



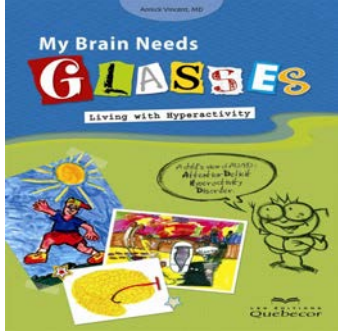
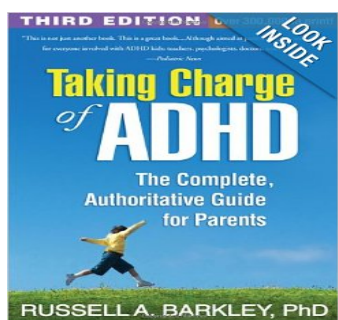
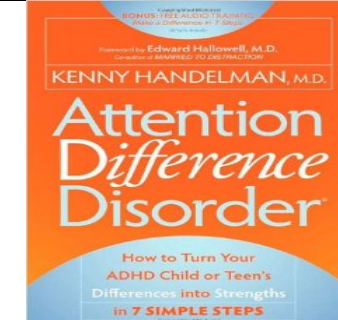
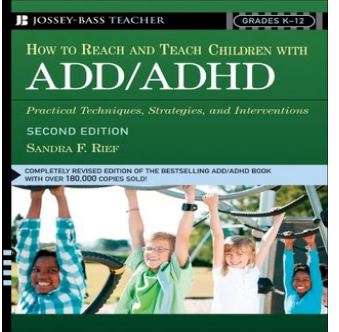
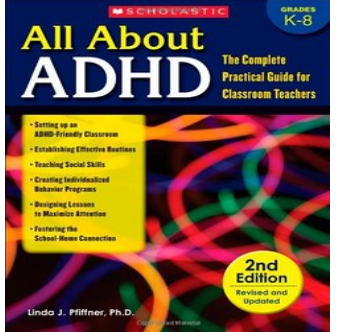
Programme de recherche interdisciplinaire
sur la santé mentale des enfants



Trousse d'information pour les parents

Parent Information Package

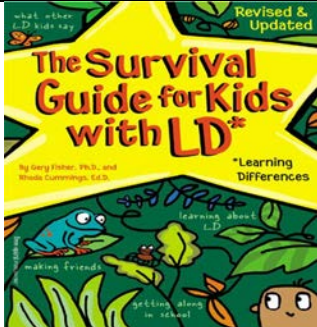
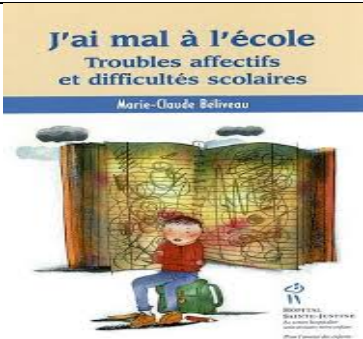
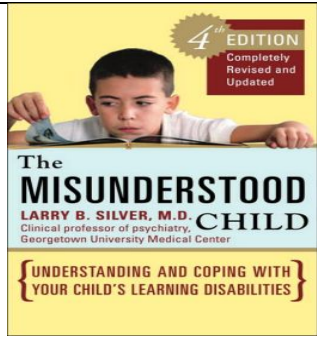
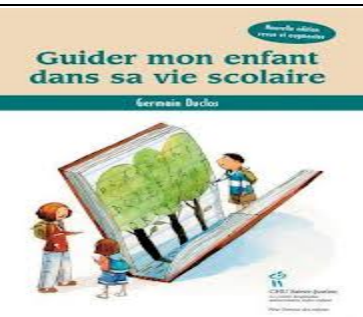
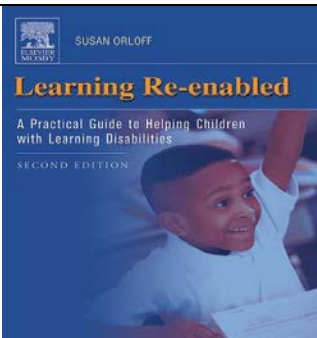
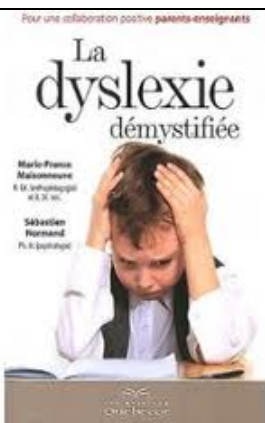
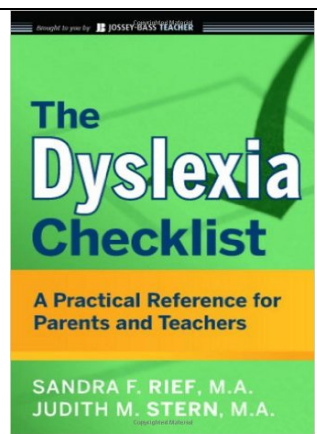
TDAH / ADHD

POUR LES ENFANTS		FOR CHILDREN	
	MON CERVEAU A BESOIN DE LUNETTES : VIVRE AVEC L'HYPERACTIVITÉ Vincent, A. (2010) Montréal : Éditions Quebecor (\$)		MY BRAINS NEEDS GLASSES, LIVING WITH HYPERACTIVITY Vincent, Annick (2013) Montréal, Québec: Quebecor Edition (\$)
POUR LES PARENTS		FOR PARENTS	
	LE TROUBLE DU DÉFICIT DE L'ATTENTION/HYPERACTIVITÉ Kutscher, M.L. (2009) Montréal : Chenelière Éducation (\$\$)		TAKING CHARGE OF ADHD: THE COMPLETE, AUTHORITATIVE GUIDE FOR PARENTS, 3RD ED Barkley, R.A. (2013) New York : Guilford Press (\$)
	MIEUX-VIVRE AVEC LE TDAH À LA MAISON Massé, L., Verreault, M. & Verret, M. (2011) Montréal : Chenelière Éducation. (\$\$\$)		ATTENTION DIFFERENCE DISORDER: HOW TO TURN YOUR ADHD CHILD OR TEEN'S Handelman, K. (2011) New York : Morgan James Publishing (\$)
FOR TEACHERS			
	HOW TO REACH AND TEACH CHILDREN WITH ADHD/ADHD: PRACTICAL TECHNIQUES, STRATEGIES, AND INTERVENTIONS (2ND ED) Rief, S.F. (2005) New York: Jossey Bass (\$\$)		ALL ABOUT ADHD: THE COMPLETE PRACTICAL GUIDE FOR CLASSROOM TEACHERS Pfiffner, L. (2011) New York: Scholastics (\$\$)

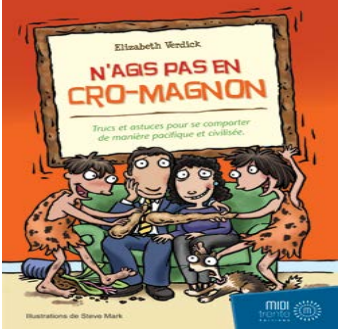
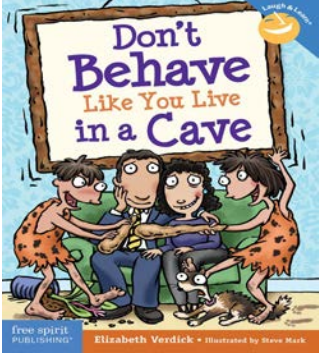
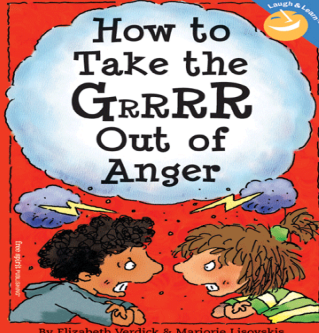
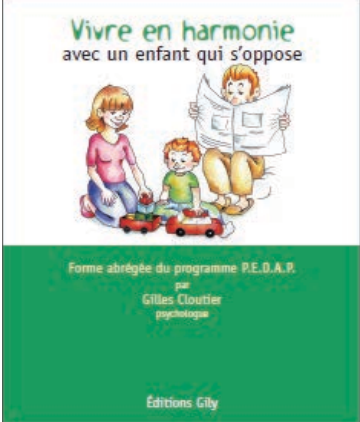
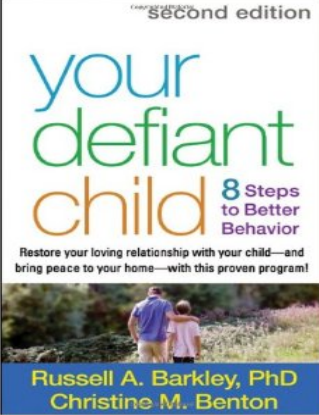
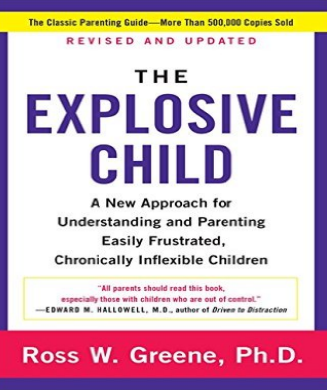
LÉGENDE

\$ = moins de 25\$; \$\$ = entre 25-50\$; \$\$\$ = plus de 50\$
 \$ = less than 25\$; \$\$ = between 25-50\$; \$\$\$ = more than 50\$

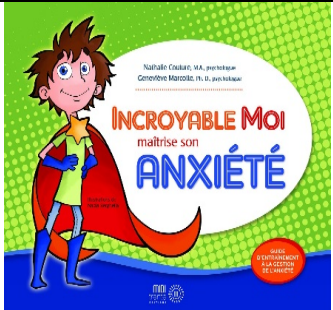
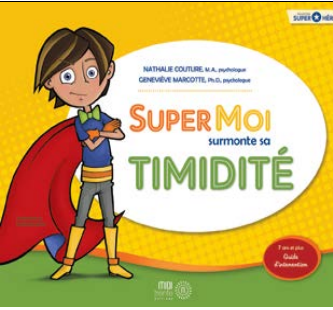
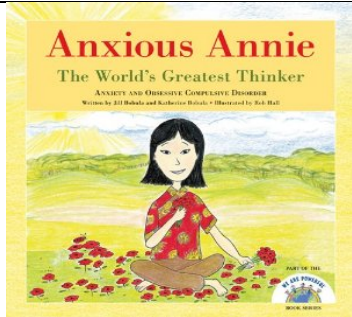
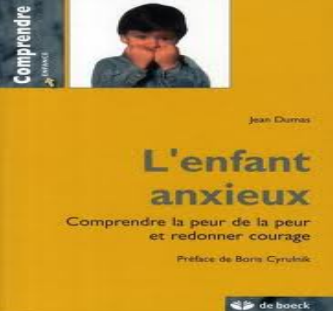
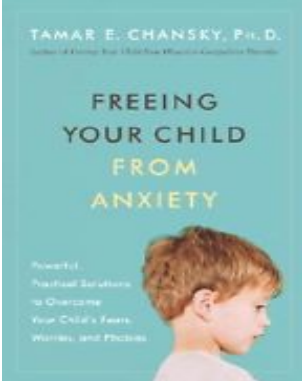
PROBLÈMES D'APPRENTISSAGE / LEARNING PROBLEMS

POUR LES ENFANTS	FOR CHILDREN
 LE GUIDE DE SURVIE DES JEUNES AYANT DES TROUBLES D'APPRENTISSAGE : PRIMAIRE/SECONDAIRE Fisher, G. L et Woods, R. (2002) Montréal : Guérin. (\$\$\$)	 THE SURVIVAL GUIDE FOR KIDS WITH LD Fisher, G.(2003) Minneapolis, MN: Free Spirit Publishing (\$)
POUR LES PARENTS ET ENSEIGNANTS	FOR PARENTS AND TEACHERS
 J'AI MAL À L'ÉCOLE. TROUBLES AFFECTIFS ET DIFFICULTÉS SCOLAIRES Béliveau, M.-C. (2002) Montréal : CHU Sainte-Justine. (\$)	 THE MISUNDERSTOOD CHILD: UNDERSTANDING AND COPING WITH YOUR CHILD'S LEARNING DISABILITIES Silver, Larry B. (2006) New York, NY: Three Rivers Press (\$)
 GUIDER MON ENFANT DANS SA VIE SCOLAIRE Duclos, G. (2006) Montréal : CHU Sainte-Justine. (\$)	 LEARNING RE-ENABLED: A PRATICAL GUIDE TO HELPING CHILDREN WITH LEARNING DISABILITIES. 2ND ED Schriber Orloff, Susan N. (2004) St. Louis, MO: Elsevier (\$\$\$)
 LA DYSLEXIE DÉMYSTIFIÉE : POUR UNE COLLABORATION POSITIVE PARENTS-ENSEIGNANTS Maisonneuve, M-F., & Normand, S. (2011) Montréal : Les Éditions Quebecor. (\$\$)	 THE DYSLEXIA CHECKLIST : A PRACTICAL REFERENCE FOR PARENTS AND TEACHERS Rief, Sandra F., Stern, Judith. M. (2010) New York : Jossey-Bass (\$)

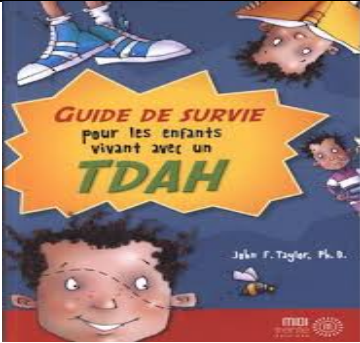
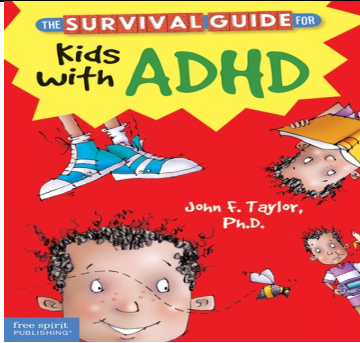
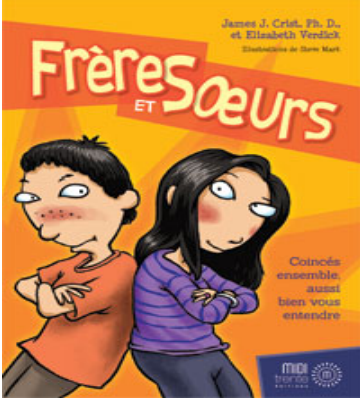
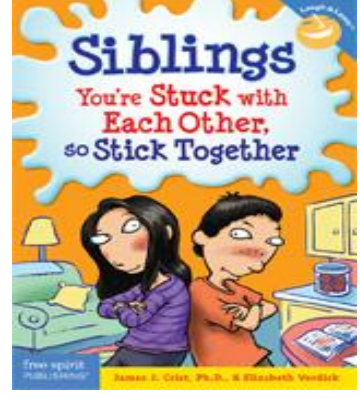
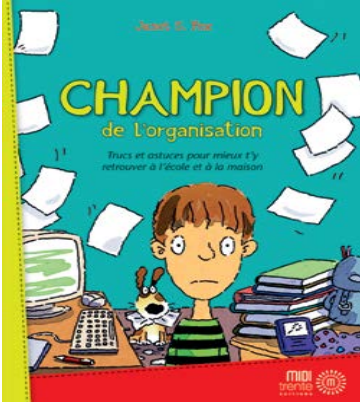
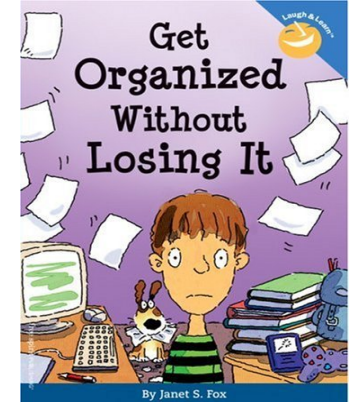
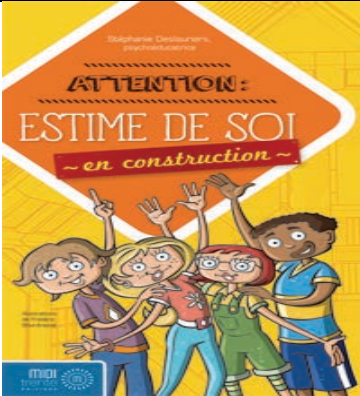
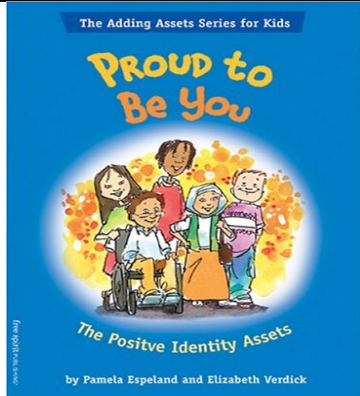
PROBLÈMES DE COMPORTEMENT / BEHAVIOUR PROBLEMS

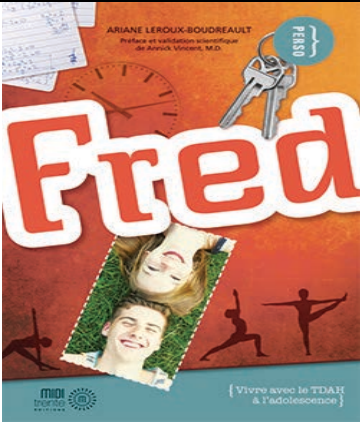
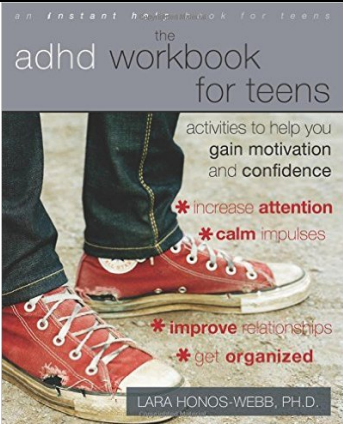
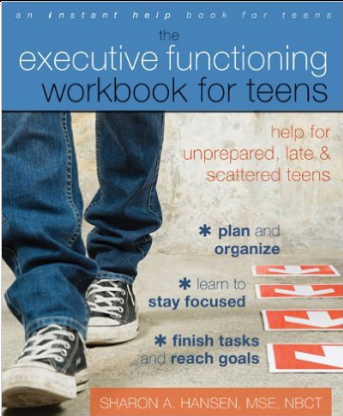
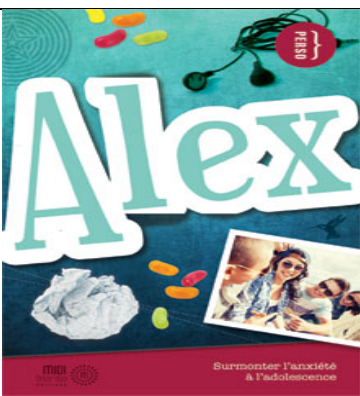
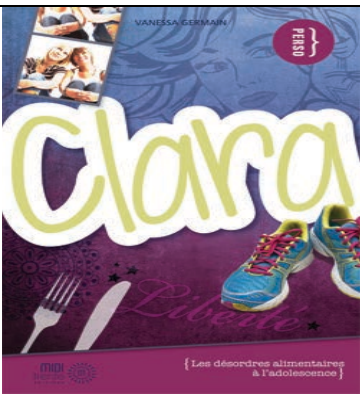
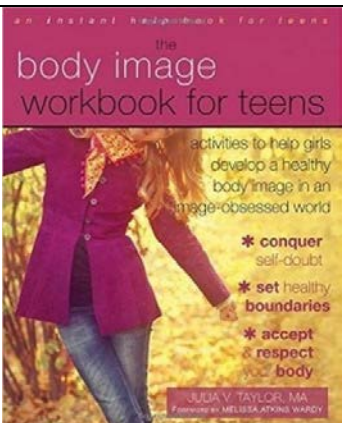
POUR LES ENFANTS	FOR CHILDREN
 N'AGIS PAS EN CRO-MAGNON : TRUCS ET ASTUCES POUR CULTIVER DES COMPORTEMENTS GAGNANTS Verdick, Elizabeth (2003) Montréal : Éditions Midi Trente. (\$)	 DON'T BEHAVE LIKE YOU LIVE IN A CAVE Verdick, Elizabeth (2010) Minneapolis, MN: Free Spirit Publishing (\$)
 GRRR!!! COMMENT SURMONTER TA COLÈRE Verdick, Elizabeth & Lisovskis, Marjorie (2011) Montréal : Éditions Midi Trente. (\$)	 HOW TO TAKE THE GRRRR OUT OF ANGER Verdick, Elizabeth & Lisovskis, Marjorie (2003) Minneapolis, MN: Free Spirit Publishing (\$)
POUR LES PARENTS	FOR PARENTS
 VIVRE EN HARMONIE AVEC UN ENFANT QUI S'OPPOSE : FORME ABRÉGÉE DU PROGRAMME PEDAP DE RUSSELL BARKLEY Cloutier, G. (2009) Montréal: Éditions Gily Disponible : www.gillescloutier.ca 514-388-0209 (\$\$)	 YOUR DEFIANT CHILD, SECOND EDITION : 8 STEPS TO BETTER BEHAVIOR Barkley, Russell A. & Benton, Christine M. (2013) New York : Guilford Press (\$)
 LES ENFANTS VOLCANS : COMPRENDRE ET PRÉVENIR LES COMPORTEMENTS DIFFICILES Leroux-Boudreault, A. (2013) Montréal : Éditions Midi Trente. (\$)	 THE EXPLOSIVE CHILD : A NEW APPROACH FOR UNDERSTANDING AND PARENTING EASILY FRUSTRATED, CHRONICALLY INFLEXIBLE CHILDREN Greene, Ross A. (2014) New York : HarperCollins Publishers (\$)

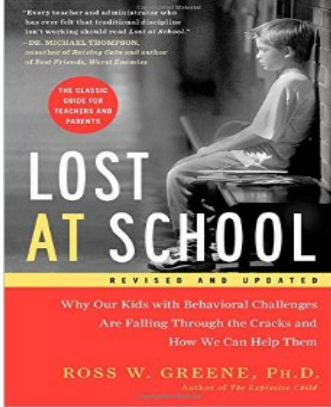
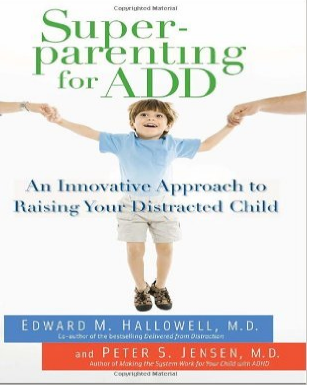
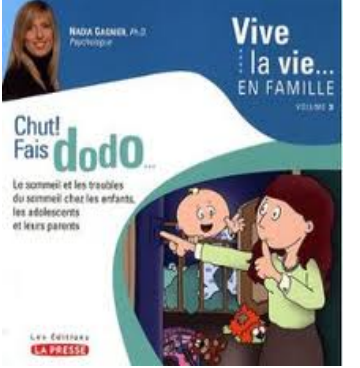
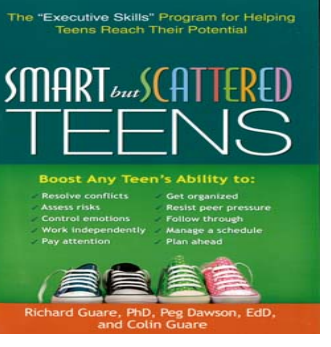
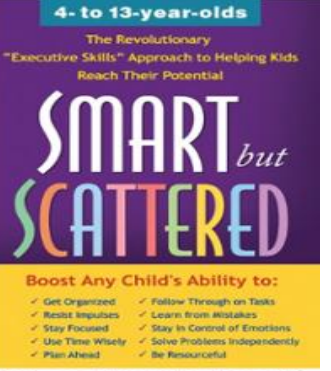
ANXIÉTÉ / ANXIETY

POUR LES ENFANTS	FOR CHILDREN
 INCROYABLE MOI maîtrise son ANXIÉTÉ Nathalie Couture, M.A., psychologue Geneviève Marcotte, Ph.D., psychologue Couture, N. et Marcotte, G. (2011) Montréal : Éditions Midi Trente. (\$)	 Wilma Jean <i>the</i> Worry Machine written by JULIA COOK Illustrated by ANITA DUFALLA WILMA JEAN THE WORRY MACHINE Cook, Julia (2012) Chattanooga, TN: National Center for Youth Issues (\$)
 SUPER MOI surmonte sa TIMIDITÉ Nathalie Couture, M.A., psychologue Geneviève Marcotte, Ph.D., psychologue Couture, N. et Marcotte, G. (2015) Montréal : Éditions Midi Trente. (\$)	 Anxious Annie The World's Greatest Thinker ANXIETY AND OBSESSIVE COMPULSIVE DISORDER Written by Jill Bobula and Katherine Bobula / Illustrated by Jill Bobula ANXIOUS ANNIE, THE WORLD'S GREATEST THINKER, ANXIETY AND OBSESSIVE COMPULSIVE DISORDER Bobula, Jill & Bobula, Katherine (2009) Ottawa, ON: Wildberry Productions (\$)
POUR LES PARENTS	FOR PARENTS
 L'enfant anxieux Comprendre la peur de la peur et redonner courage Jean Dumas Préface de Boris Cyrulnik Dumas, J. (2005). Paris: De Boeck. (\$\$\$)	 KEYS TO PARENTING YOUR ANXIOUS CHILD SECOND EDITION KATHARINA MANASSIS, M.D., FRACP, FRCPC An expert on child behavior skills parents have to recognize symptoms that affect their child's happiness and well-being. Equally important, she explains how parents can help their child overcome these problems. Now in this edition is advice on helping teenagers cope with anxiety that frequently occurs during adolescence, updated infor- mation on medications, and more suggestions on working effectively with schools. KEYS TO PARENTING YOUR ANXIOUS CHILD Manassis, Katharina (2008) New York, NY: Barron's Educational Series (\$)
 Attention, enfant sous tension! Le stress chez l'enfant Germain Duclos Duclos, G. (2011). Montréal : CHU Sainte- Justine. (\$)	 FREEING YOUR CHILD FROM ANXIETY TAMAR E. CHANSKY, Ph.D. Author of <i>Freeing Your Child from Obsessive-Compulsive Disorder</i> Powerful Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias FREEING YOUR CHILD FROM ANXIETY Chansky, Tamar E. (2004) New York, NY: Broadway Books (\$\$)

AUTRES LIVRES UTILES / OTHER USEFUL BOOKS

POUR LES ENFANTS	FOR CHILDREN
 GUIDE DE SURVIE POUR LES ENFANTS VIVANT AVEC UN TDAH Taylor, J.F. (2012). Montréal : Éditions Midi Trente. (\$)	 THE SURVIVAL GUIDE FOR Kids With ADHD Taylor, John F. (2006) Minneapolis, MN: Free Spirit Publishing (\$)
 Frères et Sœurs : Coincés ensemble, aussi bien vous entendre Crist, James J. & Verdick, Elizabeth (2015) Minneapolis, MN: Free Spirit Publishing (\$)	 Siblings: You're Stuck with Each Other, so Stick Together (LAUGH & LEARN) Crist, James J. & Verdick, Elizabeth (2010) Minneapolis, MN: Free Spirit Publishing (\$)
 CHAMPION de l'organisation : Trucs et astuces pour mieux t'y retrouver à l'école et à la maison Janet, S. Fox (2013) Montréal : Éditions Midi Trente. (\$)	 Get Organized Without Losing It (LAUGH & LEARN) Fox, Janet S. (2006) Minneapolis, MN: Free Spirit Publishing (\$)
 ATTENTION: ESTIME DE SOI - en construction - Deslauriers, S. (2013) Québec : Éditions Midi Trente. (\$)	 PROUD to Be You: THE POSITIVE IDENTITY ASSETS (THE ADDING ASSETS SERIES FOR KIDS) Espeland, Pamela & Verdick, Elizabeth (2006) Minneapolis, MN: Free Spirit Publishing (\$)

POUR LES ADOLESCENTS	FOR TEENAGERS
 FRED : VIVRE AVEC LE TDAH À L'ADOLESCENCE Leroux-Boudreault, A. (2015) Montréal : Éditions Midi-Trente. (\$)	 THE ADHD WORKBOOK FOR TEENS: ACTIVITIES TO HELP YOU GAIN MOTIVATION AND CONFIDENCE Honos-Webb, Lara (2010) Oakland, CA : Instant Help Books (\$)
 FINI LA PROCRUSTINATION : JE PASSE À L'ACTION! Genovese, J. & Genovese, S. (2014) Montréal : Éditions Midi-Trente. (\$)	 THE EXECUTIVE FUNCTIONING WORKBOOK FOR TEENS : HELP FOR UNPREPARED, LATE & CATTERED TEENS Hansen, Sharon A. (2013) Oakland, CA : Instant Help Books (\$)
 ALEX : SURMONTER L'ANXIÉTÉ À L'ADOLESCENCE Parent, N. (2015) Montréal : Éditions Midi-Trente. Disponible en version numérique : http://vitrine.entrepotnumerique.com (\$)	 THE ANXIETY WORKBOOK FOR TEENS : ACTIVITIES TO HELP YOU DEAL WITH ANXIETY & WORRY Schab, Lisa M. (2008) Oakland, CA : Instant Help Books (\$)
 CLARA : LES DÉSORDRES ALIMENTAIRES À L'ADOLESCENCE Germain, V. (2015) Québec : Éditions Midi-Trente. (\$)	 THE BODY IMAGE WORKBOOK FOR TEENS : ACTIVITES TO HELP GIRLS DEVELOP A HEALTHY BODY IMAGE IN AN IMAGED-OBSESSED WORLD Taylor, Julia V. (2014) Oakland, CA : Instant Help Books (\$)

POUR LES PARENTS	FOR PARENTS
 COMMENT SURVIVRE AUX DEVOIRS Santha, J. C. (2015) Montréal : Éditions Midi Trente. (\$)	 LOST AT SCHOOL: WHY OUR KIDS WITH BEHAVIORAL CHALLENGES ARE FALLING THROUGH THE CRACKS AND HOW WE CAN HELP THEM Greene, Ross W. (2014) New York, NY: Second Scribner (\$)
 MES PARENTS SE SÉPARENT... ET MOI, ALORS? LA SÉPARATION DES PARENTS ET LES FAMILLES RECOMPOSÉES Gagnier, N. (2010). Montréal : Éditions La Presse. (\$)	 SUPERPARENTING FOR ADD: AN INNOVATIVE APPROACH TO RAISING YOUR DISTRACTED CHILD Jensen, P.S. & Hallowell, E.M. (2010) New York : Ballantine Books (\$)
 CHUT! FAIS DODO... LES PROBLÈMES DE SOMMEIL CHEZ LES ENFANTS, LES ADOLESCENTS ET LEURS PARENTS Gagnier, N. (2012). Montréal : Éditions La Presse. (\$)	 SMART BUT SCATTERED TEENS Richard Guare, Peg Dawson & Colin Guare New York : Guilford Press (\$)
 À L'AIDE! IL Y A DE L'INTIMIDATION À MON ÉCOLE Gagnier, N. (2012). Montréal : Éditions La Presse. (\$)	 SMART BUT SCATTERED Peg Dawson, EdD, and Richard Guare, PhD New York : Guilford Press (\$)

SITES WEB / WEBSITES

SITES WEB	WEBSITES
<u>RESSOURCES POUR LA SANTÉ MENTALE- RÉGION D'OTTAWA/GATINEAU</u> Programme de recherche interdisciplinaire sur la santé mentale des enfants http://prisme.uqo.ca Centre psychosocial Équipe multidisciplinaire qui suit et traite les enfants (0 à 18 ans) ayant des besoins particuliers en santé mentale au sein de leur famille, de l'école et dans leurs activités parascolaires. 150 chemin Montréal, bureau 300, Ottawa Tél : 613-789-2240 poste 0 Ligne de crise (sans frais) : 1-877-377-7775 cps@centreprsychosocial.ca CSSS de Gatineau http://www.csssgatineau.qc.ca/ Centre hospitalier Pierre-Janet http://www.csssgatineau.qc.ca/nos_services/hopital_pierre_janet/ Centre hospitalier pour enfants de l'est de l'Ontario http://www.cheo.on.ca/fr/contacteznous Valoris (Clarence-Rockland) - Centre multi-services de soutien d'intégration dans la communauté pour individus et familles 860, rue Caron, Rockland (Ontario) K4K 1H1 Tél : 1-800-675-6168 http://valorispr.ca/fr/ Tel-Aide Outaouais - La ligne parents Intervention et soutien téléphonique pour les parents d'enfants âgés de 0 à 18 mois · 24h par jour / 7 jours par semaine · 1-800-361-5085 http://www.tel-aide-outaouais.org/ <u>TROUBLE DU DÉFICIT DE L'ATTENTION/HYPERACTIVITÉ</u> Site web de Dre Annick Vincent- Ressources sur le TDAH http://www.attentiondeficit-info.com TDAH, mon amour – Télé Québec http://tdahmonamour.telequebec.tv Canadian Attention Deficit Hyperactivity Disorder Resources Alliance http://caddra.ca/fr/ Regroupement des associations de parents PANDA du Québec Parents ayant un enfant atteint d'un déficit d'attention avec ou sans hyperactivité http://www.associationpanda.qc.ca/	<u>MENTAL HEALTH RESOURCES IN THE OTTAWA/GATINEAU AREA</u> Interdisciplinary Research Program on Children's Mental Health http://irpcmh.uqo.ca Crossroads Children's Centre Multidisciplinary center with specialized expertise in delivering treatment and related services for children with severe emotional, behavioural and social difficulties and their family. 1755 Courtwood Crescent, Ottawa Phone : 613-723-1623 http://www.crossroadschildren.ca Gatineau CSSS http://www.csssgatineau.qc.ca/en/home/ Children's Hospital of Eastern Ontario http://www.cheo.on.ca/ Valoris (Clarence-Rockland) - A welcoming community where every vulnerable person thrives and benefits from the good things in life. 860 Caron Street, Rockland, Ontario K4K 1H1 Phone: 1-800-675-6168 http://valorispr.ca/en/ <u>ATTENTION-DEFICIT/HYPERACTIVITY DISORDER</u> Dr. Vincent's ADHD website http://www.attentiondeficit-info.com/adhd/ Canadian ADHD Resources Alliance http://caddra.ca/ National Resources Center on ADHD http://www.help4adhd.org CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) (USA) http://www.chadd.org/ Teach ADHD http://research.aboutkidshealth.ca/teachadhd/ <u>LEARNING DISABILITIES</u> Learning Disabilities Association of Quebec 740, rue St-Maurice, Bureau 502 Montréal, QC H3C 1L5 Phone: 513-847-1324

TROUBLES D'APPRENTISSAGE

Institut des troubles d'apprentissage

<http://www.institutta.com/>

Clinique d'apprentissage spécialisée

<http://www.apprenonsensemble.com/>

CHEO – Troubles d'apprentissage

<http://www.cheo.on.ca/uploads/Learning%20Disabilities%20FR.pdf>

Loi sur l'Éducation, Règlement de l'Ontario 181/98: Identification et placement des élèves en difficulté:

<https://www.ontario.ca/fr/lois/reglement/980181>

Association canadienne des troubles d'apprentissage

<http://www.ldac-taac.ca>

Passage à l'enseignement pour besoins spéciaux (pour enseignants):

<http://www.teachspeced.ca>

ANXIÉTÉ

Association Canadienne des Troubles Anxieux

<http://www.anxietycanada.ca/french/>

LIENS GÉNÉRAUX EN SANTÉ MENTALE

Association canadienne pour la santé mentale

L'ACSM promeut la santé mentale de tous et favorise la résilience et le rétablissement des personnes ayant une maladie mentale par la défense des droits, l'éducation, la recherche et les services

<http://www.cmha.ca/fr/>

Centre d'informations du CHU Sainte-Justine – Guide Info-famille

http://www.chu-sainte-justine.org/famille/CISE_lettre.aspx?lettre=a&ID_Menu=668&ItemID=2a&id_page=1454

CHEO - Ce qu'il faut savoir sur la santé mentale

<http://www.cheo.on.ca/uploads/Mental%20Health/Mental%20Health%20and%20Mental%20IllnessFR.pdf>

Fondation des maladies mentales

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

Douglas - Institut universitaire en santé mentale - Santé mentale des enfants

<http://www.douglas.qc.ca/info/enfants-sante-mentale>

Soins de nos enfants - Informations pour les parents rédigés par les pédiatres

http://www.soinsdenosenfants.cps.ca/handouts/mental_health

Learning Disabilities Association of Ottawa-Carleton

160 Percy Street Ottawa, ON K1R 6E5 Phone: 613-567-5864
<http://www.ldaottawa.com>

Canadian Dyslexia Association

57, rue du Couvent, Gatineau, Québec, J9H 3C8
Phone: 613-853-6539 · Fax: 819-684-0672
info@dyslexiaassociation.ca

National Center for Learning Disabilities (USA)

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

ANXIETY

Children's Hospital of Eastern Ontario

<http://www.cheo.on.ca/en/anxiety?mid>

Anxiety Disorders Association of Ontario

<http://www.anxietydisordersontario.ca/>

National Institute of Mental Health

<http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

GENERAL LINKS ON MENTAL HEALTH

Canadian Mental Health Association

<http://www.cmha.ca/>

Mental Health Services, Help and Support In Your Community

<http://www.ementalhealth.ca/>

American Psychological Association

www.apa.org

Center of Knowledge on Healthy Child Development (USA)

<http://www.knowledge.offordcentre.com/>

National Institute of Mental Health

<http://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

Douglas- Mental Health University Institute

<http://www.douglas.qc.ca/info/enfants-sante-mentale?locale=en>

Canadian Paediatric Society

<http://www.caringforkids.cps.ca/>

Evidence-Based Mental Health Treatments for Children and Adolescents

<http://www.effectivechildtherapy.com/>