



Therapeutic Resources for Families

*We hope some of these resources are helpful for your family while awaiting services or during services.
We are not connected to or reimbursed by any resource.*

On-Line Parenting Education with Arisa Health

[Arisa Health Virtual Parenting Sessions](#), 4th Tuesdays during the school year, 6 p.m. - 7 p.m., free recordings

On-Line Parenting Education from Licensed Professionals

National Alliance on Mental Illness: [NAMI Basics](#), a free 6-session education program for parents/caregivers of youth who are experiencing mental health symptoms

Robyn Gobbel, LCSW: [roblyngobbel.com](#) Free [Focus on the Nervous System to Change Behavior](#) Webinar & E-Book, plus more on-line parenting course, resources, blog, podcast & community

Becky Kennedy, Ph.D.: [goodinside.com](#); On-line parenting courses, book, FREE podcast & community

Dan Siegel, M.D.: [drdansiegel.com/resources/](#) Parenting books, mindfulness practices, and videos

Emma McAdams, LMFT: [therapynutshell.com](#) On-line mental health courses, plus free tips. Also see Youtube channel [Therapy In a Nutshell](#) for free videos to improve mental health

Jazmin McCoy, Psy.D.: [themompsychologist.com](#) On-line parenting courses, blog, podcast, & community

Joy Degruy, Ph.D.: [joydegruy.com](#); [Post Traumatic Slave Syndrome](#), Healing intergenerational trauma in the African American community

Christine Carter, Ph.D., Free ebook [How to Help Teens with Stress & Teen Contracts](#) (re: phone use & driving)

Kids In the House: [kidsinthehouse.com](#) 9,000 Parenting Videos from over 450 Experts & Parents

Positive Discipline: Online Parenting classes, books, tools, blog; [Steps to Effective Family Meetings](#)
[Rules for Unruly Kids](#) by Richard Munger (Booklet to set up rules/privileges, ages 5-18)

Screening Tools & Mental Health Materials

Mental Health America: [Free Screening Tools and Worksheets](#)

Mental Health America: [Latinx/Hispanic Community Screening Tools & Spanish Materials](#)

Children's Health Policy Center: [Children's Mental Health Research Quarterly](#)

Books & Workbooks

National Alliance on Mental Illness: [Mental Health Books for Children & Teens & Their Parents](#)

Julia Cook's children's books (mental health, behavior challenges, skills): [juliacookonline.com/](#)

[Health & Wellness Workbooks for Kids](#) (various versions are available for purchase by topics)

[Health & Wellness Workbooks for Teens](#) (various versions are available for purchase by topics)

[Social Justice Books](#): Multicultural and social justice books for children and young adults

Topic Specific Resources

Cornell University [Self-Injury & Recovery Resources](#) (SIRR)

Mayo Clinic: [Teen Suicide: What Parents & Caregivers Need to Know](#)

McLean, Harvard Medical School Affiliate: [Understanding Anxiety in Kids & Teens](#)

National Alliance on Mental Illness: [What Families Need to Know About Adolescent Depression](#)

Robert Wood Johnson Foundation: [Recognizing and Helping Young People at Risk for Psychosis](#)

Social & Emotional Learning Resources

Collaborative for Academic, Social & Emotional Learning (CASEL): [SEL for Parents](#);

Leading with SEL: [leadingwithsel.org/](#)

Choose Love™ Movement: [Choose Love for Home™](#) Videos, activities, & dinner table topics

Conscious Discipline®: [Transformational social and emotional learning + discipline](#); Also see [Conscious Discipline's YouTube Channel](#), for example: [Expert Dr. Becky Bailey explains how to go conscious not crazy with our kids!](#); [Siblings Raised with Conscious Discipline](#), [Button Pushing](#)

Emotional Learning ABCs: [On-line, skills based curriculum for ages 4-11](#), \$7-10/month

Go Noodle's [Flow & Steady Videos](#) (Fun mindfulness and movement activities)

International Institute for Restorative Practices: [Time to Think: Using Restorative Questions](#)

Ways to Build Connection to Build Cooperation

Ashley's: [How to use "I Love You Rituals" \(Conscious Discipline at Home\)](#)

Christine Carter, Ph.D. [15 Questions to Ask Kids at Dinner](#); [3 Good Things via texting teens](#)

Mindful Teachers: [6 Ways Parents Can Share Mindful Moments with Kids](#)

Therapists Aid: [Small Talk: Family Discussion Cards](#) - and in [Spanish](#)

Apps

[How We Feel App](#) (FREE) for older youth and adults from Yale Center for Emotional Intelligence & Pinterest

[BoosterBuddy App](#) (FREE) for kids at least 4 years of age from Island Health

Overview of [Best Apps for Depression, Anxiety, and Suicide Prevention](#) from Emma McAdams, LMFT

Support

Crisis Text Line 741-741 (24/7/365 Support)

National Alliance on Mental Illness Helpline: 1-800-950-NAMI (6264), Mon.- Fri. 9:00 a.m. - 9:00 p.m.

National Suicide & Crisis Lifeline: 988

National Domestic Violence Hotline: 1-800-799-SAFE (7233); Text 88788; [Creating a Safety Plan](#)

Substance Abuse & Mental Health Administration (SAMHSA's) National Helpline, 1-800-662-HELP (4357)

The Trevor Project: For Young LGBTQ Lives Text 678-678, Call 1-866-488-7386, Chat [thetrevorproject.org](#)