



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 of these resources.*

On-Line Parenting Education with Arisa Health

Virtual Parenting Sessions, 2nd Tuesdays of the month, 6 p.m. - 7 p.m. See [English](#) or [Spanish](#) flier to register.

On-Line 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

Bryan Post, Ph.D. & Kristi Saul, M.Ed.: [postinstitute.com](#) On-line parenting courses, coaching, books, blog

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.: [bethehealing.com](#); [Post Traumatic Slave Syndrome](#), intergenerational trauma

Robyn Gobbel, LCSW: [roblyngobbel.com](#) On-line parenting course, resources, blog, podcast, & community

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: What Parents Need to Know About Self Injury](#)

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 (SEL) Resources

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

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](#); [Managing Anxiety: Name, Claim and Tame Your Way Through Anxiety Without Medication](#)

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](#)

More Parenting Resources

[Coping with COVID-19 Resources for Parents](#) compiled by Ozark Guidance, Arisa Health

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

Kids In the House: [kidsinthehouse.com](#) Videos from experts and other parents, blog

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)

Apps

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

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

[Mood Meter App](#) for older children, teens and adults from Yale Center for Emotional Intelligence & Hope Lab

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](#)