

Better Today's. Better Tomorrow's. Virtual Packet (2011)

1. ANTI – STIGMA

- 1a. [Anti-Stigma: Do you know the facts? - SAMHSA](#)
- 1b. [Challenging Stereotypes: An action guide – \(2001\) 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?](#)