

# ADD/ADHD Parent Resources from Texas Pediatric Society

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**Texas Parent to Parent** - [www.txp2p.org](http://www.txp2p.org) - Provides resources by location or disability. There are also regional parent discussion groups/listservs specifically for ADHD that provide invaluable support and information.

**Navigate Life Texas** - [www.navigatelifetexas.org](http://www.navigatelifetexas.org) - Texas-specific disability-related information. Searchable by disability and location.

**Center for Parent Information and Resources** - [www.parentcenterhub.org](http://www.parentcenterhub.org) - Information center produced under the US Department of Education Office of Special Education Programs.

**CHADD** - <http://chadd.org/NRC.aspx> - The CDC's national resource on ADHD. Membership required.

**LDOnline** - [www.ldonline.org](http://www.ldonline.org) Lots of great information and resources for ADHD and learning disabilities.

**Wrightslaw** - [www.wrightslaw.com](http://www.wrightslaw.com) - Information on Special Education law.

**Impact ADHD** - <http://www.impactadhd.com/> - Through coaching, provides parents the strategies, skills, and expert guidance needed to manage the reality of ADD/ADHD

**Texas Project FIRST** - <http://www.texasprojectfirst.org/LinksADD.html> - parent-friendly, bilingual website that provides consistent, accurate information to help parents understand the complex special education issues and become more effective participants in their child's education process

**ADD Warehouse** - [www.addwarehouse.com](http://www.addwarehouse.com) - collection of ADHD-related books, videos, training programs, games, professional texts and assessment products

**Attention Deficit Disorder Association** - [www.add.org](http://www.add.org) - nonprofit founded to help adults with ADHD. Includes information about transitioning to adulthood.

**Center for Parent Information and Resources** - <http://www.parentcenterhub.org/repository/adhd/> - information and products for parents of children with disabilities.

**National Institute of Mental Health** - <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml> - the lead federal agency for research on mental disorders. Website includes information ADHD diagnosis, treatment, clinical trials, and tips on how to keep children with ADHD organized and focused.

**Child Mind Institute** - [www.Childmind.org](http://www.Childmind.org) - nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders

**Mental Health America of Texas** - <http://www.mhatexas.org/adhd-and-add/> - state's longest-serving mental health education and advocacy group. Includes information about ADD and ADHD and treatment.

**National Alliance on Mental Illness - Texas** - <http://namitexas.org/> - nonprofit that works to to help improve the lives of people affected by mental illness through education, support, and advocacy.

**Children's Mental Health Awareness Creative Arts Contest** -

<https://www.dshs.state.tx.us/mhsa/creativeartscontest.aspx> - The Texas Department of State Health Services (DSHS) and Texas System of Care are proud to announce the 2016 Children's Mental Health Awareness Creative Arts Contest! Texas elementary, middle and high school students are invited to submit their best work highlighting why Children's Mental Health Matters. All entries must be received by March 1, 2016.

**Department of State Health Services Mental Health Services for Children and Adolescents** -

<https://www.dshs.state.tx.us/mhsa/mh-child-adolescent-services/> - state program that serves children ages 3 through 17 with a diagnosis of mental illness who exhibit serious emotional, behavioral or mental disorders.

**Centers for Disease Control and Prevention** - <http://www.cdc.gov/ncbddd/adhd/index.html> - provides basic information, data and statistics, recommendations, and more about ADHD.

**Free materials from the CDC** - <http://www.cdc.gov/ncbddd/adhd/materials.html> - posters, infographics, fact sheets, checklists, and other printable resources from the CDC.

**Bibliography for Parents dealing with ADHD and related behavioral and academic challenges**

- The Kazdin Method for Parenting the Defiant Child - by Alan E. Kazdin, Ph.D.
- Your Defiant Teen 10- steps to resolve conflict and rebuild your relationship - Russell Barkley, PhD and Arthur Robin, PhD
- Taking Charge of ADHD: The Complete, Authoritative Guide for Parents - by Russell Barkley, PhD
- Smart but Scattered - by Peg Dawson, EdD and Richard Guare PhD
- Educational Care: A System for Understanding and Helping Children with Learning Problems at home and in school - by Dr. Mel Levine
- Straight Talk about Psychiatric Medications for Kids, Third Edition - by Timothy Wilens, MD