

Child and Youth Mental Health

Books

The Explosive Child – Ross Greene

Lost at School – Ross Greene

10 Mindful Minutes – Goldie Hawn

The Boy Who Was Raised as a Dog – Bruce Perry

How Children Succeed – Paul Tough

Hold on to Your Kids: Why Parents Need to Matter More than Peers: Gordon Neufeld/Gabor Mate

The Whole Brain Child – Daniel Siegel

Well Stressed: Manage Stress Before it becomes Toxic – Sonia Lupien

Scattered Minds: The Origins and Healing of Attention Deficit Disorder – Gabor Mate

Websites and Resources

National Film Board of Canada - Child and Youth Mental Health Series

This powerful 4-part series offers practical tools to understanding the issues and finding solutions to mental health concerns among children and youth such as depression, anxiety and psychosis. Through the personal stories of young people, these intensely compelling documentaries trace their journey's from early signs and symptoms to treatment. Each documentary explores causes and emphasizes the importance of early identification and intervention. It includes the titles ***Beyond the Blues: Child and Youth Depression***, ***Fighting Their Fears: Child and Youth Anxiety***, ***A Map of the Mind Fields: Managing Adolescent Psychosis*** and ***Struggle for Control: Child and Youth Behaviour Disorders***. Each of these documentaries can be viewed free of charge, online at the is link: <http://takingcare.knowledge.ca/intro.html>

Stress Lessons for Grade 4-6

http://www.morethanmedication.ca/en/stress_lessons/insiders?educators

Stress Lessons is a free classroom resource that is designed for educators of students in grades 4 to 6. Stress Lessons is built on an experiential, hands-on learning approach. Its aim is to help educators create teachable moments to introduce stress management strategies and build emotional resiliency. By giving children the tools they need to manage stress today, you're helping to ensure that they enjoy a healthier future.

Kids Have Stress Too! (KHST!) for Grade 1-3

https://psychologyfoundation.org/Public/Public/Programs/Kids_Have_Stress_Too/Kids_Have_Stress_Too_.aspx

This research-based free program is built on an experiential learning approach. The goals of the program are:

- to teach children how to recognize and deal with stress
- to help teachers create a peaceful environment in their classroom by promoting self-regulation in students. The program features 16 skill-based activities that
- help students understand stress and its impact on health and learning
- teach students practical techniques for coping with stress and promoting resilience
- show students how to address the signs of stress before they get overwhelmed by them Ranging from 5 to 50 minutes in length, each activity can easily be woven into a teacher's existing curriculum.

Mindup for Kindergarten-Grade 8

<http://www.thehawnfoundation.org/mindup>

MindUP™ is a comprehensive social and emotional learning program for pre-kindergarten through eighth-grade students, and is informed by current research in the fields of cognitive neuroscience, mindful education, social and emotional learning, positive psychology, and evidence-based teaching practices. Order manuals from scholastic: <http://teacher.scholastic.com/products/mindup/>

Can You Feel It?...Stress - Grade 5-12

<https://www.sdhu.com/professionals/educators-2/curriculum-resources>

In the video, a character portraying the average, typical teen states, "You feel it in the pit of your stomach. It is part of life. It is stress. But what does it mean? What causes it—and more importantly—how can you cope with it?" View the trailer of the video here: <http://www.youtube.com/watch?v=LFkryxkAh5g>

The resource is designed to help provide students in Grades 5 to 12 with an opportunity to start building the necessary life skills to manage and cope with the stress in their everyday lives. By helping students understand how their bodies react to their individual stresses they can learn to cope with stress in a healthy way.

Decompress your stress: relaxation exercises created for youth by youth

The ABC's Of Mental Health

<http://www.hincksdellcrest.org/ABC/Welcome>

Parents and teachers often have questions about the behaviour of children and adolescents. They may worry about whether a behaviour is appropriate for a particular age or developmental stage, or a sign that something might be wrong. They may wonder why it is occurring, and how best to respond.

The ABCs of Mental Health provides two free, web-based Resources - one for teachers and one for parents – to help answer these questions. The Resources include ideas for promoting the mental health of children and adolescents, information about how children change as they get older, descriptions of behaviours that might indicate a problem, and practical suggestions for steps to take.

More Websites & Resources

Teen Mental Health - a site for educators, teens and families, health professionals

<http://teenmentalhealth.org/>

Collaborative Problem Solving – Ross Greene

www.livesinthebalance.org

Ontario Centre of Excellence for Child and Youth Mental Health

<http://www.excellenceforchildandyouth.ca/about-centre>

Supporting Minds –Educators Guide to Promoting Students Mental Health and Well-being

<http://www.edu.gov.on.ca/eng/document/reports/SupportingMinds.pdf>

Children’s Mental Health Ontario

http://www.kidsmentalhealth.ca/parents/resources_parents.php

Taming the Worry Dragons

<http://www.heretohelp.bc.ca/visions/cognitive-behavioural-therapy-vol6/taming-worry-dragons>

Child Trauma Toolkit for Educators – The National Childhood Traumatic Stress Network

http://rems.ed.gov/docs/NCTSN_ChildTraumaToolkitForEducators.pdf

Maltreatment and the Developing Child: How Early Childhood Experience Shapes Child and culture

<http://www.lfcc.on.ca/mccain/perry.pdf>

Harvard Centre on the Developing child

<http://developingchild.harvard.edu/>

<http://kidshealth.org/>

For information and tips to build resilience go to:

<http://www.reachinginreachingout.com/resources-parents.htm>

www.tripleontario.ca

See the stress lessons parent guide at:

http://morethanmedication.ca/en/stress_lessons/