

Resources for Daughters and Sons Who Have a Parent with a Mental Illness

August 2007

BOOKS – Written for Adult Family Members

- Gibbons, K. (1995). *Sights unseen*. New York: G.P. Putnam's Sons. [novel for adults about a young girl's experience of living with a mother with bipolar disorder]
- Johnson, J.T. (1988). *Hidden victims: An eight-stage healing process for families and friends of the mentally ill*. New York: Doubleday.
- Marsh, D.T., & Dickens, R. (1997). *Troubled journey: Coming to terms with the mental illness of a sibling or parent*. New York: Penguin USA.
- Miklowitz, D.J. (2002). *The bipolar disorder survival guide: What you and your family need to know*. New York: Guilford Press.
- Mondimore, F.M.M. (2006). *Bipolar disorder: A guide for patients and families*. 2nd ed. John Hopkins Press.
- Mueser, K.T., & Gingerich, S. (2006). *The complete family guide to schizophrenia: Helping your loved one get the most out of life*. New York: Guilford Press.
- Nathiel, S. (2007). *Daughters of madness: Growing up and older with a mentally ill mother*. Greenwood Publishing Group.
- Roth, K. (2003). *Surviving a borderline parent*. New York: Harbinger.
- Torrey, E.F., & Knable, M.B. (2005). *Surviving manic depression: A manual on bipolar disorder for patients, families and providers*. Basic Books
- Torrey, E.F. (2006). *Surviving schizophrenia: A manual for families, patients and providers*. (5th ed.) New York: Harper Collins.
- Woolis, R. (2003). *When someone you love has a mental illness: A handbook for family, friends, and caregivers*. New York: JP Tarcher.

BOOKS for Adults – Memoirs

- Braisfield, L. (2003). *Nature lessons*. St. Martin's Press.
- Brandon, D. (2000). *In the shadow of madness*. Troy, Michigan: Sky Blue Press.

- Brown, M.J., & Roberts, D.P. (2000). *Growing up with a schizophrenic mother*. McFarland & Company.
- Holley, T.E. (1997). *My mother's keeper: A daughter's memoir of growing up in the shadow of schizophrenia*. New York: William Morrow & Co.
- Holman, V. (2003). *Rescuing Patty Hearst: Memories from a decade gone mad*. Simon & Schuster.
- Kotulski, T. (2006). *Saving Millie: A daughter's story of surviving schizophrenia*. Madelia, MN: Extraordinary Voices Press.
- Lachenmeyer, N. (2000). *The outsider: A journey into my father's struggle with madness*. New York: Broadway Books.
- Lyden, J. (1997). *Daughter of the queen of Sheba*. Boston: Houghton Mifflin Company.
- Ross, C., Balkind, R.G., & Nelson, G. (1996). *Listen up: The lives of Quincy Jones*. Warner Brothers. (also a movie)
- Rowe, P., & Rowe, J. (2005). *The best of times, the worst of times: Our family's journey with bipolar*. Allen & Unwin.
- Sexton, L.G. (1995). *Searching for mercy street: My journey back to my mother, Anne Sexton*. Little Brown & Company.

BOOKS – Written for Parents

- Beardslee, W. (2003). *When a parent is depressed: How to protect your children from the effects of depression in the family*. Little, Brown & Company.
- Beardslee, W. R. (2005). *Out of the darkened room: Protecting the children and strengthening the family when a parent is depressed*. DIANE Publishing Company.
- Nicholson, J., Henry, A.D., Clayfield, J.C., & Phillips, S.M. (2001). *Parenting well when you are depressed: A complete resource for maintaining a healthy family*. New York: New Harbinger Publications.

BOOKS – Written for Elementary School Age Youth

- Andrews, B. (2002). *Why are you so sad? A child's book about parental depression*. New York: Magination Press.

- Bridamour, L. (2000). *Someone in my family has a mental illness*. Family services of the north shore. [Available for free download at: http://www.parentalmentalillness.org/provincial%20working%20group/Mental_Illness_Workbook.pdf]
- Campbell, B. (2003). *Sometimes my mommy gets angry*. New York: Penguin Young Readers Group.
- Clarke, L. (2006). *Wishing wellness: A workbook for children of parents with mental illness*. New York: Magination Press.
- Craft, S., & Massey, R. (2001). *Puzzles, pictures and paper airplanes: What we do when our parents get sick*. South Carolina: South Carolina Department of Mental Health. [Available for free download at: <http://www.state.sc.us/dmh/schoolbased/puzzles.pdf>]
- Fensham, E. (2005). *Helicopter man*. Bloomsbury USA (ages 5-12) [about a dad who has schizophrenia]
- Lewandowski, L., & Trost, Shannon M.B. (2005). *Darcy Daisy and the firefly festival program: Learning about bipolar disorder and community*. Northville, MI: Ferne Press. [www.dreamadifference.com]
- Marchetta, M. (2006). *Saving Francesca*. Random House Children's Books.
- McCord, P. (2004). *Pictures in the dark*. New York: Bloomsbury Publishing. [ages 10-12]
- Sessions, D. (1994). *My mom is different*. New York: Sidran Press. (ages 4-8; about having a mom with multiple personality disorder)
- Sobkiewicz, T (1994). *Our special Mom and Our special Dad*. Children of Mentally Ill Parents, P.O. Box 7272, Pittsburg, PA 15213
- Warner, S. (2001). *How to be a real person (in just one day)*. Knopf Books for Young Readers (Ages 4-8)
- Wilson, J. (1999). *The illustrated mum*. New York: Delacorte Press. [ages 9-12]

Elementary School-Age Books on Parental Trauma / PTSD

- Davis, D. (1984). *Something is wrong at my house: A book about parents' fighting*. Parenting Press.
- Kagan, R. (2003). *Real life heroes: A life storybook for children*. Haworth Press.

Mason, P. (1992). *Why is Daddy like he is? A book for kids about PTSD*. Patience Press.

BOOKS - Written for Teenagers

Bellenir, K. (2006). *Mental health information for teens: Health tips about mental health and mental illness, including facts about mental and emotional health, depression and other mood disorders, anxiety disorders, behavior disorders, self-injury, psychosis, schizophrenia, and more*. Omnigraphics.

Caletti, D. (2006). *Wild roses*. Simon & Schuster. (fictional account of 17 year old girl whose stepdad exhibits paranoid, confusing behavior)

Fischer, J. M. (2004). *An egg on three sticks*. St Martin's Press. (fictional account of a teenager girl whose mother who deals with psychotic depression)

Sherman, M.D., & Sherman, D.M. (2006). *I'm not alone: A teen's guide to living with a parent who has a mental illness*. Edina, MN: Beaver's Pond Press. www.seedsofhopebooks.com

Teenage-books on Parental Trauma / PTSD

Jensen, K. (1989). *Pocket change*. New York: Macmillan Publishing. (young adult novel about a 16 year old whose dad has PTSD from Vietnam trauma)

Sherman, M.D., & Sherman, D.M. (2006). *Finding my way: A teen's guide to living with a parent who has experienced trauma*. Edina, MN: Beaver's Pond Press www.seedsofhopebooks.com

BOOKS – Written for Professionals (Academic issues)

Anthony, E., & Cohler, B. (Eds.) (1987). *The invulnerable child*. New York: Guilford Press.

Gopfert, M., Webster, J., & Seeman, M.V. (2004). *Parental psychiatric disorder: Distressed parents and their families*. Cambridge University Press.

Hetherington, R., Baistow, K., Katz, I., Mesie, J., & Trowell, J. (2002). *The welfare of children with mentally ill parents: Learning from inter-country comparisons*. New York: John Wiley & Sons.

Marsh, D. T. (1992) *Families and mental illness: New directions in professional practice*. New York: Praeger

ARTICLES / BOOK CHAPTERS - Written for Professionals (Academic issues)

- Ackerson, B.J. (2003) Parents with serious and persistent mental illness: Issues in assessment and services. *Social Work, 48*(2), 87-94.
- Beardslee, W., Gladstone, T.R.G., Wright, E.J., & Cooper, A.B. (2003). A family-based approach to the prevention of depressive symptoms in children at risk: Evidence of parental and child change. *Pediatrics, 112*, 119-131.
- Biebel, K., Nicholson, J., Geller, J., & Fisher, W. (2006). A national survey of state mental health authority programs and policies for clients who are parents: A decade later. *Psychiatric Quarterly, 77*(2), 119-128.
- Biebel, K., Nicholson, J., & Williams, V. (2004). The Responsiveness of State Mental Health Authorities to Parents with Mental Illness. *Administration and Policy in Mental Health, 32*(1), 31-48.
- Clark, G.N., Hornbrook, M., Lynch, F., Polen, M., Gale, J., Beardslee, W., O'Connor, E., & Seeley, J. (2001). A randomized trial of a group cognitive intervention for preventing depression in adolescent offspring of depressed parents. *Archives of General Psychiatry, 58*(12), 1127-1134.
- Crosby, D. (1989). First person account: Growing up with a schizophrenic mother. *Schizophrenia Bulletin, 15*(3), 507-509.
- Felsman, J.K., & Vaillant, G. (1987). Resilient children as adults: A 40 year study. In E.J. Anthony & B. Cohler (Eds.), *The invulnerable child* (pp. 289-314). New York: Guilford Press.
- Fisher, L., Kokes, R., Cole, R., Perkins, P. & Wynne, L. (1987) Competent children at risk: A study of well-functioning offspring of disturbed parents. In E.J. Anthony & B. Cohler (Eds.), *The invulnerable child* (pp. 211-228). New York: Guilford Press.
- Hendrick, V. & Daly, K (2000). *Parental mental illness*, In N. Halfon, E. Shulman, M. Hochstein, & M Shannon (Eds). Building Community Systems for Young Children. UCLA Center for Healthier Children, Families and Communities. Available at: <http://www.healthychild.ucla.edu/publications/Documents/Parentalmental0600.pdf>
- Hinden, B.R., Biebel, K., & Nicholson, J. (2005). The Invisible Children's Project: Key Ingredients of an Intervention for Parents With Mental Illness. *Journal of Behavioral Health Services & Research, 32*(4), 393-408.
- Hinden, B.R., Biebel, K., & Nicholson, J. (2006). A Survey of Programs for Parents with Mental Illness and their Families: Identifying Common Elements to Build the Evidence Base. *Journal of Behavioral Health Services and Research, 33*(1), 21-38.
- Joseph, J.G., Joshi, S.V, Lewin, A.B & Abrams, M. (1999). Characteristics and perceived needs of mothers with serious mental illness. *Psychiatric Services, 50*, 1357-1359.

- Kauffman, C., Grunebaum, H., Cohler, B., & Gamer, E. (1979). Superkids: Competent children of psychotic mothers. *American Journal of Psychiatry*, 136, 1398-1402.
- Lanquetot, R. (1984). First person account: Confessions of the daughter of a schizophrenic. *Schizophrenia Bulletin*, 10(3), 467-471.
- Lanquetot, R. (1988) First person account: On being daughter and mother. *Schizophrenia Bulletin*, 14(2), 337-341.
- Mullick, M., Miller, L., & Jacobsen, T. (2001). Insight into mental illness and child maltreatment risk among mothers with major psychiatric disorders. *Psychiatric Services*, 52(4), 488-492.
- N.A.M.I of California (1996). Offspring issue. *The Journal*. 7(3).
- Nicholson, J., Biebel, K., Hinden, B., Henry, A.D., & Stier, L. (2001). *Critical issues for parents with mental illness and their families*. Center for Mental Health Services Research, University of Massachusetts Medical School. Available at: <http://www.parentingwell.info/critical.pdf>
- Nicholson, J., Mason, M.W. & Calabresi, A.O. (1999). Fathers with severe mental illness: Characteristics and comparisons. *American Journal of Orthopsychiatry*, 69(1), 134-141.
- Nicholson, J., Sweeney, E.M. & Geller, J.L. (1998). Mothers with mental illness: I. The competing demands of parenting and living with mental illness. *Psychiatric Services*, 49(5), 635-642.
- Nicholson, J., Sweeney, E.M. & Geller, J.L. (1998). Mothers with mental illness: II. Family relationships and the context of parenting. *Psychiatric Services*, 49(5), 643-649.
- Riebschleger, J. (2004). Good days and bad days: The experiences of children of a parent with a psychiatric disability. *Psychiatric Rehabilitation Journal*, 28 (1), 25-31.
- Schene, A., Wijngaarden, B.V., & Koeter, M.W.J. (1998). Family caregiving in schizophrenia: Domains and distress. *Schizophrenia Bulletin*, 24(4), 609-618.

WEBSITES

<http://www.lboro.ac.uk/departments/ss/centres/YCRG/publications.html>

Children of Parents with a Mental Illness - Children Caring for Parents with Severe and Enduring Mental Illness, Evidence Paper no. 5 of the Young Carers Research Group, Centre for Child and Family Research, Loughborough University.

Findings of a two year study by the Young Carers Research Group (in partnership with Rethink, formerly National Schizophrenia Fellowship) which looks at the experiences and needs of children who care for parents with mental illness, their caring and filial relationships and the nature of professional interventions in these families.

[www.mhatexas.org/mhatexasMAIN/57. Talking to My Kids About My Mental Health Concerns.pdf](http://www.mhatexas.org/mhatexasMAIN/57.Talking_to_My_Kids_About_My_Mental_Health_Concerns.pdf)

Talking to My Kids About My Mental Health Concerns – Mental Health Association of Texas (in both English & Spanish)

<http://www.howstat.com/comic/>

COMIC - Children of Mentally Ill Consumers

www.copmi.net.au

COPMI: Children of Parents with a Mental Illness

www.nnaami.org

National Network of Adult and Adolescent Children who have a Mentally Ill Parent/s – Australia

<http://www.mhasp.org/coping/guardians.html>

<http://www.mhasp.org/coping/> (for youth)

Helping Children Understand Mental Illness: A Resource For Parents And Guardians (A project of the Mental Health Association of Southeastern Pennsylvania)

http://www.bcscs.org/a_documents/pdf/supporting_families.pdf

Supporting Families with Parental Mental Illness: A Community Education and Development Workshop Manual (British Columbia Schizophrenia Society)

<http://www.nmha.org/children/invisibleinfo.cfm>

Invisible Children's Project

<http://www.parentingwell.info/index.html>

Parenting Well Project – Joanne Nicholson, PhD

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

PJ's Forgotten Children

http://www.nami.org/Template.cfm?section=Daughters_and_Sons

NAMI - Daughters and Sons of Parents with Mental Illness

www.schizophrenia.com/family/FAQoffspring.htm

Frequently Asked Questions by Sons & Daughters of People Living with Schizophrenia

www.nctsn.org

Psychological first aid (manual from the National Child Traumatic Stress Network)

www.7-dippity.com/other/UWA_war_book.pdf

Helping children cope with the challenges of war and terrorism [manual for kids ages 7-12]

By Annette M. LaGreca, Ph.D. et al

http://www.bcsc.org/Get_Information/Resource_Materials/RecoveryCupGame.htm

British Columbia Schizophrenia Society's Recovery Cup Game (an educational game created to help families of persons with psychosis and the person with psychosis)

VIDEOS/MOVIES

Canvas (2007) www.canvasthefilm.com.

I love You Like Crazy: Being a Parent with Mental Illness and **The Bonnie Tapes: Mental illness in the family** (1997) Mental Illness Education Project Videos, www.miepvideos.org

Out of the Shadow (2006). Susan Smiley www.outoftheshadow.com

Tarnation (2003). www.imdb.com/title/tt0390538/

My Dad Can't Be Crazy, Can He? (1989). ABC After-school special (Season 18, Episode 1)

OUT OF PRINT Resources:

Books for Adults and Memoirs:

Hillman, J. (1997) *Sweet mystery: A southern memoir of family alcoholism, mental illness, and recovery*. New York: Farrar, Straus & Giroux.

Secunda, V. (1997). *When madness comes home: Help and hope for the children, siblings, and partners of the mentally ill*. New York: Hyperion.

Sheffield, A. (2005). *Sorrow's web: Overcoming the legacy of maternal depression*. DIANE Publishing Company.

For Elementary School Youth:

Chaplan, R. (1991). *Tell me a story, paint me the sun: When a girl feels ignored by her father*. New York: Magination Press.

Denboer, H. (1993). *Please don't cry, Mom*. Lerner Publishing Group.

Goldman, L. (1998). *Bart speaks out: Breaking the silence on suicide*. Manson Western Corporation.

Hamilton, M. (1995). *Sad days, glad days: A story about depression*. Albert Whitman.

Helmer, D.S. (1999). *Let's talk about when your mom or dad is unhappy*. Rosen Publishing Company. [ages 5-10]

- Joosse, B. (1992). *Anna and the cat lady*. New York: HarperCollins Publishers. [ages 8-12]
- Laskin, P.L. & Moskowitz, A.A. (1991). *Wish upon a star: A story for children with a parent who is mentally ill*. New York: Magination Press.
- Haugen, T. (1982). *The night birds*. Dell Publishing. (ages 9-11). (Norwegian boy deals with his dad's psychiatric condition)
- MacLachlan, P. (1982). *Mama one, Mama two*. New York: HarperCollins Publishers. [ages 5-8]
- Pinkwater, D. (1989). *Uncle Melvin*. Simon & Schuster. (ages 5-8; about an uncle who has a mental illness and lives in a residential program)
- Sanford, D. (1993). *It won't last forever: A child's book about living with a depressed parent*. Multnomah Publishers, Inc. (ages 5-11)
- Wolitzer, H. (1978). *Toby lived here*. New York: Farrar, Straus & Giroux. (young boy goes to foster care during mom's psychiatric admission)

For Teenagers:

- Diner, S.H. (1989). *Nothing to be ashamed of: Growing up with mental illness in your family*. New York: Lothrop, Lee & Shepard Books.
- Foster, C. (1994). *Out of the jungle: A survival guide with COMPASS*. Dilligaf Publishing.
- Franklin, K. (1995). *Eclipse*. New York: Candlewick Press. (fictional account of a young girl and her father who deals with serious depression; he makes a suicide gesture at the end of the book)
- Johnson, J.T. (1989). *Understanding mental illness: For teens who care about someone with a mental illness*. Lerner Publishing.
- Naylor, P. (1986). *The keeper*. New York: Atheneum. (fictional account of a teenager's dad who develops mental illness) (grades 7-9)
- Riley, J. (1986). *Crazy quilt*. Bantam Doubleday.
- Riley, J. (1982). *Only my mouth is smiling*. HarperCollins Publisher.
- Ross, A.J. (2001). *Coping when a parent is mentally ill*. The Rosen Publishing Group.

INTERNATIONAL Resources:

For Professionals:

Cowling, V. (2004). *Children of parents with mental illness 2: Personal and clinical perspectives*. Australian Council for Educational Research, Ltd. Ebook available at: http://www.ebooks.com/ebooks/book_display.asp?IID=242659

Memoirs:

Camden-Pratt, C. (2006). *Out of the shadows: Daughters growing up with a 'mad' mother*. Sydney, Australia: Finch Publishing. [www.finch.com.au]

For Elementary School Youth:

Brindamour, L. (2001). *Someone in my family has a mental illness: A workbook*. Family Services of the North Shore, British Columbia. Available at: http://www.bccf.bc.ca/cgi-bin/miva?Merchant2/merchant.mv+Screen=PROD&Store_Code=BCCF&Product_Code=MSC+135&Category_Code=FL (ages 7-13).

Ironside, V. (2003). *The wise mouse*. London: YoungMinds. (story about a young girl whose mom has a mental illness; for 5-11 year olds) <http://www.youngminds.org.uk/publications/other/wisemouse.php>

SANE Australia. *You're not alone: SANE guide for children*. www.sane.org

For Teenagers:

SANE Australia. *Joe's diary: A sane guide for young people*. www.sane.org

SIBLING ISSUES

Fox, L. (1998). *My sister from the black lagoon: A novel of my life*. New York: Simon & Schuster Inc.

Neugeboren, J. (1997). *Imagining Robert: My brother, madness, and survival*. New

Jersey: Rutgers University Press.

Leave my stuff alone – A story for young teen siblings. World Fellowship for Schizophrenia and Allied Disorders. www.world-schizophrenia.org.

When your brother or sister is sick with psychosis - for children- British Columbia Schizophrenia Society [www.bcss.org/Get_Information/Resource_Materials/index.html]

For teens - When your brother or sister has psychosis - British Columbia Schizophrenia Society [www.bcss.org/Get_Information/Resource_Materials/index.html]