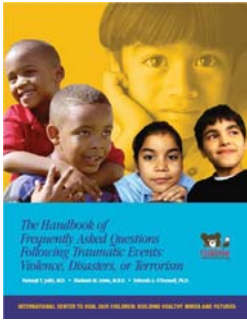


## Resources from the International Center to Heal Our Children



The International Center to Heal Our Children (ICHOC) at Children's National Medical Center was designed to provide information, training, and outreach to communities coping with traumatic events such as acts of violence, disasters, or terrorism. The vision of the ICHOC is to foster, promote, and maintain the emotional health of children who have been psychologically traumatized by acts of violence, disasters, or terrorism.

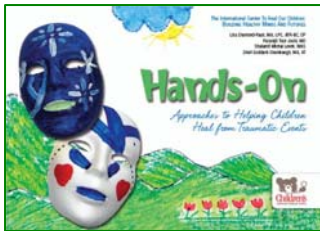
The ICHOC has developed educational materials to assist professionals and members of the public that are helping children cope with traumatic events. The ICHOC resources are available at [www.dcchildrens.com/ichoc](http://www.dcchildrens.com/ichoc). Hard copies of the resources can be obtained using the order form found on the ICHOC website.



### **The Handbook of Frequently Asked Questions Following Traumatic Events: Violence, Disasters, or Terrorism**

This comprehensive handbook is available in both English and Spanish. It was developed to:

- Provide teachers, parents, school staff, child care providers, and others who take care of children with information about how to recognize normal child reactions to stress and the stages of grief in children and adolescents.
- Describe common ways that children of different ages cope with stress.
- Explain how to identify children who need help and are at risk for long-term stress related conditions.
- Provide guidelines to answer common questions children and adults ask following acts of violence, disasters, and terrorism.



### **Hands-on Approaches to Helping Children Heal from Traumatic Events *New Product!***

This new 158-page, full color book is the sequel to the *Handbook of Frequently Asked Questions Following Traumatic Events: Violence, Disasters, or Terrorism*, and provides concrete examples of expressive strategies to use with children following traumatic events. This resource will be invaluable to parents, school teachers, health and mental health providers, and other caring adults who play a part in helping children heal from trauma. Come explore play, art, music, drama, and movement activities that help to foster resilience and healing. Examples of children's art work and creative writing are included throughout the book.

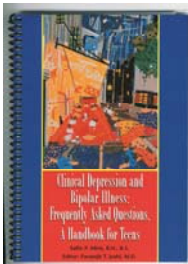


### **Day for Night: Recognizing Teen Depression. (Produced by Depression and Related Affective Disorders Association) Available Now in DVD or VHS format!**

A 26-minute DVD offering an in-depth look at the signs, symptoms and treatment of teenage depression. The DVD features the true stories of teenagers and their struggles with clinical depression and bipolar disorder as well as interviews with their friends and families and mental health professionals. This DVD is suitable for teens, teachers, counselors, and physicians.

#### **Bonus features include the following interviews:**

Dr Kay Redfield Jamison: *the importance of talking with teenagers about depression*; Dr. Kay Redfield Jamison: *the symptoms of depression and bipolar illness*; Dr. Paramjit T. Joshi: *medications and the treatment of depression*; Curtis Adamo: *college and life since making Day For Night*; Dr. Karen L. Swartz: *the Johns Hopkins Adolescent Depression Awareness Program (ADAP)*; Sandra Durfee: *strategies for using Day For Night in the classroom*; Hailey Rodwell Dart: *the story behind Day For Night*.



### **Clinical Depression and Bipolar Illness: Frequently Asked Questions, A Handbook for Teens** by Sallie P. Mink, R.N., B.S., edited by Paramjit T. Joshi, M.D. (Produced by Depression and Related Affective Disorders Association, 2006). **Available Now!**

A resource for adolescents, parents, teachers, and counselors; a quick reference guide for those who would like to learn more about the signs, symptoms, behaviors, and characteristics of adolescents battling clinical depression and bipolar illness.

**See back for ICHOC Order Form**

# International Center to Heal Our Children: Building Healthy Minds and Futures

## PRODUCT ORDER FORM 2007-2008

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Mailing Address (no P.O. boxes please): \_\_\_\_\_

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PRODUCTS CURRENTLY AVAILABLE IN HARD COPY	PRICE	QUANTITY	SUBTOTAL
Hands-on Approaches to Helping Children Heal from Traumatic Events	<b>\$34.95</b> each; <b>\$32.50</b> each for 15-60 copies; <b>\$30.00</b> for 61-120 copies; <b>\$28.00</b> each for 121-225 copies. Call for larger orders.		
Manual De Preguntas Hechas Frecuentemente Cuando Ocurren Eventos Traumáticos: Violencia, Desastres O Terrorismo.	<b>\$4.00</b> each <b>\$3.00</b> each for 100+ copies		
The Handbook of Frequently Asked Questions Following Traumatic Events: Violence, Disasters, and Terrorism	<b>\$4.00</b> each <b>\$3.00</b> each for 100+ copies		
Day for Night: Recognizing Teen Depression. (DVD)	<b>\$24.95</b> each; <b>\$18.00</b> each 10+ copies.		
Day for Night: Recognizing Teen Depression. (VHS)	<b>\$10.00</b> each; <b>\$8.00</b> each for 10 + copies		
Clinical Depression and Bipolar Illness: Frequently Asked Questions, A Handbook for Teens	<b>\$15.00</b> each; <b>\$12.00</b> each for orders 100+		

Product Sub-total    \$

### SHIPPING AND HANDLING FEE CHART

Hands-on Book Quantity	Shipping and Handling Fee	Handbook (English or Spanish) Quantity	Shipping and Handling Fee	Day for Night DVD Quantity	Shipping and Handling Fee	Depression/Bipolar Book Quantity	Shipping and Handling Fee	Day for Night VHS Quantity	Shipping and Handling Fee
1	\$4.00	1-2	\$4.00	1-4	\$5.50	1-2	\$4.00	1-2	\$5.00
2	\$6.00	3-5	\$5.00	5-9	\$7.50	3-5	\$5.00	3-5	\$6.50
3-5	\$8.00	6-10	\$6.00	10-20	\$9.50	6-10	\$6.00	6-8	\$8.00
6-9	\$10.00	11-20	\$8.00	21+	Call for rates	11-20	\$9.50	9-12	\$9.50
10-15	\$12.00	21-40	\$9.50			21+	Call for rates	13-20	\$12.00
30	\$25.00	41-60	\$10.50					21+	Call for rates
45	\$37.50	61-70	\$13.00						
60	\$50.00	71+	Call for rates						
75	\$62.50								
90	\$75.00								
105	\$87.50								
120	\$100.00								
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All orders must be prepaid and sent to: International Center to Heal Our Children, Department of Psychiatry and Behavioral Sciences, Children's National Medical Center, 111 Michigan Avenue, NW, Washington, DC 20010, or faxed to (202) 476-2368. **Make checks payable to Children's Hospital and designate Department 6304. Please include a copy of the order form with payment.** (Allow up to 2 weeks for delivery.)