



BOOKS AND OTHER RESOURCES FOR WORKING WITH FAMILIES AND CHILDREN WHERE A PARENT HAS A MENTAL ILLNESS
Compiled and updated by Rose Cuff, FaPMI (Families where a Parent has a Mental Illness) Statewide co-ordinator, The Bouverie Centre, Victoria
Please contact Rose on 9385 5100 or r.cuff@latrobe.edu.au for additions/amendments.

Whilst every effort has been made to provide a list of resources that are considered to be helpful and recommended, if you come across some that are not please let Rose know via the above email.

For children

My Happy Sad Mummy by Michelle Vasiliu (2014) JoJo Publishing. Author Michelle Vasiliu draws from her own experience of bipolar disorder, cleverly and humorously portraying the emotional roller coaster of this illness, as a young child might perceive it and how through these difficulties, the bond of love between mother and child remains true. A fantastic picture book and invaluable resource for parents, teachers and health professionals.

<http://classic-jojo.com/shop/health-parenting/happy-sad-mummy/>

BIG and ME by David Miller (2008) Ford Street Publishing, Melbourne. Big and Small are machines that work together as a team. 'But some days Big goes a bit wobbly, and I get a lot worried.' Big malfunctions in a variety of ways and Small tries to help with the assistance of The Boss and Mechanic. The story is a metaphor for a child living with an adult who experiences mental illness but could also fit for children who have a parent with a substance misuse problem. BIG and ME is dramatically illustrated with paper sculpture. Teachers notes available on the website above.

www.fordstreetpublishing.com

'It's about you Too!' A guide for children who have a parent with a mental illness. Published by NSF (National Schizophrenia Fellowship, Scotland). Excellent little book.

<http://www.supportinmindscotland.org.uk/>

Helicopter Man by Elizabeth Fensham. About a boy whose father has schizophrenia, this diary- style book is pitched at children aged 10-13 and up. Very good. Published by Bloomsbury, distributed by Allen and Unwin.

<http://www.allenandunwin.com/Shopping/ProductDetails.aspx?ISBN=9780747575498>

'You're Not Alone': A SANE Guide to mental illness for children. A cartoon- style book inspired by the experiences of Dan Halloran whose mother had schizophrenia. The book is aimed for children aged 8-12 and is very readable. Available through SANE by phone or over their webpage

Available for purchase online from:

<http://ebooks.bigw.com.au/youre-not-alone-103258>

www.sane.org

The Worry Tree by Marianne Musgrove. This booklet helps to relieve stress and anxiety in children. It's a novel that's ideal to read to your kids, or give to them to read themselves if they're aged if they're aged 7 to 11 years.

(Winner of the Australian Family Therapists Award for Children's Literature 2008 and shortlisted for the Queensland Premier's Literary Award for Best Children's Book, the 2008 Adelaide Festival Award for Children's Literature and the Australian Children's Peace Literature Prize 2007.)

Website:<http://www.randomhouse.com.au/books/marianne-musgrove/the-worry-tree-9781742757421.aspx>

Why are you so sad? (2002) Author Beth Andrews. When a parent has depression, children often feel sad and confused themselves. This interactive book can help by:

- Explaining depression and its treatment in kid terms
- Reassuring children that their parents can get better
- Exploring the many feelings children usually have
- Helping children understand and express their feelings
- Providing practical tips for coping with a parent's depression
- Showing children how they can feel better too

<http://www.apa.org/pubs/magination/4418366.aspx>

Jake's Dinosaurs *Sved Williams, A* (1996), Helen Mayo House, Women's and Children's Hospital, Adelaide. A picture book written for children aged three to six, who have a mother with serious mental illness. Call Helen Mayo House on 08 8303 1183

Robby Rose and Monkey *Wilkinson, L* (1996), Helen Mayo House, Women's and Children's Hospital, Adelaide. A picture book written for children aged three to six, about a boy whose mother develops postnatal depression after the birth of her second child. Call Helen Mayo House on 08 8303 1183

The Illustrated Mum *Wilson, J* (1999), Double Day.

For children aged about 10 and over. About a young girl living in the wake of her mother's manic depression. Her older sister is on the brink of adulthood and facing the traumas of adolescence, and her mother is sinking further into her illness. Funny and touching, a great read.

Handle With Care *L. Kaszanski & G Ferrari* for ARAFMI W.A. Inc.

Contains information and activities to help children aged 8-12 understand more about mental illness, ways to take care of themselves and their feelings.

Association of Relatives & Friends of the Mentally Ill ARAFEMI (03) 9810 9300

<http://www.arafemi.org.au/>

Helpful Harry COMIC (SA)

An adult child of a parent with a mental illness wrote this booklet for COMIC (Children of Mentally Ill Consumers) to help young children understand mental illness.

Email: comic.admin@bigpond.com to obtain a copy.

'Mia's Dad is Strange' and 'Mark's Mum is Depressed' National Family Association Promoting Mental Health in Tampere, Finland 2003

These two illustrated books for children and families have been produced by the National Family Association Promoting Mental Health in Tampere, Finland in 2003. They

were developed for children under 12 years of age with the intention of explaining the effects of a parent's psychosis (Mia) and depression (Mark) on a child's everyday life. The books cost 6 Euro each and can be ordered by emailing Kaisa Nyberg (Project Manager of the Give Childhood a Chance project).

Available via: National Family Association Promoting Health

fax: +3 58 3366 4185

Email: nyberg.kaisa@nic.fi

Can I Catch It Like A Cold? *Gretchen Kelbaugh*

A story to help children understand a parent's depression. Aimed at children in the 5-9 year age range.

Available via: Web

Centre for Addiction and Mental Health

33 Russell Street Toronto, ON, Canada M5S 2S1

Email: marketing@camh.net

<http://www.camh.net>

The Wise Mouse *Virginia Ironside* 2004

This book is written for 5-11 year olds and aims to help them understand what is happening to a family member who may be experiencing mental illness.

Available via: Young Minds website

<http://www.youngminds.org.uk/publications/all-publications/publications-by-audience-1/children>

Sad Days, Glad Days – A Story about Depression, Hamilton, Dewitt (1995), Albert Whitman & Co.

Wish Upon a Star Laskin, P. & Moskowitz, A. (1991). A story for children with a parent who is mentally ill.

General books for children that are very suitable for this group

Oh, the places you'll go! *Dr. Seuss*. Typical Dr. Seuss about overcoming adversity and the roller coaster that is life sometimes. Delightful.

The Blue Day Book for Kids – A lesson in Cheering yourself up. *Bradley Trevor Grieve*. Kids version of adult book. Great pictures.

Angry Arthur *Hiawyn Oram* published by Red Fox Picture book about a young boy getting very angry and what happens. Good ending!

Broken beaks *Nathaniel Lachenmeyer*. A beautiful story about the friendship between a small sparrow and a homeless man. It highlights the dignity of people with a mental illness. Lovely illustrations. Suitable for a range of ages.

For young people

'I'm not Alone: A Teen's Guide to living with a parent who has a mental illness'

Michelle D. Sherman and DeAnne Sherman 2007

<http://www.seedsofhopebooks.com/im-not-alone.html>

Through The Window: A support booklet for young people. Youth appropriate information including messages of support to other young people living with a parent with mental illness. Created by young people in the PATS program in the Shire of Yarra Ranges, Victoria. www.yrys.com or phone 9294 6716

Between the Lines: a support booklet for teenagers who have a parent with a mental illness *Melton Young Carers group and Western PATS*
Contact Western Young Carers program 03 9396 9550 (or freecall 1800 059 059) to order copies.

'Need to Know': A Guide for young people who have a parent with mental illness.
<http://www.supportinmindscotland.org.uk/>

A Booklet for Young People about Mental Illness ARAFMI WA Inc (1994). Perth : ARAFEMI (Association of Relatives and Friends of the Mentally Ill.)

Joe's Diary A SANE guide especially written for young people who have a family member with a mental illness. It revolves around Joe who is twelve and whose mother has schizophrenia. Very informative and well balanced, this is suitable for upper primary/secondary students. Parents have also reported finding it useful to give them a young person's perspective. Available by calling 9682-5933 or via the website <http://www.sane.org.au/>

Nothing to be Ashamed Of: Growing Up with Mental Illness in Your Family. *Dinner, S.H.* (1989). Lothrop, Lee and Shephard Books, New York.
Written for 10-15 year olds.

Saving Francesca: *Melina Marchetta*

Written for older teenagers, this novel is narrated by a girl who has just commenced Year eleven at a new school and she and her family are also trying to deal with the affects of her mother's depression. It deals sensitively with some difficult issues but has the pace and humour to hold the attention of it's readers.
2003, Penguin Australia Books/Viking,

<http://www.penguin.com.au/products/9780143000976/saving-francesca>

SHRINK-RAP Press Books

Useful for explaining mental health problems/disorders to older children, as in these books every point is illustrated by a cartoon.

"TOO BLUE" - about depression and other mood disorders

"THE PANIC BOOK" - shows how a panic disorder works and what can be done about it

THE SECRET PROBLEM - Obsessive Compulsive Disorder in children is explained in clear and simple language.

Also "THE SCHOOL WOBLIES" - Written for children who have difficulty going to school because they are frightened or worry too much.

Order details at <http://www.shrinkrap.com.au/>

Dual Diagnosis/Substance Misuse

NSW Department of Community Services have developed a comprehensive resource kit for working with children and families around issues of dual diagnosis. Has booklets for children, parents and foster parents and two books for children and adolescents. Look at the website for ordering details.

http://www.community.nsw.gov.au/about_us/news_and_publications/dual_diagnosis_resources.html

Max and Tyra – Kim Bedford and Emma Fisher. Published by the Mirabel Foundation, June 2009. A picture book featuring two children who go to live with their Nan after their mum is unable to care for them due to substance misuse.

www.mirabelfoundation.org.au

Wishes and Worries: Coping with a parent who drinks too much alcohol. Centre for Addiction and Mental Health, Canada.

Description:

A story to help children understand a parent who drinks too much alcohol.

The book is written for children aged 5 to 10 years old, for use by parents, extended family, teachers and professionals who want to address the impact of a parent's problem with alcohol in children's lives. The book answers children's questions such as: "Does dad drink so much because of me?," "Is dad's drinking problem going to get worse?," and "Is my family different?"

More information here:

http://nancykeane.com/booktalks/centre_wishes.htm

The Coloured Kit *Youth Coalition and the Children of Parents with a Mental Illness Project, Mental Health ACT.(2007)*

The Coloured Kit is a resource that provides support and information for young people and their families, where a parent has a mental illness/dual diagnosis. The Kit was designed to support and empower young people and their families and was produced as collaboration between a group of experienced young people, the Youth Coalition and the Children of Parents with a Mental Illness Project, Mental Health ACT.

<http://www.youthcoalition.net/publications-and-submissions/publications-and-submissions.html>

The Coloured Kit Care Plan *Author: Youth Coalition (2007)*

Description:

This Care Plan is part of The Coloured Kit (a resource that provides support and information for young people and their families, where a parent has a mental illness/dual diagnosis). The Kit was designed to support and empower young people and their families and was produced as collaboration between a group of experienced young people, the Youth Coalition and the Children of Parents with a Mental Illness Project, Mental Health ACT.

http://www.youthcoalition.net/documents/projects/Coloured_Kit/YPBooklet/ColouredKit-Booklet1-YPBooklet.pdf

General for professionals and for Parents/Families

'Family to Family – telling it like it is'. (Ruah Community Services and COMIC WA).

This series of booklets was produced by a group of consumers and carers reflecting on their experiences of managing family life and raising children whilst managing the affects of mental illness, in collaboration with Ruah Community Services and COMIC WA. There are five booklets in the series: Our stories, Children and parenting, Families and recovery, Going to hospital and Working things out as a family

The booklets can be found on the Ruah website at www.ruah.com.au look for latest news! To enquire about ordering the booklets email perspectives@ruah.com.au with 'booklets' in the subject line

The Family Model Handbook: An integrated Approach to supporting mentally ill parents and their children. Dr. Adrian Falkov Pavilion Press www.pavpub.com

For Parents: Making Time to Talk: Advice for parents with mental illness. National Schizophrenia fellowship, Scotland. See <http://www.supportinmindscotland.org.uk/>

Cowling, V. (Ed.) (1999). Children of Parents with Mental Illness. Melbourne. ACER Press. <http://www.acer.edu.au/acerpress/parent.html>

Cowling, V. (Ed.) (2004). Children of Parents with Mental Illness 2: Personal and Clinical Perspectives. Melbourne: ACER Press.
<http://www.acer.edu.au/acerpress/parent.html>

Life on a Rollercoaster Kelly, M. (2000). Melbourne: Simon & Schuster

Parental Psychiatric Disorder Editions 1 and 2 Gopfert, M., Webster, J. & Seeman, M.V. (Eds.) (1996). Cambridge: Cambridge University Press.

Parenting Well When You're Depressed: A Complete Resource for Maintaining a Healthy Family Nicholson, J., Henry, A.D., Clayfield, J.C. & Phillips, S.M. (2001). Oakland: New Harbinger.

The Carer Experience (2001) National Library of Australia Cataloguing. Information for family members, friends and others about the carer experience, when someone close to you is living with mental illness. Villa Maria Services. Ph. 9854 5122

The Optimistic Child Seligman, Martin E.P. A Revolutionary Approach to raising resilient children. Random House.

Working with children in groups – A handbook for counsellors, educators and community workers. Kathryn Geldard and David Geldard. A bible for people wanting to run groups for children.

The Best of Times, The Worst of Times - Our Family's Journey with Bipolar
By Penelope Rowe & Jessica Rowe Published by Allen & Unwin
\$24.95pb

Out of the Shadows By Catherine E Camden-Pratt Finch Publishing
ph: (02) 9418 6247
Web: http://www.finch.com.au/html/s01_home/home.asp Price: \$24.95

Videos /CD's/films

'Matthew Heath' – A documentary made by a 12 year old boy about his father's lives with bipolar disorder.. In his own words Matthew tells of the challenges faced by him and his family and of how he has overcome many obstacles. Available free from <http://www.hopeawards.com.au/>

'Hard Words' second edition 2001.
A 7 minute animated video featuring five children who have a parent with a mental illness. It tells their stories and what helps them and is designed to facilitate discussion about mental illness for children aged 8-12 years old.

<http://www.arafemi.org.au/> or phone ARAFEMI on (03) 9810 9300

When a parent has a mental illness - The Royal College of Psychiatrists (U.K.)

This video gives an idea of what might be going on for some and is aimed at young carers themselves. Young carers talk about their lives caring for a parent with mental illness. Narrated by Chineye, a young carer herself, the film also explains in a very simple and visual way how the brain works and what happens when things go wrong.

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/caringforaparent.aspx>

KOPING Video and Booklet:

Supporting young people whose parents are living with a mental health problem.

Child & Youth Mental Health Service

Royal Children's Hospital and Health Service District

P.O. Box 1507, Fortitude Valley, QLD 4006

For enquiries contact the KOPING Forum on (07) 3266 3100 or email

koping@health.qld.gov.au

Koping Kids Kall Out

The Koping Adolescent Program (KAP) produced a CD of original songs and music based on their experiences of having a parent with a mental illness. Contact Koping as above.

'About A Boy'

A film based on the book by Nick Hornby. Story revolves around a boy with a single mum who has depression and at times is suicidal. The film is available on video. It is rated M but can usefully be used with upper primary children if the right excerpts are used, and certainly with teenagers.

Newsletters

Young Carers newsletter Carers NSW

For young carers, their families and interested others. Published quarterly.

Available from: Carers NSW.

Email: daryn@carersnsw.asn.au Website: www.carersnsw.asn.au

FIRESIDE On Fire!

Newsletter of the "On Fire!" initiative; supporting young people whose parents or siblings have mental health issues. On Fire! is based in Sydney.

Contact: Nickolas Yu E-mail: onfiresydney@iprimus.com.au

<http://www.sfnsw.org.au/On-Fire/Home#.VJN2E14AA>

Web pages

<http://www.copmi.net.au/> A great national resource and information for workers, health professionals and educators, children, young people and families.

Features free online training:

<http://www.copmi.net.au/professionals/professional-tools/elearning-courses.html>

Keeping Families and Children In Mind

Family Focus

Child Aware Supervision

Child Aware Practice

Let's talk About Children

Supporting Infants and Toddlers

<http://www.howstat.com/comic> COMIC stands for children of mentally ill consumers and it is a great website!

<http://www.easternhealth.org.au/services/mentalHealth/default.aspx> Information and resources for workers, parents and children about supporting Families where a Parent has a Mental Illness (FaPMI) and the FaPMI Strategy in the eastern metropolitan region of Melbourne

<http://www.carersvictoria.org.au/how-we-help/young-carers> Support and information for young carers

<http://www.carersnetwork.org/> The Victorian Mental Health Carers Network is the peak body for mental health families and other carers in Victoria.

<http://www.youngminds.org.uk/family> Includes good downloadable information

<http://www.headroom.com/>. A great webpage developed in SA about mental health issues for children and young people

<http://www.headspace.org.au/> Australia's national Youth Mental Health Foundation

www.reachout.asn.au/homepage.asp For adolescents

http://www.kidshelp.com.au/home_KHL.aspx?s=6 Kids Help Line webpage

<http://www.burstingthebubble.com/> a great website for young people addressing the issue of family violence

<http://www.aicafmha.net.au/print.jsp?url=/copmi/national/contacts/onfire.html> _ON FIRE ! are a group of volunteers who share a common purpose to promote the mental health and well-being of young people living in Sydney (generally aged 9 & over), whose parents or siblings have mental health issues.

<http://www.itsallright.org/> A SANE website for young people with family or friends affected by mental illness.

<http://www.sane.org/> SANE web page

<http://www.arafemi.org.au/contactus.asp> ARAFEMI (Association of Relatives and Friends of the Emotionally and Mentally Ill)

<http://www.mifellowship.org/facts&stats.htm> Mental Illness fellowship of Victoria, has good fact sheets.

http://www.mental.health.wa.gov.au/one/aboutus_policy_copmi.asp Policy on COPMI in WA

<http://www.vtpu.org.au/> Victorian Transcultural Psychiatry Unit

<http://www.innovativeresources.org/index.asp> St. Luke's Innovative Resources – fantastic games, cards, stickers for children and adults. A must for utilising a strengths based approach.

www.beyondblue.org.au

The National Depression Initiative.

www.satellitefoundation.org.au The Satellite Foundation is committed to providing children, young people and their families where a parent has a mental illness with opportunities to participate in peer support, activities and events that offer support, information, hope and social connections - in Victoria, Australia.

GROUP PROGRAMS

CHAMPS PROGRAMS for children aged 7-12. These peer support programs are run in different locations depending on need. They may include after school programs, holiday programs and camps.

- **Eastern metropolitan region** Contact the FaPMI coordinator on for information on 9843 5851 or check the website link
<http://www.easternhealth.org.au/services/directory/service.serviceid,13789.aspx>
- **Northern Metropolitan region** Some Champs programs are run, contact the FaPMI coordinator Sabin Fernbacher on 9409 8755

PATS (Paying Attention To Self) for adolescents who have a parent with a mental illness.

- **For the Eastern Region** contact Youth Services at the Shire of Yarra Ranges on 9294 6716 for more information
- For Dandenong region contact Katherina Verscharen on kversc@cgd.vic.gov.au
- For Mid West (Sunshine area) contact Helen Carter, FaPMI coordinator, on 9288 7095

SKIPS (Supporting Kids in Primary Schools) A mental health promotion project for students in Grades 5 and 6 and for teachers. Contact Liz Wrigley at EACH on 9871 1874 or email: skips@each.com.au

Other useful contacts

Victorian Mental Illness Awareness Council (VMIAAC) Peak advocacy body for consumers

<http://www.vmiac.org.au/>

The Bouverie Centre is a state wide service offering a clinical service for families, and a range of training and education sessions. Contact the Bouverie Centre on 9385 5100 or <http://www.latrobe.edu.au/bouverie> .

Mental Illness Fellowship Victoria

Webpage: <http://www.mifellowship.org/>

Fairfield Place,
276 Heidelberg Road, Fairfield
Victoria 3078

enquiries@mifellowship.org

TANDEM (formerly carers network Victoria)

The peak body for families and carers of people experiencing mental illness and emotional distress in Victoria

<http://tandemcarers.org.au/>