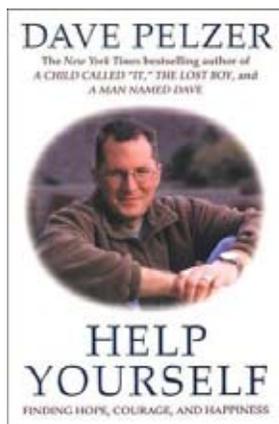
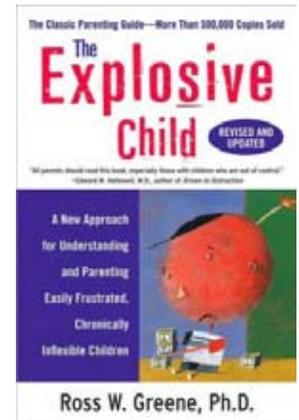


Featured Titles Available at the OCFA Resource Center

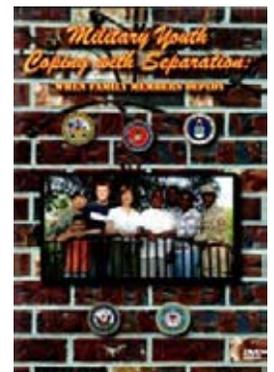
July 2013

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children, by Ross W. Greene, Ph.D. In this book, Dr. Greene describes a practical approach aimed at improving these children's capacities for flexibility, frustration tolerance, communication, problem solving, conflict resolution and self-regulation.



Help Yourself by Dave Pelzer. Abused mercilessly as a child, Dave has taken everything that happened to him and turned it into something positive so that he can help others. He explains how we can move beyond a painful history, harmful negative thoughts, and innumerable setbacks by taking control and being accountable for our lives. .

Military Youth Coping with Separation: When Family Members Deploy, DVD. One of a number of similar DVDs at the Resource Center that helps families deal with deployment separation stress in healthy, positive ways. Written and performed by children and their parents who have experienced deployment, it presents common scenarios that most families face.

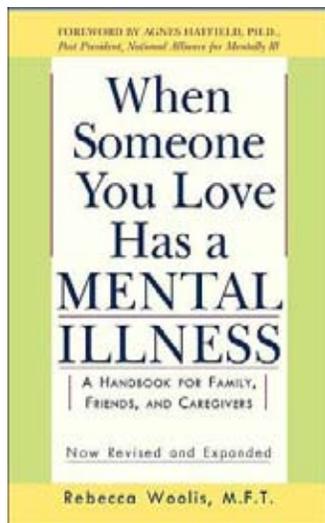
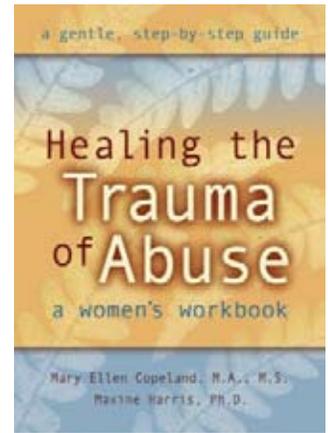


Contact or visit The OCFA Resource Center, NH BBH, Main Building, 2nd Floor South,
105 Pleasant Street, Concord, NH 03301-3852 · mbilson@dhhs.state.nh.us

1-800-852-3345, X5045 or 271-5045

Many Free Materials Are Available

Healing the Trauma of Abuse, by Mary Ellen Copeland Ph.D. and Maxine Harris Ph.D. Women are twice as likely than men to suffer from the effects of a traumatic event sometime during their lives. This book offers proven-effective, step-by-step exercises one can use to work through and minimize the consequences of a traumatic event.



When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers, by Rebecca Woolis, MFT. Ms. Woolis provides a comprehensive guide for people supporting the recovery of people with mental illness that includes a series of quick reference guides for handling a variety of problems that tend to arise in their lives.

The NH Public Mental Health Survey Project—Summary of Findings, March 2013, by the UNH Institute on Disability,



is available in the OCFA Resource Center. Copies of reports for the past five years are also available.