

Resources for Family Support Group

Books	
Title & Author	Description
<i>I'm Not Sick, I Don't Need Help</i> By Xavier Amador	About 50% of all people with schizophrenia and manic-depression do not understand that they are ill and refuse treatment. Whether you are a family member or a therapist, in this book you will find hope in what the new research is revealing about the problem of poor insight into illness.
<i>The Center Cannot Hold: My Journey Through Madness</i> By Elyn Saks	An eloquent, moving story of Elyn's life, from the first time that she heard voices speaking to her as a young teenager through learning to live on her own as an adult in an often terrifying world. Saks discusses the incredibly difficult obstacles she overcame to become a highly respected professional.
<i>An Unquiet Mind: A Memoir of Moods and Madness</i> By Kay Redfield Jamison	Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand while she was pursuing her career in academic medicine. Jamison examines bipolar illness from the dual perspectives of the healer and the healed.
<i>Touched with Fire</i> By Kay Redfield Jamison	The definitive work on the profound and surprising links between manic-depression and creativity. Jamison presents proof of the biological foundations of this disease and applies what is known about the illness to the lives and works of some of the world's greatest artists.
<i>The Day The Voices Stopped</i> By Ken Steele & Claire Berman	For thirty-two years Ken Steele lived with the devastating symptoms of schizophrenia. In this inspiring story, Steele tells the story of his hard-won recovery from schizophrenia and how activism and advocacy helped him regain his sanity and go on to give hope and support to so many others like him.
<i>I Hate You; Don't Leave Me</i> By Jerold Kreisman & Hal Strauss	Dr. Jerold J. Kreisman and health writer Hal Straus offer much-needed professional advice, helping victims and their families to understand and cope with this troubling, shockingly widespread affliction of Borderline Personality Disorder.
<i>Lost at School</i> By Ross Greene	Dr. Greene offers educators and parents a different framework for understanding challenging behavior. His Collaborative & Proactive Solutions (CPS) approach helps adults focus on the true factors contributing to challenging behaviors, empowering educators to create helping relationships with their most at-risk kids.
<i>American Psychosis</i> By E. Fuller Torrey	Torrey's book provides an inside perspective on the birth of the federal mental health program. As Torrey argues, it is imperative to understand how we got here in order to move forward towards providing better care for the most vulnerable.
<i>Crazy: A Father's Search Through America's Mental Health Madness</i> By Pete Early	This is the Earley family's compelling story, a troubling look at bureaucratic apathy and the countless thousands who suffer confinement instead of care, brutal conditions instead of treatment, in the "revolving doors" between hospital and jail. Earley takes us directly into that experience-and into that of a father and award-winning journalist trying to fight for a better way.
<i>The Happiness Advantage</i> By Shawn Achor	Drawing on his own research at Harvard University, Achor explains how we can reprogram our brains to become more positive. A must-read for everyone trying to excel in a world of increasing workloads, stress, and negativity.
Other Authors:	Marsha Linehan (dialectical behavioral therapy), Brian Cuban, Patrick Kennedy, Patty Duke, Carrie Fisher

Website	
Link	Description
nami.org	National Alliance on Mental Illness (NAMI): nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
namiaustin.org	NAMI Austin
nimh.nih.gov	National Institute of Mental Health (NIMH): largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health.
integralcare.org	Austin Travis County Integral Care: community-based behavioral health and developmental disabilities services in Travis County
bbtrails.org	Bluebonnet Trails Community Services: health center providing services to individuals with serious mental illness, chemical dependency, and developmental disorders
treatmentadvocacycenter.org	Treatment Advocacy Center: national nonprofit organization dedicated to making treatment possible for severe mental illness
livesinthebalance.org	Lives in the Balance: non-profit organization founded by child psychologist Dr. Ross Greene, originator of the empirically supported Collaborative & Proactive Solutions (CPS) approach
dramador.com	LEAP Institute (“Listen-Empathize-Agree-Partner”): founded by Dr. Amador to teach the importance of strong relationships in everything from treating illness, to healthy couples, to effective business practices
fredfrese.com	Dr. Frederick J. Frese: after being diagnosed with schizophrenia at 25, he became psychologist, writer, and advocate for individuals with schizophrenia and their families
texasstateofmind.org	Meadows Mental Health Policy Institute: provides high quality, nonpartisan and objective policy research and development to improve mental health services in Texas
dbsalliance.org	Depression and Bipolar Support Alliance (DBSA): leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder
planctx.org	PLAN of Central Texas, Inc. (PLANCTX): nonprofit service agency that assists individuals and families with mental health challenges to address immediate and future needs through the provision of various mental health services
cforr.org	Communities for Recovery: community of individuals supporting life in long-term recovery from substance use and co-occurring mental health issues for those who seek it

Presentations (YouTube)	
Speakers	Xavier Amador, Patrick Kennedy, Demi Lovato, Elyn Saks, Kay Jamison, Fred Frese, E. Fuller Torrey, Pete Earley, Thomas Insel, Brian Cuban, Mary Giliberti, Teri Brister, Dr, Ken Duckworth