our most vulnerable
citizens have been abandoned to the streets.
197 pgs.

Steadman, Henry J., Dennis W. McCarty
and Joseph P. Morrissey
The Mentally Ill in Jail: Planning for
Essential Services, Guilford Press, 1989
Research in 43 cities and towns.
242 pgs.

Torrey, E. Fuller, M.D., Sidney M. Wolfe,
M.D., Laurie M. Flynn
Care of the Seriously Mentally Ill: A Rating
of State Programs, Public Citizen's Health
Research Group and NAMI, 1988 (3
Copies)
The second in a series of surveys and
ratings of state programs for seriously
mentally ill persons. The ratings and state
profiles take up most of the book. But it also
includes a forceful statement of the record of
American society in dealing with mental
illness, a view of good services and
descriptions of meritorious innovative
programs. A comprehensive analysis of
services that belongs in every affiliate and
family library.
115 pgs.

Torrey, E. Fuller, M.D., Sidney M. Wolfe,
M.D., Laurie M. Flynn
Care of the Seriously Mentally Ill: A Rating
of State Programs, Public Citizen's Health
Research Group and NAMI, 1990
The third in a series of surveys and
ratings of state programs for seriously
mentally ill persons. The ratings and state
profiles take up most of the book. But it also
includes a forceful statement of the record of
American society in dealing with mental
illness, a view of good services and
descriptions of meritorious innovative
programs. A comprehensive analysis of
services that belongs in every affiliate and
family library.
192 pgs.

Torrey, E. Fuller, M.D.
Criminalizing the Seriously Mentally Ill:
The Abuse of Jails as Mental Hospitals,
Public Citizen's Health Research Group and
NAMI, 1992
A report of NAMI & Public
Citizen's Health Research Group with
Torrey. The 152 page report is an essential
advocacy tool.
152 pgs.

Torrey, E. Fuller, M.D.
Nowhere To Go: The Tragic Odyssey of the Homeless Mentally Ill, Harper & Row, Rev. 1989

A forceful history of the failure of deinstitutionalization of the mentally ill persons. Dr. Torrey traces the ideas that underlay the formation of community mental health centers, ideas that were abandoned in practice. Patients released from hospitals have rarely received aftercare or found housing or rehabilitation programs. Little wonder that they make up 30 percent of the homeless. Dr. Torrey charges that “the care of the seriously mentally ill in 20th century America has been a public disgrace.”

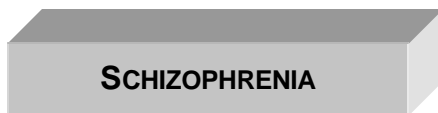
256 pgs.

Torrey, E. Fuller, M.D.
Out of the Shadows: Confronting America’s Mental Illness Crisis, John Wiley & Sons, Inc., 1997

244 pgs.

US Department of Health & Human Services
Law and Mental Health, 1991

212 pgs.



Backlar, Patricia
The Family Face of Schizophrenia, G.P. Putnam & Sons, New York, 1994
(2 Copies)

This book is especially helpful to those encountering schizophrenia illness for the first time. It uses six detailed histories followed by professional comments and analysis. Includes valuable list of resources.

374 pgs.

Flach, Frederick, Editor
The Schizophrenias: Directions in Psychiatry Monograph Series, W.W. Norton & Co., 1988

Contributions by many well-known educators and researchers. Technical.
222 pgs.

Gottesman, Irving
Schizophrenia Genesis: The Origins of Madness, W.H. Freeman & Co., 1990

State-of-the-art genetic views on schizophrenia.
296 pgs.

Nasar, Silvia
A Beautiful Mind, Simon & Schuster, 1998

A legend by the age of 30, recognized as a mathematical genius even as he slipped into madness, John Nash emerged after decades of ghostlike living to win the 1994 Nobel Prize in Economics and world acclaim. A movie was made based on the book in 2001 by the same name which won several awards.

459 pgs.

Torrey, E. Fuller, M.D.
Schizophrenia and Manic Depressive Disorder, Basic Books, 1994

The result of a landmark study providing evidence that both schizophrenia and manic depressive disorder are biologically based diseases of the brain, unrelated to psychological influences.

274 pgs.

Torrey, E. Fuller, M.D.
Surviving Schizophrenia: A Family Manual
Harper & Row, 1988 (Revised Edition)
HarperCollins Publishers, Inc., 1995 (Third Edition) (2 Copies)

The revised & third edition of NAMI's all-time best seller that deals with schizophrenia in understandable terms and covers the subject comprehensively. It contains practical, down-to-earth and realistic suggestions for families for managing an ill family member. The final chapter is a call to action. Helpful lists of recommended further reading (annotated) conclude each chapter.

460 pgs.

Walsh, Mary Ellen
Schizophrenia: Straight Talk for Families and Friends, Warner Books, 1985
(3 Copies)

Written by a NAMI member who is the mother of a schizophrenic son. After discussing the disease and its effect on patients and families, the author deals with treatment and services in realistic and practical terms and urges families to become agents of change.

262 pgs.

Wyden, Peter
Conquering Schizophrenia, Alfred A. Knopf, Publishers, 1997

This story of a father guiding his son from despair to hope is a chilling, inspiring journey through the mysterious tunnel of schizophrenia, a world once closed and forbidding, now radiating excitement as thousands of patients in effect are being reborn. New medications such as olanzapine (zyprexa) enter into this story.

335 pgs.