

Student Assistance Program

Center for Community Resources, Inc.
Educational Resource Guide

Anxiety:

Anxiety Disorders Association of America

<http://www.adaa.org/GettingHelp/FocusOn/Children&Adolescents.asp>

National Mental Health Association

http://www.nmha.org/children/children_mh_matters/anxiety.cfm

Kids Health

http://www.kidshealth.org/PageManager.jsp?dn=KidsHealth&lic=1&article_set=21758&cat_id=145&

SAMHSA's National Mental Health Information Center

<http://www.mentalhealth.samhsa.gov/publications/allpubs/Ca-0022/>

Moody Kids

<http://www.wpic.pitt.edu/research/city/Family/Anxiety/Anxiety.htm>

National Institute on Mental Health

<http://www.nimh.nih.gov/publicat/adfacts.cfm>

Anger Mgt.:

Kids Health

http://www.kidshealth.org/teen/your_mind/emotions/deal_with_anger.html

Eating Disorders:

Something Fishy

<http://www.something-fishy.org>

National Eating Disorders Association

http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337

Academy of Eating Disorders

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

Western Psychiatric Institute & Clinic (WPIC): Eating Disorders Clinic

<http://wpic.upmc.com/EatingDisorderSvcs.htm>

The Eating Disorders Clinic

<http://eatingdisordersclinic.org/>

Healthy Place

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

NOVA Online: Dying to be Thin

<http://aolsvc.pbs.aol.com/wgbh/nova/thin/program.html>

Choking Game:

Teen Choking Game Report: Website and Email Newsletter

www.chokinggamereport.com

Bullying:

Center for Schools and Communities

<http://www.center-school.org/>

Stress Mgt.:

Focus Adolescent Services

<http://www.focusas.com/Stress.html>

Kids Health

http://www.kidshealth.org/teen/your_mind/emotions/stress.html

Depression:

Kids Health

http://kidshealth.org/parent/emotions/feelings/understanding_depression.html

Cutting:

Kids Health

http://kidshealth.org/teen/your_mind/mental_health/cutting.html

Mental Health Matters

<http://www.mental-health-matters.com/articles/article.php?artID=735>

Internet Safety:

WiredSafety

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

Safe Teens

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

FBI Kids K-5th Grade

<http://www.fbi.gov/kids/k5th/safety2.htm>

Carnegie Library of Pittsburgh: Kids Page

<http://www.carnegielibrary.org/kids/netsafety/>

Walt Disney Internet Group

http://disney.go.com/corporate/privacy/safety.html?ppLink=pp_wdig

Safe Kids

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

Get Net Wise

<http://kids.getnetwise.org/>

Obesity:

Family First Resource Center

216 N. Washington St.

Butler, PA 16001

724.283.8080

http://www.butlerhealthsystem.org/about/family_services.asp

Pennsylvania Advocates for Nutrition and Activity (PANA)

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

Connect for Kids

http://www.connectforkids.org/obesity_resource

American Academy of Child and Adolescent Psychiatry

<http://www.aacap.org/publications/factsfam/79.htm>

Divorce:

Kids Health

http://kidshealth.org/kid/feeling/home_family/divorce.html

Mayo Clinic: Children's Health

<http://www.mayoclinic.com/health/divorce/HO00055>

Homelessness:

PA Dept. of Education

www.pde.state.pa.us/homeless

Disasters:

The Child Advocate

<http://childadvocate.net/disaster.htm>

Grief & Loss:

The Dougy Center

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

Kids Peace

<http://www.kidspeace.org/healing.htm>

All Kids Grieve

<http://www.allkidsgrieve.org/booklist.html>

Child, Adolescent Grief

<http://griefhealing.com/childadolescentgrief.htm>

Beyond Indigo

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

Cancer Caring Center

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

Children's Hospital of Pittsburgh

<http://www.chp.edu/greystone/oncology/cope.php>

Parenting:

Family Communications

www.fci.org

PA Children's Health Insurance Program

<http://chipcoverspakids.com/>

Better Homes and Gardens: Kids' Health

http://ww5.bhg.com/bhg/category.jhtml;jsessionid=WB YU22B3Q2OWFQFIBQNSBHQ?categoryid=/templatedata/bhg/category/data/sc_300.xml

Girls and Boys Town: Parenting.org

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

Medline Plus

<http://www.nlm.nih.gov/medlineplus/parenting.html>

Kids Health: Parent Section

www.kidshealth.org

Media Wise

www.mediawise.org

Children's Hospital of Pittsburgh: Parenting Classes

http://www.chp.edu/parents/08a_commedu.php

North Hills Youth Ministry Counseling Center: Parent Support Groups

<http://www.nhymcc.org/support%20groups.html>

Parents of Teenage Alcohol & Drug Abusers (POTADA)

<http://www.potada.info/>

Physical Health:

Medline Plus

<http://www.nlm.nih.gov/medlineplus/healthtopics.html>

PA Dept. of Health

<http://www.dsf.health.state.pa.us>

FirstGov for Kids

http://www.kids.gov/k_health.htm

Girls Health

<http://www.4girls.gov/>

Girls Only

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

PA PowerPort

<http://www.state.pa.us/>

American Heart Association

www.americanheart.org

Wellness:

Highmark Healthy High 5

<http://www.highmarkhealthyhigh5.org/index.shtml>

The Center for Mind and Body Wellness

<http://www.mindandbodywellness.com>

Children's Community Pediatrics

<http://www.cc-peds.net/main/index.shtml>

Children's Hospital of Pittsburgh

<http://www.chp.edu/>

The Children's Institute

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

Community Health Challenge of SWPA

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

Jameson Health System

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

Penn State Extension

<http://www.extension.psu.edu/>

American Heart Association (recipes)

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

Center for Disease Control (recipes)

<http://www.cdc.gov/nccdphp/dnpa/5aday/recipes/>

Pennsylvania's Advocates for Nutrition and Activity

www.panaonline.org

Dole 5 A Day

www.dole5aday.com

Pennsylvania Dietetic Association

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

We Can! A Parent Handbook (National Institutes of Health Booklet)

http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.htm

Butler Webs (Local activities and sports info.)

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

Healthy Habits for Healthy Kids

http://www.wellpoint.com/healthy_parenting/index.html

Meal Makeover Moms

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

Nutrition and Physical Activity for Kids 9-12

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