



A GUIDE THROUGH
THE BIPOLAR BRAIN

Mental Health and Bipolar Resources for Educators

Council for Children with Behavior Disorders (CCBD)

<http://www.ccbd.net/home> (through the Council for Exceptional Children (CEC)
<http://www.cec.sped.org/>)

The CCBD is a special interest group of the Council for Exceptional Children, the flagship professional organization for special educators. The CEC and CCBD provide professional development opportunities and research and practitioner based publications on effective educational practices for students with disabilities. The CEC also plays a strong role advocating for the educational rights of all students with disabilities at the federal and state levels. Of particular interest through CCBD are teacher resources, including modules on several different topics related to the education and treatment of student with emotional and behavioral disorders.

Institute of Education Sciences (IES)-What Works Clearinghouse (WWC)

<http://ies.ed.gov/ncee/wwc/>

The WWC identifies research on effective instructional practices and presents it in an online searchable database so that educators, researchers, and policy makers can make more informed decisions. Information on effective practices on a variety of educationally related topics and instructional strategies and practices is available.

National Association of School Psychologists (NASP)

<http://www.nasponline.org/>

The professional organization for school psychologists that addresses the academic, social and behavioral needs of students through advocacy, collaborative relationships, disseminating effective practices. Several special interest groups serve to address a variety of student needs.



**National Institute of Mental Health
Bipolar Disorder in Children and Adolescents**

<http://www.nimh.nih.gov/health/publications/bipolar-disorder-in-children-and-adolescents/index.shtml>

The NIMH, an institute of the National Institute of Health (NIH), is federally funded through the U.S. Department of Health and Human Services. The NIMH is a world renowned research institution specializing in the understanding and treatment of mental health issues. This particular site of the NIMH contains information on common questions about bipolar disorder and its treatment.

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org/>

The National Suicide Prevention Lifeline has a wealth of resources for anyone contemplating suicide or trying to help someone who is suicidal. Resources and supports are available for working and talking with students about violence and tragedy in educational settings along with a link to <http://www.stopbullying.gov>.

**OSEP Technical Assistance Center
Positive Behavioral Interventions and Supports (PBIS)**

<http://www.pbis.org/>

PBIS is an approach to addressing behavioral issues in school that is mandated in federal special education law. The U.S. Department of Education's Office of Special Education Programs established this center to serve the needs of states and districts and support their efforts to implement the PBIS approach within the schools to address the social, emotional, and academic outcomes of students with disabilities. Informative videos and presentations are posted online for review.

School Mental Health Project (SMHP)
UCLA Center for Mental Health in Schools

<http://smhp.psych.ucla.edu/>

UCLA's School Mental Health Project seeks to integrate mental health issues within the educational environment through advocacy, collaboration, research and training. The site contains a wealth of resources for educators and school administrators on interventions to address the mental health needs of students in the school setting.

U.S. Department of Justice
Office of Juvenile Justice and Delinquency Prevention (OJJDP)

<http://www.ojjdp.gov/>

The OJJDP, part of the U.S. Department of Justice, sponsors research and training, and seeks to collaborate with a variety of disciplines, to improve juvenile justice policy and practice. Information on the juvenile justice system, model programs, and state contacts is provided.

Print Resources

Killu, K. & Crundwell, R. M. A. (2008). Understanding and developing academic and behavioral interventions for students with bipolar disorder. *Intervention in School and Clinic*, 43(4), 244-251. doi: 10.1177/1053451207310343

P. Zions, T. Banks, & K. Killu (Eds.) (2013). *Teaching students who are disturbed and disturbing: An integrative approach* (3rd ed.). Austin, TX: Pro-Ed.

Sutton, K. (2013). Childhood bipolar disorder: A difficult diagnosis. *Beyond Behavior*, 23(1), 30-35.



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Resources for Caregivers and Family Members of Persons Living with Bipolar Disorder

Active Minds

www.activeminds.org

Active minds uses students to raise mental health awareness with their own peers on college campuses. Chapters across college campuses host functions on campus to raise awareness of mental health issues and resources. The site includes information on how to “be a friend” to someone with mental health needs, awareness campaigns on stigma, stress, and eating disorders, and information to assist college students to start up chapters on their own campus.

American Academy of Child and Adolescent Psychiatry (AACAP) Bipolar Disorder Resource Center

http://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Bipolar_Disorder_Resource_Center/Home.aspx

AACAP provides several resources for families and youth. A child and adolescent psychiatrist finder is available at the site.

American Academy of Child and Adolescent Psychiatry (AACAP) Psychiatric Medication for Children and Adolescents Part I: How Medications are Used

http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Psychiatric_Medication_For_Children_And_Adolescents_Part_I_How_Medications_Are_Used_21.aspx

AACAP seeks to address the role that medication plays in the treatment of mental illness, or specific problem behaviors often displayed in children with psychiatric disorders and symptoms.



**American Academy of Child and Adolescent Psychiatry (AACAP)
Psychiatric Medication for Children and Adolescents Part II: Types of Medications**

http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Psychiatric_Medication_For_Children_And_Adolescents_Part_II_Types_Of_Medications_29.aspx

A continuation of AACAP's focus on the role of medication, this site provides an overview of the different categories of medications prescribed for psychiatric disorders and symptoms, such as antipsychotic drugs, antidepressant medication, etc.

Balanced Mind Parent Network (through the Depression and Bipolar Support Alliance)

www.thebalancedmind.org

The BMPN seeks to provide resources and supports for parents who are raising a child with a mood disorder. Of particular relevance to parents is the multiple online support communities, ranging from communities for parents who have a child in a residential treatment facility (or are considering placement), to parents who have a child in a period of stability, parents of very young children, to parents seeking out complementary health practices. The site also provides a list of current research studies and clinical trials seeking participants. Information on navigating the special education system, a drug database, legal resources, and insurance information is included.

Bazelon Center for Mental Health Law

<http://www.bazelon.org/>

Attorneys at the Bazelon Center work in and out of the courtroom to advocate and litigate for the rights of people with mental illness. Their publications link has informative resources on issues such as civil rights, employment, education, and housing.

**Beth Israel Medical Center
The Family Center for Bipolar Disorder**

<http://www.bpfamily.org/resources>

The family is the focus of this site, with family resources and supports. Considerable discussion is provided on the types of family based services provided at the Center. Of particular interest is the link to video and audio lectures.



Caregiver.com

http://www.caregiver.com/channels/bipolar/articles/brief_history.htm

An informative site with newsletters, chat rooms, and articles to support and inform caregivers. Back issues of *Today's Caregivers* magazine and information on a variety of disorders and caregiving issues are presented.

The Joint Commission

www.jointcommission.org

The Joint Commission is an independent, not-for-profit organization that accredits and certifies thousands of health care organizations in the United States. An organization accredited by The Joint Commission has committed itself to meeting very specific performance standards addressing safe, effective, and high quality care. Individuals can search for health care organizations and evaluate their compliance with certification standards.

National Alliance on Mental Illness (NAMI) Family Members and Caregivers

<http://www.nami.org/Find-Support/Family-Members-and-Caregivers>

NAMI provides an informative discussion for family members on a variety of issues related to mental illness such as how to address your child's mental illness within the school system, having a healthy relationship with your family member, and dealing with law enforcement individuals.

National Institute of Mental Health Child and Adolescent Mental Health

<http://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

Numerous publications (in English and Spanish) about mental health issues in children and adolescents are posted at this site. Links to medical publications and clinical trials are also posted.

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org/>

Recognize the warning signs of suicide and find information about resources and supports in your area for bipolar disorder. Also available is a link to the Veterans Crisis Line at

<http://www.veteranscrisisline.net>.



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Resources for Clinicians

Georgetown University Center for Child and Human Development (GUCCHD) National Technical Assistance Center for Children's Mental Health

<http://gucchd.georgetown.edu/67211.html>

GUCCHD works with states and communities to improve, sustain, and expand services to address the behavioral health needs of children and their families. Numerous webinars are available to address the service delivery needs of clinicians and mental health facilities. Numerous publications are also available through the Technical Assistance Center on a variety of mental/behavioral health needs and issues.

International Society for Bipolar Disorders (ISBP)

<http://www.isbd.org/>

ISBP was created to bring awareness to the public on bipolar disorder, foster research, and promote international collaboration. The society has initiated several task forces related to various issues concerning bipolar disorder, including psychological interventions, the role of Lithium, and transcultural issues. The reports of these task forces are posted on the site.

National Network of Depression Centers (NNDC)

<http://www.nndc.org/>

The NNDC is a multidisciplinary and collaborative group of institutions and agencies across the country whose members network with one another to advance the care and treatment of individuals living with depression and bipolar disorder. The work of the network organizations focuses on multiple areas related to depression and bipolar disorder, such as genetic research, the development of diagnostic tools, child/adolescent mood disorders, mental health on college campuses, geriatric mood disorders, family issues, military and veteran issues, women's issues,



medical comorbidities, suicide prevention, and treatment resistant depression. The site lists all members in the network, with contact information.

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org/>

The NSPL seeks to uphold best practices for assessing suicide risk. In addition to resources for those who have survived a suicide attempt, and for those who have lost a loved one to suicide, the organization also has a template for a Patient Safety Plan

Reports of the Surgeon General

<http://www.surgeongeneral.gov/library/reports/>

Reports of the U.S. Surgeon General address public health concerns across the nation, increase awareness of these issues, and generate public health initiatives. Numerous reports on mental and behavioral health are available.

Society for Child and Family Policy and Practice Division of the American Psychological Association

<http://www.apadivisions.org/division-37/index.aspx>

One of several divisions of the American Psychological Association, this division provides information on child and family resources, findings from their task force on child and adolescent mental health, and their newsletters that focus on policy, practice, and advocacy.

University of South Florida Florida Mental Health Institute Research and Training Center for Children's Mental Health

<http://rtckids.fmhi.usf.edu/default.cfm>

USF's Center conducts and disseminates research on emotional and behavioral disabilities in children. The site summarizes several studies conducted through the center. Much of their work focuses on systems of care and case studies of interventions within systems are presented.



We Search Together

<https://www.wesearchtogether.org/>

Through a collaboration between the University of Michigan Depression Center and the Depression and Bipolar Support Alliance, a consumer clearinghouse is available for depression and bipolar research. Individuals and their families willing to serve as participants in research projects on depression and bipolar disorder are welcome to browse through research projects, and through completion of a profile, “match” with current research projects. The site includes video clips from several individuals discussing their interest and willingness to participate in research.





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Resources for those Living With Bipolar Disorder

Bipolar Disorder Connect

<http://www.bipolarorderconnect.com>

An online social network for individuals with bipolar disorder. Members submit news articles on bipolar disorder and mental illness to share with others. The site also hosts a series of videos on various aspects of bipolar disorder and mental illness.

BipolarSupport.org (BPS)

<http://www.bipolarsupport.org/>

BPS hosts forums for a variety of interests and needs. Included are forums on topics such as being newly diagnosed, having addictions, taking medications, parenting, and insurance and legal issues. A forum specific to students is also available. The site also has an extensive list of celebrities, politicians, and historical figures who lived with bipolar disorder.

bpMagazine

<http://www.bphope.com/>

As an online community for those living with bipolar disorder, along with their families, caregivers, and healthcare providers, bpMagazine seeks to increase awareness and provide resources and supports. In addition to general information on the disorder, the Bipolar in Depth link provides interesting information on the history of bipolar disorder, current research, and other 'hot topics' that serve to empower those living with the disorder. The site also includes a resourceful section on often found issues during depressive and manic phases, such as addiction, anger, hypersexuality, psychosis, sleep problems, and spending. Other content focuses on managing one's wellness, relationships, and finding inspiration and hope.



Clubhouse International

<http://www.clubhouse-intl.org/>

Clubhouse International offers community based centers that offer opportunities for friendship, employment, education, housing, and access to medical and psychiatric services for individuals with mental illness. An international directory of Clubhouse locations is available along with information on how to start up a Clubhouse. Videos of various Clubhouse members around the world are available for review.

Common Ground

<http://commongroundhelps.org/>

Common Ground provides a 24-hour hotline for those in crisis, including victims of crime, runaway and homeless youth, and persons with mental illness. Mental health “First Aid Training” is offered to anyone interested.

Depression & Bipolar Support Alliance (DBSA)

<http://www.dbsalliance.org/>

DBSA is truly a support alliance, with information and resources for those with bipolar disorder. Information on finding a support group and how to obtain training in peer support so those with bipolar disorder can support others is provided. A “wellness toolbox” is available that allows users to set goals, track symptoms, and create a crisis plan. An online community is available through the Facing Us Clubhouse link with resources available to maintain one’s wellness.

Emotions Anonymous (EA)

<http://www.emotionsanonymous.org/>

EA is a 12-step program, similar to Alcoholics Anonymous, with weekly meetings for individuals to discuss a variety of emotional and behavioral difficulties. EA does not provide medical or psychiatric services, and those who attend have a common desire to share their experiences in a confidential and welcoming environment.

Everyday Health

<http://www.everydayhealth.com/>

A site that provides information on a variety of health related issues. A description of numerous medical conditions is available. An extensive data base of prescription and over the counter drugs summarizes use, side effects and drug interactions. Other health, food, and nutrition links are provided throughout the site.

Mood 24/7

<https://www.mood247.com/>

Receive a daily text message asking you to rate your mood for the day. Your responses are securely tracked online, and this information can be shared with family, physicians, and therapists to assist in treatment and recovery.

National Institute of Mental Health

<http://www.nimh.nih.gov/index.shtml>

The NIMH, an institute of the National Institute of Health (NIH), is federally funded through the U.S. Department of Health and Human Services. The NIMH is a world renowned research institution specializing in the understanding and treatment of mental health issues. Information is available on outreach partners, research priorities, legislative activities, and opportunities to participate in clinical trials.

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org/>

Help is available 24/7 for those in crisis or contemplating suicide. Call 1-800-273-TALK, or text “GO” to 741-741.

National Women’s Health Resource Center

<http://www.healthywomen.org/healthcenter/mental-health>

A site that seeks to educate and inform women of their specific health care needs, including mental health needs. Useful links at the site include Facts to Know and Questions to Ask regarding bipolar disorder.



Project Beyond Blue (PBB)

<http://community.projectbeyondblue.com/>

PBB is part of the Beyond Blue Foundation and provides an online community for individuals with mood disorders and their families and friends. In addition to an online group for all members, PBB also has groups that focus on topics such as physician/therapist referrals, practicing mindfulness, nutrition and mood, addiction, and faith and depression.

University of Michigan Depression Center DepressionToolkit.org

<http://www.depressiontoolkit.org/>

Though depression is in its title, this site seeks to provide information on a variety of other conditions including bipolar disorder, anxiety disorder, and substance abuse. Though only a qualified professional can diagnose mental health issues, through the site, individuals can complete “quick self-assessments” on depression, sleep issues, and substance use. The information from these assessments may suggest an underlying issue and serve as the basis for speaking with one’s healthcare provider or seeking one out. In an effort to assist an individual with maintaining health and wellness, the site provides materials such as diaries and self-care and activity logs for medication, physical activity, nutrition, sleep, and goal setting.

U.S. Department of Labor/Office of Disability Employment Policy Job Accommodation Network (JAN)

<http://askjan.org/media/Bipolar.html>

Individuals with bipolar disorder have legal protection under the Americans with Disabilities Act (ADA). This site gives helpful information to employers on what issues they may face working with an individual with bipolar disorder. In addition, several suggestions are provided for accommodations in the workplace.

U.S. Department of Veteran Affairs

<http://www.mentalhealth.va.gov/bipolar.asp>

The U.S. DVA provides resources, support, and treatment for veterans with mental health needs. Resources includes information on benefits, family and caregiver support, assistance for homeless veterans, suicide hotlines, etc.





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General Information on Bipolar Disorder

American Association of Suicidology (AAS)

<http://www.suicidology.org/>

AAS seeks to understand and reduce the incidence and prevalence of suicide through research, public awareness programs, and education and training for professionals and volunteers. Of particular interest are the sections on recognizing and responding to suicide risk in a variety of environments, including schools, colleges/universities and correctional facilities.

American Psychiatric Association (APA)

<http://www.psychiatry.org>

The APA is the professional organization for psychiatrists. Of particular interest is the section for patients and families with mental health disorders and substance abuse needs, and resources to find a local psychiatrist.

Association for Behavioral and Cognitive Therapies (ABCT)

<http://www.abct.org>

ABCT is a multidisciplinary organization focused upon the understanding and improvement of human functioning with behavioral, cognitive, and other evidence based approaches. ABCT's site provides discussions of psychological treatments, an A-Z list of psychology topics, videos, webcasts, and referral information.

Bring Change 2 Mind

<http://bringchange2mind.org/>

The mission of Bring Change 2 Mind is to end stigma and discrimination surrounding mental health issues and to change attitudes that interfere with successful treatment.



ChangeDirection.org

<http://www.changedirection.org/>

ChangeDirection is a grass roots organization comprised of concerned citizens and individuals from the nonprofit and private sector who are seeking to change the direction of mental health in the U.S. Viewers are encouraged to learn the “Five Signs” of emotional suffering, and make a pledge to disseminate information about mental health awareness through social media.

Mental Health America (MHA)

<http://www.mentalhealthamerica.net/>

MHA is a community-based non-profit organization that focuses on living a mentally healthy life. MHA provides information on specific mental health issues, mental health screening tools, peer services, and resources for supports in educational and employment settings.

National Alliance on Mental Illness (NAMI)

<http://www.nami.org>

NAMI, a grassroots mental health organization, provides education programs across the country, advocates for change in national public policy on mental illness, provides referrals, information, and support, and leads public awareness events and activities such as Mental Health Awareness Week. Information is also available for veterans and members of the LGBTQ community. A variety of NAMI programs are also available for review.

National Institute of Mental Health (NIMH)

<http://www.nimh.nih.gov>

The NIMH, an institute of the National Institute of Health (NIH), is federally funded through the U.S. Department of Health and Human Services. The NIMH is a world renowned research institution specializing in the understanding and treatment of mental health issues. Information is available on outreach partners, research priorities, legislative activities, and opportunities to participate in clinical trials. Information is available on a variety of mental health issues.



National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org/>

A leading cause of death for individuals living with a mental illness is suicide. Help is available 24/7 for those in crisis or contemplating suicide. Call 1-800-273-TALK, or text “GO” to 741-741.

Psychiatric Times

<http://www.psychiatrictimes.com/>

The Psychiatric Times disseminates news, articles, and clinical information related to mental illness and psychiatric issues. It includes an A-Z listing of psychiatric topics, special reports, and conference information are listed. Of particular interest is the blog of articles and discussion in the media regarding mental illness. Access is available through a free membership.

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov/>

SAMHSA is an agency within the U.S. Department of Health and Human Services with a mission to reduce the impact of substance abuse and mental illness. SAMHSA has numerous programs and campaigns with information, training and technical assistance available. Numerous publications are available through the site with an extensive listing of treatment, prevention, and recovery information.

World Federation for Mental Health (WFMH)

<http://wfmh.com/>

WFMH is an international organization that seeks to advance the prevention and treatment of mental and emotional disorders. Through its advocacy and public education efforts, WFMH has facilitated the collaboration of government and non-government organizations to advance the cause of mental health. WFMH organizes World Mental Health Day each year.

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Current Research and Future Directions on Bipolar Disorder

Johns Hopkins Medicine Mood Disorders Center

http://www.hopkinsmedicine.org/psychiatry/specialty_areas/moods/research/

The Center provides direct patient care through inpatient units, day treatment facilities, on-going care clinics, and consultation. Several research studies are conducted in areas such as bioinformatics, genetics, and neuroimaging. The center also hosts a National Network of Depression Centers Registry which is seeking to develop a set of measures to assess and track the progress of individuals with mood disorders.

Mayo Clinic Bipolar Disorder Biobank

<http://www.mayo.edu/research/centers-programs/bipolar-disorder-biobank/overview>

The clinic is establishing a biobank where individuals with bipolar disorder donate blood samples used to conduct research on the disorder. Researchers will use samples from the biobank, along with information provided by the donors, to examine the genetic influences of bipolar disorder. This research is disseminated to other researchers and the medical community to improve the understanding and treatment of bipolar disorder.

National Network of Depression Centers (NNDC)

<http://www.nndc.org/>

The NNDC is a multidisciplinary and collaborative group of institutions and agencies across the country whose members network with one another to advance the care and treatment of individuals living with depression and bipolar disorder. The work of the network organizations



focuses on multiple areas related to depression and bipolar disorder, such as genetic research, the development of diagnostic tools, child/adolescent mood disorders, mental health on college campuses, geriatric mood disorders, family issues, military and veteran issues, women's issues, medical comorbidities, suicide prevention, and treatment resistant depression. The site lists all members in the network, with contact information.

**University of Michigan Depression Center
Heinz C. Prechter Bipolar Research Fund**

<http://www.prechterfund.org/bipolar-research/>

The Research Fund seeks to provide a repository of longitudinal clinical, genetic and biological data for researchers to collaborate internationally on the cause, prevention, and treatment of bipolar disorder. Research focuses on areas such as genetics, electrophysiology, nutrition, stem cells, sleep, medication, and speech. Summaries of completed projects, videos of personal accounts from others with bipolar disorder, and links to magazine articles on bipolar disorder are available.

**University of Pittsburgh
Clinical and Translational Affective Neuroscience Program**

<http://www.wpic.pitt.edu/research/neg/>

Through the department of psychiatry at Western Psychiatric Institute and Clinic, physicians and researchers are using a variety of neuroimaging techniques to study functional and structural abnormalities in the brains of individuals with major psychiatric issues, including bipolar disorder. The imaging techniques reveal biomarkers which are studied further to improve the identification, diagnosis, and treatment of mental disorders.

**University of Pittsburgh Medical Center (UPMC)
Bipolar Institute**

<http://www.upmc.com/Services/behavioral-health/Pages/bipolar.aspx>

UPMC's Bipolar Institute provides psychiatric services across the lifespan, conducts research, and serves as an international training center for research-based and patient-centered treatment. Consultations are available and the Institute will collaborate with an individual's physician to implement new, research-based options at home.



We Search Together

<https://www.wesearchtogether.org/>

Through a collaboration between the University of Michigan Depression Center and the Depression and Bipolar Support Alliance, a consumer clearinghouse is available for depression and bipolar research. Individuals and their families willing to serve as participants in research projects on depression and bipolar disorder are welcome to browse through research projects, and through completion of a profile, “match” with current research projects. The site includes video clips from several individuals discussing their interest and willingness to participate in research.

