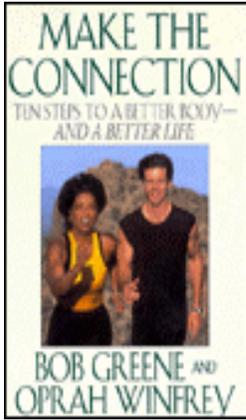


Featured Titles Available at the OCFA Resource Center

May 2013



Make the Connection: Ten Steps to a Better Body and a Better Life, by Bob Greene and Oprah Winfrey. In *Make the Connection*, Oprah Winfrey and Bob Greene show you exactly what to do every day, physically and mentally, to start looking and feeling fantastic. This inspiring guide will be sure to change your life.

BP Magazine Our goal is to provide hope to those suffering from Bipolar Disorder. The magazine continuously features articles on new research and treatment options, advice on how to pursue recovery, and help for those suffering from Bipolar Disorder symptoms.



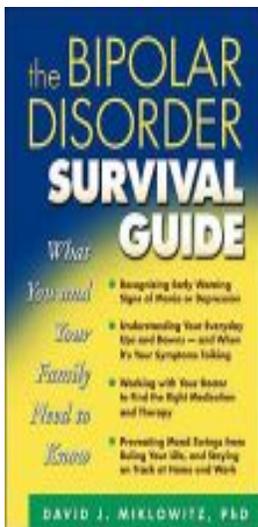
Evidence-Based Practices Kit: Consumer-Operated Services DVD, SAMHSA, US DHHS, provides tools for developing mental health services that are owned and operated by people who have personal experience living with a psychiatric disorder. It also offers guidance grounded in evidence-based practices. The CD-ROM/DVD includes 10 booklets. The toolkit may also be downloaded from SAMHSA’s publications store for free.

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

Writings by Jan E. Foster, by Jan Foster. A collection of poems with deep hidden meaning, as well as more whimsical poems, plus a few narratives of her own experiences, this notebook contains a series of works by Jan that capture the consumer experience in verse and text.



The Bipolar Disorder Survival Guide: What You and Your Family Need to Know, by David Miklowitz, Ph.D. Filled with information and practical advice, this comprehensive guide offers straight talk that can help you answer your questions, take charge of your illness, and reclaim your life.

“You Can’t Make Me” (But I Can Be Persuaded): Strategies for Bringing Out the Best in Your Strong-Willed Child, by Cynthia Tobias. In this book, Ms. Tobias presents a practical way for sharing control with ill-behaved, defiant, strong-willed children without compromising parental authority and without breaking the child’s spirit.

