

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.

## ADHD-ADD

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Material Title: **ADD Answer, The: How to help Your Child Now**  
 Author: Frank Lawlis *Books* 2004 268 pages

This book offers approaches to treating children diagnosed with ADD, addressing environmental modifications and biocleansing; advances in biofeedback and neurotherapy; the role of nutrition; the positive effects of counseling and goal-setting; strategies to improve sleep; getting effective help from schools, therapists, friends, and family; and more.

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Material Title: **ADD/ADHD**  
 Author: ORPARC Staff *Information Packets* 2008 145 pages

This packet contains articles reprinted with permission from CHADD and others as well as a list of guidelines compiled and synthesized by ORPARC staff from a number of sources. Included are such titles as "The Disorder Named AD/HD," "Parenting a Child with AD/HD," "AD/HD and Co-Existing Disorders," "Managing Medication for Children and Adolescents with AD/HD," "Educational Rights for Children with AD/HD," "Tips when Talking with Teachers," etc.

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Material Title: **ADD/ADHD Behavior-Change Resource Kit: Ready-to-Use Strategies & Activities for Helping Children with Attention Deficit Disorder**  
 Author: Grad L. Flick *Books* 1998 316 pages

This kit explains ADD/ADHD behavior, its biological bases and basic characteristics and describes procedures used for diagnosis and various treatment options. It details a set of training exercises and programs in which teachers, counselors, and parents work together to monitor and manage the child's behavior. It is printed in an 8 1/4" X 11" format for easy photocopying of forms, checklists and rating scales, with information and tools you'll need to manage behaviors, change behaviors, build social skills, solve homework issues, improve classroom behavior and cope with kids.

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Material Title: **ADHD and Teens**  
 Author: Colleen Alexander-Roberts *Books* 1995 177 pages

This book is a complete parenting guide with the information you need to survive these trying years; a solid, useful and detailed insight into the real world of ADHD.

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Material Title: **ADHD and the Nature of Self-Control**  
 Author: Russell Barkley *Books* 1997 350 pages

This fairly technical book, steeped in research, provides a radical shift of perspective on ADHD, arguing that the disorder is fundamentally a developmental problem of self-control, and that a deficit in attention is a secondary, and not universal, characteristic.

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Material Title: **ADHD Handbook for Families: A Guide to Communicating with Professionals**  
 Author: Paul Weingartner *Books* 1999 122 pages

Written by an experienced clinician who also has ADHD, this book provides background information on the disorder, including what it feels like, why it's difficult to identify, and how attitudes impact understanding. It also outlines a step-by-step approach to observing and recording the effects of ADHD on children, as well as how to find help – both medical and psychological.

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Material Title: **AD-HD in Adulthood and College**  
 Author: information Packet *Information Packets* 2008 75 pages

This packet contains articles reprinted with permission from the CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder) website. Included are such titles as "Time Management," "Managing Medication for Adults ...," "Managing Money," "Succeeding in the Workplace," "Succeeding in College," "Social Skills in Adults ...," "Women and AD/HD," etc.

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Material Title: **ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment (Audiotape)**  
 Author: Russell Barkley *Audiotapes* 2000 15 hours 10 tapes

This taping of a presentation at the 2000 New England Educational Institute's annual symposium features Russell Barkley with an intensive course on the nature and treatment of children, adolescents and adults with ADHD and oppositional or defiant behavior. Participants will learn how to utilize advances in theoretical conceptualizations, differential diagnosis, and treatment approaches to ADHD.

## ADHD-ADD

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Material Title: **ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment (CD)**  
Author: Russell Barkley *CDs* 2000 10 hours/ 20 CDs

This taping of a presentation at the 2000 New England Educational Institute's annual symposium features Russell Barkley with an intensive course on the nature and treatment of children, adolescents and adults with ADHD and oppositional or defiant behavior. Participants will learn how to utilize advances in theoretical conceptualizations, differential diagnosis, and treatment approaches to ADHD.

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Material Title: **ADHD: A Teenager's Guide (Audiotape)**  
Author: James J. Crist *Audiotapes* 1996

From the book: Written for the teenager who is tired of hearing, "You're just lazy!" or "You can do better," this comprehensive guide to ADHD, narrated smartly by teens, features nearly everything teens might want to know about ADHD. Chapters address what ADHD is, teenagers with ADHD, treatments, getting through school and college, learning disabilities and ADHD, coping with depression, and life after school. Excellent!

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Material Title: **Answers to ADD: A Practical Guide for Parents**  
Author: John Taylor *Books* 1997 32 pages

This booklet offers simple to follow guidelines and ideas for parents of kids with ADD with or without hyperactivity.

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Material Title: **Attention Deficit Disorder: A Different Perception**  
Author: Thom Hartmann *Books* 1997 171 pages

This book presents new ways to work with Attention Deficit Disorder (ADD) at home, work and school. He helps readers change their perception of those with ADD, such as his idea of the hunter in a farmer's world. "He demonstrates that ADD can be associated with creativity, high achievement, and a most successful adaptive style."

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Material Title: **Attention Deficit/Hyperactive Student at School, The: A Survival Guide for Teachers and Counselors**  
Author: John Taylor *Books* 1995 (revised) 41 pages

This guidebook is designed to help teachers, counselors and administrators to work cooperatively with parents of ADHD students to identify and address the problems that school presents. Topics include Communicating of students' progress through daily reports; Assisting with medication; Improving students' self-esteem; Improving study skills; Homework problems; and others.

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Material Title: **Beyond Ritalin**  
Author: Stephen W. Garber *Books* 1996 217 pages

This book's subtitle, Facts About Medications and Other Strategies for Helping Children, Adolescents, and Adults with Attention Deficit Disorders, is a good summary. It's not a book that condemns Ritalin use, but one that urges proper diagnosis, a knowledge-based approach to decisions about medication, and a look at the other issues surrounding Attention Deficit Disorders.

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Material Title: **CHADD Information and Resource Guide to AD/HD, The**  
Author: CHADD *Books* 2001 110 pages

This book is divided into five chapters in English and a two-page chapter in Spanish. The English Chapters each contain a series of articles and are titled respectively, "AD/HD," "AD/HD in Children," "AD/HD in Adolescents," "AD/HD in Adults," and "Legal Issues in AD/HD."

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Material Title: **Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder**  
Author: Edward Hallowell *Books* 2006 341 pages

Self assessment tools, exercises that help, to medicate or not to medicate, treatments that work, diet, habits of highly effective ADD-ers, conditions that coexist with ADD, genetics and ADD, finding the buried treasure in school, college alert, tips for adults with ADD worry and ADD, sex and ADD; these are just a few of the topics addressed in the 43 chapters in this follow-up to Driven to Distraction.

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Material Title: **Driven to Distraction**  
Author: Edward & John Hallowell & Ratey *Books* 1994 285 pages

The authors take the reader through a detailed step-by-step diagnostic process that includes a thorough review of individual and family history, and current problematic conditions. They also explain psychological testing that may provide further information toward establishing a clinical diagnosis of ADHD/ ADD. It describes the general principles of treatment for ADHD/ ADD including medication, behavioral management, and psychotherapy.

## ADHD-ADD

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Material Title: **Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood (2 CDs)**  
Author: CD *CDs* 2003 2 hours

This abridged version has author Edward Hallowell reading from the book he wrote with John Ratey which takes the reader through a detailed step-by-step diagnostic process that includes a review of individual and family history and current problematic conditions. They also explain psychological testing that may provide further information toward establishing a clinical diagnosis of ADHD/ ADD. It describes the general principles of treatment for ADHD/ ADD including medication, behavioral management, and psychotherapy.

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Material Title: **Eagle Eyes: A Child's Guide to Paying Attention\* (Children's Materials)**  
Author: Jeanne Gehret *Children's Books* 1991 26 pages

This storybook with pictures tells of the frustrations and triumphs of Ben, a child with ADHD.

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Material Title: **Effective Discipline Strategies (Answers to ADD) (Audiotape)**  
Author: John Taylor *Audiotapes*

This tape is one of the many in John F. Taylor's "The Answers to A.D.D." audio/video series. Highlights of this tape include: arranging suitable consequences; improving decision making skills; maintaining love and leadership; confronting the child successfully; preventing arguments and power struggles; avoiding the remind-nag-yell-punish cycle; and more.

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Material Title: **Fidget to Focus: Outwit Your Boredom: Sensory Strategies for Living with ADD**  
Author: Roland and Sarah D. Rotz and Wright *Books* 2005 84 pages

This book offers a brief overview of ADD, a brief introduction to a "new view," and then plunges into sensory systems strategies based on personal experiences of hundreds of people, strategies that involve "respectful, effective fidgeting" among other things. The 84 page body is followed by 42 pages of Appendixes including a 20 page workbook.

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Material Title: **Helping Your Hyperactive/ADD Child**  
Author: John Taylor *Books* 1990 378 pages

This comprehensive work from a nationally known clinical psychologist and father of a child with ADHD, shows how to use the most effective tools from a wide range of treatment methods. You will learn how to recognize ADHD symptoms in your child using the Taylor Hyperactivity Screening Checklist; nurture your child's self-esteem; work with schools, therapists and other care-givers; find or start support groups for parents of children with ADHD; and much more.

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Material Title: **Hyperactive Child, Adolescent, and Adult: Attention Deficit Disorder Through the Lifespan, The**  
Author: Paul Wender *Books* 1973 150 pages

To anyone who suspects that his or her child suffers from ADHD, this book is a must. It gives information on diagnostic tests, causes and symptoms, treatment, and valuable tips on structuring, where to go for help, and how ADHD differs from a learning disability.

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Material Title: **Living With the ADD/ADHD Child (VHS)**  
Author: Jeff Sosne *Videotapes* 3.5 hours

In part one of this two-tape program, Dr. Sosne presents a core definition of ADD/ADHD and reviews basic principles for helping children affected by it. In part two, he relays techniques for teaching ADD/ADHD children how to meet daily responsibilities and complete tasks. He describes practical methods for handling disappointment and frustration, and building self-control.

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Material Title: **Maybe You Know My Kid: Helping Your Child With Attention Deficit Hyperactive Disorder**  
Author: Mary Fowler *Books* 1990 261 pages

This book gives parents updated, practical and necessary information on the causes and treatment of ADHD from the most respected researchers and practitioners in the field.

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Material Title: **Only a Mother Could Love Him**  
Author: Benjamin Polis *Books* 2001 168 pages

This book by a 19 year old with Attention Deficit Disorder combines a narrative of his experiences with analogies and explanations of the ADD thought process to help parents and caregivers understand how thinking works in those with ADD and what they can do to teach their child to control his or her own behavior.

## ADHD-ADD

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Material Title: **Parent's Guide to Attention Deficit Disorders, The**  
Author: Stephen McCarney *Books* 1995 405 pages

The body of this practical handbook is divided into two sections, "Behaviors and Interventions" and "Supplemental Behaviors and Solutions." Within these sections, 188 behaviors are listed under 17 different categories, and after each behavior is a list of anywhere from 16 to 89 practical suggestions for responding to the behavior.

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Material Title: **Parents Wanted\* (Children's Materials)**  
Author: George Harrar *Children's Books* 2001 239 pages

Narrator, Andy Fleck, a 12-year-old with Attention Deficit Disorder has learned one set of rules from his birth dad (how not to get caught) and another from the kids at the state-run home (how to manipulate adults). Placed with foster parents who are looking to adopt, he has a chance to escape his past, but he can't keep himself from challenging every limit. He plays "mailbox baseball" with his dad's bat, gets in trouble at school, and, when his birth dad shows up looking for money, steals from his foster dad's wallet. So far his foster parents have refused to give up on him. But will he go too far? Humorous and touching, this is "a killer read" for kids 10 and up.

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Material Title: **Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder\* (Children's Materials)**  
Author: Patricia Quinn *Children's Books* 1991 64 pp

A guide for children and their parents, teachers and counselors to understanding and gaining control over attention deficit hyperactivity disorder.

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Material Title: **Ritalin Is Not the Answer Action Guide**  
Author: David Stein *Books* 2002 161 pages

This "Interactive Companion" to 1999's "Ritalin Is Not the Answer" provides a workbook with self-tests, step-by-step guidelines, checklists, and exercises to use in connection with the earlier work's "Caregivers' Skill Program." Both books present a view adamantly opposed to the use of medication to treat people with ADHD. Since there is much research on both sides of this issue, ORPARC recommends that parents explore a wider range of research before deciding on a course of treatment.

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Material Title: **Ritalin Is Not the Answer: A Drug-Free, Practical Program for Children Diagnosed with ADD or ADHD**  
Author: David Stein *Books* 1999 174 pages

As its title suggests, this book sits clearly on the side of those who are opposed to the use of medication to treat ADHD. There is much research in support of each side in this delicate controversy, so it would benefit any parent to examine the issues thoroughly before accepting or rejecting any course of treatment. That aside, this book offers an approach that could produce beneficial results even to a child whose treatment includes Ritalin.

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Material Title: **Ritalin-Free Child, The: Managing Hyperactivity & Attention Deficits Without Drugs**  
Author: Diana Hunter *Books* 1995 152 pages

With chapters on self-esteem, diet & nutrition, schools, family life, and other elements, this book encourages alternatives to medication in dealing with your child's Attention Deficit/Hyperactivity.

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Material Title: **School Success Tool Kit, The: Answers to A.D.D. (VHS)**  
Author: Video *Videotapes* 1992 1 hour 45 minutes

This video presents tips and ideas for teachers to use in the classroom and for parents to use at home.

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Material Title: **Shelley: The Hyperactive Turtle\* (Children's Materials)**  
Author: Deborah Moss *Children's Books* 1989 19 pages

This short picture book for very young readers follows Shelley through his ups and downs until a doctor helps him understand why and how he is different from the other turtles.

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Material Title: **Straight Talk about Psychiatric Medications for Kids**  
Author: Timothy E. Wilens *Books* 2004 264 pages

Dr. Timothy Wilens provides essential guidance for parents facing tough choices about whether or not to give a child medication for emotional or behavioral problems. Packed with frequently asked questions, examples, and charts, the book explains which medications are prescribed for kids and why; their effects on health, emotions, and school performance; how to maximize the benefits; and when to consider other treatments instead.

## ADHD-ADD

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Material Title: **Survival Strategies for Parenting Your ADD Child**  
Author: George T. Lynn *Books* 1996 268 pages

In this book, the author describes six essential strategies parents can use to deal with their own distress and rage as a result of a child's provocation. He also addresses the problems confronting single parents with ADD children. He provides parents with methods which can heal the pain that occurs in families with these troubled children.

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Material Title: **Talking Back to Ritalin**  
Author: Peter R. Breggin *Books* 1998 356 pages

This looks at the current state of drug use to treat ADHD in this country is divided into four parts. "Ritalin, Amphetamine And Other Stimulant Drugs" describes the medical and psychological ideology and reality behind the use of these drugs. "Attention Deficit-Hyperactivity Disorder (ADHD)" addresses medical and psychological theory and practice in diagnosing this ubiquitous problem. "The Politics Of TheADHD/Ritalin Lobby" reveals "Who's Behind All This." And "How We Can Help Our Children" offers solutions.

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Material Title: **Taming the Tornado In Your Classroom and at Home: A Positive Approach to Management & Discipline for Educators & Parents**  
Author: Allan Lifson *Books* 1980 214 pages

This book offers parents and teachers ideas for working with hyperactive children. A lot has been learned about hyperactivity in the last two decades, so this shouldn't be used as an introduction to ADHD or related disabilities, but there are practical tips and strategies here that many parents and teachers might find useful in their day-to-day interactions with the "tornadoes" in their lives.

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Material Title: **Teacher's Guide to Attention Deficit Disorder, A**  
Author: Daniel G. Amen *Books* 1997 159 pages

This guide provides teachers with the latest information on the diagnosis and treatment of ADD and how to effectively intervene in the classroom, with students and with their parents. Sophisticated brain imaging studies highlight the biological nature of ADD and provide insights into effective interventions. Specific brain-based strategies are given to help ADD students be more effective every day.

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Material Title: **You Mean I'm Not Lazy, Stupid Or Crazy! A Self-Help Book for Adults with Attention Deficit Disorder**  
Author: Kate Kelly *Books* 1996 413 pages

There is a great deal of literature about children with attention deficit disorder, ADD. But what do you do if you have ADD and aren't a child anymore? This book focuses on the experiences of adults, offering accurate information, practical how-to's and moral support to help readers deal with ADD. It explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory, lack of concentration or impulsive behavior.

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Material Title: **Your Hyperactive Child: A Parents Guide to Coping With Attention Deficit Disorder**  
Author: Barbara Ingersoll *Books* 1988 191 pages

This authoritative handbook provides a wealth of information to help parents of a hyperactive child understand and cope with their child's baffling behavior. It outlines practical steps you and your child's teachers can take to help your child.