

Struggle for Control: Child and Youth Behaviour Disorders (video) by BC Child and Youth Mental Health Plan. Ottawa: National Film Board of Canada, 2005. 57 min.

The aim of this video is to provide information and insight for parents struggling to understand conditions like AD/HD and other behaviour disorders. In telling the stories of four young people, it sheds light on causes, symptoms, community resources and treatment options.

Availability for loan:

FM 265 N29 2005 Health Information & Wellness Centre, both locations

COMMUNITY RESOURCES

CADDAC

40 Wynford Drive
Toronto, ON, M3C 1J5
Tel: 416-637-8584

Association for the Neurologically Disabled of Canada

Tel: 416-244-1992
E-mail: info@and.ca
<http://www.and.ca>

Home based program. Some fees payable

**Trillium Health Centre
Child & Adolescent Mental Health**

Tel: 905-451-4655

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga
100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto
150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System
905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library
416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

**AD / HD
(Attention
Deficit
Hyperactivity
Disorder)**



INTERNET SITES

CADDRA - Canadian Attention Deficit Hyperactivity Disorder Alliance

<http://www.caddra.ca>

CADDRA is a national not-for-profit Canadian alliance of professionals working in the area of ADHD. It provides some good patient information at its site for parents, teenagers, children and adults with ADHD. As well as articles of interest, there are recommended reading lists and links to other relevant web sites.

CADDAC – Centre of ADD/ADHD Advocacy, Canada

<http://www.caddac.ca>

This is a national organization which provides leadership and advocacy for ADHD organizations and individuals with ADHD across Canada. It has extensive information on the disorder for parents and schools, as well as a list of support groups and other resources such as clubs, camps, and tutors. There is also a useful section on ADHD in adults.

CHADD – Children and Adults with Attention Deficit / Hyperactivity Disorder

<http://www.chadd.org>

CHADD is the leading U.S. non-profit organization serving individuals with AD/ HD and their families. It provides general material about the disorder at its site, as well as access to the national clearinghouse for the latest evidence-based on AD/HD. There is also an online store where books and other resources on the topic may be ordered.

National Institute of Mental Health

<http://tinyurl.com/oph3v4>

NIMH is the leading U.S. agency for research on mental and behavioural disorders. It provides

excellent information on AD/HD at its website, including a comprehensive 28-page publication which may be downloaded or ordered free of charge. The booklet covers causes, diagnosis, and treatment options and describes the effects of the disorder on children, teenagers and adults.

KidsHealth <http://kidshealth.org>

This lively and informative site is divided into three separate sections for children, teens, and parents – each with its own design and age-appropriate contents. It provides good articles on AD/HD in all three sections. Enter the appropriate section from the home page and type 'ADHD' in the search box at the resulting page to access this information.

BOOKS & VIDEOS

AD/HD: Helping Your Child by Warren Umansky and Barbara Steinberg Smalley. New York: Warner Books, 2003

This invaluable resource for parents, teachers and others working with children provides comprehensive information about AD/HD. Topics covered include possible causes, diagnosis, and treatment options including behavioural strategies and medications.

Availability for loan:

FM 265 U62 2003 Health Information & Wellness Centre, both locations
618.92858 UMA Mississauga Library System
618.92858 UMA Toronto Public Library System

ADHD: The Facts by Mark Selikowitz. New York: Oxford University Press, 2004

Dr. Selikowitz, a leading authority in the field, presents information about the causes of this disorder and treatments which have proved effective over time. In a clear and accessible

style, he describes conventional and alternative therapies, and discusses ways of assisting children in developing improved behaviour, self-esteem, and academic results. The book also deals with problems faced by adults with AD/HD.

Availability for loan:

FM 265 S35 2004 Health Information & Wellness Centre, both locations
618.92858 SEL Mississauga Library System
618.92858 SEL Toronto Public Library System

100 Questions & Answers About Your Child's Attention Deficit Hyperactivity Disorder by Ruth D. Nass and Fern Leventhal. Boston: Jones and Bartlett, 2005

This useful book presents an authoritative explanation of this often frustrating condition, and provides a helping hand to parents who are coping with the demands of raising a child with AD/HD.

Availability for loan:

FM 265 N28 2005 Health Information & Wellness Centre, both locations
618.92858 NAS Toronto Public Library System

Otto Learns About His Medicine 3rd ed. by Matthew Galvin. Washington, DC: Magination Press, 2001

This attractively illustrated book is a classic resource for young children and their families. In telling the story of Otto the car whose motor runs too fast, the author helps children understand their difficulties, and how medication helps them slow down and focus.

Availability for loan:

FM 265 G25 JUV 2001 Health Information & Wellness Centre, Mississauga