



Resources On Bipolar Disorder Available At Connecticut Clearinghouse

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Audiovisuals

Bipolar Disorder Beyond Episodes: The Challenge Of Sustained Wellness (VHS)

Summary: Bipolar disorder has classically been described as having an episodic course with periods of interepisode euthymia. More recent data suggest, however, that many patients with bipolar disorder have persistent difficulties with subsyndromal symptoms, mood regulation, anxiety, and overall and cognitive functioning. There is a need to reconceptualize the course of bipolar disorder and the goals of long-term treatment.

Bipolar Disorder In Children (DVD)

Summary: One minute your child is on top of the world--giddy with laughter, full of energy and confidence. The next, he's raging, or crying, or talking of suicide. What's going on? The answer might be bipolar disorder (formerly called "manic depression"), a mood disorder that can strike children as well as adults. Hear what leading experts have to say about proper diagnosis and treatment.

Dark Glasses & Kaleidoscopes: Living With Manic Depression (VHS)

Summary: Information, answers and hope is provided by this video for those who suffer from manic-depressive illness and their family and friends.

Day For Night: Recognizing Teenage Depression (DVD & VHS)

Summary: Offers an in-depth look at the signs, symptoms and treatment of teenage depression. Includes interviews with teens who are dealing with clinical depression and bipolar disorder. Features the teenager's families and friends as well as interviews with health professionals. The goal is to provide education, support and hope to teens suffering from this debilitating, yet very treatable disease.

Depression (VHS)

This program investigates the causes and symptoms of this frequently misunderstood illness, as well as the DSM-IV diagnosis criteria and proven treatments including psychotherapy, behavioral therapy, expressive art therapy, and electroconvulsive therapy. Bipolar disorder, postpartum depression, and depression induced by life events are also covered, along with advances in brain imaging and pharmaceutical research.

Depression And Manic Depression (VHS)

Summary: Depression affects over 17 million Americans each year. It is estimated that only one-third receive any treatment, largely because of stigma and fear. Through an overview of medications and therapy we hear of stories of how the disease is stabilized for the individual. Mike Wallace, of 60 minutes, is featured as one who has battled with depression and talks about the shame he felt in getting help.

Depression And Manic Depression: Real Stories, Real Hope (VHS)

Summary: Defines clinical depression and bipolar disorder. Discusses genetic links, triggers, symptoms and treatment options. Includes interviews with professionals, as well as people with depression and bi-polar disorder. Stresses the importance of screenings.

In Our Own Words: Teens With Bipolar Disorder (VHS)

Summary: Filmed on the North Shore of Chicago, a group of teens and young adults share their individual stories of self-discovery and adaptation as bipolar individuals.

Mood Disorders. Bipolar Disorders (VHS)

Summary: Defines bipolar disorder and illustrates the symptoms present during manic episode and hypomania. Describes and discusses Bipolar 1 and Bipolar II disorder, mixed episode, "rapid cycling" and cyclothymia. Discusses the epidemiology of bipolar disorder and the treatment including mood stabilizers, family education and short-term psychotherapy.

Mood Disorders. Antidepressants And Mood Stabilizers (VHS)

Discusses the groups of medications used in the treatment of depression and bipolar disorders, theories of how they work within the brain, and how they affect behavior. Addresses significant issues facing the caregiver who administers such medications including special considerations in administration and observation for side effects.

Not Just A Bad Day: Living With Bipolar Disorder (DVD)

Summary: Profiles four individuals who live under the shadow of bipolar disorder - one of the most commonly misunderstood and misdiagnosed mental illnesses. The documentary details the personal struggles as they each cope with the emotional highs and lows of the disorder, filmed over the course of one year. Through hard work and the hands on support of their psychiatrist, they all begin to learn how to manage the extreme mood swings and lead productive, balanced lives.

The Promise Of Recovery: A Psychiatric Illness Guide For Consumers And Their Families - Segment H. Bipolar Illness (VHS)

Summary: Designed to support professional mental health treatment programs. Provides important education and guidance on the subject of psychiatric illness for consumers and their families.

Understanding Bipolar Disorder And Addiction (VHS)

Summary: Examines the different characteristics of bipolar disorder and the interactions between mania, depression and chemical dependency. Examples illustrate the importance of medication, abstinence, and spirituality to achieve and maintain emotional or psychiatric stability and sobriety.

Books

Acquainted With The Night: A Parent's Quest To Understand Depression And Bipolar Disorder In His Children

Call Number: 616.895 R134

Bipolar affective disorder and drug and alcohol problems / Emma Whicher & Mohammed Abou-Saleh, **chapter in: Clinical Handbook Of Co-Existing Mental Health And Drug And Alcohol Problems / Edited By Amanda Baker And Richard Velleman**

Call Number: 616.89 C641C

The Bipolar Child: The Definitive And Reassuring Guide To Childhood's Most Misunderstood Disorder

Call Number: 616.895 P218

Bipolar Depression: The Clinician's Reference Guide (BD-CRG) / David J. Kupfer, Editor

Call Number: 616.895 B615

Bipolar Disorder / David J. Miklowitz, **chapter 12 in: Clinical Handbook Of Psychological Disorders: A Step-By-Step Treatment Manual / Edited By David H. Barlow**

Call Number: 616.891 C641

Bipolar Disorder / By Judith Peacock

Call Number: YOUTH 616.895 P356

Bipolar Disorder: A Family-Focused Treatment Approach

Call Number: 616.895 M636

Bipolar Disorder And Adolescent Substance Use Disorders / Benjamin I. Goldstein, Oscar G. Bukstein, **chapter in: Adolescent Substance Abuse: Psychiatric Comorbidity And High-Risk Behaviors / Yifrah Kaminer, Oscar G. Bukstein, Editors**

Call Number: 616.86 A239K

The Bipolar Handbook: Real-Life Questions With Up-To-Date Answers / Wes Burgess

Call Number: 616.895 B955

A Brilliant Madness: Living With Manic-Depressive Illness / Patty Duke and Gloria Hochman

Call Number: 616.8527 D877

Clinical Handbook Of Psychological Disorders: A Step-By-Step Treatment Manual

Call Number: 616.891 C641

Cognitive-Behavioral Therapy For Bipolar Disorder

Call Number: 616.895 B298

Depression And Bipolar Disorder In Childhood / Clare Roberts, Brian Bishop, And Rosanna Rooney, **chapter in: Handbook Of Childhood Behavioral Issues: Evidence-Based Approaches To Prevention And Treatment / edited by Thomas P. Gullotta**

Call Number: 618.9289 H236H

Dual Diagnosis: Counseling The Mentally Ill Substance Abuser / Katie Evans, J. Michael Sullivan
Call Number: 616.89 E92 2001

Early Identification And Prevention Of Early-Onset Bipolar Disorder / Kiki Chang, Kim Gallelli, And Meghan Howe, **chapter in: Adolescent Psychopathology And The Developing Brain: Integrating Brain And Prevention Science / Edited By Daniel Romer And Elaine F. Walker**
Call Number: 616.8900835 A239

The Essential Guide To Psychiatric Drugs (4th ed.) / Jack M. Gorman
Call Number: 615.788 G671

Hope And Recovery: A Mother-Daughter Story About Anorexia Nervosa, Bulimia, And Manic Depression / by Emma Lou Thayne & Becky Thayne Markosian
Call Number: 616.8526 T373

Hurry Down Sunshine / Michael Greenberg
Call Number: 362.2 G798

If Your Adolescent Has Depression Or Bipolar Disorder: An Essential Resource For Parents / Dwight L. Evans And Linda Wasmer Andrews
Table Of Contents: <http://www.loc.gov/catdir/toc/ecip054/2004028088.html>
Call Number: 618.928527 E92

I'm Not Alone: A Teen's Guide To Living With A Parent Who Has A Mental Illness / Michelle D. Sherman, DeAnne M. Sherman
Summary: This is a three-part book that honestly and gently addresses key issues in dealing with a parent who has a mental illness. An important resource for anyone working with teens, this interactive book includes clear information and opportunities for self-expression.
Call Number: YOUTH 362.2 S553

Kids In The Syndrome Mix Of ADHD, LD, Asperger's, Tourette's, Bipolar, And More! : The One Stop Guide For Parents, Teachers, And Other Professionals / Martin L. Kutscher
Table Of Contents: <http://www.loc.gov/catdir/toc/ecip0510/2005009442.html>
Call Number: 618.9289 K97

Living Well With Depression And Bipolar Disorder: What Your Doctor Doesn't Tell You-- That You Need To Know / John McManamy
Call Number: 616.8527 M167

Mania: A Short History Of Bipolar Disorder / David Healy
Call Number: 616.895 H434

Manic-Depressive Illness: Bipolar Disorders And Recurrent Depression / Frederick K. Goodwin, Kay Redfield Jamison
Table Of Contents: <http://www.loc.gov/catdir/toc/ecip0619/2006026791.html>
Call Number: 616.895 G656

New Hope For People With Bipolar Disorder / Jan Fawcett, Bernard Golden, Nancy Rosenfeld
Call Number: 616.895 F278

Parenting A Bipolar Child: What To Do And Why / Gianni L. Faedda & Nancy B. Austin
Call Number: 616.895 F147

The Psychiatric Interview: A Practical Guide / Daniel J. Carlat
Table Of Contents: <http://www.loc.gov/catdir/toc/ecip0420/2004015985.html>
Call Number: 616.89 C278

Psychological Treatment Of Bipolar Disorder / Edited By Sheri L. Johnson, Robert L. Leahy
Table Of Contents: <http://www.loc.gov/catdir/toc/ecip046/2003015343.html>
Call Number: 616.895 J69

Psychosocial Treatments For Bipolar Disorder / David J. Miklowitz, W. Edward Craighead --
Pharmacological Treatments For Bipolar Disorder / Paul E. Keck Jr., Susan L. McElroy,
chapters in: A Guide To Treatments That Work / Edited By Peter E. Nathan, Jack M. Gorman
Call Number: 616.89 G946

Surviving Manic Depression: A Manual On Bipolar Disorder For Patients, Families, And
Providers / E. Fuller Torrey and Michael B. Knable
Call Number: 616.895 T694

Treating And Preventing Adolescent Mental Health Disorders: What We Know And What We
Don't Know: A Research Agenda For Improving The Mental Health Of Our Youth
Call Number: 618.9289 T784

An Unquiet Mind / Kay Redfield Jamison
Call Number: 616.895 J32

We Heard The Angels Of Madness: A Family Guide To Coping With Manic Depression / Diane
and Lisa Berger
Table Of Contents: <http://www.loc.gov/catdir/description/hc044/92006288.html>
Call Number: 616.895 B496

What Works For Bipolar Kids: Help And Hope For Parents / Mani Pavuluri
Table Of Contents: <http://www.loc.gov/catdir/toc/fy0805/2008002168.html>
Call Number: 616.895 P340

Curricula

Co-Occurring Disorders Program: Cognitive Behavioral Therapy (Vol. 3) / Developed by faculty
from the Dartmouth Medical School

The Depression Workbook: A Guide For Living With Depression And Manic Depression / Mary
Ellen Copeland

Living Without Depression And Manic Depression: A Workbook For Maintaining Mood Stability /
Mary Ellen Copeland