Virtual Packet (2011)

1. ANTI – STIGMA
   1a. Anti-Stigma: Do you know the facts? - SAMHSA
   1c. Become a Stigma Buster: How it works - NAMI
   1d. Stigma and Health Disparities Program – NIMH

2. BRAIN FUNCTION
   2a. Brain Basics – NIMH
   2b. Brain Development During Childhood and Adolescence – NIMH
   2c. Neuroimaging and Mental Illness: A Window to the Brain - NIMH
   2d. Teenage Brain: A Work in Process - NIMH
   2e. Brain Scan – UCLA

3. CULTURAL RESOURCES
   3a. Mental Health: Culture, Race and Ethnicity
   3b. Science Update - New Insights on How Mental Health is Influenced by Culture and Immigration Status - NIMH
   3c. Socio Cultural Research Program - NIMH
   3d. Resource List: Culturally Competent Mental Health Services for Children and Families
   3e. Cultural Language Online Resources – UCLA

4. FAMILY RESOURCES
   4a. 40 Developmental Assets
   4b. Building Self Esteem in Children
   4c. Bullying and Mental Health
   4d. Educating a Child with Bipolar Disorder
   4e. Girl Power is Good Mental Health
   4f. Glossary of Terms
   4g. NAMI Subscription Form
   4h. Red Flags in Children’s Behavior
   4i. SAMHSA - Family Guide to Systems of Care for Children with Mental Health
   4j. The Myth of the Bad Kid
   4k. Understanding Violent Behavior in Children and Adolescents
   4l. When Teachers Should Refer Students to a Mental Health Professional
5. IDAHO PROGRAMS AND RESOURCES
5a. Hotline Summary
5b. Idaho CareLine (211)
5c. Idaho Parents Unlimited
5d. Children’s Mental Health Services – Parents Guide (English)
5e. Children’s Mental Health Services - Parents Guide (Spanish)
5f. Secure Beginnings – Idaho Infant and Early Childhood Mental Health

6. MENTAL HEALTH AND MENTAL DISORDERS
6a. Children & Adolescents with Conduct Disorders
6b. CHM Facts - Children of Parents with Mental Illness
6c. Glossary of Terms
6d. NIMH - ADHD
6e. NIMH - Anxiety Disorders
6f. NIMH – Anxiety Disorders in Children
6g. NIMH - Autism Spectrum Disorders
6h. NIMH - Bipolar Disorder (adults)
6i. NIMH – Bipolar Disorder – Fact Sheet - children and adolescents
6j. NIMH – Bipolar Disorder in Children and Teens
6k. NIMH - Depression
6l. NIMH - Depression in Childhood & Adolescence
6m. NIMH - Eating Disorders
6n. NIMH – Schizophrenia
6o. NIMH – Schizophrenia: Child Onset
6p. NIMH – What to do when a Friend is Depressed
6q. NIMH – Women and Depression
6r. NAMI – Dual Diagnosis
6s. NAMI – List of Resources by Illness
6t. NAMI - Resource Guide for Children & Adolescents with Mental Illness
6u. SAMHSA – What a Difference a Friend Makes
6v. Surgeon General’s Conference on Children’s Mental Health

7. SUICIDE PREVENTION
7a. In Harm’s Way – Suicide in America
7b. Lifeline Brochure
7c. Lifeline Pocket Card -ENGLISH
7d. Lifeline Pocket Card – SPANISH
7e. Link Between Mental Illness & Suicide
7f. National Strategy for Suicide Prevention
7g. Safety Plans for Suicide Prevention
7h. NIMH Suicide in America
7i. NIMH Suicide : A Major Preventable Mental Health Problem
7j. SPAN Idaho Fact Sheet July 2010
7k. Suicide – A comprehensive look at Idaho suicide deaths 2004-2008
7l. Suicide in Idaho – Department of Health & Welfare

8. TRAUMA
8a. Children & Trauma
8b. Indirect Trauma in Professionals
8c. NIMH – Post Traumatic Stress Disorder
8d. NIMH – What community members can do
8e. NIMH – What Parents can do
8f. NIMH - What Rescue Workers Can Do
8g. NIMH - PTSD in Children and Adolescents

9. TREATMENT
9a. Alternative Approaches to Mental Health
9b. Exercise Fuels the Brain’s Stress Buffers
9c. NIMH - Long term treatment Leads to Sustained Recovery for Most Teens (Science Update)
9d. NIMH – Mental Health Medications
9e. NIMH – Participant Guide to Mental Health Clinical Research
9f. NIMH – Treatment of Children With Mental Illness
9g. NIMH - Your Child and Medications
9h. Psychiatric Medication – Questions to Ask
9i. What do these students have in common?