

NAMI Basics Education Program General Resources

The following organization's websites provide the most current information about mental health conditions, treatment services, the education system and more. Many of the organizations listed here have information available in Spanish as well as English.

To make your search easier, the resources are organized into general categories:

- Mental health
- Education
- Legal
- NAMI Spanish resource guide for parents—Guia de Recursos

Under each general heading, the resources are further categorized as:

- Federal resources
- Mental health and advocacy organizations
- Professional organizations
- Academic centers focused on children's mental health
- Websites for children and teens

In some cases, additional information and websites are noted after a major resource. This was done in situations where a major resource had specific information which family caregivers may be interested in.

If you have found a helpful resource not listed below and would like us to consider adding it to the document, please email the name of the organization and the website to namieducation@nami.org.

General Resources

MENTAL HEALTH

Federal resources

Administration for Children & Families (ACF) is a division of the Department of Health & Human Services. We promote the economic and social well-being of families, children, individuals and communities with partnerships, funding, guidance, training and technical assistance.

www.acf.hhs.gov

Centers for Disease Control (CDC) provides helpful information on mental health related issues and has statistical information about various conditions.

www.cdc.gov/mentalhealth/basics/mental-illness.htm

Centers for Medicare & Medicaid Services (CMS) offers an array of information about eligibility for benefits, coverage and coordination of services related to Medicare, Medicaid and CHIP (Children's Health Insurance Program).

www.cms.gov

InsureKidsNow.gov is a website operated by CMS, providing information about Medicaid and CHIP for:

- families seeking health insurance coverage for children and teens
- families needing help locating a dentist
- organizations interested in getting involved in the Connecting Kids to Coverage National Campaign, an outreach and enrollment initiative.

www.insurekidsnow.gov

National Registry of Evidence-based Programs and Practices (NREPP) is an evidence-based repository and review system designed to provide the public with reliable information on mental health and substance abuse interventions. The programs' effects on individual outcomes have been independently assessed and rated by certified NREPP reviewers. The purpose of NREPP is to help people learn more about available evidence-based programs and practices and determine which of these may best meet their needs. New program are continually being added.

www.nrepp.samhsa.gov

National Institute of Mental Health (NIMH), a division of the National Institute of Health (NIH) has the mission of transforming the understanding and treatment of mental illness.

www.nimh.nih.gov

Mental health medications

www.nimh.nih.gov/health/topics/mental-health-medications/index.shtml

Treatment of children with mental illness

www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-illness-fact-sheet/index.shtml

Recovery After an Initial Schizophrenia Episode (RAISE)

www.nimh.nih.gov/health/topics/schizophrenia/raise/index.shtml

Social Security Administration delivers a broad range of services online and has a network of over 1,400 offices including field offices, teleservice centers, processing centers and hearing offices. SSA also has a presence in U.S. embassies around the globe.

www.ssa.gov

Disability benefits – child (under age 18)

www.socialsecurity.gov/disabilityssi/apply-child.html

Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

www.samhsa.gov

Center for Mental Health Services (CMHS), a division of SAMHSA, leads federal efforts to promote the prevention and treatment of mental disorders. CMHS is charged by Congress to bring new hope to adults who have mental illness and children with emotional disorders.

www.samhsa.gov/about-us/who-we-are/offices-centers/cmhs

National Child Traumatic Stress Initiative (NCSTI) provides parents, caregivers, educators and professionals resources on recognition, understanding and treatment of traumatic stress in children and adolescents.

www.samhsa.gov/child-trauma/understanding-child-trauma

Mental health and advocacy organizations

American Foundation for Suicide Prevention (AFSP) is a multifaceted organization made up of esteemed scientists, dedicated survivors of suicide loss, people with mental disorders and their families, and an expansive network of business and community leaders. Their mission is to save lives and bring hope to those affected by suicide. AFSP has local chapters in all 50 states with programs and events nationwide

www.afsp.org

Autism Society of America provides information and resources on autism spectrum disorders.

www.autism-society.org

Autism Speaks is a leading autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families.

www.autismspeaks.org

Center for Practice Innovations at Columbia Psychiatry New York State Psychiatric Institute, supports the New York State Office of Mental Health's mission to promote the widespread availability of evidence-based practices to improve mental health services, ensure accountability, and promote recovery-oriented outcomes for consumers and families.

<http://practiceinnovations.org/Home/tabid/165/Default.aspx>

Child Welfare League of America (CWLA) is a powerful coalition of hundreds of private and public agencies serving vulnerable children and families. Their expertise, leadership and innovation on policies, programs, and practices help improve the lives of millions of children across the country.

www.cwla.org

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) is a membership organization, produces the bi-monthly Attention magazine (for members) and sponsors an annual conference. Contact information for all local chapters is available online through CHADD's Resource Directory.

www.chadd.org

Children's Defense Fund (CDF) is a non-profit child advocacy organization that has worked relentlessly for more than 40 years to ensure a level playing field for all children. They champion policies and programs that lift children out of poverty; protect them from abuse and neglect; and ensure their access to health care, quality education and a moral and spiritual foundation. Supported by foundation and corporate grants and individual donations, CDF advocates nationwide on behalf of children to ensure children are always a priority.

www.childrensdefense.org

Children's Mental Health Network (CMHN) provides weekly news and unbiased analysis of key issues focused on children, youth and families' mental health and well-being. CMHN distills the high volume of information about issues that impact children and youth with emotional and behavioral challenges and their families in a way that makes sense in its most simplified form, focusing on the key elements requiring action and involvement.

www.cmhnetwork.org

Council for Exceptional Children (CEC) is the largest international professional organization dedicated to improving the educational success of individuals with disabilities and/or gifts and talents. CEC advocates for appropriate governmental policies, sets professional standards, provides professional development, advocates for

individuals with exceptionalities and helps professionals obtain conditions and resources necessary for effective professional practice.

www.cec.sped.org

Council for Children with Behavioral Disorders (CCBD) is the official division of the Council for Exceptional Children (CEC) committed to providing support for children with unique behavioral needs. Services include effective classroom management strategies, how to work with students with emotional and behavioral disorders (EBD), Autism Spectrum Disorders (ASD), Attention Deficit Hyperactivity Disorder (ADHD) and more, supporting students in the juvenile justice system, teaching core curriculum to students with challenging behavior, and more.

www.ccbd.net

Depression and Bipolar Support Alliance (DBSA) provides hope, help, support and education to improve the lives of people who have mood disorders.

www.dbsalliance.org

Early Assessment & Support Alliance (EASA) serves young people ages 12 to 25 (15-25 in Multnomah County) who have had a first episode of psychosis within the last 12 months or who are experiencing early at-risk symptoms for psychosis, and their families. The goal of EASA is to identify individuals with a new psychosis as soon as possible in order to minimize the negative impact on their lives.

www.easacommunity.org

Families for Depression Awareness is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.

<http://familyaware.org>

Federation of Families for Children's Mental Health is a national family-run organization linking more than 120 chapters and state organizations focused on the issues of children and youth with emotional, behavioral or mental health needs and their families.

www.ffcmh.org

First Focus is a bipartisan advocacy organization dedicated to making children and families the priority in federal policy and budget decisions. First Focus leads a comprehensive advocacy strategy, with its hands-on experience with federal policymaking and a commitment to seeking policy solutions

<https://firstfocus.org>

JED Foundation's mission is to promote emotional health and prevent suicide among college and university students. The organization collaborates with the public and leaders in higher education, mental health and research to produce and advance initiatives that promote awareness and understanding, increase knowledge, foster help-

seeking, build and strengthen resilience, facilitate adoption of a comprehensive, community-based approach to promote emotional health, protect at-risk students on campus and raise the importance of mental health issues.

www.jedfoundation.org

Lives in the Balance is the non-profit organization founded by child psychologist Dr. Ross Greene, originator of the Collaborative & Proactive Solutions (CPS) approach and author of the influential books *The Explosive Child* and *Lost at School*. The site includes a sections for parents/families and educators/schools with multiple resources for each group.

www.livesinthebalance.org

Mental Health America (MHA) is an advocacy, education and support organization working to address the needs of people with mental health related needs and mental illness.

www.nmha.org

MentalHealth.org: Let's talk about it is dedicated to providing basic information about mental health, myths and facts, signs and symptoms and how to get help.

www.mentalhealth.org

National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an association of hundreds of local affiliates, state organizations and volunteers who work in your community to raise awareness and provide support and education that was not previously available to those in need.

www.nami.org

Fact sheet library

www.nami.org/Learn-More/Fact-Sheet-Library

First episode psychosis

www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Psychosis/First-Episode-Psychosis

Learn more

www.nami.org/Learn-More

NAMI AIR (Anonymous. Inspiring. Relatable) is the new NAMI app, a free, mobile-based social network designed for people experiencing mental health conditions and their family members/caregivers. NAMI AIR is intended to provide another way for people to find and give support, to connect with others through smart phone and computer tablet.

www.nami.org/Find-Support/Air-App

Parity for mental health coverage. Parity is legally recognizing mental health conditions and substance use as equal to physical illnesses.

www.nami.org/Learn-More/Mental-Health-Public-Policy/Parity-for-Mental-Health-Coverage

OK2Talk is an online community for teens and young adults struggling with mental health problems and encourage them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope.

www.ok2talk.org

Say It Out Loud gives adults the tools they need to hold conversations about mental health with teens. The toolkit includes a short film featuring three teen's experiences, a discussion guide, a narrated presentation for the facilitator and fact sheets and information about connecting with your local NAMI.

www.nami.org/sayitoutloud

National Disability Rights Network (NDRN) works to improve the lives of people with disabilities by guarding against abuse; advocating for basic rights; and ensuring accountability in health care, education, employment, housing, transportation and within the juvenile and criminal justice systems. NDRN is the nonprofit membership organization for the federally mandated Protection and Advocacy (P&A) Systems and the Client Assistance Programs (CAP) for individuals with disabilities. Collectively, the Network is the largest provider of legally based advocacy services to people with disabilities in the United States.

www.ndrn.org

OCD Resource Center provides information and resources on obsessive compulsive disorder.

www.ocdresource.com

On Track New York is an innovative approach to providing recovery-oriented treatment for young people who have recently begun to experience psychosis.

<http://ontracknymha.org>

P2P (Parent to Parent) USA provides emotional and informational support to families of children who have special needs most notably by matching parents seeking support with an experienced, trained 'Support Parent'.

www.p2pusa.org

Suicide Prevention Resource Center (SPRC) is the nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention. They provide technical assistance, training and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide.

www.sprc.org

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

www.thetrevorproject.org

Yellow Ribbon Suicide Prevention Program is dedicated to preventing suicide and attempts by making suicide prevention accessible to everyone and removing barriers to help by empowering individuals and communities through leadership, awareness and education; and by collaborating and partnering with support networks to reduce stigma and help save lives.

www.yellowribbon.org

Professional organizations

American Academy of Child & Adolescent Psychiatry (AACAP)

www.aacap.org

Facts for Families fact sheets provide concise and up-to-date information on issues that affect children, teenagers and their families. AACAP provides this important information as a public service and the Facts for Families may be duplicated and distributed free of charge as long as the American Academy of Child and Adolescent Psychiatry is properly credited and no profit is gained from their use. The materials are available in English and Spanish.

[www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/FFF-Guide-Home.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/FFF-Guide-Home.aspx)

American Academy of Pediatrics

www.aacap.org

American Psychiatric Association (APA)

www.psychiatry.org

American Psychological Association

www.apa.org

National Association of Social Workers

www.socialworkers.org

National Association of School Psychologists (NASP)

www.nasponline.org

Academic centers focused on children's mental health

About Our Children is a scientifically-based, parent-friendly website of the NYU Child Study Center that includes a wide range of information on child psychiatric disorders and associated parenting issues.

www.aboutourkids.org

Center for School Mental Health (CSMH), housed in the University of Maryland School of Medicine, has as its mission to strengthen policies and programs in school mental health to improve learning and promote success in America's youth.

<https://csmh.umaryland.edu>

Institute for Innovation and Implementation, housed in the University of Maryland School of Social Work, provides support around workforce development for leadership, practitioners, parents, youth, and stakeholders working within the child, youth, and family serving systems.

<https://theinstitute.umaryland.edu>

Kids Mental Health Informational Portal provides information on a variety of mental health conditions including diagnosis and treatment issues.

www.kidsmentalhealth.org

Georgetown University Child Development Center -- National Technical Assistance Center for Children's Mental Health is dedicated to increase the capacity of communities, states, tribes and territories, to improve, sustain and expand Systems of Care and the services and supports provided within them to improve the lives of children, youth and young adults with or at risk for mental health challenges and their families. The TA Center assists a range of audiences in planning for and understanding their role in change processes as well as in designing effective service systems and implementing effective practices for children, youth and young adults. TA Center faculty and consultants have expertise with multiple populations with mental health needs including infants and toddlers, children and youth with co-occurring developmental disabilities or substance abuse, youth transitioning into adulthood, and families from diverse cultural backgrounds.

<http://gucchdtacenter.georgetown.edu/about.html>

Kids in the House is the largest parenting video library in the world. This educational website aims to help parents and caregivers become better at parenting by educating, inspiring and entertaining. This resource contains over 8,000 videos from 450 leading parenting experts, including doctors, pediatricians, psychologists, educators, best-selling authors, celebrities and parents themselves.

www.kidsinthehouse.com

New York University Child Study Center is dedicated to improving the treatment of child psychiatric disorders through scientific practice, research, and education, and to eliminate the stigma of being or having a child with a psychiatric disorder.

www.med.nyu.edu/child-adolescent-psychiatry/home

Portland Research and Training Center, Portland State University promotes effective community-based, culturally competent, family-centered services for families and their children who are, or may be affected by mental, emotional or behavioral disorders.

www.rtc.pdx.edu

RTC for Pathways to Positive Futures aims to improve the lives of youth and young adults with serious mental health conditions through rigorous research and effective training and dissemination. Their work is guided by the perspectives of young people and their families, and based in a positive development framework.

www.pathwaysrtc.pdx.edu/resources

Transitions RTC, housed in the University of Massachusetts Medical School, promotes the full participation in socially valued roles of transition-age youth and young adults (ages 14-30) with serious mental health conditions. They use the tools of research and knowledge translation in partnership with this at risk population to achieve this mission.

www.umassmed.edu/transitionsrtc

Yale Child Study Center serves children and families from birth through adolescence. At our core is the mission to improve the lives of children and families through research, service and training. They serve as the Department of Child Psychiatry for the Yale School of Medicine and Yale New Haven Hospital; a center for basic neurodevelopment research on the earliest neurodevelopment and behavioral problems troubling children; and are engaged in our community with many clinical services in clinic and community settings as well as in homes and pediatric practices.

<http://childstudycenter.yale.edu/>

Websites for children & teens

CopeCareDeal.org is a mental health web site for teens with age-appropriate, helpful information.

www.annenbergpublicpolicycenter.org/aci/copecaredeal-org

KidsHealth has separate areas for children, teens and parents. Each of these sections includes its own design, age-appropriate content and tone. There are many in-depth features, articles, animations, games and resources developed by experts in the health of children and teens. For information for teen mental health, click on “teens” and then click on “Your Mind” to access a broad array of resources for teens.

www.kidshealth.org

Reach Out! This Australian-based website contains valuable information for any teenager to help improve their mental health and wellbeing during the transition-age

years. The interactive site includes coping tips, forums, fact sheets, personal stories and resources regarding mental illness, school, employment and relationships.
<http://au.reachout.com/>

EDUCATION

Federal resources

IDEA: building the legacy. Individuals with Disabilities Education Act (IDEA) is a law ensuring services to children with disabilities throughout the nation. IDEA governs how states and public agencies provide early intervention, special education and related services to more than 6.5 million eligible infants, toddlers, children and youth with disabilities. Infants and toddlers with disabilities (birth-2) and their families receive early intervention services under IDEA Part C. Children and youth (ages 3-21) receive special education and related services under IDEA Part B.
<http://idea.ed.gov>

Office of Special Education and Rehabilitative Services (OSERS) is committed to improving results and outcomes for people with disabilities of all ages. OSERS supports programs that serve millions of children, youth and adults with disabilities.
<http://www2.ed.gov/about/offices/list/osers/index.html>

Section 504: Protecting students with disabilities is an anti-discrimination, civil rights statute that requires the needs of students with disabilities to be met as adequately as the needs of the non-disabled are met. Information available includes interrelationships between IDEA and Section 504, protected students, evaluations, placements, procedural safeguards and terminology.
<http://www2.ed.gov/about/offices/list/ocr/504faq.html>

Mental health and advocacy organizations

Center for Parent Information and Resources (CPIR) serves as a central resource of information and products to the community of Parent Training Information (PTI) Centers and the Community Parent Resource Centers (CPRCs), so that they can focus their efforts on serving families of children with disabilities.
www.parentcenterhub.org

School Mental Health Project (SMHP) pursues theory, research, practice and training related to addressing mental health and psychosocial concerns through school-based interventions. SMHP works closely with school districts, local and state agencies, special initiatives, and organizations and colleagues across the country. In 1995 the project established its national Center for Mental Health in Schools. In 2015, the Center established the National Initiative for Transforming Student and Learning Supports. Information available includes: resources, toolkits, research articles and much more.
<http://smhp.psych.ucla.edu>

Wrightslaw: Special Education Law website is designed for families, advocates, educators and attorneys looking for accurate, up-to-date information about special education law and advocacy for children with disabilities, including those with mental health conditions. Emphasis on IDEA, Free and Appropriate Public Education (FAPE) and Individualized Education Programs (IEPs).
www.wrightslaw.com

Professional organizations

American School Counselors Association (ASCA)
<https://www.schoolcounselor.org/>

American School Health Association (ASHA)
[http://www.ashaweb.org /](http://www.ashaweb.org/)

LEGAL & JUSTICE

Federal resources

Office of Juvenile Justice and Delinquency Prevention (OJJDP) a component of the Office of Justice Programs, U.S. Department of Justice. OJJDP collaborates with professionals from diverse disciplines to improve juvenile justice policies and practices. They accomplish this mission by supporting states, local communities and tribal jurisdictions in their efforts to develop and implement effective programs for juveniles. Information available includes: research, program, training initiatives, juvenile justice issues and more.
www.ojjdp.gov

Mental health and advocacy organizations

Bazelon Center for Mental Health Law works on a broad array of children's mental health issues. The website includes publications related to children's mental health and related policy issues.
www.bazelon.org

National Center for Mental Health and Juvenile Justice (NCMHJJ) provides a national focal point aimed at improving policies and programs for youth with mental health disorders in contact with the juvenile justice system. NCMHJJ collects, develops and disseminates information and resources on youth with behavioral health needs in contact with the juvenile justice system; guides and influences practice in select jurisdictions to bring about improved services for youth through training and technical assistance; and informs and improves public policy at national, state, and local levels that reflects the best available research and practice.
www.ncmhjj.com

Youth Law Center works to eliminate abuse and neglect of children, to reduce out of home placements and incarceration and to assure that those who are removed are held in safe, humane conditions. YLC takes action to ensure that the legal rights of vulnerable children are protected and that they receive the support and services they need to become healthy and productive adults.
www.ylc.org

Insert

Guia de Recursos: Spanish Resource Guide for parents

PDF file uploaded in

Additional Documents for Abby folder