

# 14

## Resources for Further Study

### Books for Adults

- Gerber, B. L., & Guay, D. (Eds.). (2014). *Reaching and teaching students with special needs through art*. Alexandria, VA: National Art Education Association.
- Gerber, B. L., & Kellerman, J. (2010). *Understanding students with autism through art*. Alexandria, VA: National Art Education Association.
- Hunter, A., Heise, D., & Johns, B. (2018). *Art for children experiencing psychological trauma: A guide for art educators and school-based professionals*. New York, NY: Routledge.
- Johns, B. (2016). *Your classroom guide to special education law*. Baltimore, MD: Brookes.
- Kauffman, J., & Badar, J. (2018). *The scandalous neglect of children's mental health: What schools can do*. New York, NY: Routledge.

### Books for Teenagers

- Daniels, N. (2016). *Anxiety sucks! A teen survival guide*. CreateSpace North Charleston, SC: Independent Publishing Platform.
- Green, J. (2017). *Turtles all the way down*. New York, NY: Penguin Young Readers Group.



- Hide, M. O., & Forsyth, E. H. (2008). *Stress 101: An overview for teens*. Minneapolis, MN: Twenty-First Century Books (CT).
- Robbins, A. (2006). *The overachievers: The secret lives of driven kids*. New York, NY: Hachette Books.
- Saltzman, A. (2016). *A still quiet place*. Oakland, CA: New Harbinger.
- Shannon, J., & Shannon, D. (Illustrator) (2015). *The anxiety survival guide for teens*. Oakland, CA: New Harbinger.

## Children's Books

- Cain, J. (2000). *The way I feel*. New York, NY: Parenting Press.
- Cook, J. (2012). *Wilma Jean the worry machine*. Chattanooga, TN: National Center for Youth Issues.
- Curtis, J. L., & Cornell, E. (Illustrator) (1998). *Today I feel silly and other moods that make my day*. New York, NY: Harper Collins.
- Dismonty, M., & Shaw, K. (Illustrator) (2008). *Spaghetti in a hot dog bun*. Wixom, MI: Cardinal Rule Press.
- Guanci, A. M., & Atta, C. (Illustrator) (2007). *David and the worry beast: Helping children cope with anxiety*. Far Hills, NJ: New Horizon Press.
- Halloran, J. (2016). *Coping skills for kids workbook*. CreateSpace Independent Publishing Platform.
- Romain, T., & Verdick, E. (2000). *Stress can get on your nerves*. Minneapolis, MN: Free Spirit Publishing.
- Santat, D. (2007). *After the fall: How Humpty Dumpty got back up again*. New York, NY: Roaring Brook Press.
- Snyder, B. & Shoults, A. (Illustrator) (2013). *Angel Violet's magic wings*. Chesterfield, MO: Mira Digital.
- Waber, B. (2002). *Courage*. Boston, MA: Houghton Mifflin Harcourt.
- Yamada, K., & Besom, M. (Illustrator) (2016). *What do you do with a problem?* Philadelphia, PA: Compendium.

## Organizations

The American Academy of Child and Adolescent Psychiatry. Retrieved on December 19, 2018 from [www.aacap.org](http://www.aacap.org). Started in 1900, the American Academy of Child and Adolescent Psychiatry (AACAP) promotes healthy development of children through advocacy education and research.

The Anxiety Disorder Resource Center of AACAP. Retrieved on December 19, 2018 from [www.aacap.org](http://www.aacap.org). The Anxiety Disorder Resource Center of AACAP contains a plethora of resources specific to anxiety, including fact sheets for parents with children who experience anxiety.

Anxiety and Depression Association of America (ADAA). Retrieved on November 12, 2018 from <http://adaa.org> (home page). Founded in 1979, ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, obsessive-compulsive disorder, post-traumatic stress disorder, and co-occurring disorders through education, practice, and research. ADAA focuses on improving quality of life for those with these disorders. ADAA provides education about the disorders and helps people find treatment, resources, and support.

Anxiety, Depression and Children's Mental Health, Centers for Disease Control and Prevention. Retrieved on December 19, 2018 from <https://www.cdc.gov/childrensmentalhealth/depression>. Contains information on anxiety including definitions, symptoms, treatments, and prevention.

Anxiety.org. Retrieved on December 19, 2018 from <https://www.anxiety.org>. This organization is committed to making mental health information accessible, inclusive, easy to find, and understand. The website contains relevant research on the full spectrum of anxiety and related disorders.

Council for Exceptional Children (CEC). Retrieved on December 19, 2018 from <http://cec.sped.org>. An international professional association of educators dedicated to advancing the success of children with exceptionalities. Its mission is accomplished through advocacy, standards, and professional development.

Council for Exceptional Children, Division of the Council for Children with Behavioral Disorders. Retrieved on January 14, 2019 from [www.ccbd.net](http://www.ccbd.net). The mission of this division is to advocate and promote the education and welfare of students with emotional/behavioral disorders. The division also provides workshops, has subdivisions in several states, and provides designated sessions at the CEC convention annually.

Council for Exceptional Children, Division of Visual and Performing Arts (DARTS). Retrieved on January 9, 2019 from



<http://community.cec.sped.org>. Its mission is to advocate for arts education for individuals with exceptionalities; advance experiences with visual and performing arts for individuals with exceptionalities; foster collaboration among special educators, arts educators, arts therapists, and national arts education associations; promote professional community of educators in the fields of visual and performing arts education, arts therapy, and community arts organizations that work with individuals with exceptionalities; and encourage research about and disseminate information related to exemplary arts education for individuals with exceptionalities.

National Alliance on Mental Illness (NAMI). Retrieved on January 9, 2019 from <https://www.nami.org>. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

National Art Education Association, Special Needs Interest Group (NAEA/SNAE). Retrieved on January 9, 2019 from <http://www.arteducators.org>. A SNAE of the NAEA devoted to the promotion of art education for learners with special needs through professional development, educational collaboration, advancement of knowledge, and leadership.

Positive Behavioral Interventions & Supports (PBIS). Retrieved on November 21, 2018 from [www.pbis.org](http://www.pbis.org) (home page). PBIS is funded by the U.S. Department of Education's Office of Special Education Programs (OSEP) and the Office of Elementary and Secondary Education (OESE). Its Technical Assistance Center supports schools, districts, and states to build systems capacity for implementing a multi-tiered approach to social, emotional, and behavioral support. The main purpose of PBIS is to improve effectiveness, efficiency, and equity of schools and other agencies. PBIS improves social, emotional, and academic outcomes for all students with disabilities and students from underrepresented groups.

PESI. Retrieved on January 9, 2019 from [www.pesi.com](http://www.pesi.com). PESI is a nonprofit organization, with a long history in the continuing education seminar business dating back to 1979. PESI is an accredited provider of continuing education by national accrediting agencies, including AOTA, ASHA, and numerous state physical therapy boards. Includes extensive list of self-regulation strategies.

PSYCOM. Retrieved on November 12, 2018 from <http://www.psycom.net> (about us). Founded by Ivan K. Goldberg, MD, in 1997, initially as a discussion group for mental health professionals, Psycom.net has grown into a resource for a wide variety of mental health conditions, including bipolar disorder, schizophrenia, depression, and generalized anxiety disorder. Psycom.net seeks to educate and empower patients and caregivers to better understand their mental health condition and to take an active role in their own care.

Understood. Retrieved on January 9, 2019 from <https://www.understood.org>. A partnership of 15 nonprofit organizations that joined forces to support parents with children with learning and attention issues. Includes a variety of free resources and supports, including practical tips and access to experts in the field.