

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

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- Material Title: **Bipolar Child, The: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder**
- 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.
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- Material Title: **Carrie Fisher: Her Battle With BIPOLAR DISORDER**
- Author: Psychology Today *Journals/Newsletters*    December 2001                      5 pages
- A cover story on Bipolar Disorder.
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- 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.
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- 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.