



**CONNECTICUT
Clearinghouse**

a program of the Connecticut Center
for Prevention, Wellness and Recovery

Resources on Mental Health in Adolescents and Young Adults

This document identifies books, ebooks, curricula and DVDs, as well as pamphlets and fact sheets available at Connecticut Clearinghouse about Mental Health. These resources may be helpful for clergy, health-care, prevention and treatment professionals, educators, individuals, families, parents, and students.

Visit Connecticut Clearinghouse at:
334 Farmington Avenue (Route 10)
Plainville, CT 06062

For those who are unable to visit, materials can be mailed. Books and DVDs are available via statewide interlibrary loan.

Resources may be found using the Library Catalog: <https://conn.ent.sirsi.net/>

A complete list of pamphlets, as well as an online order form, may be found here:
www.ctclearinghouse.org/pamphlet-poster-directory/

For access to eBooks & streaming media, contact Connecticut Clearinghouse:
info@ctclearinghouse.org

Membership is free! Join today:
www.ctclearinghouse.org/membership-form/

Contact Connecticut Clearinghouse with any questions on how to access the resources listed:

Call 860.793.9791 or 800.232.4424
Visit us online at www.ctclearinghouse.org

Books, eBooks & Curricula

The 3 M's of Fearless Digital Parenting: Proven Ways to Help You Raise Smart and Savvy Online Kids / Carrie Rogers-Whitehead

The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence / Jessica Lahey

Adolescent Co-occurring Substance Use and Mental Health Disorders / Ken Winters

Adolescent Mental Health: Prevention and Intervention / Terje Ogden

Adolescent Psychotherapy Homework Planner / Arthur E. Jongsma

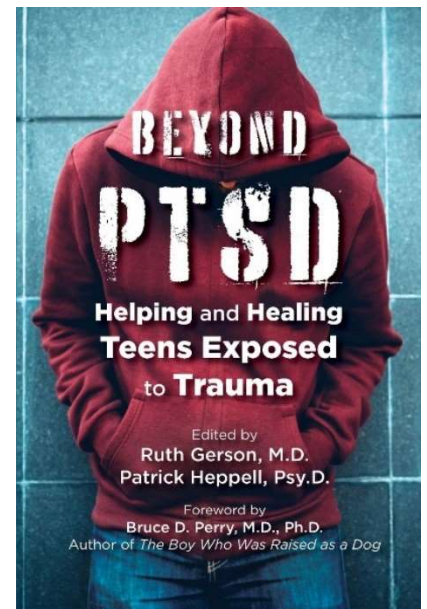
Adolescent Psychotherapy Treatment Planner / Arthur E. Jongsma

Adolescents at Risk: Home-Based Family Therapy and School-Based Intervention / Nancy Boyd Franklin

The Anxiety and Depression Workbook for Teens: Simple CBT Skills to Help You with Anxiety, Worry and Sadness / Michael A. Tompkins

Attachment-Based Family Therapy for Sexual and Gender Minority Young Adults and Their Nonaccepting Parents / Gary M. Diamond

Beyond Magenta: Transgender Teens Speak Out / Susan Kuklin



Beyond PTSD: Helping and Healing Teens Exposed to Trauma / Ruth Gerson

The Blues Program: 6-Session Cognitive-Behavioral Adolescent Depression Prevention Intervention: Group Facilitator Script / Paul Rohde, Eric Stice, Heather Shaw

Brief Behavioral Therapy for Anxiety and Depression in Youth / Robin V. Weersing

Brief Interventions for Adolescent Alcohol and Substance Abuse / Peter M. Monti

The Campus Cure: A Parent's Guide to Mental Health and Wellness for College Students / Marcia Morris

CBT Express: Effective 15-minute Techniques for Treating Children and Adolescents / Jessica M. McClure

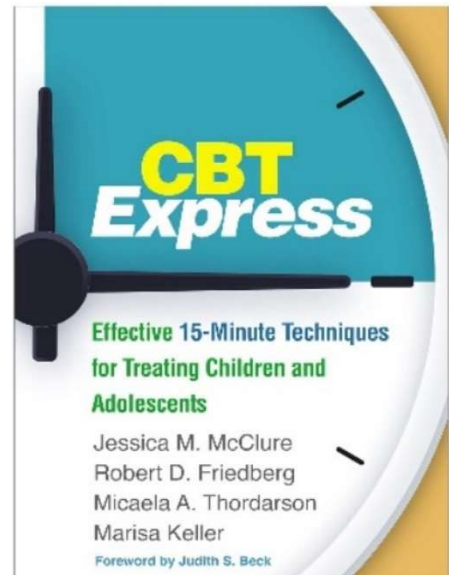
CBT Strategies for Anxious and Depressed Children and Adolescents: A Clinician's Toolkit

CBT Treatment Plans and Interventions for Depression and Anxiety Disorders in Youth / Brian C. Chu

Child and Adolescent Mental Health in Social Work / Jacqueline Corcoran

Child and Adolescent Suicidal Behavior: School-Based Prevention, Assessment, and Intervention / David Neil Miller

Congrats -- You're Having a Teen! Strengthen Your Family and Raise a Good Person / Kenneth R. Ginsburg



Conquer Negative Thinking for Teens: A Workbook to Break Nine Thought Habits that are Holding You Back / Mary Karapetian Alvord

Conquer Your Fears & Phobias for Teens: How to Build Courage & Stop Fear from Holding You Back / Andrea Umbach

Creative Arts-Based Group Therapy with Adolescents: Theory and Practice / Craig Haen

Cue-Centered Therapy for Youth Experiencing Posttraumatic Symptoms: A Structured, Multimodal Intervention / Victor G. Carrion

Cutting Down: An Evidence-Based CBT Workbook for Treating Young People Who Self-Harm / Lucy Taylor

DBT Skills in Schools: Skills Training for Emotional Problem-Solving for Adolescents / James J. Mazza

Depression: A Teen's Guide to Survive and Thrive / Jacqueline B. Toner

Depression and Suicide Prevention / American Academy of Pediatrics

Dialectical Behavior Therapy Skills with Adolescents: A Practical Workbook for Therapists, Teens & Parents / Jean Eich

DSM 5 Pocket Guide for Child and Adolescent Mental Health / Robert J. Hilt

Emerging Adulthood: The Winding Road from the Late Teens through the Twenties / Jeffery Jensen Arnett

Emerging Adults and Substance Use Disorder Treatment: Developmental Considerations and Innovative Approaches / Douglas C. Smith

Emerging Adults in Therapy: A Contemporary Anthology of Theoretical, Sociocultural, and Clinical Essays / Zachary Aaron Kahn

The Family Guide to Mental Health Care / Lloyd I. Sederer

The First Episode of Psychosis: A Guide for Young People and Their Families / Michael T. Compton

Free from OCD: A Workbook for Teens with Obsessive Compulsive Disorder / Timothy A. Sisemore

Getting Comfortable with Uncertainty for Teens: 10 Tips to Overcome Anxiety, Fear & Worry / Juliana Negreiros

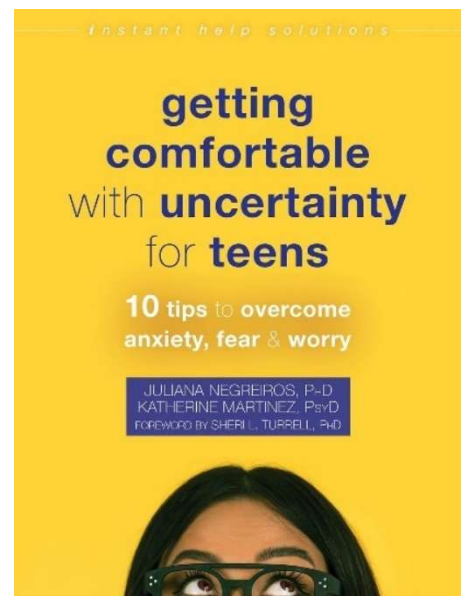
Getting to 30: A Parent's Guide to the 20-Something Years / Jeffrey Jensen Arnett

Goodnight Mind for Teens: Skills to Help You Quiet Noisy Thoughts and Get the Sleep You Need / Colleen Carney

Grieving for the Sibling You've Lost: A Teen's Guide to Coping with Grief & Finding Meaning After Loss / Erica Goldblatt-Hyatt

The Growth Mindset workbook for Teens: Say Yes to Challenges, Deal with Difficult Emotions, and Reach Your Full Potential / Jessica L. Schleider

Handbook of Adolescent Digital Media Use and Mental Health / Jacqueline Nesi



Healing Self-Injury: A Compassionate Guide for Parents and Other Loved Ones / Janis Whitlock

HealthSmart High School: Tobacco, Alcohol, and Other Drug Prevention / ETR

Helping Kids in Crisis: Managing Psychiatric Emergencies in Children and Adolescents / Fadi Haddad

Helping Teens Who Cut: Using DBT Skills to End Self-Injury / Michael Hollander

Helping Your Teenager Beat an Eating Disorder / James Lock

Helping Your Transgender Teen: A Guide for Parents / Irwin Krieger

Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention and Performance / Patricia C. Broderick

Mastery of Anxiety and Panic for Adolescents: Riding the Wave Therapist Guide & Workbook / Donna Pincus

Mental Health & High School Curriculum Guide: Understanding Mental Health and Mental Illness / Teen Mental Health

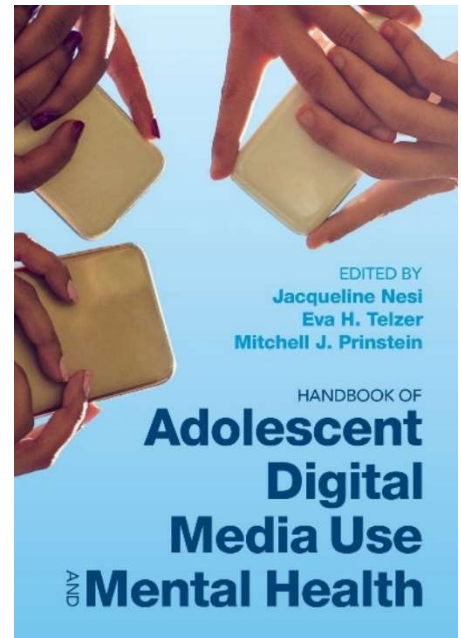
Mental Health Care in the College Community / Jerald Kay

Mental Health Issues and the University Student / Doris Iarovici

Mental Health Practice with LGBTQ+ Children, Adolescents, and Emerging Adults in Multiple Systems of Care / Cristina Magalhaes

Merrell's Strong Teens, grades 9-12: A Social & Emotional Learning Curriculum / Diana Carrizales-Engelmann

The Mindfulness Matters Program for Children and Adolescents: Strategies, Activities and Techniques for Therapists and Teachers / Randy J. Semple



Mindfulness for Teen Anger: A Workbook to Overcome Anger & Aggression Using MBSR & DBT Skills / Mark C. Purcell

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, in School, and Everywhere Else / Christopher Willard

Mindfulness for Teen Depression: A Workbook for Improving Your Mood / Mitch Abblett

Motivational Interviewing with Adolescents and Young Adults / Sylvie Naar-King

Non-Emerging Adulthood: Helping Parents of Adult Children with Entrenched Dependence / Dan Duhlenberger

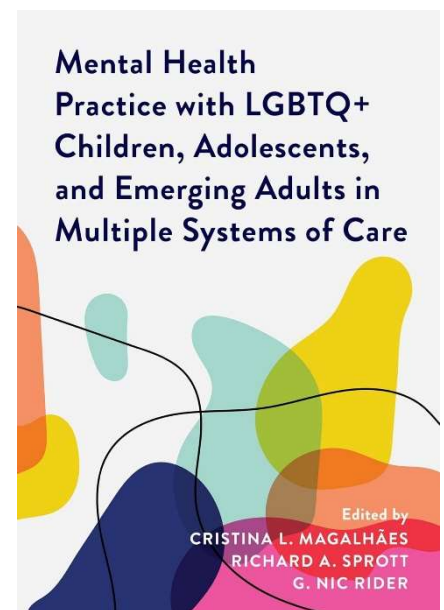
The OCD Workbook for Teens: Mindfulness and CBT Skills to Help You Overcome Unwanted Thoughts and Compulsions / Jon Hershfield

Overcoming Suicidal Thoughts for Teens: CBT Activities to Reduce Pain, Increase Hope, and Build Meaningful Connections / Jeremy W. Pettit

Parenting and Substance Abuse: Developmental Approaches to Intervention / Nancy Suchman

The Parent's 20 Minute Guide: A Guide for Parents About How to Help Children Change Their Substance Use

The Positivity Workbook for Teens: Skills to Help You Increase Optimism, Resilience, and a Growth Mindset / Goali Saedi Bocci



Pursing a Career in Mental Health: A Comprehensive Guide for Aspiring Professionals / Ann F. Garland

Reaching Teens: Strength-Based, Trauma-Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development / Ken R. Ginsburg

The Relaxation and Stress Reduction Workbook for Teens: CBT Skills to Help You Deal with Worry and Anxiety / Michael A. Tompkins

The Resilience Workbook for Teens: Activities to Help You Gain Confidence, Manage Stress & Cultivate a Growth Mindset / Cheryl M. Bradshaw

Responding to Problem Behavior in Schools: The Check-In, Check Out Intervention / Leanne S. Hawken

Safe and Healthy Schools: Practical Prevention Strategies / Jeffrey R. Sprague

School Psychology for the 21st Century: Foundations and Practices / Kenneth W. Merrell

The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault and Abuse / Raychelle Cassada Lohmann

Slaying Digital Dragons: Tips and Tools for Protecting Your Body, Brain, Psyche, and Thumbs from the Digital Dark Side / Alex J. Packer

Stuff That's Loud: A Teen's Guide to Unspiraling When OCD Gets Noisy / Ben Sedley

Suicide and Self-Injury in Schools: Interventions for School Mental Health Specialists / Darcy Haag Granello

Superhero Therapy: Mindfulness Skills to Help Teens and Young Adults Deal with Anxiety, Depression, and Trauma / Janina Scarlet

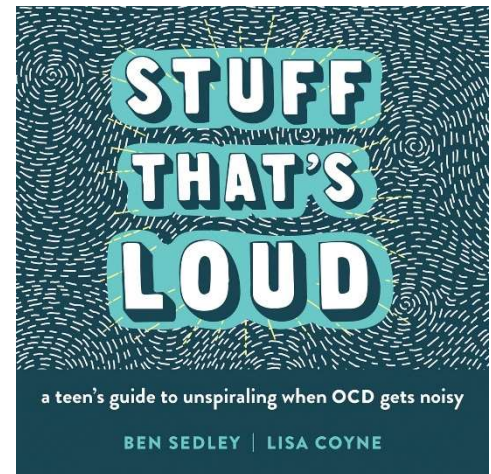
Supporting and Educating Traumatized Students: A Guide for School-Based Professionals / Eric A. Rossen

Supporting Gender Identity and Sexual Orientation Diversity in K-12 Schools / Megan C. Lytle

Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" and Parents Say "Way to Go" / Jon S. March

Take in the Good: Skills for Staying Positive and Living Your Best Life / Gina M. Biegel

Teaching Kids with Mental Health & Learning Disorders in the Regular Classroom: How to Recognize, Understand, and Help Challenged (and Challenging) Students to Succeed / Myles Cooley



Teen Gambling: Understanding a Growing Epidemic / Jeffrey L. Derevensky

The Teen Girl's Anxiety Survival Guide: Ten Ways to Conquer Anxiety and Feel Your Best / Lucie Hemmen

The Teen Interpreter: A Guide to the Challenges and Joys of Raising Adolescents / T.E. Apter

Teen Intervene: Screening, Brief Intervention, and Referral to Treatment for Substance Use (SBIRT) / Ken C. Winters

The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults / Frances E. Jensen

Thinking Good, Feeling Better: A Cognitive Behavioural Therapy Workbook for Adolescents and Young Adults / Paul Stallard

Thriving with ADHD for Teens: Improve Focus, Get Organized and Succeed / Allison K. Tyler

Too Good for Drugs and Violence: Social Perspectives (High School Curriculum) / Mendez Foundation

Treating Adolescents with Substance Use Disorders / Oscar Gary Bukstein

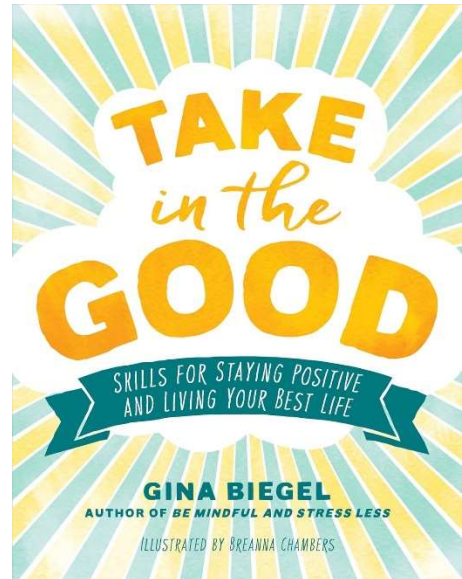
Treating Trauma and Traumatic Grief in Children and Adolescents / Judith A. Cohen

Treating Trauma in Adolescents: Development, Attachment, and the Therapeutic Relationship / Martha B. Straus

Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency / Margaret Blaustein

Treatment Manual for Anorexia Nervosa: A Family-Based Approach / James Lock

Vocational and Transition Services for Adolescents with Emotional and Behavioral Disorders: Strategies and Best Practices / Michael Bullis



What Are They Thinking?!: The Straight Facts About the Risk-Taking, Social Networking, Still-Developing Teen Brain / Aaron M. White

What Parents Need to Know about Teen Risk-Taking: Strategies for Reducing Problems Related to Alcohol, Other Drugs, Gambling, and Internet Use / David A Wolfe

What's My Teenager Thinking: Practical Child Psychology for Modern Parents / Tanith Carey

Where to Start: A Survival Guide to Anxiety, Depression, and Other Mental Health Issues / NAMI

Working with Adolescents: A Guide for Practitioners / Julie Anne Laser

Working with High-Risk Adolescents: A Collaborative Strengths-Based Approach / Matthew D. Selekman

The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety / Jamie A. Micco

You Are Not Alone: The NAMI Guide to Navigating Mental Health with Advice from Experts and Wisdom from Real People and Families / Ken Duckworth

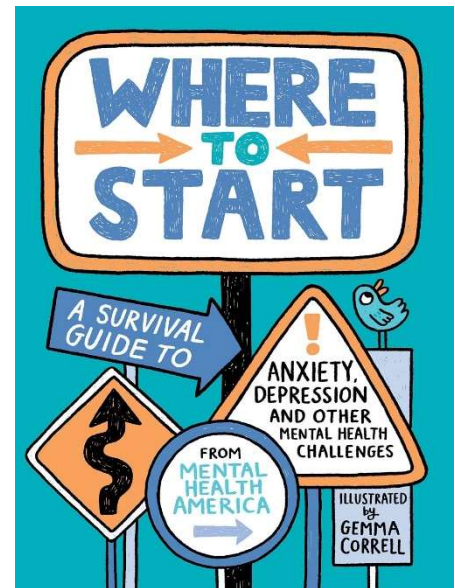
Youth At-Risk: A Prevention Resource Guide for Counselors, Teachers, and Parents / Dave Capuzzi

Your Amazing Teen Brain: CBT & Neuroscience Skills to Stress Less, Balance Emotions & Strengthen Your Growing Mind / Elisa Nebolsine

Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches / Rae Earl

Your Life, Your Way: Skills to Help Teens Manage Emotions, and Build Resilience / Joseph Ciarrochi

Zero to 60: A Teen's Guide to Manage Frustration, Anger, and Everyday Irritations / Michael A. Tompkins



DVDs & Streaming

ACTION: Cognitive-Behavior Treatment for Depressed Youth and Their Parents (DVD)

This workshop is focused on a group-based program that helps both parents and children with youth depression. Dr. Stark discusses how to use affective education, coping skills training, problem solving training, cognitive restructuring, and building of more positive core beliefs to treat depression in children and adolescents. He also suggests ways to flexibly use the primary and secondary treatment ingredients of ACTION to successfully treat depressed youth. Dr. Stark also demonstrates how to conceptualize a depressive disorder in a child and subsequently develop an effective treatment plan. Lastly, Dr. Stark reviews the components of the ACTION Parent Training Program.

Constantly Connected: Managing Social Media Addiction (DVD)

This program examines the world of Facebook, Instagram, and other social media sites to help kids understand why it's so easy to get addicted to all-day, all-night social media and online gaming. This behavior causes anxiety, sleep disorders, depression, the loss of real time friendships and activities, and interferes with school. Video models skills to better balance kids' social media time. If kids can't kick the habit themselves, the program tells them how to get help.

Hallmarks of Good Mental Health (DVD)

This program helps viewers recognize the six key qualities that define good mental health in adolescence - having satisfying relationships, being happy with one's academic achievements, maintaining clear and achievable goals, being capable of delaying immediate gratification, making good choices and resisting unhealthy peer pressure.

Health Risks of Vaping Marijuana (DVD)

Vaping marijuana is touted as "safer" than smoking marijuana---but, vaping marijuana comes with its own set of serious risks. Marijuana vapor releases harmful chemicals into your lungs that can negatively impact your respiratory system, your heart, your central nervous system, your immune system, and your mouth, throat and teeth. This program explores the latest research and assesses the risks, focusing on teen health.

High Potency Marijuana: What Every Teen Needs to Know (DVD)

Legal marijuana is now available with very high concentrations of THC, some as high as 20%. These designer marijuana products are so new, there aren't any long-term studies on them. But the initial reports are very concerning. High-THC cannabis is linked to a slew of health

problems, including cannabis hyperemesis syndrome (uncontrolled vomiting), anxiety, psychosis, suicide, and addiction. That's in addition to more established risks of teen marijuana use, such as problems with learning, attention, and memory. Real teens help viewers understand the issues and consequences.

Stronger, Tougher, Smarter: Stories of Teen Resilience (DVD)

This 21 minute DVD focuses on five stories of teens who prove that it is possible to bounce back from painful events and hard times. A psychologist offers specific advice on steps that anyone can take to build resilience, including seeking help and support from others, nurturing a positive self-image, looking for opportunities for self-discovery, and developing realistic goals.

Suicide Risk Assessment and Formulation in Children and Adolescents: A Workshop for Clinicians

In this workshop, Dr. King provides information on tools that can be used for suicide assessment for youth and describes how to use the tools in clinical practice. She details the individual, familial, and school-related risk factors for suicide attempts and/or suicide in youth. Dr. King also describes how to integrate and prioritize information from the assessment procedure. She highlights clinically useful assessment tools such as the Suicidal Ideation Questionnaire-JR, the Beck Hopelessness Scale, and the Columbia Suicide Severity Rating Scale. Case examples are used to demonstrate the skills needed to devise a solid formulation. On 3 DVDs.

Unlocking Your Potential: Grit Determination and Mindset (DVD)

I just can't do this. That's the reaction of too many teens when they face academic and personal challenges. As a result, these students struggle to reach their goals. This program describes new research that informs students how to discard the I can't mindset and replace it with the I can mindset. This program explores how intelligence and talent can be developed through hard work and persistence.

Pamphlets and Fact Sheets

About Suicide Among Young People

Anxiety & Depression 101: What Students Need to Know

Bipolar Disorder in Children and Teens

Emotional Health: What Every Parent Should Know

Nutrition and Your Mental Health

Teens and Self-Injury: What Parents and Teachers Need to Know

Vaping, Smoking, and Your Mental Health

[Suicide in Youth](#)