



# Promoting Recovery

## Module 2 Resources

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American Academy of Child and Adolescent Psychiatry. Provides information and resources for young people, families, and providers.

- Resources for Youth.  
[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Youth\\_Resources/Getting\\_Help/Home.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Youth_Resources/Getting_Help/Home.aspx)
- Facts for Families.  
[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/Layout/FFF\\_Guide-01.aspx?WebsiteKey=a2785385-0ccf-4047-b76a-64b4094ae07f&hkey=c2dc89fb-aac1-4308-9297-eedfe7755b92](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Layout/FFF_Guide-01.aspx?WebsiteKey=a2785385-0ccf-4047-b76a-64b4094ae07f&hkey=c2dc89fb-aac1-4308-9297-eedfe7755b92)
- Psychiatric Medication for Children and Adolescents Part I: How Medications Are Used.  
[http://www.aacap.org/aacap/fffprint/article\\_print.aspx?dn=Psychiatric-Medication-For-Children-And-Adolescents-Part-I-How-Medications-Are-Used-021](http://www.aacap.org/aacap/fffprint/article_print.aspx?dn=Psychiatric-Medication-For-Children-And-Adolescents-Part-I-How-Medications-Are-Used-021)
- Psychiatric Medication for Children and Adolescents Part-II: Types of Medications.  
[http://www.aacap.org/aacap/fffprint/article\\_print.aspx?dn=Psychiatric-Medication-For-Children-And-Adolescents-Part-II-Types-Of-Medications-029](http://www.aacap.org/aacap/fffprint/article_print.aspx?dn=Psychiatric-Medication-For-Children-And-Adolescents-Part-II-Types-Of-Medications-029)

Behavioral Tech: A Linehan Institute Training Company.

<https://behavioraltech.org/>

- What is Dialectical Behavior Therapy (DBT)?  
<https://behavioraltech.org/resources/faqs/dialectical-behavior-therapy-dbt/>
- Resources for Clients & Families.  
<https://behavioraltech.org/resources/resources-for-clients-families/>

Center for Substance Abuse Treatment (US). (2014). *Trauma-Informed Care in Behavioral Health Services Treatment Improvement Protocol (TIP) Series*, No. 57, Report No.: (SMA) 14-4816. Rockville, MD: Substance Abuse and Mental Health Services Administration.

<https://www.ncbi.nlm.nih.gov/books/NBK207201/>

Centers for Disease Control (CDC). Provides information and resources focused on health and wellness.

- Six Guiding Principles to a Trauma-Informed Approach.  
[https://www.cdc.gov/cpr/infographics/6\\_principles\\_trauma\\_info.htm](https://www.cdc.gov/cpr/infographics/6_principles_trauma_info.htm)

- Disability Inclusion.  
<https://www.cdc.gov/ncbddd/disabilityandhealth/disability-inclusion.html>

National Alliance for Mental Illness (NAMI) provides information, education, advocacy, and support for people affected by mental illness.

<http://www.nami.org>

National Alliance for Mental Illness (NAMI)'s resources are focused on alternative wellness strategies.

<http://www.nami.org/template.cfm?section=mindfulness>

National Institute of Mental Health (NIMH): The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. NIMH has many resources for young people and families affected by mental illness.

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

Oregon Health Authority (2010). *Minor rights: Access and consent to health care. A resource for providers, parents and educators:*

<http://library.state.or.us/repository/2010/201010291227575/index.pdf>

Research and Training Center for Pathways to Positive Futures website includes resources for young people, service providers, and families.

- Gowen, L.K. & Deschaines, M. (2011). *What young adults with mental health conditions search for Online.*  
<http://www.pathwaysrtc.pdx.edu/pdf/proj6-ehealthQuestions.pdf>
- Pathways Special Issue of *Focal Point* on Early Psychosis Intervention (2016).  
<https://www.pathwaysrtc.pdx.edu/pdf/fpS16.pdf>
- Pathways guide to evaluating mental health information on the internet.  
<http://www.pathwaysrtc.pdx.edu/pdf/proj6-ehealthABCs.pdf>

Pew Research Center's Pew Internet and American Life Project looks at individuals' use of the Internet, including Internet use for information about health and mental health.

<https://www.pewinternet.org/topics/health-care/>

TeenMentalHealth.org provides information and resources for young people with mental health needs.

<http://teenmentalhealth.org/learn/>

U.S. Substance Abuse and Mental Health Services Administration. Provides information about a range of mental health conditions and community-based treatment approaches.

<https://store.samhsa.gov/>

- What Individuals in recovery need to know about wellness. (2016).  
<https://store.samhsa.gov/system/files/sma16-4950.pdf>

Youth.gov resources on Inclusion and Accessibility.

<https://youth.gov/youth-topics/inclusion-and-accessibility>

Youth M.O.V.E.: A youth led national organization devoted to improving services and systems that support positive growth and development.

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