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Legal Disclaimer:
The information and publications contained in the Resource List does not necessarily reflect the views or opinions of the Division of Mental Health and Substance Abuse or the Department of Health and Social Services, and should not be construed as such. Further, the Resource List is a compilation of information and is guided by the faculty of the Summer Institute. The Resource List, which has been built upon over the years, is continuously updated, but should not be considered to be comprehensive or all-inclusive.

ABUSE AND VIOLENCE

24-Hour Domestic Violence Hotlines and Shelters

Delaware Coalition Against Domestic Abuse
1-800-701-0456
1-302-658-2958 (New Castle County)

Child Inc.’s Domestic Violence Hotline
New Castle County: 1-302-762-6110
Kent/Sussex County: 1-302-422-8058

Prevent Child Abuse Delaware
New Castle County: 1-302-254-4611
Kent County: 1-302-674-1112
Sussex County: 1-302-644-4374

Families In Transition at People’s Place II:
Kent and Sussex Counties: 302-422-8058
Northern Kent County: 302-678-3886

Abriendo Puertas Bilingual Hotline:
Sussex County: 302-745-9874

Domestic Violence Coordinating Council:
302-255-0405

National Domestic Violence Hotline
1-800-799-SAFE

National Teen Dating Abuse Helpline
1-866-331-9474

PUBLICATIONS
(ISBN# 0-7373-0419-7)

Loring, M Emotional Abuse Jossey-Bass

Marsakis, A I can’t Get Over It New Harbinger

Herman, J Trauma and Recovery Basic Books


SAGE Series on Violence against Women

WEB BASED RESOURCES

www.dcadv.org

The National Women’s Health Information Center-Domestic Violence (US DHHS)
www.womenshealth.gov/violence/state

ACUPUNCTURE

ORGANIZATIONS
National Acupuncture Detoxification Association
P.O. Box 1927
Vancouver, WA 98668-1927
Phone: 1-360-260-8620
E-mail: nadaclear@aol.com

Lincoln Recovery Center (Bronx, New York)
Phone: 1-718-993-3100 x117
Michael Smith, MD
Carlos Alvarez, Training Coordinator

WEB-BASED RESOURCES
National Acupuncture Detoxification Association
www.acudetox.com
Resource List

ADDICTIONS: GAMBLING

ORGANIZATIONS

Delaware Council on Gambling Problems
100 West Tenth Street, Suite 303
Wilmington, DE 19801
Phone: 1-302-655-3261
Helpline: 1-888-850-8888
www.decg.org

Gamblers Anonymous
P.O. Box 17173
Los Angeles, CA 90017
Phone: 1-213-386-8789
www.gamblersanonymous.org

Gamblers Anonymous meetings- Delaware:
Phone: 1-302-984-2277

National Council on Problem Gambling
216 "G" Street, NE Suite 200
Washington, DC 20002
Phone: 1-202-547-9204
www.ncpgambling.org

WEB-BASED RESOURCES

Tobacco Education Basics
www.quitotobacco.com

Virginia Center on Aging
www.vcu.edu/vcoa/grants/educating.htm

Delaware's Tobacco Prevention Program
www.dhss.delaware.gov/dhss/dph/dpc/tobacco.html

ADDICTIONS: SMOKING CESSATION

ORGANIZATIONS

Action on Smoking and Health (ASH)
2013 H Street, N.W.
Washington, DE 20006
Phone: 1-202-659-4310
www.ash.org

American Lung Association
Phone: 1-800-586-4872
www.lungusa.org

National Lung Health Education Program
Phone: 1-303-839-6755
www.nlhep.org

Nicotine Anonymous
419 Main St. PMB #370
Huntington Beach, CA 92648
Phone: 1-866-536-4539
www.nicotine-anonymous.org

Office on Smoking and Health
Mail Stop K-50
4770 Buford Hwy
Atlanta, GA 30341-3724
Phone: 1-800-CDC-1311
www.health.gov/nhic/

WEB-BASED RESOURCES

Tobacco Education Basics
www.quitotobacco.com

Virginia Center on Aging
www.vcu.edu/vcoa/grants/educating.htm

Delaware's Tobacco Prevention Program
www.dhss.delaware.gov/dhss/dph/dpc/tobacco.html

ADDICTIONS: SUBSTANCE ABUSE

ORGANIZATIONS

Delaware Association for Children of Alcoholics (DACOA)
New Castle County 1-302-656-5554
Kent County 1-302-736-6619
Sussex County 1-302-856-6477
www.dacoa.org

Northeast Center for Application of Prevention Technologies (NECAPT)
Phone: 1-888-EDC-CAPT
E-mail: capt@edc.org
www.edc.org/

WEB-BASED RESOURCES

Al-Anon/Alateen
www.al-anon.alateen.org

Alcoholics Anonymous
www.alcoholics-anonymous.org

Alcoholics Anonymous Worldwide
www.aa.org

Center for Substance Abuse Research
www.cesar.umd.edu

Drug Information
www.freevibe.com
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2008
“Beyond the Diagnoses”

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Narcotics Anonymous- Delaware
http://theagapecenter.com/NAinUSA/Delaware.htm

National Association for Children of Alcoholics
http://health.org/nacoa/

National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org

National Institute of Alcohol Abuse & Alcoholism
http://www.niaaa.nih.gov

National Institute on Drug Abuse
www.nida.nih.gov/NIDAHome1.html

Office of Juvenile Justice and Delinquency Prevention
www.dsgonline.com

Office of National Drug Control Policy (ONDCP)
www.whitehouse.gov

Substance Abuse Mental Health Services Administration
www.modelprograms.samhsa.gov
www.samhsa.gov

US National Institute on Drug Abuse
www.drugabuse.gov

Addiction Technology & Transfer Center
www.nattc.org

HBO Addiction Series
www.hbo.com/addiction

Mid Atlantic ATTC
www.mid-attc.org

NIDA/SAMHSA Blending Initiative
www.drugabuse.gov/blending

MET/CBT5
www.ncadi.samhsa.gov/govpubs/bkd384/mettreat.aspx

Smart Recovery
www.smartrecovery.org

PUBLICATIONS


W.R. Miller & K.M. Carroll (Eds.) Rethinking Substance Abuse: What the science shows and what we should do about it. New York: Guilford Press (pp 81-96).


ADOLESCENTS & CHILDREN

PUBLICATIONS

Treating Trauma & Traumatic Grief in Children & Adolescents Cohen, Mannarino, Deblinger ISBN 1-59385-308-4

Stephanie Covington, Voices: A Program of Self-Discovery and Empowerment for girls

WEB BASED RESOURCES

National Child Traumatic Stress Network
www.nctsnet.org

MET/CBT- for Cannabis Youth Treatment
www.ncadi.samhsa.gov/govpubs/bkd384/mettreat.aspx

National Child Traumatic Stress Network
Understanding Links between Adolescent Trauma and Substance Abuse: A Toolkit for Providers www.nctsn.org/ncets/nav.do?pid=ctr_top_adol
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www.arttherapy.org |
www.nccata.org |
http://www.flaghouse.com/bring_AL.asp |
| **WEB BASED RESOURCES** | Hutchinson, R., & Kewin, J. (Eds.) (1994). Sensations and disability: Sensory environments for leisure, snoezelen, education, and therapy. Great Britain: ROMPA. |
| www.ueppittsburgh.org | **WEB BASED RESOURCES** |
| www.bettertogether.org | Anxiety Disorders Association of America  
www.adaa.org |
| www.bowlingalone.com | The National OC Foundation  
www.ocfoundation.org |
| **AIDS/HIV** | **ORGANIZATIONS** |
| **WEB BASED RESOURCES** | McLean Hospital OCD Institute  
Adult IP Behavioral Treatment  
Belmont, MA  
Phone: 1-617-855-2000  
www.mclean.harvard.edu/patient/adult/ocd.php |
| AIDS Education and Training Center (AETC) National Resource Center  
www.aidsetc.org/aidsetc?page=ab-03-00 | The Menninger Clinic  
Adolescent & Adult IP Behavioral Treatment  
Houston, TX  
Phone: 1-800-351-9058  
www.menningerclinic.com/p-ocd/index.htm |
| Center for Disease Control  
www.cdc.gov/ | **ORGANIZATIONS** |
| Partnership for Health  
www.usc.edu/schools/medicine/departments/preventive_medicine/divisions/behavior/research/partnershipforhealth/ | Pennsylvania/Mid-Atlantic AIDS Education and Training Center: Delaware  
Patricia S Lincoln, BSN, RN, ACRN  
E-Mail: plincoln@christianacare.org  
Nina Bennett, MS  
E-Mail: nbennett@christianacare.org |
| The AIDS InfoNet (HIV and the aged)  
| **WEB BASED RESOURCES** | McLean Hospital OCD Institute  
Adult IP Behavioral Treatment  
Belmont, MA  
Phone: 1-617-855-2000  
www.mclean.harvard.edu/patient/adult/ocd.php |
| **ANXIETY DISORDERS-OBSESSIONAL COMPULSIVE DISORDER** | The Menninger Clinic  
Adolescent & Adult IP Behavioral Treatment  
Houston, TX  
Phone: 1-800-351-9058  
www.menningerclinic.com/p-ocd/index.htm |
| **WEB BASED RESOURCES** | **WEB BASED RESOURCES** |
| Anxiety Disorders Association of America  
www.adaa.org | The National OC Foundation  
www.ocfoundation.org |
| The National OC Foundation  
www.ocfoundation.org | **ORGANIZATIONS** |
| McLean Hospital OCD Institute  
Adult IP Behavioral Treatment  
Belmont, MA  
Phone: 1-617-855-2000  
www.mclean.harvard.edu/patient/adult/ocd.php | Pennsylvania/Mid-Atlantic AIDS Education and Training Center: Delaware  
Patricia S Lincoln, BSN, RN, ACRN  
E-Mail: plincoln@christianacare.org  
Nina Bennett, MS  
E-Mail: nbennett@christianacare.org |
| **WEB BASED RESOURCES** | **WEB BASED RESOURCES** |
| anxietydisorders.org | The National OC Foundation  
www.ocfoundation.org |
| The National OC Foundation  
www.ocfoundation.org | Pennsylvania/Mid-Atlantic AIDS Education and Training Center: Delaware  
Patricia S Lincoln, BSN, RN, ACRN  
E-Mail: plincoln@christianacare.org  
Nina Bennett, MS  
E-Mail: nbennett@christianacare.org |
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Rogers Memorial Hospital- The OCD Center
Adolescent and Adult In-Patient Behavioral Treatment
Oconomowoc, WI
Phone: 1-800-767-4411
www.rogershospital.org/obsessive_compulsivedisorders.ph
p#res

ANXIETY DISORDERS- PANIC

The Anxiety Panic Internet Resource
www.algy.com/anxiety/

ATTENTION DEFICIT HYPERACTIVITY DISORDER

Attention Deficit Hyperactivity Association
www.add.org

Children and Adults with ADHD (CHADD) Support Groups
www.chadd.org/

Greater Newark CHADD
Phone: 1-302-737-5063

Brandywine Valley CHADD (Wilmington)
Phone: 1-800-233-4050

Chester County CHADD (West Chester, PA)
Phone: 1-610-429-4060

ART THERAPY

PUBLICATIONS
Malchiodi, C Handbook of Art Therapy Guilford Press
Malchiodi, C Art Therapy Sourcebook McGraw Hill
Malchiodi, C Expressive Therapies Guilford Press
May, R Courage to Create Norton
McNiff Art Heals Shambhala Press

ORGANIZATIONS
The Leven Institute of Movement Therapy
www.leveninstitute.com

The Hartford Family Institute Center for Healing Arts
www.hartfordfamilyinstitute.com

The Association for Creativity in Counseling
www.aca-acc.org

American Art Therapy Association
www.arttherapy.org

American Dance Therapy Association
www.adta.org

American Music Therapy Association
www.musictherapy.org

American Society of Group Psychotherapy & Psychodrama
www.asegpp.org

Association for Play Therapy
www.a4pt.org

National Association for Drama Therapy
www.nadt.org

National Association for Poetry Therapy
www.poetrytherapy.org

National Coalition of Creative Arts Therapies Associations
www.nccata.org

International Expressive Arts Therapy Association
www.ieata.org

International Somatic Movement and Therapy Association
www.ismeta.org

United States Association for Body Psychotherapy
www.usabp.org

Arts in Therapy Network
www.artsintherapy.com

Expressive Therapies Institute
www.expressivetherapies.com.au
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ASPERGER’S/AUTISM

PUBLICATIONS

Ariel, C & Naseef, R Voices From the Spectrum JKP
Beatley, K Alone Together Making an Asperger’s Marriage Work
Exkorn, K Autism Sourcebook Regan Press
Grandin, T Emergence: Labeled Autistic Warner Books
Lathe, R Autism, Brain, and Environment JKP
Newport, J & Newport M Mozart and the Whale Touchstone
Paradiz, V Elijah Cup JKP

ORGANIZATIONS:

Autism Society of Delaware
5572 Kirkwood Highway
Wilmington, DE 19808
(302) 472-2638
www.delautism.org/

Ambitious Asperger Social Group
Contact: Valerie Loveless
Valerie.Loveless@state.de.us

WEB BASED RESOURCES

Nemours Foundation- Consumer information

CERTIFICATION BOARDS

WEB BASED RESOURCES

Delaware Psychological Association
http://www.depsych.org/

National Council on Problem Gambling
http://www.ncpgambling.org

Delaware Board for Clinical Social Workers
http://www.dpr.delaware.gov/boards/socialworkers/

Commission on Rehabilitation Counselor Certification
http://www.crecertification.com/

Delaware Board of Nursing
http://dpr.delaware.gov/boards/nursing/index.shtml

Employee Assistance Professionals Association
http://www.eapassn.org

COGNITIVE BEHAVIOR THERAPY

PUBLICATIONS


Bodey, D; Marx, B Making Cognitive Behavioral Therapy Work Guilford Press
Resource List

Leahy, R Cognitive Therapy Techniques Guilford Press
Leahy, R Contemporary Cognitive Therapy Guilford Press
Dodson, K Handbook of Cognitive- Behavioral Techniques Guilford Press
Levenkron, S Cutting Norton
Marsha Linehan Cognitive-Behavioral Treatment of Borderline Personality Disorder The Guilford Press (ISBN 0898621836 or 978-0898621839)
Thorn Cognitive Therapies For Chronic Pain Guilford Press

WEB-BASED RESOURCES

Beck Institute for Cognitive Therapy and Research- Provides outpatient treatment and professional training in cognitive therapy.
www.beckinstitute.org

National Association of Cognitive-Behavioral Therapists- Provides certification, seminars, and networking for CBT www.nacbt.org


COMPASSION FATIGUE

WEB BASED RESOURCES

Victim Assistance Community – Compassion/Fatigue www.vaonline.org/
CF Self Test from ACE www.ace-network.com/cftest.htm
American Family Physician www.aafp.org/fpm/20000400/39over.html
Charles Figley Homepage charlesfigley.com/
Compassion/Fatigue Listserv https://lists.fsu.edu/mailman/listinfo/compassionfatigue

CO-OCCURRING DEVELOPMENTAL DISABILITIES AND MENTAL HEALTH

PUBLICATIONS

Resource List

**CO-OCCURRING MENTAL HEALTH AND SUBSTANCE USE DISORDERS (COD)**

**PUBLICATIONS**

Canfield, J. *Chicken Soup for the Recovering Soul*. Health Communications, Inc.


**WEB BASED RESOURCES**

SAMHSA’S Co-Occurring Center for Excellence—National resource for the field of co-occurring mental health and substance use disorders (COD).

http://coce.samhsa.gov/

**CRISIS INTERVENTION**

**ORGANIZATIONS**

Mobile Crisis Unit (suicide prevention, mental health)  
New Castle County 1-302-577-2484  
1-800-652-2929  
Kent/Sussex County 1-800-345-6785

Rape Crisis  
New Castle County 1-302-761-9100  
Kent/Sussex County 1-800-262-9800

Domestic Violence Hotline  
New Castle County: 1-302-762-6110  
Kent/Sussex County: 1-302-422-8058

**CULTURAL COMPETENCE**

**WEB BASED RESOURCES**

Mental Health Services: Four Underserved/Underrepresented Racial/Ethnic Groups  
http://mentalhealth.samhsa.gov/publications/allpubs/SMA00-3457/preface.asp

Cultural Competency Resources by the Commonwealth Fund  
http://www.cmwf.org/topics/topics.htm?attrib_id=12025

National Center for Cultural Competence  
http://www11.georgetown.edu/research/gucchd/nccc/

The Provider's Guide to Quality and Culture  
http://erc.msh.org/mainpage.cfm?file=1.0.htm&module=provider&language=English

Cultural Competency CME Portal  
www.thinkculturalhealth.org

National Standards on Culturally and Linguistically Appropriate Services (CLAS) in Health Care (Final Report)  
www.omhrc.gov/assets/pdf/checked/finalreport.pdf

National Standards for Culturally and Linguistically Appropriate Services in Health Care (Executive Summary)  
www.omhrc.gov/assets/pdf/checked/executive.pdf

Normas nacionales para servicios cultural y lingüisticamente apropiados en la atención sanitaria (Resumen ejecutivo)  
www.omhrc.gov/assets/pdf/checked/executive.pdf

Office of Minority Health  
www.omhrc.gov/

International Association of Cross-Cultural Psychology  
www.iaccp.org

Social justice perspectives  
www.paulkivel.com

National Multicultural Conference and Summit  
www.multiculturalsummit.org

**PUBLICATIONS**

www.cmwf.org

Kivel, P., The power chart revised. (1993)  
www.paulkivel.com
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DEMENTIA

PUBLICATIONS

Albom, M Tuesday’s With Morrie Reading Group


Rowe, J; Kahn, R Successful Aging DTP Health Vallant, G Aging Well Little Brown

Video/DVD


Barrick, AL. et al. (2001) Bathing without a Battle: Creating a Better Bathing Experience for Persons with Alzheimer’s Disease and Related Disorders. EO Studios, Inc., Training Video/DVD)

DEPRESSION and MOOD DISORDERS

WEB BASED RESOURCES

Anxiety Disorders Association of America www.adaa.org

National Institute on Mental Health www.nimh.nih.gov

(STAR*D) Sequenced Treatment Alternatives to Relieve Depression Study http://www.nimh.nih.gov/healthinformation/stard.cfm

National Depressive and Manic Depressive Association www.ndmda.org

Adolescent Depression www.mentalhealth.com/mag1/p51-dp01.html

Internet Mental Health www.mentalhealth.com

National Foundation for Depressive Illness http://depression.org

Seasonal Affective Disorders www.aafp.org/afp/980315ap/saeed.html

New Directions Delaware, Inc. (Support group for depression and bi-polar disorder) www.newdirectionsdelaware.org
Resource List

Stanley Center for Innovative Treatment of Bi-Polar Disorder
www.wpic.pitt.edu/stanley/

The Depression and Manic Depression Prevention Program
www.wpic.pitt.edu/research/dmdpp/default.htm

Depression and Bipolar Support Alliance
www.dbsalliance.org

Depression is Real Campaign
www.depressionsisreal.org

Mental Health America
www.mentalhealthamerica.net

The MacArthur Initiative of Depression and Primary Care
www.depression-primarycare.org

American Psychiatric Association (APA)
www.psych.org

Healthy Minds -- APA
www.healthyminds.org

www.dr-bob.org/tips/antidepressants.html
(Note: For complete instructions and discussion, please see MINI International Neuropsychiatric Interview at www.medical-outcomes.com/HTMLFiles/MINI/MINI.htm)

“Treating Major Depressive Disorder: A Quick Reference Guide”

“Let’s talk about...Depression”
http://www.healthyminds.org/multimedia/depression.pdf

American Medical Association
www.ama-assn.org/

“Following Depression in Primary Care”

American Academy of Family Physicians
www.aafp.org

DIALECTICAL BEHAVIOR THERAPY

ORGANIZATIONS

Behavioral Tech, LLC
4556 University Way, NE
Suite 200
Seattle, WA 98105
information@behavioraltech.org

Training and Education Center (TEC)
Mental Health Assoc. of Southeastern PA
1211 Chestnut Street (11th Floor)
Philadelphia, Pa. 19107
Edie Mannion, Program Manager
Phone: 1-215-571-1800 x233
cmannion@mhasp.org

Treatment and Research Advancements National Assoc. for Personality Disorders
23 Greene Street
New York, NY 10013
Valerie Porr, President
Phone: 1-212-966-6514

WEB BASED RESOURCES

Behavioral Tech, LLC.
www.behavioraltech.com

Mental Health Association of Southeastern PA
www.mhasp.org/

DISASTER/EMERGENCY PREPAREDNESS

WEB BASED RESOURCES

American Red Cross- Click Disaster Services link for trainings and more
www.redcross.org/

DisasterHelp Portal
www.disasterhelp.gov

Federal Emergency Management Agency
www.fema.gov

Delaware Emergency Management Agency
http://dem.delaware.gov/default.shtml
The 37th Summer Institute
2008
“Beyond the Diagnoses”

Resource List

International Association of Emergency Managers
http://www.iaem.com/index.htm

Veterans’ Administration - PTSD
http://www.ncptsd.va.gov/nmmain/index.jsp

Pandemic Flu Information
http://pandemicflu.gov/

SAMHSA Disaster Technical Assistance Center
http://mentalhealth.samhsa.gov/dtac/default.asp

http://www.chvronpublishing.com/ (Chevron Publishing has many books that are trauma and disaster related)

NOVA
http://www.trynova.org/

Disaster Mental Health Services: A Guidebook for Clinicians and Administrators
http://mentalhealth.samhsa.gov/dtac/FederalResource/Response/30-Disaster_MH_Services_Guidebook.mht

Disaster-Resource
http://www.disaster-resource.com/

Citizens Corps
http://www.citizencorps.gov/cert/

International Critical Incident Stress Foundation
http://www.icisf.org/

“Coping with Depression and Thoughts of Suicide After a Disaster”
http://emergency.cdc.gov/disasters/psa/suicide.asp

“Coping with Traumatic Events”
http://www2a.cdc.gov/podcasts/player.asp?f=5256

“Be Prepared for Hurricane Season”
http://www2a.cdc.gov/podcasts/player.asp?f=9029

Hurricane Preparedness: Be Prepared

Hurricane Preparedness: Take Action

Resilience: After a Hurricane
http://apahelpcenter.org/articles/article.php?id=113

DSM-IV

PUBLICATIONS


EATING DISORDERS

ORGANIZATIONS

The Renfrew Center
Bryn Mawr, PA (Intensive OP and OP)
Philadelphia, PA (Residential)
Philadelphia, PA (Ridge Road- Intensive OP and OP)
Phone: 1-800-RENFREW
www.renfrew.org/

ETHICS

PUBLICATIONS


Jones, S. Ethics for Psychologists: A Commentary on the APA ethics code (ISBN 1557982597)
Resource List


**WEB BASED RESOURCES**

American Counseling Association  
www.counseling.org/

American Psychological Association  
www.apa.org

Delaware Division of Substance Abuse and Mental Health Regulations  
http://www.dhss.delaware.gov/dhss/dsamh/regs.html

Delaware State Code  
http://delcode.delaware.gov/title16/c012/sc03/index.shtml  
www.hipaa.samhsa.gov/ (comparison between 42CFR Part 2 and HIPAA)

**FAMILY THERAPY**

**PUBLICATIONS**


Clash, K. *My Life As A Funny Red Monster* Broadway Books

**FETAL ALCOHOL SYNDROME**

**PUBLICATIONS**


**WEB BASED RESOURCES**

National Organization on Fetal Alcohol Syndrome  
http://www.nofas.org
Resource List

**FORENSIC PSYCHIATRY**

**WEB BASED RESOURCES**

- Forensic Psychiatry On-Line- A variety of articles by forensic psychiatry professionals. [www.priory.com/forpsy.htm](http://www.priory.com/forpsy.htm)
- Forensic Psychiatry Resources [www.umdnj.edu/psyevnts/forensic.html](http://www.umdnj.edu/psyevnts/forensic.html)

**PUBLICATIONS**


*Helpful Strategies for Bypassing the Critical Factor*, The Journal of Hypnotherapy, January 1983

*Living in the Here and Now*, New Directions, 1998

**GROUP COUNSELING**

**ORGANIZATIONS**

- Impact Therapy Associates
  - Dr. Ed Jacobs, Director
  - 457 Broadway Avenue
  - Star City, WV 26505
  - Home office: 304-599-0109
  - email: Ed.Jacobs@mail.wvu.edu

**PUBLICATIONS**

*Group Counseling: Strategies & Skills* by Ed Jacobs, Bob Mason & Riley Harvill (5th edition)

**LEADING GROUPS IN CORRECTIONS**

- *Leading Groups in Corrections: Skills & Techniques* by Ed Jacobs and Nina Spadaro
- *Creative Counseling Techniques: An Illustrated Guide* by Ed Jacobs
- *Impact Therapy* by Ed Jacobs
- Fehr, S *Introduction to Group Therapy: A Practical Guide* Haworth Press
- Fehr, S *Group Therapy in Individual Practice* Haworth Press

**HEALTH REALIZATION**

**WEB BASED RESOURCES**

- Northeast Health Realization Institute [www.healthrealize.com](http://www.healthrealize.com)

**HOLISTIC**

**PUBLICATIONS**


HOLISTIC-CREATIVE ARTS/ART THERAPY


Resource List


**WEB BASED RESOURCES**

The Leven Institute of Movement Therapy  
www.leveninstitute.com

The Hartford Family Institute Center for Healing Arts  
www.hartfordfamilyinstitute.com

The Association for Creativity in Counseling  
www.aca-acc.org

American Art Therapy Association  
www.arttherapy.org

American Dance Therapy Association  
www.adta.org

American Music Therapy Association  
www.musictherapy.org

American Society of Group Psychotherapy & Psychodrama  
www.asgpp.org

Association for Play Therapy  
www.a4pt.org

National Association for Drama Therapy  
www.nadt.org

National Association for Poetry Therapy  
www.poetrytherapy.org

National Coalition of Creative Arts Therapies Associations  
www.nccata.org

International Expressive Arts Therapy Association  
www.ieata.org

**INTERNATIONAL SOMATIC MOVEMENT AND THERAPY ASSOCIATION**  
www.ismeta.org

**UNITED STATES ASSOCIATION FOR BODY PSYCHOTHERAPY**  
www.usabp.org

**ARTS IN THERAPY NETWORK**  
www.artsintherapy.com

**EXPRESSIVE THERAPIES INSTITUTE**  
www.expressivetherapies.com.au

**TRANSITION POINT**  
www.transitionpoint.org

**BRAIN GYM®**  
http://www.braingym.org

**HOLISTIC-HYPNOSIS**

**WEB BASED RESOURCES**

Scientific Hypnosis  
www.hypnosis-research.org/hypnosis/

American Society of Clinical Hypnosis  
www.asch.net

Society for Clinical and Experimental Hypnosis  
www.sceh.us/

Greater Philadelphia Society of Clinical Hypnosis  
www.gpsch.com

The Hypnosis Network  
www.hypnosisnetwork.com

American Medical and Psychotherapy Hypnosis Association  
www.ampha.com

**HOLISTIC-MASSAGE THERAPY**

**WEB BASED RESOURCES**

The DTCC massage licensing program:  
http://www.dtcc.edu/ (Go to the Georgetown site, der Corp & Community Programs)

For Q & A about the profession:  
www.massageresource.com/
### Resource List

**To find a therapist:**
- www.massagetherapy.com/learnmore/index.php

**National Resources**
- www.unitedmassagetherapists.com/massage.php

**Directory of Resources**
- www.nctmb.com
- Delaware Board of Massage and Bodywork
  - www_massagetherapy101.com/massage-resources/massage-therapy-faq.aspx
- Massage Therapy 101
  - www.massagetherapy101.com/massage-resources/massage-therapy-faq.aspx

### HOLISTIC-REIKI

**ORGANIZATIONS**
- Integrative Health
  - Complementary & Alternative Medicine
    - Beebe Medical Center
      - Cheyenne Luzader, MS
      - Phone: 1-302-645-3528

### INTELLECTUAL DISABILITY

**ORGANIZATIONS**
- American Association on Mental Retardation
  - www.aamr.org
- American Academy of Developmental Medicine and Dentistry
  - www.aadmd.org
- Center for Disabilities Studies, University of Delaware
  - www.udel.edu/cds/
- The ARC of Delaware
  - www.arcde.org
- The ARC Family Resource Guide- Delaware
  - www.arcde.org/pdfs/familyresourceguide.pdf
- Autism Society of Delaware
  - www.delautism.org/
- State of Delaware Developmental Disabilities Council
  - Phone: 302-739-2232
  - http://ddc.delaware.gov
- Special Olympics of Delaware
  - www.sode.org/
- State Council for Persons with Disabilities
  - Kyle Hodges
    - Phone: 1-302-739-3613
    - http://ddc.delaware.gov/
- The Delaware Disability Law Program
  - www.declasi.org/dis.html

### LEGAL

**WEB BASED RESOURCES**
- Delaware Attorney General’s Office
  - www.state.de.us/attgen/
- U.S. Office of Victims of Crime
  - www.ojp.usdoj.gov/ovc/
- National Organization for Victim Assistance
  - www.trynova.org/
- The Delaware Disability Law Program
  - www.declasi.org/dis.html

**ORGANIZATIONS**
- Community Legal Aid Society, Inc.
  - Phone: 1-302-575-0660
  - www.declasi.org
- Delaware Violent Crime Compensation Board
  - Phone: 1-302-995-8383
- Victim Service Hotline
  - Phone: 1-800-870-1790
- School Violence Hotline
  - Phone: 1-800-220-5414

### MEDICARE

**ORGANIZATIONS**
- Medicare
  - Phone: 1-800-Medicare
Resource List

WEB BASED RESOURCES
Medicare Rights Center
www.medicarerights.org/

Medicare
www.medicare.gov

Centers for Medicare and Medicaid Services
www.cms.hhs.gov

Mental Health, Part D
www.mentalhealthpartd.org

Mental Health American – Medicare Rx Program
http://www.nmha.org/go/medicare

Social Security Administration
www.ssa.gov

WEB BASED RESOURCES
Division 51 - Society for the Psychological Study of Men and Masculinity
http://www.apa.org/about/division/div51.html

National Organization for Men Against Sexism
http://www.nomas.org/

American Men’s Studies Association
http://www.mensstudies.org/

Men’s Health Network
http://www.menshealthnetwork.org/

MENTAL HEALTH RESOURCES: GENERAL

WEB BASED RESOURCES
National Mental Health Association
www.nmha.org

National Institute of Mental Health
www.nimh.nih.gov

National Library of Medicine
www.nlm.nih.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)
www.samhsa.gov

Alternative Approaches to Mental Health Care (Article)
From the National Mental Health Info. Center

National Library of Medicine Medline
http://medlineplus.gov

MENTAL HEALTH RESOURCES: DELAWARE

ORGANIZATIONS
Mental Health Association in Delaware
Phone: 1-302-654-6833
www.mhainde.org


PUBLICATIONS


THE 37TH SUMMER INSTITUTE
2008
“Beyond the Diagnoses”

Resource List

National Alliance for the Mentally Ill in Delaware (NAMI Delaware)
Phone: 1-302-427-0787
www.namide.org

Delaware Division of Substance Abuse & Mental Health (DSAMH)
Director: Renata Henry
Phone: 1-302-255-9399
Consumer Relations: 1-302-255-2700
www.state.de.us/dhss/dsamh/dmhhome.htm

MINDFULNESS BASED STRESS REDUCTION

PUBLICATIONS:


WEB-BASED RESOURCES:

University of Massachusetts Medical School Center for Mindfulness
www.umassmed.edu/cfm/

Omega Center, Rhinebeck, NY
www.omega.org/

Insight Meditation Society, Barre, MA
www.dharma.org/ims/

Mind and Life Institute
www.mindandlife.org/

How to Meditate
http://www.how-to-meditate.org/

MOTIVATIONAL INTERVIEWING

WEB BASED RESOURCES

Motivational Interviewing Page-
Resources for clinicians, researchers, and trainers
www.motivationalinterview.org
THE 37TH SUMMER INSTITUTE
2008
“Beyond the Diagnoses”

Resource List

PUBLICATIONS
Miller, W. Motivational Interviewing: Preparing People for Change (ISBN 1572305630)
Motivational Interviewing 2nd Ed, William Miller & Steven Rollnick ISBN 1572305630


PAIN MANAGEMENT

PUBLICATIONS

Gallagher RM. Rational polypharmacy in integrated pain treatment. American Journal of Physical, Medicine and Rehabilitation 2005(S);84(3):S64-76.*,**


PERSONALITY DISORDERS

WEB-BASED RESOURCES:
Borderline Personality Disorder Research Foundation
www.borderlineresearch.org

National Education Alliance for Borderline Personality Disorder
www.neabpd.org

Personality Disorders Institute
www.borderlinedisorders.com/

American Association of Marriage and Family Therapists- Consumer information
www.aamft.org/families/Consumer_Updates/Borderline.asp

MedLine- Consumer information

PUBLICATIONS


PHARMACOLOGY: ADDICTION

WEB-BASED RESOURCES
National Institute on Drug Addiction
www.nida.nih.gov/researchreports/prescription.html

PUBLICATIONS

PERSON CENTERED

PUBLICATIONS
**Resource List**

### POSITIVE PSYCHOLOGY

**PUBLICATIONS**

- Snyder, *Handbook of Positive Psychology*. Oxford
- Snyder, *Positive Psychology*. SAGE

### PROBLEM-SOLVING COURTS/ TASC

**ORGANIZATIONS**

- National TASC (Treatment Accountability for Safer Communities)- Promoting the cause of offender reentry and individual case management
  [www.nationaltasc.org/](http://www.nationaltasc.org/)

- TASC Delaware- Coordinates the provision of substance abuse evaluation and treatment to criminal defendants and youths who have been adjudicated delinquent or are pending such adjudication
  [www.dhss.delaware.gov/dhss/dsamh/tasc.html](http://www.dhss.delaware.gov/dhss/dsamh/tasc.html)

### PROFESSIONAL ORGANIZATIONS

**WEB BASED RESOURCES**

- The American Medical Association
  [www.ama-assn.org](http://www.ama-assn.org)
- The American Psychiatric Association
  [www.psych.org](http://www.psych.org)
- The American Psychiatric Nurses Organization
  [www.apna.org](http://www.apna.org)
- The American Psychological Association
  [www.apa.org](http://www.apa.org)

### POST TRAUMATIC STRESS DISORDER AND TRAUMA

**ORGANIZATIONS**

- Traumatic Incident Reduction Association
  [www.tir.org](http://www.tir.org)

### PSYCHO-EDUCATION

**PUBLICATIONS**


### RECOVERY-MENTAL HEALTH

**PUBLICATIONS**

- Barber, Charles. *Songs from the Black Chair* (University of Nebraska Press, 2005)

**WEB BASED RESOURCES**

- Charles Barber’s Website
  [www.charlesbarberwriting.com](http://www.charlesbarberwriting.com)
- National Empowerment Center
  [www.power2u.org](http://www.power2u.org)
Resource List

National Alliance for the Mentally Ill
www.nami.org

National Alliance for the Mentally Ill in Delaware
www.namide.org

http://www.drexelmed.edu/
“A Call for Change” Pennsylvania’s document for transforming the adult mental health service system into a recovery-oriented one.

RELAPSE PREVENTIONMENT

PUBLICATIONS


Little, G. Relapse Prevention (ISBN 0965539210)


WEB BASED RESOURCES

National Institute on Drug Abuse- Conducts research and disseminates findings to improve drug abuse and addiction prevention, treatment, and policy.
www.nida.nih.gov

Relapse Prevention, Growth Inc. Tools- Substance abuse relapse prevention risk and assessment tools
www.growth-inc-tools.com

RESILIENCY

PUBLICATIONS


SCHIZOPHRENIA

WEB BASED RESOURCES

American Academy of Child & Adolescent Psychiatry
www.aacap.org

National Alliance for Research on Schizophrenia and Depression
www.narsad.org/

Resources on Schizophrenia
www.schizophrenia.com

SUICIDE

PUBLICATIONS


THE 37TH SUMMER INSTITUTE  
2008  
“Beyond the Diagnoses”  

Resource List

**SUICIDE PREVENTION**

**ORGANIZATIONS**

Suicide Helpline  
Phone: 1-800 SUICIDE (1-800-784-2433)

National Suicide Prevention Lifeline- Crisis intervention, funded by SAMHSA  
Phone: 1-800-273-TALK (1-800-273-8255)  
www.suicidepreventionlifeline.org

Suicide Prevention Resource Center (SPRC)- Provides training, and resources for developing suicide prevention programs, interventions and policies.  
www.sprc.org

American Association of Suicidology  
www.suicidology.org

American Foundation for Suicide Prevention  
www.afsp.org

Suicide Prevention Action Network USA  
www.spanusa.org/

Suicide Awareness- Voices of Education  
www.save.org

National Organization of People of Color Against Suicide  
www.nopcas.com/

SAMHSA- Suicide Prevention  
www.mentalhealth.samhsa.gov/suicideprevention/

Center for Disease Control and Prevention  
www.cdc.gov/ncipc/factsheets/suifacts.htm

**PUBLICATIONS**

American Psychiatric Association (2003). *Practice guideline for the assessment and treatment of patients with suicidal behaviors.*


**SUPERVISION**

**PUBLICATIONS**


**WEB BASED RESOURCES**

http://www.ppspublishers.com/ezsignup.htm The site to sign up for HR Matters E-tips


Resource List

**Disabilityinfo.gov** and click on the employment link at the top of the page

http://www.dol.gov/odep/pubs/publicat.htm#accommodations
The Department of Labor’s Office of Disability Policy Publications

http://www.dol.gov/odep/categories/employment_supports/index.htm
The Department of Labor’s Office of Disability Policy Employment Supports page

http://www.eeoc.gov/policy/docs/accommodation.html
EEOC Enforcement Guidance on Reasonable Accommodation and Undue Hardship Under ADA

**SUPPORTED EMPLOYMENT**

**WEB BASED RESOURCES**

Center for Mental Health Services Supported employment programs and toolkit
http://www.mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/employment

US Department of Labor. Office of Disability Employment Policy
www.dol.gov/odep/archives/fact/supportd.htm

**TOURETTE’S DISORDER**

**ORGANIZATIONS**

TSA Delaware Chapter
Phone: 1-610-274-2321

TSA Pennsylvania Chapter
Phone: 1-717-337-1134
www.patourettesyndrome.org/

**WEB BASED RESOURCES**

Tourette’s Syndrome Information Support Site
www.tourettes-disorder.com

Tourette’s Syndrome Association (TSA)
http://tsa-usa.org/

**TRANSFORMING SERVICES**

**WEB BASED RESOURCES**

Achieving the Promise: Transforming Mental Health Care in America
The Commission’s Report to the President
www.mentalhealthcommission.gov/reports/reports.htm

Improving the Quality of Health Care for Mental and Substance-Use Conditions: Quality Chasm Series (Article- scroll down to Download Free: PDF Summary)
From the Institute of Medicine
www.nap.edu/catalog/11470.html

**TRAUMA/TRAUMATIC INCIDENT REDUCTION**

Traumatic Incident Reduction Association
www.tir.org

**TRAUMATIZATION (VICARIOUS)**

**ORGANIZATIONS**

Anti-Violence Partnership of Philadelphia
Deborah Springen, MSS, MLSP, CTS (Proj. Dir.)
633 W. Rittenhouse Street, C-14
Philadelphia, Pa. 19114

Vicarious Traumatization
Sidran Traumatic Stress Institute
200 East Joppa Road, Suite 207
Baltimore, MD. 21286
Phone: 1-410-825-8888
www.sidran.com

**WEB BASED RESOURCES**

Sounds True
www.soundstrue.com
THE 37TH SUMMER INSTITUTE
2008
“Beyond the Diagnoses”

Resource List

TRICHOTILLOMANIA
(compulsive hair pulling)

ORGANIZATIONS

The Trichotillomania Learning Center (TLC)
Santa Cruz, CA
Phone: 1-831-457-1004
E-mail: info@trich.org
www.trich.org/

TRAUMATIC BRAIN INJURY

WEB BASED RESOURCES

Brain Injury Association of America
www.biausa.org

Division of Services for Aging and Adults with Physical Disabilities (DSAAPD)
www.dhss.delaware.gov/dhss/dsaapd/linkstbi.html

Brain Injury Association of Delaware-
Information about Delaware programs, support groups and special events www.biausa.org/Delaware/bia.htm

National Resource Center for Traumatic Brain Injury-
Contains TBI educational resources and other useful information
www.neuro.pmr.vcu.edu/

The Charles A. Dana Foundation-Supports health, education, and brain research
www.dana.org

Brain Injury: A Guide for Family and Friends- A feature of the University of Iowa’s Virtual Hospital
www.vh.org/adult/patient/neurosurgery/braininjury/index.html

TBI Chat Room and Homepage
http://tbichat.org/index.html

VETERANS

PUBLICATIONS


WOMEN ISSUES

PUBLICATIONS

Stephanie Covington, Beyond Trauma: A Healing Journey for Women

Stephanie Covington, Voices: A Program of Self-Discovery and Empowerment for girls

Stephanie Covington, Helping Women Recover - A Program for Treating Addiction

Stephanie Covington, Helping Women Recover - A Program for Treating Substance Abuse

Stephanie Covington, Awakening Your Sexuality: A Guide for Recovering Women


YOUTH ENGAGEMENT

PUBLICATIONS


P. Thandi Hicks Harper "Body Parts Rap 4 Kids"

WEB BASED RESOURCES