

NAMI Pensacola "Loan" Library Offerings (1/14/14)

BOOKS:

Basic Handbook on Mental Illness, by Harry Milt, 1965

Fourteen years of experience as public information director for National Association for Mental Health, academic and research training as a psychologist, and wide writing experience interpreting mental health to the public have gone into this book.

A Beautiful Mind, by Sylvia Nasar, 1998 (2 copies)

“HOW COULD YOU, A MATHEMATICIAN, BELIEVE THAT EXTRATERRESTRIALS WERE SENDING YOU MESSAGES?” the visitor from Harvard asked the West Virginian with the movie-star looks and Olympian manner. “Because the ideas I had about supernatural beings came to me the same way my mathematical ideas did,” came the answer. “So I took them seriously.”

Thus begins the true story of John Nash, the mathematical genius who was a legend by age thirty when he slipped into madness, and who—thanks to the selflessness of a beautiful woman and the loyalty of the mathematics community—emerged after decades of ghostlike existence to win a Nobel Prize for triggering the game theory revolution. The inspiration for an Academy Award-winning movie, Sylvia Nasar’s now-classic biography is a drama about the mystery of the human mind, triumph over adversity, and the healing power of love.

Beyond Codependency (and getting better all the time), by Melody Beattie, 1989

You’re learning to let go, to live your life free of the grip of someone else’s problems. And yet you find you’ve just started on the long journey of recovery. Let Melody Beattie, author of the classic *Codependent No More*, help you along your way. A guided tour past the pitfalls of recovery, *Beyond Codependency* is dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you’ve begun to suspect that you have a life to live. It is about what happens next.

In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. With personal stories, hard-won insights, and activities, her book teaches the lessons of dealing with shame,

growing in self-esteem, overcoming deprivation, and getting past fatal attractions long enough to find relationships that work.

The Book of Hope, How Women Can Overcome Depression, by Helen A. DeRosis, M.D. and Victoria Y. Pellegrino, 1976

The Boy Who Couldn't Stop Washing, by Judith L. Rapoport, M.D., 1989

One boy spends six hours a day washing himself—and still can't believe he will ever be clean. Another sufferer must check her stove hundreds of times daily to make sure she has turned it off. And one woman, in an effort to ensure that her eyebrows are symmetrical, finally plucks out every hair

All of these people are suffering from Obsessive-Compulsive Disorder (OCD), an emotionally crippling sickness that afflicts up to six million Americans. Cleaning, counting, washing, avoiding, checking—these are some of the pointless rituals that sufferers are powerless to stop. Now a distinguished psychiatrist and expert on OCD reveals exciting breakthroughs in diagnosis, successful new behaviorist therapies and drug treatments, as well as lists of resources and references. Drawing on the extraordinary experiences of her patients, Dr. Judith Rapoport unravels the mysteries surrounding this irrational disorder . . . and provides prescriptions for action that promise hope and help.

Brain Bondage, The Delay in Mental Illness Recovery, by Angela D. Vickers, JD, 2007

A bipolar lawyer and mother suffered grave injustices due to the stigma associated with her diagnosis. Brain Bondage, the culmination of 10 years of mental health advocacy, targets six professions, explaining how each can end stigma and promote mental wellness and justice.

A Brilliant Madness: Living with Manic Depressive Illness, by Patty Duke and Gloria Hochman, 1992 (2 copies)

In her revealing bestseller Call Me Anna, Patty Duke shared her long-kept secret: the talented, Oscar-winning actress who won our hearts on The Patty Duke Show was suffering from a serious-but-treatable mental illness called manic depression. For nearly twenty years, until she was correctly diagnosed at age thirty-five, she careened between periods of extreme euphoria and debilitating depression, prone to delusions and panic attacks, temper tantrums, spending sprees, and suicide attempts. Now in A Brilliant Madness Patty Duke joins with medical reporter Gloria Hochman to shed light on this powerful,

paradoxical, and destructive illness. From what it's like to live with manic-depressive disorder to the latest findings on its most effective treatments, this compassionate and eloquent book provides profound insight into the challenge of mental illness. And through Patty's story, which ends in a newfound happiness with her cherished family, it offers hope for all those who suffer from mood disorders and for the family, friends, and physicians who love and care for them.

The Broken Brain, The Biological Revolution in Psychiatry, by Nancy C. Andreasen, M.D., Ph.D., 1984

"The Broken Brain" provides a complete and remarkably readable guide to the new scientific understanding of schizophrenia, severe depression, and other major mental disorders and to the new medications that have already returned hundreds of thousands to more normal lives. Dr. Andreasen's book is also a social manifesto that seeks to remove the shame, guilt, and punishment that are still attached to the mentally ill and, instead, to regard them "as human beings who deserve as much sensitivity and love as people who suffer from cancer, muscular dystrophy, or heart disease."

Codependent No More, How to Stop Controlling Others and Start Caring for Yourself, by Melody Beattie, 1987

Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book.

The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life.

With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness.

The Day the Voices Stopped, by Ken Steele and Claire Berman, 2001

For thirty-two years Ken Steele lived with the devastating symptoms of schizophrenia, tortured by inner voices commanding him to kill himself, ravaged by the delusions of paranoia, barely surviving on the ragged edges of society. 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.

Damaged Goods, A Journal, by Claudia B. McClaine, RN, 2008

Jim's first few years were a delight; he was the love of my life. One of my fondest memories was when we had lunch together - he talked, I listened. I memorized his teeth, so clean and perfect, in his beautiful little face. However, there were times when he scared me. When he did not get his own way, he would kick and scream; during those times he would become as strong as a grown man but he was not yet three. I saw something in his eyes that I can only describe as Satanic. He also began to say horrible words. I would often ask the physicians about my anxieties. They would dismiss it as an overprotective mother. We were in Florida, our daughters were suffering, and I had no time for them. I sought release in my Journal. God became my constant companion. We did not know that we were raising a schizophrenic child.

Claudia Blackstone was born and raised in Caribou, Maine and studied for her RN in Bangor, Maine, graduating in 1958. While in Bangor, she met, and eventually married, Dick McClaine, who was at that time a USAF Navigator stationed at Dow AFB in Bangor. Soon after their wedding they moved to California for Dick's next assignment. Their two daughters were born in California. In 1968 Dick was transferred to Hickam AFB in Hawaii, and it was during this assignment that they adopted their son, Jim. They were not perfect parents but the Lord knew that they would "hang in there." God, without a doubt, had a perfect plan for them and for their son. God also kept His promise for their daughters, as stated in Psalms 37:25. Claudia and Dick will celebrate their 50th wedding anniversary in March 2009.

Feeling Good, The New Mood Therapy, by David D. Burns, M.D., 1980

The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression can be cured without drugs. In *Feeling Good*, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life. Now, in this updated edition, Dr. Burns adds an All-New Consumer's Guide To Anti-depressant Drugs as well as a new introduction to help answer your questions about the many options available for treating depression.

Recognize what causes your mood swings. Nip negative feelings in the bud. Deal with guilt. Handle hostility and criticism. Overcome addiction to love and approval. Build self-esteem. Feel good every day.

The Good News about Drugs and Alcohol (Curing, Treating and Preventing Substance Abuse in the New Age of Biopsychiatry), by Mark S. Gold, M.D., 1991

Editorial Review: Psychiatrist Gold (The Good News About Depression) here reviews the origins, nature and ravages of today's drug culture--and then notes signs of its waning. He attributes this improvement to education, an increasingly aware citizenry, law enforcement and government programs (of which he, as a consultant to the Reagan-Bush administrations, is singularly uncritical). He concedes that schools share with the workplace major drug problems, and discusses the controversial issue of testing. On the medical front, he describes with special pride, and with a clarity typical of the entire book, the revolutionary techniques of biopsychiatry--notably in regard to cocaine addiction, with its focus on addiction as a mental illness which "returns psychiatry to its origins as a medical discipline."

Editorial Review: Gold hails biopsychiatry, or the application of the "rigorous standards of science and medicine to the practice of psychiatry," as the new successful method for fighting alcohol and drug abuse in America. If one remembers that there are also other approaches to dealing with these society-wide problems, Gold provides a good overview of many substance abuse issues. In living up to his book's catchy title, Gold discusses successful prevention and education efforts going on in schools, the home, and the workplace, and includes chapters on different treatment options. The bibliography directs the reader to research studies as well as additional general readings. Gold's book is highly readable, and his enthusiasm for the subject will maintain any reader's

interest. Recommended for collections that already include some alcohol and other drug material.

Grieving Mental Illness (A Guide for Patients and Their Caregivers), by Virginia Lafond, 1994 (two copies)

This is a self-help book for anyone who has endured the effects of mental illness, whether as a sufferer, friend, family member, or care-giver. It offers detailed, jargon-free guidelines to help readers come to terms with mental illness in a positive way, while avoiding disabling emotional responses to illness. Sophisticated in approach and comprehensive in its treatment, this book will be useful both to health-care workers and to the general public.

Virginia Lafond's experience as a mental health practitioner has taught her that grieving is always a partner to mental illness. There are very real losses associated with any illness and grieving for them, whether the grief is recognized as such or not, is inevitable. Unacknowledged grief takes its toll, slowing or even stalling recovery. Using grief as a healthy, normal, adaptive process enhances recovery, allowing positive choices to be made. The result can help sufferers come to terms with their illness and prepare them for success in rehabilitation programs.

Lafond offers engaging and empathetic advice on how to move forward from the suffering associated with mental illness. By consciously grieving we can help bring healing and wholeness to our lives, resulting in new ways of coping, reduced stress, and greater self-esteem.

Is There No Place on Earth for Me?, by Susan Sheehan, 1982

Editorial Review: A brilliantly documented chronicle of young woman's long struggle with schizophrenia.

Editorial Review: "Sylvia Frumkin," a highly intelligent young girl, became a schizophrenic in her late teens and spent most of the next seventeen years in and out of mental institutions. Susan Sheehan, a talented reporter, followed "Sylvia" for almost a year talking with and observing her, listening to her monologues, sitting in on consultations with doctors, even for a period sleeping in the bed next to her in a mental hospital. Susan Sheehan has committed an extraordinary act of journalism....She brings relentless intelligent attention to

bear on a particular case, a journalistic practice that almost always results in new and disturbing insights into those mindless generalities and prejudice and certitudes we tend to carry around with us.

Editorial Review: Sheehan is tenacious, observant and unsentimental. The history of a single patient leads us into a maze of understaffed institutions, bureaucratic fumbling, trial-and-error treatment and familial incomprehension. Though Sheehan keeps herself invisible, her sympathy is palpable.

A Ladder Out of Depression (God's Healing Grace for the Emotionally Overwhelmed), by Bonnie Keen, 1973

Singer, songwriter, and author Bonnie Keen addresses clinical depression from a rare perspective...a personal, "been there," Christian viewpoint. Now her story of healing becomes a ladder out of the darkness for other Christians who face despair. Bonnie unveils misconceptions about depression and reveals the hope of faith as she shares the keys to first identify and tackle depression; the spiritual, physical, and emotional climb up the ladder; how churches can minister to those in emotional need; why prayer is a powerful light; how to find balance and joy once again. This source of encouragement and strength will give those who have struggled in the shadows of depression a path of light and hope.

A Manual for ACT Start-up: (Based on the PACT Model of Community Treatment for Persons with Severe and Persistent Mental Illnesses), by Deborah J. Allness, M.S.S.W. and William H. Knoedler, M.D., 2003 Edition

A manual outlining NAMI's Assertive Community Treatment (ACT) model in behavioral health managed care for persons with severe and persistent mental illnesses. Based on the PACT Model.

The Me Nobody Knows (A Guide for Teen Survivors), by Barbara Bean and Shari Bennett, 1993

The first book for sexually abused teens to turn to. When teenagers are victims of sexual abuse, the "normal" problems of adolescence are exacerbated. The authors validate the conflicting emotions aroused by sexual abuse and offer these adolescents simple, concrete advice about reporting the abuse and how to seek counseling. This unique book is for teenagers in therapy that have been victims of sexual abuse, as well as for their therapists. Through written,

visual, and relaxation exercises, the book shows survivors how to begin to cope.

Editorial Review: The workbook format makes *The Me Nobody Knows* an excellent resource for clinicians to use with adolescents who need to work on traumatic sequelae of sexual abuse. Highly recommended.

Out of the Black Hole (The Patient's Guide to Vagus Nerve Stimulation and Depression), by Charles E. Donovan, III, 2006

Vagus nerve stimulation is the only FDA approved long term treatment option for chronic or recurrent depression. After twenty years of chronic depression, countless antidepressants, electroconvulsive therapy, the author was included as a study subject in the investigational trial of vagus nerve stimulation as a treatment for chronic depression. The treatment completely changed his life and inspired him to write *Out of the Black Hole* to help other patients who suffer from the grips of this agonizing disease. This all inclusive book prepares you to make an informed decision about the procedure by providing an easy-to-understand explanation about the ninety-minute outpatient procedure, the side effects and benefits, insurance codes and the reimbursement process. Vagus nerve stimulation is not related to ECT or brain surgery and is more effective than traditional antidepressants drugs. Neurostimulation is the next frontier in the treatment of depression. If you or a loved one suffer from chronic or recurrent depression, this book will guide you through this remarkable, life-saving, life-altering procedure.

The Pill Book (The Illustrated Guide to the Most-Prescribed Drugs in the United States), 5th Edition, Bantam Books, 1979

The Road Less Traveled (A New Psychology of Love, Traditional Values and Spiritual Growth), by M. Scott Peck, M.D., 1978 (two copies)

Perhaps no book in this generation has had a more profound impact on our intellectual and spiritual lives than *The Road Less Traveled*. With sales of more than seven million copies in the United States and Canada, and translations into more than twenty-three languages, it has made publishing history, with more than ten years on the New York Times bestseller list.

Written in a voice that is timeless in its message of understanding, *The Road Less Traveled* continues to help us explore the very nature of loving relationships and leads us toward a new serenity and fullness of life. It helps us learn how to distinguish dependency from love; how to become a more sensitive parent; and ultimately how to become one's own true self.

Recognizing that, as in the famous opening line of his book, "Life is difficult" and that the journey to spiritual growth is a long one, Dr. Peck never bullies his readers, but rather guides them gently through the hard and often painful process of change toward a higher level of self-understanding.

When Someone You Love Has a Mental Illness (A Handbook for Family, Friends and Caregivers), by Rebecca Woolis, M.F.C.C., 1992

An essential resource--featuring 50 proven Quick Reference guides--for the millions of parents, siblings, and friends of people with mental illness, as well as professionals in the field.

Reader review: This is not one of the many books on "understanding" a serious mental illness. This book is a step-by-step guide to more successful interpersonal relationships between family and patients. No doctor or therapist will ever give you these essential tools, because therapists needn't live a life with your loved one - and may not even know what that life entails in a real and daily way. My daughter is a bipolar patient, diagnosed in 1981. Using this book, I have for the first time negotiated a crisis while knowing what to do and maintaining communication with her throughout the crisis. It is the book I always knew I needed. There is much more to serious mental illness than symptoms and medicine. This is the only book I have found that addresses the "more."

MAGAZINES:

Numerous magazines and pamphlets, including issues of NAMI Advocate, NAMI Florida Sun, NAMI Beginnings, DBSA Outreach, BP Magazine, and others.

DVDs (large jackets):

Canvas, a film by Joseph Greco, starring Joe Pantoliano and Marcia Gay Harden, 2007, 100 minutes.

A woman's schizophrenia affects her relationships with her husband and son.

Depression: Out of the Shadows, PBS Home Video, 2008, 90 minutes.

Editorial Review: Many Americans are keeping an important, possibly deadly secret: depression. Approximately 15 million American adults live with this devastating disease which affects all age, race, gender, and socioeconomic groups. Through the voices and stories of people living with depression and

interviews with scientists, *Depression: Out of the Shadows* provides a portrait of the disease never before seen on American television.

Inside Outside: Building a Meaningful Life After the Hospital, U.S. Department of Health and Human Resources, 2004, 49 minutes, plus 19 minutes.

Kings Park, Stories from an American Mental Institution, a film by Lucy Winer and Karen Eaton, 108 minutes.

A documentary that offers an inside look at public mental health care in America by focusing on the story of this now abandoned institution.

The New Asylums, Frontline, PBS Video, 60 minutes.

There are nearly half a million mentally ill people serving time in America's prisons and jails. As sheriffs and prison wardens become the unexpected and ill-equipped gatekeepers of this burgeoning population, they raise a troubling new concern: are jails and prisons America's new asylums? FRONTLINE goes inside Ohio's prison system to present a searing exploration of the complex and growing topic of mental health behind bars.

Out of the Shadow, a Film by Susan Smiley, 67 minutes.

The documentary film opens with the filmmaker, Susan Smiley, in search of her mother, Millie, who suffers from paranoid schizophrenia and who, once again, has disappeared into the woefully inadequate public health care system of middle America. Through old photographs and home movies, interviews with family members and health care professionals, and voice-over and direct narration by Smiley herself, the film chronicles the descent of a young, beautiful woman in her twenties into severe and chronic mental illness.

When Millie's marriage to their father fails, Susan and her younger sister, Tina, are essentially abandoned to endure severe physical and emotional abuse by their mother. As the years unfold, Millie eventually loses her home and embarks on a journey of evictions, arrests, hospitalizations, and homelessness. At what seems to be Millie's lowest point, warehoused in a nursing home where she is angrily refusing to take any medication, her daughters intervene, petition for guardianship, and navigate the system on behalf of their mother.

The Pain of Depression (A Journey through the Darkness), by Freedom From Fear, 57 minutes.

Tells the compelling stories of individuals who suffered from clinical depression, a medical illness, which affects more than 20 million Americans each year. Depression affects people of all backgrounds and walks of life, including many famous people throughout history. This film, broadcast on PBS stations nationally, profiles everyday people who experienced depression and

tells their stories through their own words. The documentary also explores the different ways depression can manifest itself, including both emotionally and physically. Individuals may not receive appropriate treatment because the physical impact of depression can mask the illness. The film also examines how family, friends, and communities are impacted by the depression of their loved ones. Throughout *The Pain of Depression: A Journey Through the Darkness*, nationally recognized experts discuss the cutting edge research and theories of depression, its neurophysiology, broad range of symptoms, possible treatments, and the role of family and friends in an individual's recovery. It is our hope that these stories encourage anyone suffering from depression to get help.

The Released, Frontline, PBS Home Video, 2009, 60 minutes.

In the United States, more than 700,000 people will leave prison this year, more than half of them mentally ill. Typically, these offenders leave prison with a bus ticket, \$75 in cash and two weeks' worth of medication. Studies show that within 18 months, nearly two-thirds of mentally ill offenders -- often poor and cut off from friends and family -- are re-arrested. FRONTLINE's documentary *The Released* follows the paths of six mentally ill inmates after they served time in Ohio's prison system.

Sharing Miracles with Billy Tauzin, No Kidding, Me Too, 29 minutes.

Joey Pantoliano and depression.

When Medicine Got it Wrong, a Film by Katie Cadigan and Laura Murray, Documentary Educational Resources, 2009, 53 minutes.

In 1974 a small group of parents became the first in the nation to publicly refuse blame for causing their children to have schizophrenia. They formed Parents of Adult Schizophrenics and their activism led to parents around the nation demanding changes in how the disease is understood and treated.

Parents of adult schizophrenics waged their battles in an era when mental hospitals were shutting down and the most severely ill patients were turned over to the promise of community care. Yet that community care rarely materialized.

When Medicine Got it Wrong shows how these families launched one of the fastest growing grassroots movements the nation had seen to date, ushering in an era of dramatic advances in understanding, treatment and brain research.

Medicine now knows that recovery is possible, and happens for the vast majority who receive treatment. Most communities, however, still wrestle with mental healthcare policies based on debunked theories from the 1960s and '70s

- pushing many with severe mental illness directly into homelessness or incarceration.

CDs or DVDs (small jackets):

Anxiety and Panic Disorder, 10 minutes

BMS Family to Family Community Outreach Project

Dark Glasses and Kaleidoscopes, Living with Manic Depression, Depression and Bipolar Support Alliance, 33 minutes

Evidence-Based Practices KIT, Assertive Community Treatment

Evidence-Based Practices KIT, Consumer-Operated Services

Evidence-Based Practices KIT, Integrated Treatment for Co-Occurring Disorders

The Faces of Hope and Courage, NAMI Florida

Fighting Depression, National Institute of Mental Health

Finding Balance: Living with Bipolar Disorder, Depression and Bipolar Support Alliance

Fear Comes in Many Forms, Luckily, So Does Help, Freedom From Fear Survival Kit (two copies)

In Our Own Voice, 10 minutes (two copies)

Living with Schizophrenia: A Call for Hope and Recovery

Minds on the Edge: Facing Mental Illness, a multi-platform media project that explores severe mental illness in America. The centerpiece of the project is a television program that premiered on PBS stations in October 2009. This video component is part of a national initiative that includes an extensive web site and an ambitious strategy to engage citizens, professionals in many fields, and policy makers at all levels of government. The goal is to advance consensus about how to improve the kinds of support and treatment available for people with mental illness.

NAMI topics: 1. NAMI Science and Treatment; 2. NAMI Family to Family; 3. Hope and Remembrance Ritual and Recovery; 4. BMS Family to Family

National Suicide Prevention Lifeline Community Outreach Toolkit

NMHA Policy Conference 2003, Defining the Future of Mental Health Policy: The Strategic Imperative for Advocates

Of Two Minds, TV movie, 2 hours (two copies)

Follows the story of the challenging relationship between Billie and her younger schizophrenic sister, Elizabeth Baby. After their mother dies, Billie takes responsibility by moving Baby in with her family, including her husband, their teenage son and young daughter. At first, Baby and the family work to adjust to their new living arrangement. However, after a disturbing incident involving her son and Baby, it becomes clear to Billie that she and her family are not equipped to handle Baby's illness, ultimately forcing her to make the difficult decision to do what's best for her sister and her family.

Opening Doors to Health Education Questions

Oprah TV program on _____

Oprah TV program on young child with schizophrenia

State Profiles of Mental Health and Substance Abuse Services in Medicaid

Team Solutions: Understanding your Illness

A Time to Build: The 2nd Annual Health Assistance Partnership National Conference, Washington, D.C.

VHS Tapes:

BMS Family to Family Video, Community Outreach Project

Chronic Depression Series, Volume 4, pharmacologic treatments, positive outcomes of treatment

Dark Glasses and Kaleidoscopes, Living with Manic Depression, Depression and Bipolar Support Alliance, 33 minutes

Hope and Remembrance - Ritual and Recovery, 30 minutes

In Our Own Voice, 10 minutes

In Search of Stabilization in Bipolar Disorder

Letting Go of Stress, A Guide to Achieving Deep Relaxation

NAMI Family to Family Tribute

NAMI Science and Treatment

Overcome your Anxiety and Fear

Putting the Pieces in Place: Solving the Bipolar Puzzle

Virtual Hallucinations, (CD), A Teaching Tool to Enhance Your Understanding of Schizophrenia, 17 minutes (two copies)

Gives auditory experience of what it's like firsthand to hear voices.

What Role Do the New Antidepressants Play in Treating Anxiety Disorders

Audio Cassettes:

Understanding Diabetes in the Mentally Ill, by Paul E. Keck, Jr., MMD and John B. Buse, MD, PhD, CDE, FACE, 2 audio cassette self-study program.
