

Resources

The following resources represent some of Healthy Minds/Healthy Children clinical consultants' favourite materials, strategies, techniques and sources of information, including and in addition to those found within the Powerpoint presentation.

1. Dr. Michael Cheng, a child and family psychiatrist at the [Children's Hospital of Eastern Ontario \(CHEO\)](#), Ottawa, Ontario, Canada. Dr. Cheng works on the Consultation Clinic at CHEO and is an Assistant Professor in the Department of Psychiatry at the University of Ottawa. In between patients, Dr. Cheng works with [eMentalHealth.ca](#), an initiative of the [Ontario Centre of Excellence for Child and Youth Mental Health](#). Visit Dr. Cheng's website <http://www.drcheng.ca> to view and/or download the following articles: [School Refusal: Guide for Families](#); [Anxiety in General: Guide for Families](#); [Selective Mutism: Guide for Families](#) and [Selective Mutism: Guide for School](#).

Cheng, M. (2011). *No health without mental health*. Retrieved on September 15, 2011 from, <http://www.drcheng.ca>

2. The following guide provides information on and strategies for anxiety (see pp. 10 – 13) and other mental health concerns in the classroom: Orientation to Child and Youth Mental Health Services: A Guide for Teachers found at http://www.bckidsmentalhealth.org/docs/CYMentalHealthGuide_Teachers.pdf

The FORCE Society for Kids Mental Health. (2008). *Orientation to child and youth mental health services: A guide for teachers*. Retrieved on September 15, 2011 from, <http://www.bckidsmentalhealth.org/>

3. Scroll down to the middle of this online anxiety disorders' toolkit to access online muscle relaxation instructions (or click here: <http://www.anxietybc.com/sites/default/files/MuscleRelaxation.pdf>) to utilize with anxious students or your entire classroom. The entire Anxiety Disorders Toolkit is available at, <http://heretohelp.bc.ca/sites/default/files/images/adtoolkit.pdf> . View the following webpage to access steps to assist a student in developing coping skills to combat anxiety: <http://heretohelp.bc.ca/anxiety-disorders-children-youth/alt/1>.

BC Partners for Mental Health and Addictions Information. (2003). *Anxiety disorders toolkit: Information and resources for effective self-management of anxiety and anxiety disorders*. Retrieved September 15, 2011 from, <http://heretohelp.bc.ca>

4. Enter the Terry Orlick, Ph.D. "Zone of Excellence" website to discover anti-anxiety techniques for all ages (e.g., Mindmasters), articles from the *Zone of Excellence Journal* and click here to access anxiety strategies such as "spaghetti toes" and "jelly belly relaxation" for the younger set (Mini-Mindmasters): http://www.child-youth-health.net/en/child-youth-health/Mini_MindMasters_p2236.html

Orlick, T. (2010). *Zone of excellence*. Retrieved September 15, 2011 from, <http://www.zoneofexcellence.ca/index.html>