

# CeDIR Citings



A publication of the Center for Disability Information & Referral

Indiana Institute on Disability and Community, Indiana University-Bloomington

Volume 7, Issue 2

Fall 2013

## Welcome Autumn!

The weather is turning cooler, the leaves are changing color, and apples, pumpkins, and persimmons are fresh and abundant. Must mean it's October, and October means a new issue of CeDIR Citings (which happens to remind me of cider--there are those apples again!).

In this edition of CeDIR Citings, we take a look at attention deficit-hyperactivity disorder. We have included both library materials that can be checked out and websites on the topic.

Got a question or a suggestion for future issues of this newsletter? Want to check out a title you see here? Give us a call at 800-437-7924, drop us a line at [cedir@indiana.edu](mailto:cedir@indiana.edu), or come on by to browse or pick up your choices. Let us know how we can help!

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## New Address

While we have not physically moved our location, on October 1st, the Institute's street address was changed. This change is due to the addition of new roads around us and the need to make our address more GPS-friendly. The easiest way to find us? Type "Indiana Institute on Disability and Community" into Google Maps at <http://maps.google.com>. It will return a direct hit!

Our new address is:

1905 N. Range Rd.  
Bloomington, IN 47408-9801

## Websites:

### Attention Deficit Disorder Association

<http://www.add.org>

The Attention Deficit Disorder Association provides information, resources and networking opportunities to help adults with Attention Deficit Hyperactivity Disorder lead better lives.

### Children and Adults with Attention-Deficit/Hyperactivity Disorder

<http://www.chadd.org>

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), is a national non-profit, tax-exempt (Section 501(c)(3)) organization providing education, advocacy and support for individuals with ADHD.

### Kids Health

<http://kidshealth.org/parent/medical/learning/adhd.html>

As part of The Nemours Foundation's Center for Children's Health Media, KidsHealth also provides families with perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens.

### National Institute of Mental Health

<http://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/index.shtml>

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

### ADHD Aware

<http://www.adhdaware.org>

Run by and for people with ADHD, our purpose is to empower children, adults and families affected by ADHD, educate those who impact us, and enlighten all people as to the courage and competence of our singular community.

# Focus on Attention Deficit-Hyperactivity Disorder

Wonder what's available on ADHD in the library? The following books and videos may be checked out from us.

## Books

Ashley, S. (2012). *1000 best tips for ADHD: Expert answers and bright advice to help you and your child*. Naperville, IL: Sourcebooks.

Chilman-Blair, K. (2011). *Medikidz explain ADHD*. New York: Rosen Central.

Dupar, L. (Ed.). (2012). *365+1 ways to succeed with ADHD: A whole new year's worth of valuable tips & strategies from the world's best ADHD coaches & experts*. Granite Bay, CA: Laurie Dupar.

Forgan, J. W. (2012). *Raising boys with ADHD: Secrets for parenting healthy, happy sons*. Waco, TX: Prufrock Press.

Giler, J. Z. (2011). *Socially ADDept: Teaching social skills to children with ADHD, LD, and Asperger's*. San Francisco, CA: Jossey-Bass.

Grandin, T. (2012). *Different-- not less: Inspiring stories of achievement and successful employment from adults with autism, Asperger's, and ADHD*. Arlington, TX: Future Horizons, Inc.

Kessler, Z. (2013). *ADHD according to Zoë: The real deal on relationships, finding your focus & finding your keys*. Oakland, CA: New Harbinger Publications, Inc.

Kraus, J. R. (2013). *Get ready for Jetty: My journal about ADHD and me*. Washington, DC: Imagination Press.

Levrini, A. (2012). *Succeeding with adult ADHD: Daily strategies to help you achieve your goals and manage your life*. Washington, DC: APA LifeTools, American Psychological Association.

Puryear, D. A. (2012). *Your life can be better: Using strategies for adult ADD/ADHD*. Minneapolis, MN: Mill City Press.

Reid, R. (2012). *Teacher's guide to ADHD*. New York: Guilford Press.

Schultz, J. J. (2011). *Nowhere to hide: Why kids with ADHD and LD hate school and what we can do about it*. San Francisco, CA: Jossey-Bass.

Spodak, R. (2011). *Take control of ADHD: The ultimate guide for teens with ADHD*. Waco, TX: Prufrock Press.

Vohs, K. D. (2011). *Handbook of self-regulation: Research, theory, and applications*. New York: Guilford Press.

Zylowska, L. (2012). *The mindfulness prescription for adult ADHD: An eight-step program for strengthening attention, managing emotions, and achieving your goals*. Boston: Trumpeter.

## Videos

Bottoms Up Productions. [2012]. *Gork!* [motion picture]. [United States]: Devon and Autumn Terrill.

Easdon, J., & Hamlin, N. (2005). *Inside dyslexia* [videorecording]. [United States]: LD Productions. (Includes a child with ADHD.)

Garland, T. (2013). *Self-regulation in children: Keeping the body, mind & emotions on task in children with autism, ADHD or sensory disorders* [videorecording]. Eau Claire, WI: Premier Publishing & Media.