

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Bipolar

Material Title: **Bipolar Child, The**
 Author: Demitri Papolos *Books* 1999 369 pages

This book balances scientific and clinical knowledge with moving personal accounts of experiences of real families. It is a well-organized, practical and authoritative book that will answer parents' tremendous number of questions and help them find hope.

Material Title: **Carrie Fisher: Her Battle With BIPOLAR DISORDER**
 Author: Psychology Today *Journals/Newsletters* December 2001 5 pages

A cover story on Bipolar Disorder.

Material Title: **New Hope for Children and Teens with Bipolar Disorder**
 Author: Boris Birmaher *Books* 2004 290 pages

This guidebook for parents addresses such areas as assessment, causes, biological treatments, psychological treatments, coexisting psychological disorders, recognizing and responding to suicidal behavior, managing your child's behavior problems, solving your child's academic problems, and handling health insurance.

Material Title: **Raising a Moody Child: How to Cope with Depression and Bipolar Disorder**
 Author: Mary and Jill Arnold Fristad *Books* 2003 246 pages

Bipolar illness and depression can derail a child's normal development at any age. With sage advice to parents (and kids) that "it's not your fault, but it's your challenge," the authors provide a roadmap and a toolkit of strategies for families facing these complicated, heritable, and treatable medical disorders.

Material Title: **Storm in my Brain, The: Kids and Mood Disorders (Bipolar Disorder and Depression)**
 Author: CABF and DBSA *Non-Return Items* 2003 18 pages

This non-return booklet, produced by the Child & Adolescent Bipolar Foundation and the Depression and Bipolar Support Alliance, is beautifully illustrated by kids ages 6 to 18. It offers a practical and insightful look into mood disorders, answering the questions both kids suffering from one and their parents might ask. It contains phone numbers and web sites.