

Resources for Parents and Children

This list contains various books and websites and service options that may be helpful for parents in general, as well as some more specific to parents of children with ADHD.

Books:

Barkley, R. A. (2013). **Taking charge of ADHD: The complete authoritative guide for parents (third edition)**. New York: Guilford.

Well-written book for parents, with a focus on education and empowerment.

Barkley, R. A., Murphy, K. R., & Fischer, M. (2008). **ADHD in adults: What the science says**. New York: Guilford Press.

Summarizing two major studies conducted by this group on ADHD in adulthood.

Dishion, T. J., & Patterson, G. (2005). **Parenting young children with love, encouragement and limits**. Champaign, IL: Research.

Solid information from a great team of authors.

Faber, A. & Mazlish (2012). **How to talk so kids will listen and listen so kids will talk**. New York: Scribner.

Tips for communication and problem solving skills such as dealing with feelings, encouraging cooperation, and developing listening skills.

Faraone, S. V. (2003). **Straight talk about your child's mental health**. New York: Guilford.

Good resource for parents worried about their children behavior or mental health.

Forehand, R. & Long, N. (2010). **Parenting the strong-willed child (3rd ed)**. New York: McGraw Hill.

Outline of steps to managing the behavior of strong-willed children, with an emphasis on how child temperament interacts with parenting strategies.

Websites:

<http://www.vcn.bc.ca/chaddvan/>

This is the website for the Vancouver chapter of Chadd Canada, an organization devoted to providing support and resources for families coping with ADHD. Chadd Vancouver holds regular meetings and details can be found on this website.

<http://www.cpa.ca/public/>

Site supported by the Canadian Psychological Association that provides information on what psychologists do, how to find a psychologist, and links to fact sheets on common psychological problems.

<http://www.div12.org/psychological-treatments/treatments/>

Site supported by Division 12 (Clinical Psychology) of the American Psychological Association reporting on evidence-based psychological treatments for adult mental health problems.

<http://effectivechildtherapy.com/>

Site supported by Division 53 (Society for Child and Adolescent Clinical Psychology) of the American Psychological Association reporting on evidence-based psychological treatments for child mental health problems.

<http://keltymentalhealth.ca/>

Site for a resource center providing information, resources, peer support and system navigation related to child and youth mental health and substance use challenges and disorders

Local Mental Health Resources:

Family Services of Greater Vancouver: www.fsgv.ca; 604-731-4951.

Organization providing social services to children, youth, adults and families across British Columbia's lower mainland.

BC Psychological Association Referral Service: www.psychologists.bc.ca; 604-730-0522.

Free referral services for finding trained psychologists in the BC area.

Vancouver Coastal Health – Mental Health:

<http://www.vch.ca/your-health/health-topics/mental-health/mental-health-infants-children-youth/>

Website providing additional information for finding mental health services.

You also can ask your family doctor for help, and possibly a referral to a mental health specialist.

General Crisis Counselling Phone Numbers:

Province-wide:	1-800-SUICIDE (784-2433) (24 hours)
Province-wide:	604-310-6789 (310 Mental Health Support Line; 24 hours)
Vancouver:	604-872-3311 (24 hours); 1-866-661-3311 (Toll free)
Surrey/White Rock/Langley/Delta:	1-877-820-7444 (Fraser Health Crisis Line; 24 hours)
Surrey:	604-951-8855 (24 hours)
Richmond:	604-279-7070 (8 AM to midnight)
Coquitlam:	604-540-2221 (24 hours)
Fraser Valley:	604-820-1166 (24 hours)
Abbotsford:	604-852-9099 (24 hours)