ANNOTATED BIBLIOGRAPHY OF RESOURCES
FOR CALIFORNIA MARRIAGE AND FAMILY THERAPY EDUCATORS

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Purpose of This Bibliography

This annotated bibliography of resources is intended to assist marriage and family therapist (MFT) educators in locating resources to implement the new MFT curricular requirements that will take effect on August 1, 2012 in California. The contents of this bibliography are suggestions only and do not constitute mandatory requirements for MFT educators or students. Deviations from these suggestions do not mean that a course will not meet the new MFT curriculum requirements.

This bibliography is organized by curriculum content areas and provides educators with descriptions of key textbooks, articles, videos, and web resources that they can use in redesigning their curricula to meet the new state standards.

Purpose of the New MFT Curriculum

The BBS describes the purpose of the new curriculum as follows:

> The MFT education legislation was developed mainly in response to changes in public mental health required by the Mental Health Services Act (MHSA), passed by voters as Proposition 63 in November 2004. The MHSA is transforming the delivery of public mental health services statewide. Specifically, it requires the development and implementation of client and family driven, integrated, culturally competent, and recovery/resiliency oriented services within a collaborative environment. It requires involving people with mental illness in the system as stakeholders with an equal voice. These new services are guided by a promise to do "whatever it takes" to help people fully recover from mental illness. This transformation demands that those employed in public mental health and related settings have a different perspective and be able to provide different approaches to treatment. (BBS, *Statement of Work Bibliography,* p. 1).

Organization of Bibliography

The bibliography is divided into two sections: content readings and community resources. The content readings include resources for teaching the new subject areas of the curriculum. The community resources section includes the listing and Internet links to state and county resources, including a listing of county departments of mental health in the state.

The major content areas include:
- Recovery-Oriented Treatment and Community Mental Health
- Substance Abuse, Co-Occurring Disorders, and Addiction
- Documentation
- Evidence-Based Practices and Treatments
- Diversity and Socio-Economic Status
- Law and Ethics
- Pedagogical Resources for Educators

Criteria for Material Selection

The materials in this bibliography were selected on the following criteria:

The selected resource:
- Supports the new BBS curriculum's emphasis on recovery-oriented treatments and the evidence-base.
- Embodies a strength-based, recovery-oriented, evidence-based, and/or MFT perspective on a given topic (e.g., diversity or substance abuse written from one of these perspectives was selected over other possibilities).
- Provides recent and up-to-date information on a given topic.
- Delivers material in a way that resonates and uses language familiar to MFTs.

In areas that had numerous articles or books on a given subject, such as diversity and substance abuse, the selection was carefully limited based on the above criteria to avoid an unfocused and unwieldy list of resources.

Videos and DVDs

As publishers rarely provide examination copies of videos, most videos were reviewed based on publisher's descriptions only.

Format for Resources

Each reference includes the following:
- *APA Citation* or *Title*
- *Description* of the resource.
- *Website Links: one or more of the following*
    - *Publisher's Website* is included to assist in locating text in case the direct link to the book's website is changed by the publisher.
    - *Book's Website* provides a direct link to the book's website to allow instructors to order an examination copy directly from the publisher.
    - *Journal's Website* is provided to locate an article; if an educator's university has a subscription to an electronic copy of the journal, he/she can often download the article for free from the university's library resources.

Introduction to Bibliography Highlights:

The following list of "highlights" identifies the most uniquely and/or relevant readings related to the new curriculum.

Criteria for inclusion in highlights:

- Comprehensively and/or uniquely covers key areas of content required in the new curriculum.
- Few if any comparable text(s) for covering the same material.

RECOVERY ORIENTED-TREATMENT

Davidson, L., Tondora, J., Lawless, M. S., O'Connell, M. J., & Rose, M. (2008). *A practical guide to recovery-oriented practice: Tools for transforming mental health care.* **New York: Oxford University Press.**

Description: Developed in collaboration with Connecticut's Department of Mental Health and Addiction Services that received the number one rating from NAMI, this book focuses on the practical elements of implementing recovery-oriented treatment. The text focuses on providing an alterative model to traditional clinical case management and offers tools for practitioners to self assess their recovery-oriented practices. Recovery concepts are explained in clear, concise language that makes it ideal for those new to the ideas. It includes a list of the Top 10 Concerns about Recovery with responses to each as well as a list of the Top 10 Principles of Recovery-Oriented, Community-Based Care.

Publisher's Website: www.oup.com/us

Book's Website:
http://www.oup.com/us/catalog/general/subject/Medicine/PsychiatryPsychology/
?view=usa&ci=9780195304770

Rojano, R. (2004). The practice of community family therapy. *Family Process, 43,* 59-77.

Description: This article describes the basic theories and methods of Community Family Therapy, an approach for treating low-income, urban families that integrates developmental and motivational theories. The model includes three levels of engagement: (a) personal and family growth, (b) accessing community resources, and (c) leadership and civic action. The article specifically addresses issues of poverty and the socioeconomic context.

Journal's Website: www.familyprocess.net

U.S. Department of Health and Human Services. (2004). National consensus statement on mental health recovery. Downloaded August 26, 2008 http://mentalhealth.samhsa.gov/publications/allpubs/sma05-4129.

Description: This free, two-page tri-fold outlines the USDHHS definition of recovery and its ten components.

Website: http://mentalhealth.samhsa.gov/publications/allpubs/sma05-4129.

EVIDENCE-BASED PRACTICE AND TREATMENT

Patterson, J. E., Miller, R. B., Carnes, S., & Wilson, S. (2004). Evidence-based practice for marriage and family therapists. *Journal of Marital and Family Therapy, 30,* **183-195.**

Description: This classic article defines evidence-based practice based on how the term is used in the field of medicine: using research to provide treatment that best meets the needs of each client or family. The article provides a five-step model for implementing evidence-based practice in family therapy as well as a detailed outline to help students evaluate individual research studies for their application with clients.

Journal's Website: www.jmft.net

Sprenkle, D. H. (Ed.). (2002). *Effectiveness research in marriage and family therapy.* **Alexandria, VA: American Association for Marriage and Family Therapy.**

Description: This edited volume describes the extensive evidence base for family therapy practice and reviews numerous evidence-based family therapy treatments. The chapters are organized by presenting problem and include: conduct disorders, substance abuse, childhood behavioral and emotional problems, alcohol abuse, marital problems, relationship enhancement, domestic violence, severe mental illness affective disorders, physical disorders, and meta-analysis of MFT interventions.

Publisher Website: www.aamft.org

Book's Website: http://www.familytherapyresources.net/cgi-shl/twserver.exe/run:FTRUPD_2:TradeWinds_KEY=672

DOCUMENTATION

Gehart, D. (2010). *Mastering competencies in family therapy: A practical approach to theory and clinical case documentation.* **Pacific Grove, CA: Brooks/Cole.**

Description: This competency-based textbook teaches family therapy theories using clinical case documentation, including case conceptualization, clinical assessment,

treatment planning, and progress notes. The first half of the book covers clinical documentation; the second half covers the major schools of family therapy and includes extensive examples of clinical case documentation for each. The book also includes an introduction to recovery-oriented treatment, evidence-based practice and treatment, common factors models, the evidence base for each theory, philosophical foundations of family therapy, and diversity issues. Grounded in a learning-centered, outcome-based pedagogical model, the book enables programs to measure student learning and includes both case documentation forms and scoring rubrics that are aligned with the nationally defined MFT Core Competencies.

Publisher's Website: http://www.cengage.com/brookscole/

Book's Website:
http://academic.cengage.com/cengage/instructor.do?totalresults.do?page=null&key for=allsite&keyitem=all&keytype=null&resultfor=higheredu&resulttype=instructor &keyword_all=gehart&pagefrom=search&disciplinenumber=7&product_isbn=978 0495597247&contextelement=http://academic.cengage.com/cengage

DIVERSITY

Aponte, H. J. (1994). *Bread and spirit: Therapy with the new poor: Diversity of race, culture, and values.* **New York: Norton.**

Description: A classic in family therapy, *Bread and Spirit,* describes a structural, strengths-based approach to working with poor families. In this book, Aponte describes the unique life and relational issues faced by poor and minority families. The text includes specific chapters on "family therapy and the community," "home/community based services," "the family-school interview: an ecosystemic approach," "the negotiation of values in therapy," "about forgiving," and "strength and vulnerability." Numerous case examples and transcripts of sessions are included to illustrate key concepts. Although the evidence-base is not highlighted in this book, the eco-structural approach described is an evidence-based approach for working with families with teens with conduct and/or substance abuse issues.

Publisher's Webpage: www.wwnorton.com

Book's Webpage: www.wwnorton.com/NPB/nppsych/70176X.html

McGoldrick, M., Giordano, J., & Garcia-Preto, N. (Eds.). (2005). *Ethnicity and family therapy* **(3rd ed.). New York: Guilford.**

Description: A classic in family therapy, this edited volume arguably provides the most comprehensive coverage of ethnicity of any text on the market. The book includes over 53 chapters, each detailing the family dynamics of a unique ethnic group. In particular, this book is indispensable for students working with diverse populations in urban areas as it includes content on ethnic groups not included in many other diversity texts.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/mcgoldrick.htm&sec=summary&dir=pp/fac&cart_id=835339.13747

Minuchin, P., Colapinto, J. & Minuchin, S. (2006). *Working with families of the poor (2nd ed.).* **New York: Guilford.**

Description: In this substantially revised and updated edition, Minuchin et al. detail a family systems approach to conceptualizing and facilitating change with poor and diverse families. The first half of the book provides a clear theoretical description for family-centered work, including family supportive-skills and procedures for promoting change. In the second half of the book, specific models for working with services systems are presented, including substance abuse and foster care. Finally, a description of family-oriented service systems is presented. In addition to addressing issues of socio-economic class and diversity, the book also provides practical depictions of key public service systems.

Publisher's Webpage: www.guilford.com

Book's Webpage: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/minuchin.htm&dir=pp/fac&cart_id=551102.1807

LAW AND ETHICS

California Board of Behavioral Sciences. (n.d.). *Marriage and family therapist: Student handbook.* **Sacramento: Author.**

Description: This user-friendly handbook for students clearly describes a) how to obtain a degree in marriage and family therapy that qualifies for licensure, b) how to apply and become a Marriage and Family Therapy Intern, c) how to gain hours of work experience towards the license, and d) how to apply to take the licensing exams. The book includes numerous useful "tips" and suggestions for making the process run smoothly each step of the way. This resource will be helpful in addressing the new requirement that MFT programs provide instruction in the licensing process. Programs may also contact the Board of Behavioral Sciences, which will generally provide speakers on the topic of licensing to individual programs.

Publisher's Website: www.bbs.ca.gov

Book's Website: http://www.bbs.ca.gov/forms.shtml

Introduction to Recovery Oriented Treatment:

The new curriculum calls for integrating principles of recovery-oriented care across the MFT curriculum. Common courses where recovery may be integrated include:

- *Community mental health courses*: Recovery in public mental health.

- *Diagnosis courses*: Recovery approaches to diagnosis; new research on prognosis of severe mental illnesses.

- *Practical skill courses*: Collaborative therapeutic relationship skills; strength-based assessments and interventions.

- *Theory courses*: How to implement traditional theories within in recovery-oriented treatment environments.

- *Law and ethics courses*: Dual relationships, boundaries, etc. in recovery-oriented treatment contexts.

- *Introduction to the profession courses*: International and professional trends related to recovery-oriented mental health and the related consumer trends.

The readings and resources below were selected with these courses in mind, allowing for the possibility of a text to be used in more than one course.

New Curriculum Description:

Integrate the principles of mental health recovery-oriented care and methods of service delivery in recovery-oriented practice environments, among others. (Business and Professions Code [BPC] § 4980.36(c)(1)(B))

Diagnosis, assessment, prognosis, and treatment of severe mental disorders. (BPC § 4980.36(d)(2)(A))

Introduction to Recovery-Oriented Practice

BOOKS

Amering, M., & Schmolke, M. (2009). *Recovery in mental health: Reshaping scientific and clinical responsibilities.* **New York: Wiley.**

> *Description:* This book provides a comprehensive overview of recovery, its research foundations, consumer experiences, and treatment options, the authors defining recovery as primarily a *process*. The text includes sections on recovery basic concepts, consumer experiences, diagnosis issues, research issues, and clinical responsibilities. Examples of recovery-based practice from the US, UK, Europe, and Australia are included as are first person narratives from consumers. The text provides an in depth discussion of the implications of recovery for mental health diagnosis and prognosis as well as measures such as the Recovery Self Assessment, Recovery Knowledge Inventory, and Developing Recovery Enhancing Environments Measure. An e-version of the book is available.

Publisher's Website: www.wiley.com

Book's Website: http://www.wiley.com/WileyCDA/WileyTitle/productCd-0470997966.html

Davidson, L., Harding, C., Spaniol, L. (2005). *Recovery from severe mental illnesses:* *Research evidence and implications for practice, Vol. 1.* **Boston, MA: Center for Psychiatric Rehabilitation, Boston U.**

Description: A compendium of previously published research, *Recovery from Severe Mental Illness* provides an excellent overview of the key studies on the subject and includes first person narratives from consumers. The first section of the book explores the research that supports the move to a recovery paradigm, while the second section reviews studies that support the theory that schizophrenia is a clinical syndrome rather than a disease.

Publisher's Website: http://www.bu.edu/cpr/products/books/index.html

Book's Website: http://www.bu.edu/cpr/products/books/titles/rsmi-1.html

Davidson, L., Tondora, J., Lawless, M. S., O'Connell, M. J., & Rose, M. (2008). *A practical guide to recovery-oriented practice: Tools for transforming mental health care.* **New York: Oxford University Press.**

Description: Developed in collaboration with Connecticut's Department of Mental Health and Addiction Services that received the number one rating from NAMI, this book focuses on the practical elements of implementing recovery-oriented treatment. The text focuses on providing an alterative model to traditional clinical case management and offers tools for practitioners to self assess their recovery-oriented practices. The "practical" element is geared more at the larger system rather than therapeutic techniques.

Publisher's Website: www.oup.com/us

Book's Website: http://www.oup.com/us/catalog/general/subject/Medicine/PsychiatryPsychology/ ?view=usa&ci=9780195304770

Hopper, K., Harrison, G., & Janca, A., & Sartorius, N. (Eds.). (2007). *Recovery from schizophrenia: An international perspective: A report from the WHO Collaborative Project, the international study of schizophrenia.* **Oxford: Oxford University Press.**

Description: This book reports on the long-term, cross-national study sponsored by the World Health Organization on schizophrenia with over 1000 subjects in 14 countries. The data from this project has provided much of the impetus for rapid adoption of the recovery movement. The most significant outcome of this series of studies was to disprove the long-held assumption that schizophrenia is a chronic and

deteriorating condition; instead, this study demonstrated that outcomes are heterogeneous and diverse, with an average of half of all persons diagnosed with the illness achieving meaningful recovery.

Publisher's Website: www.oup.com/us

Book's Website:
http://www.oup.com/us/catalog/general/subject/Medicine/PsychiatryPsychology/?view=usa&ci=9780195313673

Linhorst, D. (2005). *Empowering people with severe mental illness: A practical guide.* **New York: Oxford University Press.**

Description: An organized text that lays a foundation for understanding recovery by providing an overview of empowerment, powerlessness, individual rights, and coercion as it relates to persons diagnosed with severe mental illness. The book describes how to empower consumers with specific chapters on treatment planning, housing, organizational decision making, planning and policymaking, employment, research, and service provision. The focus is on the broad level of conceptualization of empowering consumers and identifying large system organizations and practices that promote this goal.

Publisher's Website: www.oup.com/us

Book's Website:
http://www.oup.com/us/catalog/general/subject/SocialWork/?view=usa&ci=9780195171877

Ralph, R., & Corrigan, P. (Eds.). (2004). *Recovery in mental illness: Broadening our understanding of wellness.* **Washington, D.C.: American Psychological Association Press.**

Description: This edited volume provides a comprehensive review of the theories and research related to recovery-oriented treatment, with an emphasis on schizophrenia. Chapter topics include "recovery as a consumer vision and research paradigm," "research methods for exploring and assessing recovery," "findings from long-term follow-up studies of schizophrenia," "sociological models of recovery," "recovery from schizophrenia: a criterion-based definition," "verbal definitions and visual models of recovery," "qualitative studies of recovery," "mutual help groups and recovery," "a consumer-survivor model of healthy from childhood sexual abuse," and "recovery from addiction and from mental illness."

Publisher's Website: www.apa.org/books

Book's Website: http://books.apa.org/books.cfm?id=4316038

Repper, J. & Perkins, R. (2006). *Social inclusion and recovery: A model for mental health practice.* **Bailliere Tindall, UK.**

Description: Drawing upon the perspectives of consumers, this book describes how mental health professionals can approach treatment with those diagnosed with severe mental illness, emphasizing the importance of social inclusion and acceptance. Part 1 of the book addresses the lived experience of those diagnosed with severe mental illness and introduces the concept of recovery. Part 2 describes how mental health professionals can most meaningfully support persons in recovery, addressing barriers to forming a therapeutic relationship, creating hope, and facilitating personal adaptation. Part 3 provides guidelines for promoting social inclusion, such as developing services that promote access and social connection. The final section addresses issues of power, discrimination, and involvement of consumers in the mental health system.

Publisher's Website: www.us.elsevierhealth.com

Book's Website: http://www.us.elsevierhealth.com/product.jsp?isbn=9780702026010

ARTICLES

Anthony, W. A. (1993). Recovery from mental illness: The guiding vision of the mental health service system in the 1990s. *Psychosocial Rehabilitation Journal, 16*(4), 11-23.

Description: A seminal piece in the field, this article describes the essential services in a recovery-oriented system as well as identifies the key principles that define recovery-oriented treatment. In addition, Anthony defines recovery as it applies to the treatment of severe mental illness and compares it to substance abuse and disability approaches. This article provides an introduction to recovery, its key principles, and implementation issues. Numerous charts and graphs make the concepts accessible to the reader.

Journal's Website:
http://prj.metapress.com/app/home/journal.asp?referrer=parent&backto=linkingpublicationresults,1:119989,1&linkin=633776656711369203

Anthony, W. A. & Ashcraft, L. (2005). Creating an environment that supports recovery. *Behavior Healthcare Tomorrow, 14*(6), 6 – 7.

Description: This two-page article is packed with practical advice about how to create a service environment more recovery friendly. Tips include creating a welcoming entry, specific recovery-focused consumer surveys, and designing physical space that acknowledges the personhood of all involved.

Journal's Website: www.gale.cengage.com/

Anthony, W.A., Brown, M.A., Rogers, E.S., & Derringer, S. (1999). A supported living/supported employment program for reducing the number of people in institutions. *Psychiatric Rehabilitation Journal, 23*(1), 57-61.

Description: This article describes a study that investigated program costs and community functioning of individuals discharged from mental institutions. The study reports on the purpose of discharging patients, evaluation of residential and vocational status of patients discharged, the importance of program support for maintaining independent living, and the ability of patients to maintain residential gains during hospital transition project.

Journal's Website: http://www.bu.edu/cpr/prj/

Borg, M. (2008). The nature of recovery as lived in everyday experience. *Journal of Mental Health, 17**(2), 129-140.*

Description: This article reports on the outcomes of a qualitative study of lived experience of people in recovery from severe mental illness, providing therapists with an "insider's perspective" of what matters in the process of recovery. The analysis includes quotes from consumers about their personal experiences of recovery, highlighting themes of "having a normal life," "just doing it," "making life easier," and "being good to yourself." Consumers in the study described recovery occurring *within* the context of "normal" environments and activities. The discussion section explores the benefits of conceptualizing mental health problems as an integrated part of a person's life.

Journal's Website:
http://www.informaworld.com/smpp/title~content=t713432595~db=all

Breeding, J. (2008). To see or not to see "schizophrenia" and the possibility of full "recovery." *Journal of Humanistic Psychology, 48**, 489-504.*

Description: In a harsh critique of current practices, Breeding argues that the current view of schizophrenia (and other serious mental health illnesses) as an "illness" has had grave consequences. He includes controversial evidence, including reviews of court cases related to antipsychotic medications and discusses non-medical treatments with case study evidence.

Journal's Website: http://www.ahpweb.org/pub/journal/menu.html

Davidson, L., O'Connell, M., Tondora, J., Staeheli, M., & Evans, A. C. (n.d.). Recovery in serious mental illness: Paradigm shift or shibboleth? Retrieved April 2, 2009, from www.ct.gov/dmhas/LIB/dmhas/Recovery/paradigmshift.pdf.

Description: This article carefully delineates the definitions of recovery in various contexts, including the definitions that have evolved from WHO research projects on schizophrenia and the consumer-based recovery movements. Davidson and colleagues express their concerns that recovery may become a shibboleth, or frequently cited term that denotes insider status with no significant practical meaning. More specifically, Davidson et al. argue that the lack of consensus around

the term recovery has led to inconsistent practical implications. They provide definitions of recovery from physical disorders, trauma, addictions, and mental illness. Davidson and colleagues also warn practitioners about the dangers of giving recovery lip service without substantively changing practice.

Article Download: Available for free download on several sites.
www.bu.edu/cpr/products/books/titles/sample-rsmi-1.pdf
www.ct.gov/dmhas/LIB/dmhas/Recovery/paradigmshift.pdf
www.vicserv.org.au/publications/new_para/pdf/davidson.pdf

Eklund, M., Hansson, L, & Ahlqvist, C. (2004). The importance of work as compared to other forms of daily occupations for wellbeing and functionality among persons with long-term mental illness. *Community Mental Health Journal, 40***(5), 465-477.**

Description: This article details the findings of a quantitative study that compared competitive work, community-based activities, and no regular daily activities with persons diagnosed with chronic mental illness. Consumers engaged in competitive work reported and observers noted significantly higher levels of wellbeing and functionality. Surprisingly, there was no difference between consumers enrolled in community-based activities and those with no daily activities scheduled.

Journal's Website: http://www.springer.com/medicine/psychiatry/journal/10597

Gagne, C., White, W., & Anthony, W. A. (2007). Recovery: A common vision for the fields of mental health and addictions. *Psychiatric Rehabilitation Journal, 31***, 32-37.**

Description: In this short but information-dense article, Gagne et al. argue that recovery in the fields of mental health and addictions share more similarities than differences. The article includes a comparison chart that illustrates the similar values, principles, and strategies in both approaches to recovery. It also contains rich citations to recovery literature that include writings by persons in recovery and the longitudinal studies that provide the initial research foundation for recovery. The discussion of similarities of recovery in both disciplines can help students build a shared framework for working with these two populations.

Journal's Website: http://www.bu.edu/cpr/prj/

Farkas, M., Gagne, C., Anthony, W. & Chamberlin, J. (2005) Implementing recovery oriented evidence based programs: Identifying the critical dimensions. *Community Mental Health Journal, 41***(2), 145 – 153.**

Description: In this relatively short article, Farkas et al. attempt to bridge the gap between recovery-oriented approaches to severe mental illness and evidence-based approaches by using recovery as a "value base" for evidence-based treatments. They detail a model that addresses theoretical, practical, and programmatic issues.

Journal's Website: http://www.springer.com/medicine/psychiatry/journal/10597

Haley, J. (1979). Ideas that handicap therapy with young people. *International Journal of Family Therapy, 1*(1), 29-45.

Description: In this classic family therapy article, Haley discusses the limitations of organic, psychodynamic, systems, and double-bind theories for working with youth diagnosed with schizophrenia and instead discusses recovery *for therapists* from these unhelpful theories. He concludes by identifying contemporary practices that have been found to be more effective and/or a theory courses to relate MFT practices to recovery. Although 30 years old, this article clearly outlines the concerns that have given rise to the recovery movement in mental health and also identifies the types of solutions promoted by its proponents.

Journal's Website: No longer in press; article available from Springer Press.

Hasson-Ohanyon, I., Roe, D., & Kravetz, S. (2007). A randomized controlled trial of the effectiveness of the Illness Management and Recovery Program. *Psychiatric Services, 58*(11), 1461-1466.

Description: The article reports on findings from a randomized control study of a recovery-oriented treatment program in Israel. Consumers in the recovery-oriented program demonstrated significantly improved progress toward personal goals compared to those in treatment-as-usual programs. Both groups showed improved coping; neither group showed improved social support. The mixed findings provide fertile ground for class discussion on future limits and potentials of recovery-oriented treatment.

Journal's Website: http://psychservices.psychiatryonline.org

Hugen, B. (2007). The role of religious orientation in the recovery process of persons with a severe mental illness. *Social Work and Christianity, 34*(4), 400-420.

Description: This article provides an overview of how religious orientation can be used to support the recovery process in the area of mental health, emphasizing how both recovery and religious approaches emphasize the potential of change during times of difficulty. The article includes an analysis of five interviews with consumers. The themes identified in the interviews were self-esteem, empowerment, hope, community connections, and comfort. Hugen's discussion of religious orientation and recovery in mental health provides an alternative to the more common and structured use of religion in addiction recovery, emphasizing how a consumer's religious beliefs can be used in a variety of ways to support his/her unique journey.

Journal's Website: http://www.worldcat.org/oclc/61124454

Kirkpatrick, H. (2008). A narrative framework for understanding experiences of people with severe mental illnesses. *Archives of Psychiatric Nursing, 22*(2), 61-68.

Description: This article argues for a narrative approach to recovery and understanding experiences of people with severe mental illness. Drawing on the work of Jerome Bruner, the author describes how the narrative approach to creating a life narrative that is coherent and provides meaning is an invaluable tool for recovery-oriented treatment and discusses strategies for addressing dominant discourses related to severe mental illness.

Journal's Website: http://www.psychiatricnursing.org

Miller, B. (2004). Recovery across the lifespan: Unique aspects of recovery for older adults. Paper presented at the Recovery Conference Dec.16, 2004, Rockville, MD. Retrieved April 25, 2009 www.bbs.ca.gov/pdf/mhsa/resource/recovery/recovery_across_lifespan.pdf - 2008-02-19.

Description: This article clarifies several myths related to treating older adults with mental illness and outlines 12 principles for treatment promoted by the Older Adult Consumer Mental Health Alliance. Miller offers practical guidelines for working with this unique population.

Available:
www.bbs.ca.gov/pdf/mhsa/resource/recovery/recovery_across_lifespan.pdf - 2008-02-19

Onken, S. J., Craign, C., Ridgway, P., Ralph, R. O., & Cook, J.A. (2007). An analysis of the definitions and elements of recovery: A review of the literature. *Psychiatric Rehabilitation Journal, 31,* 9-22.

Description: This article reviews the current literature on recovery from severe mental illness and identifies key elements across models using an ecological framework that takes into account the individuals and their contextual barriers. The concepts outlined in this article provide a comprehensive overview of the broader implications of recovery-oriented treatment.

Journal's Website: http://www.bu.edu/cpr/prj/

Roberts, G. (2000). Narrative and severe mental illness: What place do stories have in an evidence-based world? *Advances in Psychiatric Treatment, 6,* 432-441. Also available http://apt.rcpsych.org/cgi/content/full/6/6/432.

Description: Grounded in postmodern and narrative theories, Roberts argues that recovery-oriented care needs to keep narratives of client experience at the heart of treatment and that overemphasis on the evidence base risks obscuring the personhood of consumers in treatment. He includes a discussion of the construction of narratives about psychopathology, therapy as narrative, narratives of recovery, and qualitative research.

Journal's Website: http://apt.rcpsych.org/

Roberts, G., & Wolfson, P. (2004). The rediscovery of recovery: Open to all. *Advances in Psychiatric Treatment, 10,* **37-48.**

Description: Roberts and Wolfson provide a definition of recovery for persons with severe mental illness that emphasizes the process of personal discovery and includes a comparison chart contrasting principles in the recovery and medical models. The article also provides an operational definition of recovery from schizophrenia as well as a useful description of clinically relevant practices that characterize recovery-based treatment. Although written for psychiatrists, the authors describe guidelines for recovery-oriented practice for all mental health professionals, including the role of the professional, the significance of hope, timing of interventions, uses of medication, risk sharing, etc.

Journal's Website: http://apt.rcpsych.org/

Saraceno, B. (2007). New knowledge and new hope to people with emerging mental disorders. *Early Intervention in Psychiatry, 1***(1), 3-4.**

Description: This brief introductory editorial to the inaugural issue of *Early Intervention in Psychiatry* provides an overview of the potentials and limits of early prevention in the treatment of psychosis, including some hopeful statistics along with realistic cautions. This article emphasizes the potential of *prevention* and *early intervention* in recovery-oriented treatment.

Journal's Website: http://www.wiley.com/bw/journal.asp?ref=1751-7885&site=1

Whitwell, D. (1999). The myth of recovery from mental illness. *Psychiatric Bulletin, 23,* **621–622.**

Description: This short but provocative article strongly cautions mental health care providers about the possibility of the notion of recovery, arguing that the common understanding of the term (that the person will be back to "normal") is often misleading and may be counterproductive. A counter-voice in the recovery dialogue, this article offers a reminder to avoid an overly simplistic view of recovery and points out that full recovery from severe mental illness is difficult and not always an attainable goal.

Journal's Website: http://pb.rcpsych.org/

FEDERAL PUBLICATIONS

Fisher, D. B., & Chamberlin, J. (2004). Consumer-directed transformation to a recovery-based mental health system. Retrieved April 25, 2009 from http://mentalhealth.samhsa.gov/publications/allpubs/NMH05-0193/default.asp.

Description: Commissioned by SAMHSA, this paper outlines a plan for how consumers can catalyze a transformation of the mental health system from an institutional culture to one of recovery by creating a consumer-led National Recovery Initiative. It addresses how to develop and finance services needed for recovery-oriented care. \

Website: http://mentalhealth.samhsa.gov/publications/allpubs/NMH05-0193/default.asp.

President's New Freedom Commission on Mental Health. (2003). *Achieving the promise: Transforming mental health in America.* **Washington, D.C.: U.S. Department of Health and Human Services.**

Description: This publication is the final report of the President's New Freedom Commission on Mental Health, which recommended that the U.S. formally adopt recovery-oriented services in public mental health. This extensive report is divided into six major sections that address the following goals: (a) Americans understand that mental health is essential to overall health, (b) mental health is consumer and family driven, (c) disparities in mental health services are eliminated, (d) early mental health screening, assessment, and referral to services are common practices, (e) excellent mental health care is delivered and research is accelerated, and (f) technology is used to access mental health care and information.

Website: http://www.mentalhealthcommission.gov/reports/FinalReport/toc.html

U.S. Department of Health and Human Services. (2004). National consensus statement on mental health recovery. Downloaded August 26, 2008 http://mentalhealth.samhsa.gov/publications/allpubs/sma05-4129.

Description: This free, two-page tri-fold outlines the USDHHS definition of recovery and its ten components.

Website: http://mentalhealth.samhsa.gov/publications/allpubs/sma05-4129.

JOURNALS

Community Mental Health Journal

Description: This journal is written for mental health professionals who work in community settings and includes numerous articles and research studies on recovery-oriented programs and practices.

Website: http://www.springer.com/medicine/psychiatry/journal/10597

Journal of Psychiatric Rehabilitation

Description: The *Journal of Psychiatric Rehabilitation* includes numerous articles on recovery oriented treatment and research in every volume. It is written for a range of mental health professionals.

Website: http://www.bu.edu/cpr/prj/

REFERENCE LISTS

Board of Behavioral Sciences

Description: The California Board of Behavioral Sciences is compiling resources for MFT educators on its webpage that includes resources on the legislation status, recovery-oriented care, substance abuse, and the mental health workforce. This resource list provides links and downloads of various presentations, unpublished articles, websites, and government publications.

Website: http://www.bbs.ca.gov/bd_activity/mft_educ_comm_update.shtml

Online Reference Guide for Recovery

Description: A thirteen-page reference list of online and standard recovery resources, this list includes readings for both practitioners and consumers.

Website: **http://mhrecovery.com/resouces.htm**

Ralph, R. (2000). *Review of the recovery literature: Synthesis of a sample recovery literature 2000.* **National Association for State Mental Health Program Directors. Downloaded** September 2, 2008 www.bbs.ca.gov/pdf/mhsa/resource/recovery/recovery_oriented_resources.pdf

Description: This reference list on recovery covers topics such as advance directives, employment, dual diagnosis, peer run drop-in centers, recovery, resilience stigma, homeless, and evidence-based practices. It also includes links to websites and readings.

Website: www.bbs.ca.gov/pdf/mhsa/resource/recovery/recovery_oriented_resources.pdf

ONLINE RESOURCES

Building a Culture of Recovery

Description: With resources for consumers and professionals, this website describes a Canadian-based program for transforming mental health culture to be more recovery-oriented. It includes numerous readings, models, and links related to recovery, with an emphasis of transforming mental health culture.

Website: www.cultureofrecovery.org

CASRA: California Association of Social Rehabilitation

Description: This website has content resources that define recovery and social rehabilitation as well as announcements of training, workshops, and advocacy on recovery in California. The site includes a link to eLearning resources and certificate programs in rehabilitation.

Website: http://www.casra.org/

California Network of Mental Health Clients

Description: A consumer-run group, CNMHC hosts a website that provides free resources to mental health consumers in California, including newsletters for and by consumers, announcements for events for consumers, and other publications on recovery.

Website: www.californiaclients.org

Center for Psychiatric Rehabilitation

Description: A leading research and training center in recovery, the website for the Center for Psychiatric Rehabilitation at Boston University has numerous resources for faculty, students, and practitioners on the subject of recovery. The center supports the work of William Anthony and colleagues.

Website: http://www.bu.edu/cpr/about/

Fountain House

Description: Website for one of the premiere recovery-oriented programs in the United States, this resource describes the organization's history, theory of recovery, programs, and training opportunities with links to related resources.

Website: http://www.fountainhouse.org

National Alliance on Mental Illness: NAMI

Description: The NAMI website has extensive resources related to severe mental illness and recovery, including information on mental health disorders for consumers, trainings and conventions, as well as links to state, local, and national resources. NAMI has numerous resources for MFT educators teaching in the area of severe mental illness. In particular, local NAMI organizations can often arrange for opportunities for students to meet with consumers, a requirement of the new curriculum.

Website: www.nami.org

National Empowerment Center

Description: This website has numerous resources on recovery, including videos and books for purchase, listings of consumer-run groups, articles, and program listings.

Website: http://www.power2u.org

National Institutes of Mental Health

Description: The NIHM website has numerous resources on federally sponsored programs and research related to recovery, including numerous grant opportunities and the results of federally funded studies on recovery-based practices. The site also has links to numerous publications on recovery.

Website: www.nimh.nih.gov

Program for Recovery and Community Mental Health

Description: Housed at Yale University and directed by Larry Davidson, the website for the Program for Recovery and Community Mental Health provides numerous resources on research and projects supported by the program.

Website: http://www.yale.edu/PRCH/about/index.html

SAMSHA Free Resources Webpage

Description: On this website you can download free pamphlets, brochures, and DVDs from SAMSHA.

Webpage: http://nmhicstore.samhsa.gov/publications/ordering.aspx

Stamp Out Stigma

Description: This website provides educational material aimed at ending the stigma associated with severe mental illness and provides a list of related resources.

Website: www.stampoutstigma.com

The Village: Mental Health America

Description: Located in Long Beach, the Village is a model recovery program in the United States. The Village is operated by Mental Health America, which has projects throughout the country. The webpage contains numerous resources, including a description of their programs, philosophy, services, and trainings. The Village offers

trainings that faculty and students can attend and provides an opportunity for students to meet with consumers to learn about their experiences of recovery.

Webpage: www.mhala.org/mha-village.htm

VIDEOS/DVDs

* Examination copies were unavailable for videos or DVDs marked with an asterisk (*) due to company policies; thus, the evaluation is based on published description of the resources.

Anthony, W. A. (2007). *On the road to recovery.* **Boston: Boston University, Center for Psychiatric Rehabilitation.***

Description: In this 30-minute DVD that accompanies the book, *Toward a Vision of Recovery,* William Anthony, a leader in the recovery movement, describes the vision of recovery for persons diagnosed with severe mental illness. The DVD targets mental health professionals and consumers.

Publisher's Webpage: www.bu.edu/cpr

Book's Webpage: http://www.bu.edu/cpr/products/curricula/recovery.html

Deegan, P. E. (n.d.). *Recovery is a journey of the heart.* **Lawrence: MA: National Empowerment Center.***

Description: Targeting mental health workers, this is a 60-minute video of Patricia Deegan describing the process of recovery from mental illness.

Website:
http://www.power2u.org/mm5/merchant.mvc?Screen=PROD&Store_Code=NEC&Product_Code=Video-RecoveryJourneyHeart&Category_Code=dvd-video

Deegan, P. E., & Strecker, T. (n.d.). *Inside outside: Building a meaningful life after the hospital.* **Washington, D. C.: SAMSHA.**

Description: This 70-minute video was created by ex-patient filmmakers Pat Deegan and Terry Strecker and reports the stories of eight people who had histories of institutionalization and made the transition to recovery and community living.

Video's Website: http://nmhicstore.samhsa.gov/publications/ordering.aspx (free copy available from SAMSHA).

Fisher, D. (n.d.). *Recovery is for everyone.* **Lawrence: MA: National Empowerment Center.***

Description: In this 46-minute video, Dan Fisher describes his journey of recovery after being diagnosed with schizophrenia at age 25. He eventually recovered, earned a medical degree, became a psychiatrist, and currently directs the National Empowerment Center.

Website:
http://www.power2u.org/mm5/merchant.mvc?Screen=PROD&Store_Code=NEC &Product_Code=Video-RecoveryJourneyHeart&Category_Code=dvd-video

Howard, R. (Director). (2002). *A beautiful mind.* **United States: Universal Pictures.**

Description: This major motion picture depicts the life of John Nash, a brilliant mathematician who was diagnosed with schizophrenia. The movie depicts his triumphs and struggles and how he was able to win the Noble Prize for his work.

Video's Website: http://www.abeautifulmind.com

Insight Media (Producer). (1999). *Client-directed interaction: Adjusting the therapy, not the person.* **New York: Insight Media.***

Description: This 95-minute video features Scott Miller who demonstrates how to create a therapeutic relationship using client strengths to facilitate change.

Website: http://www.insight-media.com/IMGroupDispl.asp

Insight Media (Producer). (2001). *My name is Walter James Cross: The reality of schizophrenia.* **New York: Insight Media.***

Description: Created by a psychiatrist, this dramatic monologue captures the lived reality of schizophrenia and is scripted to increase practitioner understanding and empathy.

Website: http://www.insight-media.com/IMGroupDispl.asp

Insight Media (Producer). (2006). *Spirit of recovery.* **New York: Insight Media.***

Description: This 91-minute video shares three different views of recovery from severe mental illness, featuring Ed Knight, Sheila La Gacy, and Nancy Kehoe.

Website: http://www.insight-media.com/IMGroupDispl.asp

Monkey See Productions (Producer). (2006). *Living with schizophrenia.* **New York: Guilford.***

Description: Targeting people with severe mental illness and promoting a recovery perspective, this 39-minute video includes first-hand accounts of three people living schizophrenia and one with schizoaffective disorder.

Publisher's Website: www.guilford.com

DVD's Website: http://www.guilford.com/cgi-
bin/cartscript.cgi?page=pr/livingwith.htm&dir=videos/psych&cart_id=239610.195
38

Monkey See Productions (Producer). (2006). *Living well with bipolar disorder.* **New York: Guilford.***

Description: Targeting people with severe mental illness and promoting a recovery perspective, this 47-minute video includes interviews with six individuals with bipolar disorder and addresses issues around medication, psychotherapy, and lifestyle choices.

Publisher's Website: www.guilford.com

DVD's Website: http://www.guilford.com/cgi-
bin/cartscript.cgi?page=pr/livingwith.htm&dir=videos/psych&cart_id=239610.195
38

Wright, J. (2009). *The soloist.* **United States: DreamWorks.**

Description: This major motion picture depicts the life of a homeless musician diagnosed with schizophrenia and his friendship with a Los Angeles Times news reporter, who tries to help him make his dreams come true.

Video's Website: http://www.soloistmovie.com/

Client Advocacy, Case Management, and Systems of Care

Introduction to Client Advocacy, Case Management, and Systems of Care

The new curriculum requires course content on *client-centered advocacy*, which refers to helping clients identify and successfully access community and social resources. These activities, sometimes referred to as *case management,* require that MFTs understand the systems of care, both public and private, for the severely mentally ill in their communities and that MFTs know how to work collaboratively with other professionals. A comprehensive list of community resources in California is included as part of this bibliography to enable educators to acquaint their students with national, state, and local resources.

New curriculum description:

Performing client-centered advocacy including researching, identifying, and accessing resources, or other activities, related to obtaining or providing services and supports for clients or groups of clients receiving psychotherapy or counseling services. (BPC § § 4980.03(h) and 4980.36(d)(1)(B)(ii))

How to connect people with resources that deliver the quality of services and support needed in the community. (BPC § 4980.36(d)(1)(B)(iv)(V))

Systems of care for the severely mentally ill. (BPC § 4980.36(e))

Public and private services and supports available for the severely mentally ill. (BPC § 4980.36(e))

Community resources for persons with mental illness and for victims of abuse. (BPC § 4980.36(e))

Advocacy for the severely mentally ill. (BPC § 4980.36(e))

Case management. (BPC § 4980.36(e))

Collaborative treatment. (BPC § 4980.36(e))

Also see National, State, and County Resources.

BOOKS

Gelman, S., & Frankel, A. (2003). *Case management: An introduction to concepts and skills* **(2nd ed.) Chicago, IL: Lyceum Books.**

> *Description:* This book provides a comprehensive overview of current case management practice, including the evolution and history and definition of practice. Specific case management skills are introduced, including defining one's role as a case manager, interviewing skills used in case management, specialized case management skills, and applications with special populations.
>
> *Publisher's Website:* www.lyceumbooks.com
>
> *Book's Website:* http://lyceumbooks.com/icasemgt.htm

Gibelman, M., & Furman, R. (2008). *Navigating human service organizations: Essential information for thriving and surviving in agencies* **(2nd ed.). Chicago, IL: Lyceum Books.**

> *Description:* This book prepares students for working in human service organizations by providing a detailed account of the organizational structure and functioning of these large systems. The text addresses issues such as human service organizations, the roles of various parties, the power structure, work conditions, and changing environment. Written with social workers in mind, this book describes many of the practical realities of working large human service organizations, helping to prepare students with knowledge and realistic expectations of working in these systems. The text can be used in whole or part in community mental health courses.
>
> *Publisher's Website:* www.lyceumbooks.com
>
> *Book's Website:* http://store.lyceumbooks.com/shop/index.cfm?fuseaction=product.display&Product_ID=61&CFID=318302&CFTOKEN=12014315

Rapp, C.A., & Goscha, R. J. (2006). *The strengths model: Case management with people suffering from severe and persistent mental illness* **(2nd ed.). New York: Oxford University Press.**

Description: This text provides a strength-oriented approach to case management and includes detailed descriptions of the history, research base, and principles of this approach. Rapp and Goscha include chapters on building a therapeutic relationship, strengths assessment, personal planning, and resource acquisition.

Publisher's Website: www.oup.com/us

Book's Website:
http://www.oup.com/us/catalog/general/subject/SocialWork/?view=usa&ci=9780
    195182859

Rosenberg, J., & Rosenberg, S. (Eds.). (2006). *Community mental health: Challenges for the 21st century.* **New York: Brunner-Routledge.**

Description: This edited volume provides a comprehensive overview of community mental health history, highlighting the Community Mental Health Act of 1963, treatment of vulnerable populations, and the impact of September 11 on community mental health. The book includes sections on recovery and consumer movement, best practices in community mental health, community mental health with underrepresented populations (e.g., oppressed groups generally, GBTLQ, African-American, Chinese-American, Hispanic), treatment with the homeless, and organization and policy issues. It is one of the few texts to directly address service needs of diverse populations.

Publisher's Website: www.routledge.com

Book's Website: http://www.routledge.com/books/Community-Mental-Health-isbn9780415950114

Ruddy, N. B., Borresen, D. A., & Gunn, W. B. (2008). *The collaborative psychotherapist: Creating reciprocal relationships with medical professionals.* **Washington, D. C.: American Psychological Association.**

Description: This book provides a comprehensive overview of how mental health practitioners can collaborate with medical and other professionals. The text is divided into four sections: routine collaboration, intensive collaboration, clinical examples, and collaboration in the real world. Specific guidelines are provided for private practice, primary care medical practice, managed care, primary care mental health, and crisis services.

Publisher's Website: www.apa.org/books

Book's Website: http://books.apa.org/books.cfm?id=4317152&about=yes

Spindel, P. (2008). *Case management from an empowerment perspective.* **Toronto: Nu-Spin Publishing.**

Description: In this text, Spindel presents an empowerment-based approach to case management. She defines empowerment as a process in which the social service worker interacts with consumers to reduce their feelings of powerlessness and stigma. The text has a workbook feel that goes into detail on issues such as what consumers describe as helpful, empowerment philosophies, ethical considerations, consumer advocacy, and community building. This resource provides a case management approach that is appropriate for recovery-oriented treatment.

Publisher's Website: Self published. Available at Amazon.com.

Book's Website: http://www.amazon.com/Management-Empowerment-Perspective-Patricia-Spindel/dp/0968815030/ref=sr_1_1?ie=UTF8&s=books&qid=1242168251&sr=8-1

Teed, E. L., & Scileppi, J. A. (2007). *The community mental health system: A navigational guide for providers.* **New York: Allyn and Bacon.**

Description: This book provides a comprehensive overview of community mental health systems using an ecological and prevention model. The text includes a history of community mental health, explanation of deinstitutionalization, introduction to managed care, discussion of evidence-based trends, and detailed program evaluation strategies. This text provides students a framework from which to better understand current practices and organizational structures of the mental health system.

Publisher's Website: www.pearsonhighered.com

Book's Website:
http://www.pearsonhighered.com/educator/academic/product/0,3110,0205486657,00.html

ARTICLES

Gehart, D., & Lucas, B. (2007). Client advocacy in marriage and family therapy: A qualitative case study. *Journal of Family Psychotherapy, 18,* **39-56.**

Description: This article describes the pragmatics of client advocacy in marriage and family therapy practice, using a case study to provide a description of the effects of advocacy on consumers. Specific guidelines for how to conduct client advocacy are included.

Journal's Website: http://www.ifta-familytherapy.org/journal.html

Greene, G. J., Kondrat, D. C., Lee, M. Y., Clement, J., Siebert, H.,. Mentzer, R. A. & Pinnell, S. R.. (2006). A solution-focused approach to case management and recovery with consumers who have a severe mental disability. *Families in Society, 87*(3), 339-350.

Description: One of the few articles on the subject that targets therapists, this article details a solution-focused approach to case management for recovery from severe mental illness. The article provides a brief but detailed overview of case management, reviews common factors in recovery practice, and defines a strength-based perspective for case management. Greene et al. also detail specific solution-focused strategies that can be used in case management, including specific questions and techniques for facilitating the process.

Journal's Website: http://www.familiesinsociety.org/

Madsen, W. C. (2009). Collaborative helping: A practice framework for family-centered services. *Family Process, 48,* 103-116.

Description: Drawing on solution-based and narrative therapies, motivational interviewing, appreciative inquiry, and signs of safety approach to child protection work, Madsen presents a five-step model for collaborative family-centered practice. This approach emphasizes cultural curiosity, enhancing family resourcefulness, working in partnership with families, and making clinical work accountable to those served. Numerous example questions and detailed interventions are provided to illustrate clinical applications.

Journal's Website: www.familyprocess.org

Marshall, S. L., Crowe, T. P., Oades, L. G., Deane, F. F., & Kavanagh, D. J. (2007). A review of consumer involvement in evaluations of case management: Consistency with a recovery paradigm. *Psychiatric Services, 58, 396-401.*

Description: This article reviews thirteen studies of consumer involvement in the evaluation of their case management. The findings of the study include that consumer experiences of recovery were inadequately assessed and the discussion encourages practitioners to increase consumer involvement in their own case management. This review of research on case management ends with a thought-provoking and practical discussion of how to improve case management so that it better supports the recovery process.

Journal's Website: http://psychservices.psychiatryonline.org

Recovery-Oriented Skills and Treatments

Introduction to Recovery-Oriented Skills and Treatments

The new curriculum requires that MFT programs include instruction in recovery-oriented methods of service delivery. While few texts have been specifically written on micro-skills in "recovery" oriented mental health, the field of MFT has numerous resources within its core literature base that competently achieves this end. In fact, the field of MFT arguably has the most extensive, long-standing, and well-developed therapeutic methods for promoting recovery.

Recovery-oriented methods emphasize the following:

- Developing a collaborative working relationship
- Promoting consumers' agency in their journeys of recovery and lives more generally
- Maintaining a non-pathologizing view of human behavior
- Harnessing consumer strengths to achieve goals

The texts below have been selected based on these criteria.

New Curriculum Description:

Integrate the principles of mental health recovery-oriented care and methods of service delivery in recovery-oriented practice environments, among others. (Business and Professions Code [BPC] § 4980.36(c)(1)(B))

BOOKS

Anderson, H. (1997). *Conversations, language, and possibilities: A postmodern approach to therapy.* **New York: Basic Books.**

Description: This book describes a collaborative, dialogical approach to therapeutic relationships, which is characterized by working along side clients in their journeys of transformation. Avoiding textbook techniques, collaborative therapy focuses on creating relationships in which clients feel heard and regain a sense of agency and autonomy. The book covers the historical and philosophical foundations of collaborative therapy and describes the guiding principles for inviting clients to co-explore their situation. Collaborative therapy relies more on a philosophical stance than technique to promote change, thus the book focuses on theoretical descriptions of the work rather than descriptions of micro-skills.

Publisher's Webpage: http://www.perseusbooksgroup.com/basic/home.jsp

Book's Webpage:
http://www.perseusbooksgroup.com/basic/book_detail.jsp?isbn=0465038050

Anderson, H., & Gehart, D. R. (Eds.). (2007). *Collaborative therapy: Relationships and conversations that make a difference.* **New York: Routledge.**

Description: This edited volume includes a highly accessible description of collaborative therapy as well as its applications in therapy, community, educational,

and research settings. Of particular interest is the chapter by Haarakangas, Seikkula, Alakare, and Aaltonen, Finnish therapists who have used a collaborative-based recovery-oriented approach with psychotic patients that has resulted unprecedented recovery rates from schizophrenia. Other chapters cover a wide range of clinical issues and contexts in which collaborative therapy has been successfully implemented.

Publisher's Webpage: http://www.routledge.com/

Book's Webpage: http://www.routledge.com/books/Collaborative-Therapy-isbn9780415953276

Bertolino, B. (2010). *Strengths-based engagement and practice: Creating effective helping relationships.* **New York: Allyn & Bacon.**

Description: Drawing on evidence-based practices, evidence-based treatments, common factors research, and outcome research, Bertolino describes a detailed integrative helping model for developing strengths-based, collaborative partnerships with clients. The text teaches the specific skills needed to build a collaborative therapeutic relationship, engage clients in an active partnership, determine a direction for treatment, motivate clients for change, help clients change their viewing and doing related to the problem, and support clients in transitioning out of therapy. The text draws heavily on solution-based and collaborative approaches to therapy.

Publisher's Website: http://www.pearsonhighered.com

Book's Website:
http://www.pearsonhighered.com/educator/academic/product/0,3110,0205569048,00.html

Bertolino, B., & O'Hanlon, B. (2002). *Collaborative, competency-based counseling and therapy.* **New York: Allyn & Bacon.**

Description: This introductory skills textbook is one of the first to use a competency, strengths-based perspective, teaching the micro-skills of collaborating with clients. In addition to covering the common factors research, the text provides practical instruction in creating a collaborative therapeutic relationship, collaboratively setting strength-based goals, assessing for strengths and resiliency, avoiding iatrogenic injury during assessment, changing the viewing of problems, changing the doing of problems, and changing contextual propensities associated with the problem. Furthermore, Bertolino and O'Hanlon discuss how to respond to various setbacks, amplify change, and end therapy successfully. Numerous transcripts are used to illustrate interventions.

Publisher's Website: www.pearsonhighered.com

Book's Website:
http://www.pearsonhighered.com/educator/academic/product/0,3110,0205326056,00.html

Burns, B. J., & Hoagwood, K. (Eds.). (2002). *Community treatment for youth: Evidence-based interventions for severe emotional and behavioral disorders.* **New York: Oxford University Press.**

Description: This edited book provides a strength-based, community approach to working with children with severe disorders and their families. The text covers a wide range of intervention approaches, such as case management, wrap around services, multisystemic therapy, treatment foster care, mentoring, family education and also addresses special education, substance abuse, psychopharmacological interventions, and community policy.

Publisher's Website: www.oup.com/us

Book's Website:
http://www.oup.com/us/catalog/general/subject/SocialWork/?view=usa&ci=9780195134575

DeJong, P., & Berg, I. K. (2008). *Interviewing for solutions* **(3rd ed.). Pacific Grove, CA: Brooks/Cole.**

Description: This solution-focused introductory skills text describes a collaborative, strengths-based approach to working with clients. Chapters cover solution-focused micro-skills such as basic interviewing skills, attending to what the client wants, amplifying what clients want, identifying exceptions and strengths, formulating feedback for clients, and measuring client progress. In addition, the text includes specific chapters on working with involuntary clients, interviewing in crisis situations, measuring outcomes, professional values and diversity, and issues in diverse work contexts.

Publisher's Website: http://www.cengage.com/highered/

Book's Website:
http://academic.cengage.com/cengage/instructor.do?totalresults.do?page=null&key for=allsite&keyitem=all&keytype=null&resultfor=higheredu&resulttype=instructor &keyword_all=de%20jong&pagefrom=search&disciplinenumber=7&product_isbn =9780495115885&contextelement=http://academic.cengage.com/cengage

Duncan, B., Miller, S., & Sparks, J. (2004). *The heroic client: A revolutionary way to improve effectiveness through client-directed, outcome-informed therapy* **(Rev. ed.). New York: Jossey.**

Description: This text provides a detailed overview of common factors approach to therapy advocated by Miller, Duncan, and colleagues. Specifically, the book examines the practical aspects of implementing a client-directed, outcome-informed approach

to therapy using ultra-brief measures of client progress available for free download on their webpage: www.talkingcure.com.

Publisher's Website: www.josseybass.com

Book's Website: http://www.josseybass.com/WileyCDA/WileyTitle/productCd-078797367X.html

Rowan, T., & O'Hanlon, B. (1999). *Solution-oriented therapy for chronic and severe mental illness.* **New York: Wiley.**

Description: One of the few texts of its kind, this book is a strength-based (solution-oriented) approach for working with severe mental illness. The book outlines key arguments and research that support a hopeful approach to chronic and severe mental illness and also provides a comprehensive treatment philosophy and approach. The text includes chapters on "rewriting spoiled identity stories," "revaluing people's experiences," "collaborating with clients, their families, and others in their social environment," "handling dangerous and violent situations," "effective and respectful treatment of 'borderline' clients," "relapse recovery and prevention," and "general principles for working with chronic and severe mental illness."

Publisher's Website: www.wiley.com

Book's Website: http://www.wiley.com/WileyCDA/WileyTitle/productCd-0471183628.html

Watzlawick, P. (1983). *The situation is hopeless by not serious: The pursuit of unhappiness.* **New York: Norton.**

Description: In this short, thought-provoking piece, Watzlawick uses literary references, historical anecdotes, exercises, and clinical examples to illuminate how both common and severe forms of psychopathology are often self-fulfilling prophesies that we unwittingly buy into and perpetuate. This piece explains the non-pathologizing foundations of systemic and strategic therapies in an accessible language.

Publisher's Website: www.wwnorton.com

Book's Website: None.

Watzlwick, P., Weakland, J. H., & Fisch, R. (1974). *Change: Principles of problem formation and problem resolution.* **New York: Norton.**

Description: This classic family therapy text describes a non-pathologizing approach to working with client problems. The first half of the text examines linguistic and relational patterns that contribute to problem formation; the second half identifies established techniques and strategies that can be used for problem resolution. This

familiar text can easily be adapted and applied for use in teaching a recovery-oriented approach to working with severe mental illness. Written by therapists at the MRI who are well-known for creative, non-pathologizing approaches to working with psychosis and other severe issues, this text provides a system for conceptualizing the complex problems associated with severe mental illness as well as specific interventions based on how the problem was formed or constructed.

Publisher's Website: www.wwnorton.com

Book's Website: http://www.wwnorton.com/NPB/nppsych/001104.html

VIDEOS/DVDs

* Examination copies were unavailable for videos or DVDs marked with an asterisk (*) due to company policies; thus, the evaluation is based on published description of the resources.

Alexander Street Videos.

Description: This online collection of over 300 counseling and psychotherapy videos includes several videos on strength-based micro-skills, such as interviews by Insoo Berg and other solution-focused and narrative therapists. This new online collection is a unique resource that makes videos available to students outside of class. It includes a variety of both traditional and more recovery-oriented approaches to building therapeutic relationships. However, faculty will need to select those particular videos that demonstrate more collaborative and strength-based approaches from the offerings.

Publisher's Website: www.alexanderstreet.com

Insight Media (Producer). (2002). *Interviewing for solutions.* **New York: Insight Media.***

Description: Based on de Jong and Berg's work, this DVD demonstrates interviewing skills discussed in the text of the same title. This DVD is a helpful supplement for use with the text or for demonstrating solution-based interviewing skills.

Website: http://www.insight-media.com/IMGroupDispl.asp

Steinberg, F. E., & Whiteside, R. G. (n.d.). *Family Therapy 1-2-3: An interactive practicum.* **Available at http://www.solutions-unlimited.co.nz.**

Description: The first disk of this three CD-ROM set includes an overview of the major MFT theories with links to related websites and clips from major theorists. Disk two introduces Client-Focused Family Therapy, which, similar to solution-focused approaches to assessing client motivation, is an approach to adapting one's

style to match the family based on their "cooperation style." The final disk follows a family therapy case from the referral to termination.

This innovative CD-ROM series is a unique resource for helping teach recovery-oriented treatment as well as more traditional family therapy concepts. Disks two and three can be used to teach strategies for adapting treatment to client needs and for providing practical examples of in-session skills.

Webpage: http://www.solutions-unlimited.co.nz/

Recovery-Oriented Group Treatments

Introduction to Recovery-Oriented Group Treatments

This section provides resources for common recovery-oriented group treatments, including psychoeducational groups and peer groups.

New Curriculum Description:

Integrate the principles of mental health recovery-oriented care and methods of service delivery in recovery-oriented practice environments, among others. (Business and Professions Code [BPC] § 4980.36(c)(1)(B))

BOOKS

Anderson, C. M., Hogarty, G. E., & Reiss, D. J. (1986). *Schizophrenia and the family: A practitioner's guide to psychoeducation and management.* **New York: Guilford.**

Description: Supported by a strong and consistent research base, this text provides a step-by-step psychoeducational curriculum for families with a schizophrenic member. It focuses on a comprehensive and preventative treatment to psychosis that actively involves and educates the family. Topics covered include connecting with the family, psychoeducational workshop outline, the first year out, social and vocational rehabilitation, relapse prevention, and administrative issues.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/anderson.htm&dir=pp/acpp&cart_id=228359.15730

Bellack, A. S., Mueser, K. T., & Gingerich, S. (2004). *Social skills training for schizophrenia* **(2nd ed.). New York: Guilford.**

Description: This treatment manual provides an overview of the social skills training evidence-base, assessment strategies, teaching strategies, practical issues of starting a group, and troubleshooting common problems. A curriculum for teaching social skills is provided, including conversational, assertiveness, conflict management,

communal living, friendship, dating, health maintenance, vocational, and coping skills. The text also addresses using the curriculum when working with consumers who abuse substances.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/bellack.htm&dir=pp/acpp&cart_id=228359.15730

Clay, S. (Ed.). (2005). *On our own, together: Peer programs for people with mental illness.* **Nashville, TN: Vanderbilt University Press.**

Description: An edited volume, this book provides detailed descriptions of numerous peer programs for the severely mentally ill, including programs in the Mental Health Client Action Network in Santa Cruz, the Friends Connections in Philadelphia, and Building Recovery of Individual Dreams through Education and Support in Tennessee. The text emphasizes practices and concepts that make these groups effective.

Publisher's Website: http://www.vanderbiltuniversitypress.com/

Book's Website: http://www.vanderbiltuniversitypress.com/bookdetail.asp?book_id=3969

Copeland, M. E. (2000). *Wellness recovery action plan* **(Rev. ed.). West Dummerson, VT: Peach Press.**

Description: This self-help book can be used with individuals or in groups to develop a personal wellness recovery action plan (WRAP). The development of a WRAP includes a wellness "toolbox," a daily maintenance plan, trigger identification, list of early warning signs, and crisis plans. The book includes detailed instructions on various tools, such as relaxation exercises, journaling, diet, exercise, creativity, and peer groups.

Publisher's Website: www.mentalhealthrecovery.com

Book's Website: http://www.mentalhealthrecovery.com/shop/index.php

McFarlane, W. R. (2004). *Multifamily groups in the treatment of severe psychiatric illness.* **New York: Guilford.**

Description: McFarlane's book presents a practical guide to his evidence-based approach to family psychoeducation. Divided into three sections, the book presents (a) an overview of the theoretical and research foundations for multifamily groups with severe mental illness, (b) a detailed description of the practice and curriculum of these psychoeducational groups, and (c) applications with other disorders and populations, family-aided assertive community treatment (ACT), bipolar, major

depression, borderline personality disorder, obsessive compulsive, and medical disorders.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/mcfarlane2.htm&dir=pp/fac&cart_id=551102.1807

Spaniol, L., Koehler, M., & Hutchinson, D. (1994). *The recovery workbook: Practical coping and empowerment strategies for people with psychiatric disability.* **Boston: Boston University, Center for Psychiatric Rehabilitation.**

Description: Written for consumers and their families, this workbook provides resources for understanding mental illness and recovery, increasing control, managing life stressors, enhancing personal meaning, building personal support, and setting personal goals. Practitioners can also purchase the corresponding *Leader's Guide,* designed for leading groups or workshops. This book is integrated into the Center for Psychiatric Rehabilitation's series of books and DVDs on recovery. A Spanish version is also available.

Publisher's Webpage: www.bu.edu/cpr

Book's Webpage: http://www.bu.edu/cpr/products/curricula/recovery.html

ARTICLES

Castelein, S., Bruggeman, R., van Busschback, J. T., van der Gaag, M., Stant, A. D., Knegtering, H., & Wiersman, D. (2008). The effectiveness of peer support groups in psychosis: A randomized controlled trial. *Acta psychiatrica Scandinavica, 118***(1), 64-72.**

Description: This study explored the effects of a minimally guided peer support group for people with psychosis. The results indicated that these groups had a positive effect on social support, self-efficacy, and quality of life, especially for "high attenders."

Journal's Website: http://www.wiley.com/bw/journal.asp?ref=0001-690x

Cohen, M., & Graybeal, C. (2007). Using solution-oriented techniques in mutual aid groups. *Social Work with Groups, 30***(4), 41-58.**

Description: In this article, Cohen and Graybeal outline how solution-focused techniques can be used in mutual aid groups (self-help groups) to shift from problem-saturated discourse to solution-oriented discourse. This resource provides family therapists familiar with solution-focused and narrative therapies with a template for integrating these ideas with recovery-oriented peer support groups, making it a useful addition in group therapy or community mental health courses.

Journal's Website: http://www.aaswg.org/journal-subscription

Mueser, K.T., Bolton, E., Carty, P. C., Bradley, M. J., Ahlgren, K. F., DiStaso, D. R., Gilbride, A., & Liddell, C. (2007). The trauma recovery group: A cognitive-behavioral program for post-traumatic stress disorder in persons with severe mental illness. *Community Mental Health Journal, 43***(3), 281-304.**

Description: This article describes the outcomes of a cognitive-behavioral group designed for persons diagnosed with severe mental illness and posttraumatic stress disorder. Those consumers who finished treatment improved significantly in regards to PTSD symptoms and other mental health symptoms. The results include a discussion of feasibility and clinical benefits of such groups.

Journal's Website: http://www.springer.com/medicine/psychiatry/journal/10597

Home and Community-Based Therapy

Introduction to Home and Community-Based Therapy

When preparing students for working in recovery-oriented environments and public mental health more generally, instructors should include instruction on in-home and community-based therapy models, increasingly preferred practice contexts when working with the severely mentally ill and lower socio-economic consumers.

New Curriculum Description:

Integrate the principles of mental health recovery-oriented care and methods of service delivery in recovery-oriented practice environments, among others. (Business and Professions Code [BPC] § 4980.36(c)(1)(B))

BOOKS

Berg, I. K. (1994). *Family based services: A solution-focused approach.* **New York: Norton.**

Description: This book describes a solution-focused approach to family-based programs in children's welfare. Family-based programs were developed as an alternative to foster care when possible. The text addresses the unique issues of establishing a therapeutic relationship with these mandated families, defining the problem in situations where the referring county agencies and families disagree, setting goals and defining a contract, conducting family sessions, and designing interventions for this specific population.

Publisher's Website: www.wwnorton.com

Book's Website: http://www.wwnorton.com/orders/npb/070162.htm

Boyd-Franklin, N., & Bry, B. H. (2001). *Reaching out in family therapy: Home-based, school, and community interventions.* **New York: Guilford.**

Description: This text teaches family therapists how to transfer what they know to working with families in their homes and communities, skills that are increasingly used in recovery-oriented public mental health. Divided into four sections, the first part of the book discusses issues of culture, race, and socioeconomic status. The second section details home-based therapy with specific chapters on children, teens, and families; the third covers working in schools and community settings. Finally, the authors review the evidence based for in-home and community interventions.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/boyd-franklin3.htm&dir=pp/fac&cart_id=551102.1807

Berg, I.K., & Kelly, S. (2000). *Building solutions in child protective services.* **New York: Norton.**

Description: This solution-focused book details a strengths-oriented approach to working with children and families in the child protective service system. Berg and Kelly describe how to provide hopeful services, beginning with the first phone call. They offer specific tools and techniques for this population, including a chapter on how investigation can be used as intervention and prevention opportunities. Numerous appendices provide additional support, including client handouts, focus group processes, and worker/supervisor surveys.

Publisher's Website: www.wwnorton.com

Book's Website: http://www.wwnorton.com/orders/npbC/070310.htm

Lindblad-Goldberg, M., Dore, M., & Stern, L. (1998). *Creating competence from chaos.* **New York: Norton.**

Description: This book describes a strength-focused, evidence-based approach to home-based services using the ecosystemic structural family therapy approach used at the Philadelphia Child and Family Therapy Training Center, which was founded by Salvador Minuchin. With a clear practical focus, this text describes the theoretical foundations, assessment, treatment planning, and intervention aspects of the model as well as addressing the evaluation of treatment outcomes. The appendices include numerous clinically useful resources, including a satisfaction survey, follow-up survey, agency satisfaction survey, permission for video taping release, strength-based behavior checklist, release of information, and attendance confidentiality statement.

Publisher's Website: www.wwnorton.com

Book's Website: http://www.wwnorton.com/NPB/nppsych/702642.html

Walton, E., Sandau-Beckler, P., & Mannes, M. (Eds.). (2001). *Balancing family-centered services and child well-being.* **New York: Columbia University Press.**

Description: This edited volume provides a coherent approach for working with families involved in public mental health systems, emphasizing a strength-based approach for helping the family successfully navigate the system. Chapter topics include theoretical foundations of family-based services, ecosystemic conceptual framework, cultural competencies, assessment, goal setting, developmental issues, home-based services, and extended family involvement.

Publisher's Website: http://cup.columbia.edu/

Book's Website: http://cup.columbia.edu/book/978-0-231-11282-6/balancing-familycentered-services-and-child-wellbeing

ARTICLES

Coffey, E. P. (2004). The heart of the matter 2: Integration of ecosystemic family therapy practices with systems of care mental health services for children and families. *Family Process, 43,* **161- 174.**

Description: Coffey describes a postmodern ecosystemic approach to Wraparound Service Delivery that promotes family resilience. Drawing on the work of Auerswald as well as Goolishian and Anderson, Coffey describes combining ecosystemic and collaborative language system approaches to support families receiving public mental health services. The article emphasizes the quality and types of conversations needed between care givers and families to promote better outcomes. Numerous studies and programs are cited and reviewed.

Journal's Website: www.familyprocess.org

Rojano, R. (2004). The practice of community family therapy. *Family Process, 43,* **59- 77.**

Description: This article describes the basic theories and methods of Community Family Therapy, an approach for treating low-income, urban families that integrates developmental and motivational theories. The model includes three levels of engagement: (a) personal and family growth, (b) accessing community resources, and (c) leadership and civic action. The article specifically addresses issues of poverty and the socioeconomic context.

Journal's Website: www.familyprocess.net

Introduction to Disaster, Trauma, and Resilience

The new curriculum calls for instruction in community disaster and trauma response as well as training in resiliency models for recovering from trauma. As a discipline with a long history of system-based and strength-based models, family therapists have many resources from within the discipline for teaching this material.

New curriculum description:

Disaster and trauma response. (BPC § 4980.36(e))

The broad range of matters and life events that may arise within marriage and family relationships and within a variety of California cultures, including instruction in all of the following: (BPC § 4980.36(d)(2)(C)(iii, viii-x))

- *Effects of trauma.*

An understanding of resilience, including the personal and community qualities that enable persons to cope with adversity, trauma, tragedy, threats, or other stresses. (BPC § 4980.36(d)(2)(G))

BOOKS

Dass-Brailsford, P. (2007). *A practical approach to trauma: Empowering interventions.* **Thousand Oaks, CA: Sage.**

> *Description:* A comprehensive text on trauma intervention, this book provides an overview of diagnosis, models of treatment, empowering interventions, traumatic stress debriefing, group work for trauma victims, community interventions, and secondary trauma. In addition, the book includes specific chapters on working with children, interpersonal violence, political refuges, and terrorism. Emphasizing real world skills, the book also includes handouts and instructions for interventions such as breathing exercises, client safety worksheet, progressive muscle relaxation, and counselor self-care.
>
> *Publisher's Website:* www.sagepub.com
>
> *Book's Website:* http://www.sagepub.com/booksProdDesc.nav?prodId=Book227704

Dass-Brailsford, P. (Ed.). (2009). *Crisis and disaster counseling: Lessons learned from Katrina and other disasters.* **Thousand Oaks, CA: Sage.**

> *Description:* This edited text addresses the unique challenges of providing counseling services to individuals, children, and families affected by crisis and disasters. Individual chapters cover topics such as community-based crisis counseling in Africa, children and crisis, families affected by hurricanes, older adults and natural disasters, needs of displaced disaster survivors, federal government and disaster

response, spiritual dimensions of disaster counseling, dislocation and relocation, and rural communities in crisis. Additional chapters examine practical implementation issues encountered when providing therapy services after Hurricane Katrina, September 11, and Virginia Tech.

Publisher's Website: www.sagepub.com

Book's Website:
http://www.sagepub.com/booksProdDesc.nav?prodId=Book232649&

Dolan, Y. (1991). *Resolving sexual abuse: Solution-focused therapy and Ericksonian hypnosis for survivors.* **New York: Norton.**

Description: This classic text presents a comprehensive solution-focused approach to working with sexual abuse, an outstanding example of recovery-oriented treatment. The text emphasizes the importance of hope and utilizing client resources. The majority of the book describes highly practical interventions for treating a wide range of common sexual abuse issues, such as dealing with unsupportive family members, dissociation, safe remembering, relating to one's body, and relapse prevention.

Publisher's Website: www.wwnorton.com

Book's Website: http://www.wwnorton.com/NPB/nppsych/070112.html

Everstine, D., & Everstine, L. (2006). *Strategic interventions for people in crisis, trauma, and disaster* **(Rev. ed.). New York: Routledge.**

Description: With a forward by Paul Watzlawick, this book describes brief therapy techniques for people experiencing crisis, trauma, and disaster. Divided into two sections, the book has one section on crisis, which includes chapters on domestic violence, child abuse, hospitalization, and suicide, and another section on trauma, which covers child sexual assault, disasters, violence, and adult rape. Each section includes chapters on assessment and treatment strategies.

Publisher's Website: www.routledge.com

Book's Website: http://www.routledge.com/books/Strategic-Interventions-for-People-in-Crisis-Trauma-and-Disaster-isbn9780415950718

Hoff, L. A. Hallisey, B., & Hoff, M. (2009). *People in crisis: Clinical and diversity perspectives* **(6ᵗʰ ed.). New York: Routledge.**

Description: A classic on the subject, this book covers a comprehensive overview of crisis counseling across the lifespan and addresses cross-cultural differences in response to crisis. The book is divided into three sections: (a) understanding the practice of crisis intervention, (b) crisis related to developmental and situational states, and (c) suicide, violence, and catastrophic events. Specific chapters address the psychology of crisis, helping people in crisis, family and community involvement,

stress of developmental life stages, workplace violence, suicide, disaster, and violence. The book also warns against pathologizing "normal" responses to war and discusses the intersection of individual healing and the broader socio-political context.

Publisher's Website: www.routledge.com

Book's Website:
http://www.routledge.com/shopping_cart/products/product_detail.asp?curTab=CONTENTS&id=&parent_id=&sku=&isbn=9780415990752&pc=

O'Hanlon, B., & Bertolino, B. (2002). *Even from a broken web: Brief, respectful solution-oriented therapy for sexual abuse and trauma.* **New York: Norton.**

Description: This solution-oriented book describes a hopeful and strength-based approach to treating trauma. The text details specific techniques for building a safe, respectful relationship using permission, validation, and inclusion and for intervening with common trauma symptoms, such as dissociation, devaluing of self, self-harm, and flashbacks. O'Hanlon and Bertolino provide numerous techniques for helping clients more toward a more hopeful future while acknowledging past realities.

Publisher's Website: www.wwnorton.com

Book's Website: http://www.wwnorton.com/NPB/nppsych/hanlonbertolino.html

Roberts, A. R. (Ed.). (2006). *Crisis intervention handbook: Assessment, treatment, and research* **(3rd ed.). New York: Oxford University Press.**

Description: Extensively revised in response to September 11, this comprehensive edited text with 32 chapters provides up-to-date crisis counseling models and discusses a broad range of specific populations and situations. The book is divided into six sections: (a) an overview of treatment models and approaches, (b) disaster mental health and crisis intervention, (c) crisis assessment and intervention with children and youth, (d) crisis intervention with violence, (e) crisis intervention with health and mental health issues, and (e) evidence-based practices and research. The book provides strength-based, solution-oriented, and evidence-based models of crisis intervention.

Publisher's Website: www.oup.com/us

Book's Website:
http://www.oup.com/us/catalog/general/subject/SocialWork/?view=usa&ci=9780195179910

Walsh, F. (2006). *Strengthening family resilience* **(2nd ed.). New York: Guilford.**

Description: This recently revised text describes the family resilience approach and how it applies in a diverse society. Divided into four sections, this book begins by defining resilience and describes a model for use with individuals and families. The second section identifies key family processes that characterize resilience, including belief systems, organization patterns, and community processes. The third section addresses practical applications, both in traditional therapy and community-based programs. In the final section, Walsh discusses resilience in the context of loss, chronic illness, multistressed families, disasters, and reconciliation.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/walsh3.htm&dir=pp/fac&cart_id=51770.14194

ARTICLES

Baggerly, J., & Exum, H. (2008). Counseling children after natural disasters: Guidance for family therapists. *American Journal of Family Therapy, 36***(1), 79-93.**

Description: In addition to discussing typical signs and symptoms of trauma after a disaster, this article presents a three-phase multimodal treatment model for working with children after a natural disaster and includes cognitive-behavioral therapy, play therapy, and family play therapy.

Journal's Website:
http://www.informaworld.com/smpp/title~content=t713722633~db=all

Bannink, F. (2008). Posttraumatic success: Solution-focused brief therapy. *Brief Treatment and Crisis Intervention, 8***(3), 215-225.**

Description: Citing research on trauma, Bannink argues that trauma need not be as debilitating as is often assumed. Therapists can reduce the impact of trauma by highlighting sources of resilience and possibilities for posttraumatic growth. The article provides specific exercises for use in session to promote resiliency, discusses specific treatment interventions, and uses interesting stories and case examples to illustrate points.

Journal's Website: http://brief-treatment.oxfordjournals.org/

Landau, J., Mittal, M., & Wieling, E. (2008). Linking human systems: Strengthening individuals, families, and communities in the wake of mass trauma. *Journal of Marital and Family Therapy, 34***, 193-209.**

Description: This article describes the philosophical foundations and practice strategies of Linking Human Systems, a resiliency-based approach to helping individuals, families, and communities facing crisis, trauma, and disaster. Specific interventions

for working with individuals, families, and communities are detailed. The Linking Human Systems model has been used and researched internationally with a wide range of cultures and populations.

Journal's Website: www.jmft.net

Walsh, F. (2007). Traumatic loss and major disasters: Strengthening family and community resilience. *Family Process, 46*(2), 207-227.

Description: In this article, Walsh outlines a strength and resiliency-based model for working with families and communities dealing with traumatic loss and major disasters, identifying risk factors for maladaption as well as strategies for facilitating resiliency in numerous contexts. She identifies several successful programs and uses case examples to illustrate interventions.

Journal's Website: http://www.familyprocess.org/

Walsh, F. (2003). Crisis, trauma, and challenge: A relational resilience approach for healing, transformation and growth. *Smith College Studies in Social Work, 74*(1), 49-71.

Description: Drawing on developmental, systemic, and resiliency perspectives, this article describes a framework for working with a broad range of clients experiencing crisis and trauma. The article details an approach that encourages resilience through meaning making, positive outlook, and spirituality.

Journal's Website: http://www.smith.edu/ssw/admin/studies.php

Wells, M. (2006). Psychotherapy for families in the aftermath of a disaster. *Journal of Clinical Psychology, 62*(8), 1017-1027.

Description: This article discusses treatment of families after a disaster or terrorist attack, emphasizing how it necessarily differs from standard treatments designed to treat dysfunctional family patterns. A case illustration is included to provide practical guidelines.

Journal's Website: http://www3.interscience.wiley.com/journal/31171/home

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Meeting with Consumers and Their Families

Introduction to Meeting with Consumers and Their Families

The new curriculum includes the requirements that programs provide students with an opportunity to meet with consumers and their families to learn about their experiences of mental illness, treatment, and recovery. To supplement these meetings, educators can also include readings of first-person accounts of severe mental illness.

New curriculum description:

Provide students with the opportunity to meet with various consumers and family members of consumers of mental health services to enhance understanding of their experience of mental illness, treatment, and recovery. (BPC § 4980.36(c)(5))

BOOKS

Cohen, B. (2008). *Narratives of mental health: New perspectives on illness and recovery.* **New York: Palgrave Macmillan.**

>*Description:* Based on an extensive qualitative study using a postmodern approach privileging participants' voices, Cohen has collected first-person narratives of consumer's experiences of institutional and home treatment of severe mental illness in the UK. Topics include experience of illness, psychiatric treatment, recovery, and self-coping techniques such as drug taking, spiritualism, alternative healing, sleep, and watching television. In addition to consumer narratives, the book also includes a short history of mental illness and psychiatry, an overview of postmodern approach to narrative, and a detailed description of crisis intervention and home treatment as it relates to the study.

>*Publisher's Website:* www.palgrave.com

>*Book's Website:* http://us.macmillan.com/narrativesofmentalhealth

Glickman, G., & Flannery, M. (1996). *Fountain House: Portraits of lives reclaimed from mental illness.* **Center City, MN: Hazelden.**

>*Description:* In this book, twelve members of the Fountain House, a highly successful treatment program for severe mental illness, document their stores of recovery and beyond. Each chapter describes the journey of one consumer, highlighting the challenges and solutions each found to living with mental illness. This text provides in depth accounts of consumer experiences of recovery.

>*Publisher's Webpage:* http://www.hazelden.org/web/landing.view

>*Book's Webpage:* None

Hardcastle, M., Kennard, D., Grandison, S., & Fagin, L. (Ed.). (2007). *Experiences of mental health in-patient care: Narratives from service users, carers and professionals.* **New York: Routledge.**

>*Description:* This book describes the experience of in-patient care from the perspective of both consumers and professionals. The majority of the book is dedicated to describing the experiences of consumers, carers, and mental health professionals, touching on a wide spectrum of experiences ranging from humiliation

to appreciation. The afterword identifies things professionals can do to make in-patient care a better experience.

Publisher's Website: www.routledge.com

Book's Website: http://www.routledge.com/books/Experiences-of-Mental-Health-In-patient-Care-isbn9780415410823

Whitaker, R. (2001). *Mad in America: Bad science, bad medicine, and enduring mistreatment of the mentally ill.* **New York: Basic Books.**

Description: Divided into four sections, this book reviews the history and launches thought-provoking critique of treating severe mental illness in the United States from 1750 to the present. Written by an award-winning journalist, this book scrutinizes the treatment of schizophrenia and uses comparative international research to support his claim that "treatment" in the United States has been used to silence persons diagnosed with severe mental illness.

Publisher's Website: http://www.perseusbooksgroup.com/basic/about_us.jsp

Book's Website: http://www.perseusbooksgroup.com/basic/book_detail.jsp?isbn=0738207993

ARTICLES

Bradshaw, W. (2007). Finding a place in the world: The experience of recovery from severe mental illness. *Qualitative Social Work, 6***(1), 27-47.**

Description: This phenomenological study examined the experiences of 45 adults with severe mental illness in the recovery process. Results address reintegration in the community, relationships with family and friends, relationships with the case management, and the relationship with oneself as well as barriers to social inclusion. The discussion of results emphasizes the unmet needs of consumers and practice implications.

Journal's Website: http://qsw.sagepub.com/

Deegan, P.E. (2007). The lived experience of using psychiatric medication in the recovery process and a shared decision-making program to support it. *Psychiatric Rehabilitation Journal, 31***(1), 62-69.**

Description: This article describes a recovery-oriented approach to shared decision making related to the issue of psychiatric medications. The article describes the conflicts and problems related to medications reported by persons with chronic mental health problems and proposes a model for supporting consumers in deciding how medications can best support them in recovery. Providing a rare and real-world discussion about the use of psychiatric medication with persons with severe mental

illness, Deegan proposes a useful model for how practitioners can support consumers in navigating this complex issue.

Journal's Website: http://www.bu.edu/cpr/prj/

Hackman, A. (2007). Consumer satisfaction with inpatient psychiatric treatment among persons with severe mental illness. *Community Mental Health Journal, 43***(6), 551-564.**

Description: This article reports on a consumer satisfaction study in a recovery-oriented treatment program for severe mental illness. The most striking finding of the study was that "staff teaching efforts" (psychoeducation) related to medication, illness management, substance abuse, outpatient living, and living skills were most highly correlated with consumer satisfaction.

Journal's Website: http://www.springer.com/medicine/psychiatry/journal/10597

McGrawth, P., & Jarrett, V. (2004). A slab over my head: Recovery insights from a consumer's perspective. *International Journal of Psychosocial Rehabilitation, 9***, 61-78.**

Description: This article presents a qualitative analysis of one consumer's experience of recovery, including a detailed discussion of what worked in therapy, the role of medications, and dealing with the mental health system. Although a single case study, this article provides numerous direct quotes from the consumer about a wide range of recovery experiences, and is helpful for classes on recovery and consumer experiences.

Journal's Website: http://www.psychosocial.com/

Mead, S., & Copeland, M. E. (2000). What recovery means to us. *Community Mental Health Journal, 36,* **315-328.**

Description: In this article, two consumer leaders describe their own experiences with recovery, highlighting the role of hope, personal responsibility, education, advocacy, and peer support. The article also addresses issues related to medication, therapeutic relationships, attitudes of mental health service workers, learned helplessness, and personal safety. Specific recommendations for symptom relief are included. This thorough article offers practical information for therapists wanting to better understand how to be supportive of consumers in the process of recovery, making it a helpful addition to courses on recovery and community mental health.

Journal's Webpage: http://www.springer.com/medicine/psychiatry/journal/10597

DATABASE OF CLIENT NARRATIVES

Sage. (2009). *Counseling and psychotherapy transcripts, client narratives, and reference works: Database.* **Thousand Oaks, CA: Sage, CA.**

Description: A unique product, Sage Publications and Alexander Street Publishing have jointly released a database that includes therapy transcripts, client narratives, and referenced works. The transcripts are fully searchable and new content is constantly added. It includes over 40,000+ pages of first person accounts of therapy as well as over 2,000 previously unpublished therapy transcripts. An unprecedented resource for training in mental health, MFT educators teaching recovery-oriented treatment can use the client narratives from the database to bring client voices alive in the classroom and related assignments. The database requires an institutional subscription; thus, faculty will need to work with their library to acquire the system.

Publisher's Webpage: www.sagepub.com

Database Webpage: http://www.sagepub.com/db.nav

Introduction to Substance Abuse, Co-Occurring Disorders and Addictions

The new curriculum includes extensive and specific requirements in the area of addictions. In particular, training co-occurring disorders (simultaneous diagnosis of substance abuse and mental health disorders) is emphasized. In most programs, this content will be included in a single course on substance abuse and addictions, but it may also be taught across several courses.

New curriculum description:
Substance abuse, co-occurring disorders, and addiction, including, but not limited to, instruction in all of the following: (BPC § 4980.36(d)(2)(I))

- *The definition of substance use disorders, co-occurring disorders (a mental illness and substance abuse diagnosis occurring simultaneously in an individual), and addiction.*
- *Medical aspects of substance use disorders and co-occurring disorders.*
- *The effects of psychoactive drug use.*
- *Current theories of the etiology of substance abuse and addiction.*
- *The role of persons and systems that support or compound substance abuse and addiction.*
- *Major approaches to identification, evaluation, and treatment of substance use disorders, co-occurring disorders, and addiction, including, but not limited to, best practices.*
- *Populations at risk with regard to substance use disorders and co-occurring disorders.*
- *Community resources offering screening, assessment, treatment, and follow up for the affected person and family.*
- *Recognition of substance use disorders, co-occurring disorders, and addiction, and appropriate referral.*
- *The prevention of substance use disorders and addiction.*

Alcohol and Substance Abuse and Addiction

Berg, I. K., & Miller, S. (1992). *Working with the problem drinker: A solution-focused approach.* **New York: Norton.**

> *Description:* The first solution-focused book on working with drinking, this book describes the approach developed at the Brief Family Therapy Center, which emphasizes client strengths, practical steps, and client motivation. Berg and Miller describe how common solution-focused techniques can be successfully used with persons struggling with drinking. Miller wrote a book for consumers based on the same topic, *The Miracle Method: A Radically New Approach to Problem Drinking.*

> *Publisher's Website:* www.wwnorton.com

> *Book's Website:* http://www.wwnorton.com/orders/npbc/070134.htm

Berg, I.K., & Reuss, N. H. (1997). *Solutions step by step: A substance abuse treatment manual.* **New York: Norton.**

Description: This treatment manual describes how to use solution-focused therapy with persons needing to manage substance abuse issues. The text is pragmatic, with specific interventions and numerous case examples. A companion videotape is available that demonstrates the relational approach and techniques described in the book.

Publisher's Website: www.wwnorton.com

Book's Website: http://www.wwnorton.com/NPB/nppsych/70260X.html

Brown, S., & Lewis, V. M. (2002). *The alcoholic family in recovery: A developmental model.* **New York: Guilford.**

Description: Using a recovery-orientation and based on their research with families, this book details a four-stage developmental model for families recovering from alcohol dependence. The stages are (a) drinking, (b) transition for couples and families, (c) early recovery, and (d) on-going recovery. In addition, the text includes sections on assessing family functioning and identifying resources that promote recovery. Case studies of families in transition and early recovery are used to illustrate the process. Their model incorporates the use of AA, advocates for abstinence, and distinguishes abstinence from recovery.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/brown5.htm&dir=pp/addictions&cart_id=894740.3542

Center for Substance Abuse Treatment. (2004). *Substance abuse treatment and family therapy.* **Treatment Improvement Protocol (TIP) Series, No. 39. DHHS Publication No. (SMA) 05-4006. Rockville, MD: Substance Abuse and Mental Health Services Administration.**

Description: This treatment improvement protocol (TIP) developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) was designed to provide practitioners with best practices guidelines for treatment of substance abuse. Based on the strong evidence base, this monograph describes how clinicians can more effectively involve families in substance abuse treatment to improve outcomes. The TIP describes an integrated treatment model and discusses specific diversity issues, including age, gender, sexual orientation, race, ethnicity, cognitive ability, co-occurring diagnoses, and rural populations.

Book Webpage: Available for free download: http://download.ncadi.samhsa.gov/prevline/pdfs/bkd504.pdf.

Diamond, J. (2000). *Narrative means to sober ends: Treating addiction and its aftermath.* **New York: Guilford.**

Description: Using a narrative therapy approach, Diamond describes a unique approach to working addictions. The book includes discussions of harm-reduction approaches, twelve-step approaches, and spirituality as it relates to a narrative-based approach to addictions and includes numerous written and narrative-based interventions for all phases of addictions treatment. Special interventions for food addictions, trauma, children, adolescents, and families are addressed as well as a discussion of therapists in recovery.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/diamond4.htm&dir=pp/addictions&cart_id=956154.7261

Lawson, A. W., & Lawson, G. W. (2004). *Alcoholism and the family: A guide to treatment and prevention* **(2nd ed.). Austin, TX: Pro-Ed.**

Description: This practical text provides a comprehensive overview of conceptualizing the treatment of alcoholism. Providing a balanced perspective, the book addresses physiological, psychological, and sociological theories of alcoholism as well as an overview of diverse treatment philosophies and approaches, specifically addressing recovery-based models. In addition, the Lawsons provide detailed chapters on working with the family, including topics such as viewing the family as the client, diagnosis, violence, sexual dysfunction, divorce, children of alcoholics, art therapy, and treatment of the spouse. The book also covers evaluation of treatment, models for public health, and prevention.

Publisher's Webpage: www.proedinc.com

Book Webpage: http://www.proedinc.com/customer/productView.aspx?ID=2777&SearchWord=lawson

Lawson, G. W. , Lawson, A. W., & Rivers, P.C. (2003). *Essentials of chemical dependency counseling.* **Austin, TX: Pro-Ed.**

Description: A comprehensive book on chemical dependency treatment, this text covers a wide range of issues, including the role of chemical dependency counselors, legal and ethical issues, the counseling process, consumer assessment, group counseling options, family therapy options, diversity issues, aftercare, the harm reduction model, and reluctance to recover.

Publisher's Webpage: www.proedinc.com

Book's Webpage:
http://www.proedinc.com/customer/productView.aspx?ID=2778&SearchWord=la
wson

Springer, D. W., & Rubin, A. (Eds.). (2009). *Substance abuse treatment for youth and adults.* **New York: Wiley.**

Description: Designed for therapists in practice, this book provides an evidence-based approach to working with youth and adults who abuse substances. Each treatment chapter provides a detailed step-by-step guide for intervention, lists of indicators and contra-indicators, case examples, and additional resources. Clinical approaches covered include motivational interviewing, youth and family treatments, and adult cognitive behavioral approaches.

Publisher's Website: www.wiley.com

Book's Website: http://www.wiley.com/WileyCDA/WileyTitle/productCd-0470244534.html

Steinglass, P. (1987). *The alcoholic family.* **New York: Basic Books.**

Description: This text describes the systemic dynamics of alcoholic families. In addition to discussing prevalence and diagnosis, the book outlines a three phase developmental model of how an alcoholic family develops, reorganizes, and copes. Steinglass also includes chapters on how behavior is regulated within the system and the effects on individual growth and development. A chapter describing treatment options is included.

Publisher's Website: www.perseusbooksgroup.com/

Book's Website:
http://www.perseusbooksgroup.com/basic/book_detail.jsp?isbn=0465001122

ARTICLES

O'Farrell, T. J., & Fals-Stewart, W. (2003). Alcohol abuse. *Journal of Marital and Family Therapy, 29,* **121-146.**

Also a chapter in Sprenkle, D. H. (Ed.). (2002). *Effectiveness research in marriage and family therapy.* **Alexandria, VA: American Association for Marriage and Family Therapy.**

Description: This article/chapter succinctly reviews the evidence-base for family therapy interventions that address alcohol abuse. The article/chapter includes a review of numerous evidence-based couple and family treatments for alcohol abuse, including models for when the alcoholic resists treatment and when the alcoholic seeks treatment.

Journal's Website: www.jmft.net

Book's Website: h[ttp://www.familytherapyresources.net/cgi-](http://www.familytherapyresources.net/cgi-)
[s](s)hl/twserver.exe/run:FTRUPD_2:TradeWinds_KEY=672

Rowe, C., & Liddle, H. A. (2003). Substance abuse. *Journal of Marital and Family Therapy, 29,* **97-120.**

Also a chapter in Sprenkle, D. H. (Ed.). (2002). *Effectiveness research in marriage and family therapy.* **Alexandria, VA: American Association for Marriage and Family Therapy.**

Description: This article/chapter succinctly reviews the evidence-base for family therapy interventions that address substance abuse. It includes treatments for substance-abusing adolescents—including Brief Strategic Family Therapy, Functional Family Therapy, Multisystemic, and Mulitdimentional Family Therapy—and treatments for adults, including Behavioral Couples Therapy.
Journal's Website: www.jmft.net

Book's Website: h[ttp://www.familytherapyresources.net/cgi-](http://www.familytherapyresources.net/cgi-)
shl/twserver.exe/run:FTRUPD_2:TradeWinds_KEY=672

Smock, S. A., Trepper, T. S., Wetchler, J. L., McCollum, E. E., Ray, R., & Pierce, K. (2008). Solution-focused group therapy for level 1 substance abusers. *Journal of Marital and Family Therapy, 34,* **107-120.**

Description: This study compares solution-focused group therapy with a traditional problem-focused approach for level 1 substance abusers. The results indicated that participants in the solution-focused group score significantly higher on the Beck Depression Inventory and Outcome Questionnaire following treatment. The article also distinguishes solution-focused treatment from motivational enhancement therapies. An outline of the therapy session format is included in the article.

Journal's Webpage: www.jmft.net

Yeager, K. (2002). Crisis intervention with mentally ill chemical abusers: Application of brief solution-focused therapy and strengths perspective. *Brief Treatment and Crisis Intervention, 2***(3), 197-216.**

Description: Yeager adapts Roberts' seven-stage crisis intervention model for use with mentally ill substance abusers using a solution-focused, strength-based perspective. The first half of the article discusses at length the larger context of mental illness treatment, including rates of mental illness, its impact on health care costs, and broad system effects. Numerous case studies illustrate points throughout the discussion.

Journal's Website: http://brief-treatment.oxfordjournals.org/

BOOKS

Evans, K., & Sullivan, M.S. (2000). *Dual diagnosis: Counseling the mentally ill substance abuser* **(2nd ed.). New York: Guilford.**

Description: The text outlines an "integrated" model for treating persons dually diagnosed with mental illness and substance abuse. The text includes chapters on assessing substance abuse, axis I and axis II disorders, motivation enhancement, adolescent treatment, and family involvement.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/evans.htm&dir=pp/addictions&cart_id=894740.3542

Hendrickson, E. L. (2006). *Designing, implementing, and managing treatment services for individuals with co-occurring mental health and substance use disorders.* **New York: Routledge.**

Description: This book provides an overview of how to design services for persons diagnosed with co-occurring disorders. Chapters include a history of co-occurring treatment, essential program features, identifying the target population, planning and implementing services, hiring staff, supervising staff, day-to-day program management, and operating within a larger system.

Publisher's Website: www.routledge.com

Book's Website: http://www.routledge.com/books/Designing-Implementing-and-Managing-Treatment-Services-for-Individuals-with-Co-Occurring-Mental-Health-and-Substance-Use-Disorders-isbn9780789011473

Hendrickson, E. L., Schmal, M. S., & Ekleberry, S. (2004). *Treating co-occurring disorders: A handbook for mental health and substance abuse professionals.* **New York: Routledge.**

Description: Treating Co-Occurring Disorders is a comprehensive text that covers definitions, history, theories, philosophies, assessment, individual treatment, family treatment, psychoeducation, relapse prevention, recovery orientation, supervision, systems issues, and outcome measurement. The text focuses on practical applications for clinicians.

Publisher's Website: www.routledge.com

Book's Website: http://www.routledge.com/books/search.asp

Mueser, T., Noordsy, D. L., Drake, R., & Fox, L. (2003). *Integrated treatment for dual disorders: A guide to effective practice.* **New York: Guilford.**

Description: This text provides a comprehensive overview of treating persons with dual diagnoses and includes an overview of dual diagnosis, assessment, individual approaches (including case management and motivational interviewing), group interventions (including social skills and self help groups), and family approaches (including family collaboration and multifamily groups). Additionally, residential programs, involuntary interventions, vocational rehabilitation, psychopharmacology, and research are addressed. The appendices include educational handouts for consumers, assessment instruments, and other forms.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/mueser.htm&dir=pp/addictions&cart_id=239610.19538

Phillips, P., McKeown, O., & Sandford, T. (Eds.). (2009). *Dual diagnosis: Practice in context.* **New York: Wiley.**

Description: This edited volume provides a comprehensive overview of dual diagnosis treatment. Divided into three sections, the book addresses a) the contemporary context of dual diagnosis treatment and its history, including consumers' perspectives; b) treatment issues, including risk assessment, motivational interviewing, psychological interventions, polysubstance abuse, personality disorders, elderly persons, and women; c) international perspectives, policies, and development, including an overview of treatment in North America, Australasia, and Europe.

Publisher's Website: www.wiley.com

Book's Website: http://www.wiley.com/WileyCDA/WileyTitle/productCd-1405180099.html

ARTICLES

Brooks, A. J., Malfait, A. J., Brooke, D., Gallagher, S. M., & Penn, P. E. (2007). Consumers perspectives on co-occurring disorders treatment. *Journal of Drug Issues, 37,* **299-320.**

Description: Reporting on a focus-group student with 35 consumers, this article describes consumers' perspectives of co-occurring disorder treatment. The analysis yielded four significant themes: system barriers, factors facilitating recovery, consumer challenges, and specific treatment needs. The article includes a discussion of practical implications for clinical practice.

Journal's Website: http://www2.criminology.fsu.edu/~jdi/

Brown, V. B., & Melchior, L. A. (2008). Women with co-occurring disorders: Treatment settings and service needs. *Journal of Psychoactive Drugs, 5,* **365-385.**

Description: Reviewing four large-scale studies on women with co-occurring disorders, Brown and Melchior identify specific needs of different subpopulations within this treatment group, such as victims of violence and those with postpartum depression. They review the effectiveness of specific interventions and make recommendations for improved treatment in the future. The article provides a useful overview of major research done on women with co-occurring disorders and is organized around a thought-provoking question: which treatments work best with which type of co-occurring situation.

Journal's Website: http://www.journalofpsychoactivedrugs.com/

Hawkins, E. H. (2009). A tale of two systems: Co-occurring mental health and substance abuse disorders treatment for adolescents. *Annual Review of Psychology, 60,* **197-227.**

Description: In this review of the literature, Hawkins provides an overview of co-occurring disorder treatment with adolescents. Her discussion includes a review of treatment models and outcomes; overview of epidemiology, etiology, and characteristics; specific considerations for treating adolescents with co-occurring disorders; barriers to treatment; and best practice strategies.

Journal's Website: http://arjournals.annualreviews.org/loi/psych?cookieSet=1

Healey, C., Peters, S., Kinderman, P., McCracken, C., & Morriss, R. (2009). Reasons for substance use in dual diagnosis bipolar disorder and substance use disorders: A qualitative study. *Journal of Affective Disorders, 113,* **118-126.**

Description: This article reports on the findings of a qualitative study on the use patterns of dually diagnosed patients with bipolar and substance use disorders. Results included five thematic categories: experimenting in the early illness, living with serious mental illness, enjoying the effects of substances, feeling normal, and managing stress. The conclusions highlight the idiosyncratic patterns of substance use in the persons interviewed.

Journal's Website:
http://www.elsevier.com/wps/find/journaldescription.cws_home/506077/description#description

Horsfall, J., Cleary, M., Hunt, G., & Walter, G. (2009). Psychosocial treatments for people with co-occurring severe mental illnesses and substance abuse disorders (dual diagnosis): A review of the empirical literature. *Harvard Review of Psychiatry, 17,* **24-34.**

Description: This article reviews and critiques the current studies on psychosis and co-occurring substance use disorders. It identifies the promising treatments, which include motivational interviewing, contingency management, relapse prevention, cognitive-behavioral therapy, case management, and skills training. The article also discusses the importance of well-coordinated care regardless if the treatment follows an integrated or parallel treatment approach.

Journal's Website:
http://www.informaworld.com/smpp/title~content=t713723043~db=all

Vega, W. A., Canino, G., Zhun, C., & Alegria, M. (2009). Prevalence and correlates of dual diagnosis in U.S. Latinos. *Drug and Alcohol Dependence, 100*(1-2), 32-38.

Description: This article reports on an interview-based study that examined the prevalence, patterns of onset, and demographic covariates for dual diagnosis in the U.S. Latino population. The study reports on differences between immigrants and native-born Latinos and well as Latinos and the general population. With its focus on Latino use patterns, this article provides useful information on demographics and prevalence within the community.

Journal's Website:
http://www.elsevier.com/wps/find/journaldescription.cws_home/506052/description#description

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Behavioral Addictions

BOOKS

Grant, J. E. (2008). *Impulse control disorders: A clinician's guide to understanding and treating behavioral addictions.* **New York: Norton.**

Description: In this book, Grant addresses disorders currently classified as impulse control disorders, such as pathological gambling, kleptomania, trichotillomania, intermittent explosive disorder, and pyromania, as well as other proposed disorders, such as compulsive Internet use, compulsive sexual behavior, and compulsive buying. The book includes definitions of the disorders, models for understanding impulse control, co-morbidity with drugs and alcohol, etiology, assessment, treatment, role of the family, and legal issues.

Publisher's Website: www.wwnorton.com

Book's Website: http://npbcatalog.com/nppsych/070521.html

ARTICLES

Kim, H. K., & Davis, K. E. (2008). Toward a comprehensive theory of problematic Internet use: Evaluating the role of self-esteem, anxiety, flow, and the self-rated importance of Internet activities. *Computers in Human Behavior, 25,* **490-500.**

Description: This article reports on two studies that evaluated self-esteem, anxiety, flow, and importance of Internet use. The results indicated that low self-esteem, anxiety, and importance of Internet activities were positively correlated with problematic Internet use. The article concludes with a theory to guide future research on problematic Internet use.

Journal's Website: http://www.elsevier.com/wps/find/journaldescription.cws_home/759/description#description

Kuzma, J. M., & Black, D. W. (2008). Epidemiology, prevalence, and natural history of compulsive sexual behavior. *Psychiatric Clinics of North America, 31, 603-611.*

Description: This article provides a DSM-like description of compulsive sexual behavior, including its prevalence, etiology, prognosis, associated psychological disorders, medical complications, and research findings.

Journal's Website: http://www.psych.theclinics.com/

Southern, S. (2008). Treatment of compulsive cybersex behavior. *Psychiatric Clinics of North America, 31,* **697-712.**

Description: This article presents three case studies that illustrate the obsession, compulsion, and consequences of compulsive cybersex as well as describes a model for comprehensive treatment that would include relapse prevention, intimacy enhancement, arousal reconditioning, dissociative states therapy, and coping skills training.

Journal's Website: http://www.psych.theclinics.com/

Stein, D. (2008). Classifying hypersexual disorders: Compulsive, impulsive, and addictive models. *The Psychiatric Clinics of North America, 31,* **587-591.**

Description: This article reviews the literature related to compulsive, impulsive, and addictive models of hypersexual disorders and proposes a model with three components of sexual addiction: (a) emotional dysregulation, (b) behavioral addiction, and (c) cognitive dyscontrol.

Journal's Website: http://www.psych.theclinics.com/

Yellowlees, P. M., & Marks, S. (2007). Problematic Internet use or Internet addiction? *Computers in Human Behavior, 23,* **1447-1453.**

Description: This article reviews the evolving body of literature on Internet addiction, outlining two schools of thought: one that proposes that Internet addiction merits classification as a psychiatric disorder and another that identifies certain individuals as having problematic Internet use related to a specific area, such as email or pornography.

Journal's Website:
http://www.elsevier.com/wps/find/journaldescription.cws_home/759/description#description

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Harm Reduction Model

BOOKS

Denning, P. (2004). *Practicing harm reduction psychotherapy: An alternative approach to addictions.* **New York: Guilford.**

Description: This book provides a thorough overview of the harm reduction model, including its principles, history, and moral issues. Denning presents a treatment model that includes a multidisciplinary assessment, motivational interviewing, and dual diagnosis applicability. Numerous clinical cases are used to illustrate treatment options, and extensive appendices provide practitioners with useful resources for treatment and further training.

Publisher's Website: www.guilford.com

Books' Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/denning.htm&dir=pp/addictions&cart_id=486164.9529

Marlatt, G. A. (Ed.). (2002). *Harm reduction: Pragmatic strategies for managing high-risk behaviors.* **New York: Guilford.**

Description: This edited volume provides a comprehensive overview of the harm reduction model, including an overview of principles and global applications; use with alcohol, smoking, substance abuse, and sexual behaviors; strategies for use with diverse communities; and implications for federal policies.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/marlatt2.htm&dir=pp/addictions&cart_id=863218.28164

Tartarsky, A. (2007). *Harm reduction psychotherapy: A new treatment for drug and alcohol problems.* **New York: Jason Aronson.**

> *Description:* This book provides an overview of the harm reduction model and a review of ten case studies treated by different therapists to illustrate the potentials of the model. The book focuses on how harm reduction can be used to dramatically reduce the negative consequences of alcohol and substance use for persons who refuse to quit.
>
> *Publisher's Webpage:* http://www.rowmanlittlefield.com/aronsonp/aboutus/
>
> *Book's Webpage:*
> http://www.rowmanlittlefield.com/Catalog/SingleBook.shtml?command=Search&db=^DB/CATALOG.db&eqSKUdata=0765703734&thepassedurl=[thepassedurl]

ARTICLES

Marlatt, G. A. (1996). Harm reduction: Come as you are. *Addictive Behaviors, 21,* **779-788.**

> *Description:* This classic article on the subject introduces the harm reduction model, how it developed, how it works, and why it is becoming a major approach to treating addictions. The article emphasizes the pragmatic and compassionate foundations of the approach and identifies the four basic assumptions of the model: (a) it is a public health alternative to the disease or criminal models, (b) it recognizes abstinence as the ideal outcome but accepts the alternative of reduced harm, (c) it has emerged as a consumer-driven model, and (d) it promotes a "low threshold" access to services.
>
> *Journal's Website:*
> http://www.elsevier.com/wps/find/journaldescription.cws_home/471/description#description

Marlatt, G A., Blume, A. W., & Parks, G. A. (2001). Integrating harm reduction therapy and traditional substance abuse treatment. *Journal of Psychoactive Drugs, 33*(1), 13-21.

> *Description:* This article describes how a harm reduction approach to treating substance abuse can be used to expand treatment options and thus broaden the range of consumers who would/could seek substance abuse treatment. The article cites and reviews the outcomes of harm reduction studies in the area of substance abuse and argues that this model has the potential to benefit a large number of persons who have not benefited from traditional abstinence-based treatment.
>
> *Journal's Website:* http://www.journalofpsychoactivedrugs.com/

Witkiewitz, K., & Marlatt, A. (2006). Overview of harm reduction treatments for alcohol problems. *International Journal On Drug Policy, 17*(4), 285-294.

Description: Proposing that harm reduction is an orientation rather than intervention strategy, this article reviews empirical research studies on harm reduction interventions for alcohol abuse and dependence. The article includes a review of the history of harm reduction, behavioral interventions, goal setting, self-help options, pharmacological interventions, harm reduction psychotherapy, and resources for further reading and research.

Journal's Website:
http://www.elsevier.com/wps/find/journaldescription.cws_home/600949/description#description

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Motivational Interviewing

Arkowitz, A., Westra, H. A., Miller, W. R., & Rollnick, S. (Eds.). (2007). *Motivational interviewing in the treatment of psychological problems.* **New York: Guilford.**

Description: This book describes the popular substance abuse technique of motivational interviewing for use with a wide range of psychological disorders including dual diagnosis, gambling, eating disorders, depression, obsessive disorders, schizophrenia, and suicide, making it broadly applicable in MFT.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/arkowitz.htm&dir=pp/AMI_series&cart_id=884997.15849

Miller, W.R. & Rollnick, S. (2002). *Motivational interviewing: Preparing people to change* **(2nd ed.). New York: Guilford Press.**

Description: This classic text provides an overview of motivational interviewing, a supportive, non-confrontational approach to motivating people to make difficult changes. The method has been widely used in alcohol and substance abuse treatment. The book includes chapters on its applications with youth, couples, dual diagnosis, criminal justice systems, and groups.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/miller2.htm&dir=pp/addictions&cart_id=884997.15849

Miller, W.R., Zweben, A., DiClemente, C.C., & Rychtarik, R.G. (1995). *Motivational enhancement therapy manual.* **Project MATCH Monograph Series, Volume 2. Washington, DC: National Institute on Alcohol Abuse and Alcoholism.**

Description: This booklet details a three-phase motivational interviewing model for working with alcohol abuse developed by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and includes sections on how to deal with treatment setbacks, assessment, risk factors, and consumer feedback.

Publisher's Website: www.niaaa.nih.gov

Book's Website: http://pubs.niaaa.nih.gov/publications/match.htm

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Substance Abuse and Co-Occurring Disorder Websites

NIAAA: National Institute on Alcohol Abuse and Alcoholism

Description: NIAAA's website has extensive resources on alcohol abuse and dependence research, including professional and consumer education materials, reports on research trials, and national statistics.

Website: www.niaaa.nih.gov

NIDA: National Institute on Drug Abuse

Description: NIDA's website has extensive resources on substance abuse research and treatment, including information for youth, parents, teachers, medical professionals, and Spanish speakers.

Website: http://www.nida.nih.gov/

SAMHSA: Substance Abuse and Mental Health Services Administration

Description: SAMHSA's website provides extensive resources on substance abuse and mental health treatment, including the treatment of children and families, co-occurring disorders, disaster response, evidence-based practices, faith-based initiatives, and workforce development. The site also lists current grant opportunities through SAMHSA.

Website: http://www.samhsa.gov/

SAMHSA (Substance Abuse and Mental Health Services Administration) Co-Occurring Center for Excellence

Description: Sponsored by the National Substance Abuse and Mental Health Services Administration, the Co-Occurring Center for Excellence provides a wide range of

resources to practitioners and agencies, including assessment information, treatment planning, treatment approaches, and recent research findings.

Website: http://coce.samhsa.gov

Videos/DVDs

* Examination copies were unavailable for videos or DVDs marked with an asterisk (*) due to company policies; thus, the evaluation is based on published description of the resources.

Alexander Street Videos

Description: This online collection of over 300 counseling and psychotherapy videos includes 13 videos for working with addictions, covering topics such as the harm reduction model, motivational interviewing, cultural issues, micro skills, and couples.

Publisher's Website: www.alexanderstreet.com

Berg, I. K., & Reuss, N. H. (1997). *Solutions step by step: Substance abuse treatment demonstrations.* **New York: Norton.***

Description: In this video, Berg and Reuss demonstrate the interventions in their book of the same title with several different clients.

Publisher's Website: www.wwnorton.com

Video's Website: http://npbcatalog.com/nppsych/70260X.html

Marlatt, G. A. (n.d.). *Relapse prevention over time* **[DVD]. Available from www.apa.org/videos.***

Description: In this video, Dr. Marlatt demonstrates Relapse Prevention, a cognitive-behavioral approach to helping clients avoid substance abuse relapse. This series of three videos follows the course of treatment over six sessions with a man in his 30s working on overcoming cocaine addiction.

Publisher's Website: www.apa.org/videos

Video Website: http://www.apa.org/videos/4310805.html

Marlatt, G. A. (n.d.). *Harm reduction therapy for addictions: Brief therapy for addictions video series.* **Mill Valley, CA: Psychotherapy.net.***

Description: In this 1 hour 55 minute video, Marlatt demonstrations a session using harm reduction therapy with a heroin-addicted client who is considering a methadone

program. Jon Carlson and Judy Lewis interview Marlatt about his model and his reflections on the session.

Publisher's Website: www.psychotherapy.net

Video Website: http://www.psychotherapy.net/video/marlatt_harm_reduction

Miller, W. R. (n.d.). *Motivational interviewing: Brief therapy for addictions video series.* **Mill Valley, CA: Psychotherapy.net.***

Description: In this 1 hour 42 minute video, Miller demonstrates motivational interviewing in a session with a man who is considering changing his alcohol and smoking habits. The video includes an interview of Miller by Jon Carlson and Judy Lewis before and after the session in which Miller describes his approach and shares his reflections on the session.

Publisher's Website: www.psychotherapy.net

Video Website: http://www.psychotherapy.net/video/miller_motivational_interviewing

Introduction to Documentation

The new curriculum requires that university programs include professional writing, specifically treatment plans, progress notes, and documentation of services, in their curriculum. Historically, much of the documentation training has occurred at fieldsites, as each site has its own documentation forms. However, with the passage of HIPAA, national standards and regulations for documentation have been established, creating greater uniformity of content if not form.

New curriculum description:

Professional writing, including documentation of services, treatment plans, and progress notes. (BPC § 4980.36(d)(1)(B)(iv)(IV))

BOOKS

Adams, N., & Grieder, N. (2004). *Treatment planning for person-centered care: The road to mental health and addiction recovery.* **St. Louis, MO: Academic Press.**

> *Description:* This treatment planning text is designed for recovery-oriented mental health and substance abuse treatment in public mental health systems. It includes the recovery-oriented definition of "person-centered care," which is not grounded in existential-humanistic therapy but consumer-oriented mental health. Written for practitioners, the text includes a chapter on assessment and understanding the client's narrative as well as chapters on setting goals, specifying objectives, and designing interventions.

> *Publisher's Website:* http://www.elsevierdirect.com/brochures/academicpress/

> *Book's Website:* http://www.elsevierdirect.com/product.jsp?isbn=9780120441556

Gehart, D. (2010). *Mastering competencies in family therapy: A practical approach to theory and clinical case documentation.* **Pacific Grove, CA: Brooks/Cole.**

> *Description:* This competency-based textbook teaches family therapy theories using clinical case documentation, including case conceptualization, clinical assessment, treatment planning, and progress notes. The first half of the book covers clinical documentation; the second half covers the major schools of family therapy and includes extensive examples of clinical case documentation for each. The book also includes an introduction to recovery-oriented treatment, evidence-based practice and treatment, common factors models, the evidence base for each theory, philosophical foundations of family therapy, and diversity issues. Grounded in a learning-centered, outcome-based pedagogical model, the book enables programs to measure student learning and includes both case documentation forms and scoring rubrics that are aligned with the nationally defined MFT Core Competencies.

Publisher's Website: http://www.cengage.com/brookscole/

Book's Website:
http://academic.cengage.com/cengage/instructor.do?totalresults.do?page=null&key
for=allsite&keyitem=all&keytype=null&resultfor=higheredu&resulttype=instructor
&keyword_all=gehart&pagefrom=search&disciplinenumber=7&product_isbn=978
0495597247&contextelement=http://academic.cengage.com/cengage

Hall, A., Wren, M., & Kirby, S. (2008). *Care planning in mental health: Promoting recovery.* **New York: Wiley.**

Description: Presenting treatment planning from a recovery perspective, this book is divided into three sections: a) the foundations of care planning, including ethical issues, therapeutic risk, and organizational considerations; b) personal experiences of care planning, including perspectives from practitioners and consumers, and c) an overview of how to provide recovery-oriented care planning, including engagement, assessment, promoting inclusivity, and evaluation.

Publisher's Website: www.wiley.com

Book's Website: http://www.wiley.com/WileyCDA/WileyTitle/productCd-1405152850.html

Jongsma, A. *Psychotherapy treatment planners and progress note planners.* **New York: Wiley. Also available from www.jongsma.com**

Description: Jongsma and colleagues offer an extensive series of treatment planners, progress note planners, homework planners, and handout planners. The treatment planning series includes specific books on severe and persistent mental illness, family therapy, couples psychotherapy, and addictions.

Series Website: www.jongsma.com

Moline, M. E., Williams, G. T., & Austin, K. M. (1997). *Documenting psychotherapy: Essentials for mental health practitioners.* **Thousand Oaks, CA: Sage.**

Description: This textbook provides a comprehensive and detailed overview of documentation standards and practices in mental health. The book has four sections: (a) the importance of record keeping in psychotherapy, (b) the clinical record, (c) documentation of safety issues, and (d) special topics relevant to record keeping, which includes treatment of minors, access to records, and retention of records.

Publisher's Website: http://www.sagepub.com/home.nav

Book's Website: http:// www.sagepub.com/booksProdTOC.nav?prodId=Book6721

Wiger, D. E. (2005). *The clinical documentation sourcebook: The complete paperwork resource for your mental health practice* **(3rd ed.). New York: Wiley.**

Description: This sourcebook contains 52 different clinical forms, many with examples of completed forms, including payment contracts, release of information, request for records, personal history, couple information form, treatment plans, progress notes, and discharge summaries. A CD-ROM with digital versions of the forms is provided.

Publisher's Website: http://www.wiley.com/WileyCDA/

Book's Website: http://www.wiley.com/WileyCDA/WileyTitle/productCd-0471689319.html

Wiger, D. E. (2005). *The psychotherapy documentation primer* **(2nd ed.). New York: Wiley.**

Description: This textbook provides an introduction to biopsychosocial assessment, mental status exams, diagnosis, treatment planning, and progress notes, providing a discussion of the rational and legal/ethical issues related to each. One example chart is used to provide an sample of clinical documentation.

Publisher's Website: http://www.wiley.com/WileyCDA/

Book's Website: http://www.wiley.com/WileyCDA/WileyTitle/productCd-0471730165,descCd-description.html

Introduction to Evidence-Based Practices and Treatments

This section covers *evidence-based practices* (the use of research to design treatment for individual clients and consumers) and *evidence-based treatments* (carefully designed and researched treatments that are shown to be effective with a specific population) in the field of MFT specifically and mental health more generally.

As the focus of this review is to identify textbooks for classroom use, the following list of references includes resources that provide an introductory overview of these approaches.

Evidence-based Practice

Providing training in evidence-based practice techniques can be easily integrated into MFT courses, such as practicum, theory, and research courses. Key resources are identified for instructing students in this practice.

Evidence-based Treatments

As there are over one hundred evidence-based treatments (or empirically supported treatments), programs cannot train students in all of these and should therefore strive for a more moderate goal of preparing students to understand what these treatments are and how they work. Since all are based on some combination of traditional psychotherapeutic and family theories, training students in these classic approaches is the first step. At minimum, programs should include instruction in how evidence-based models are developed and used as well as address practical issues and controversy related to implementation. In addition, programs may want to include more detailed instruction in one or more commonly used evidence-based treatments in the area of couple and family therapy.

Common Factors

Additionally, training in evidence-based practices and treatments should also cover common factors research in the field. Based primarily on meta-analyses, this strand of research attempts to identify common elements across models that are correlated to successful therapy outcomes.

New curriculum description:

Evidence-based practices and promising mental health practices that are evaluated in peer-reviewed literature. (BPC § 4980.36(d)(2)(A))

Evidence-Based Practice in MFT

Patterson, J. E., Miller, R. B., Carnes, S., & Wilson, S. (2004). Evidence-based practice for marriage and family therapists. *Journal of Marital and Family Therapy, 30,* 183-195.

> *Description:* This classic article defines evidence-based practice using the medical definition of the term: using research to provide treatment that best meets the needs of each client or family. The article provides a five-step model for implementing

evidence-based practice in family therapy as well as a detailed outline to help students evaluate individual research studies for their application with clients.

Journal's Website: www.jmft.net

Willaims, L. M., Patterson, J. E., & Miller, R. B. (2006). Panning for gold: A clinician's guide to using research. *Journal of Marital and Family Therapy, 32,* **17-32.**

Description: Designed to help clinicians become better consumers of research, this article details a six-step model for using research in clinical contexts as well as outlining different models for consuming research. In addition, the authors include a list of "short cuts" to make accessing research easier; a case study is used to illustrate the concepts.

Journal's Website: www.jmft.net

The Evidence Base for MFT

Sprenkle, D. H. (Ed.). (2002). *Effectiveness research in marriage and family therapy.* **Alexandria, VA: American Association for Marriage and Family Therapy.**

Description: An essential text, this edited volume comprehensively describes the extensive evidence base for family therapy practice and reviews numerous evidence-based family therapy treatments. The chapters are organized by presenting problem and include: conduct disorders, substance abuse, childhood behavioral and emotional problems, alcohol abuse, marital problems, relationship enhancement, domestic violence, severe mental illness affective disorders, physical disorders, and meta-analysis of MFT interventions. An updated version of the book is currently in production.

Publisher Website: www.aamft.org

Book's Website: h[ttp://www.familytherapyresources.net/cgi-s](http://www.familytherapyresources.net/cgi-s)hl/twserver.exe/run:FTRUPD_2:TradeWinds_KEY=672

Journal Article Versions: Each of these chapters is also published in the 2002 *Journal of Marital and Family Therapy.*

List of articles presented in sequence of publication:

Sprenkle, D. H. (2002). Effectiveness research in marriage and family therapy: Introduction. *Journal of Marital and Family Therapy, 29,* 85-96.

Rowe, C. L., Liddle, H. A. (2002). Substance abuse. *Journal of Marital and Family Therapy, 29,* 97-120.

O'Farrell, T. J., & Fals-Stewart, W. (2002). Alcohol abuse. *Journal of Marital and Family Therapy, 29,* 121-146.

McFarlane, W. R., Dixon, L, Lukens, E., & Lucksted, A. (2003). Family psychoeducation and schizophrenia: A review of the literature. *Journal of Marital and Family Therapy, 29*, 223-246.

Beach, S. (2002). Affective disorders. *Journal of Marital and Family Therapy, 29,* 247-262.

Campbell, T. L. (2002). The effectiveness of family interventions for physical disorders. *Journal of Marital and Family Therapy, 29,* 263-282.

Johnson, S. (2002). The revolution in couple therapy: A practitioner-scientist perspective. *Journal of Marital and Family Therapy, 29,* 365-384.

Halford, W. K., Markman, H. J., Kline, G. H., & Stanley, S. M. (2002). Best practices in couple relationship education. *Journal of Marital and Family Therapy, 29,* 385-406.

Stith, S., Rosen, K. H., & McCollum, E. E. (2002). Effectiveness of couples treatment for spouse abuse. *Journal of Marital and Family Therapy, 29,* 407-426.

Henggeler, S. W., & Sheidow, A. J. (2002). Conduct disorder and delinquency. *Journal of Marital and Family Therapy, 29,* 505-522.

Northey, W. F., Wells, K. C., Silverman, W. K., & Bailey, C. E. (2002). Childhood behavioral and emotional disorders. *Journal of Marital and Family Therapy, 29,* 523-546.

Shadish, W. R., & Baldwin, S. A. (2002). Meta-analysis of MFT interventions. *Journal of Marital and Family Therapy, 29,* 547-570.

Evidence-Base for General Mental Health

BOOKS

Drake, R. E., Merrens, M. R., & Lynde, D. W. (Eds.). (2005). *Evidence-based mental health practice: A textbook.* **New York: Norton.**

Description: This edited volume covers evidence-based treatments for severe mental illness and community mental health services. The book is divided into four sections: background on severe mental illness and community services; principles of evidence-based mental health care; implementation issues; and specific evidence practices, which include assertive community treatment, dual disorder treatment, supported

employment, illness management, family-based treatments, and medication management.

Publisher's Website: **www.wwnorton.com**

Book's Website: http://www.wwnorton.com/NPB/nppsych/704432.html

Norcross, J.C., Beutler, L. E., & Levant, R. F. (Eds.). (2006). *Evidence-based practices in mental health: Debate and dialogue on the fundamental questions.* **Washington, D. C.: American Psychological Association.**

Description: This edited volume reviews many of the questions surrounding evidence-based treatments and practices. Chapter topics include criteria that define evidence-based treatments, research necessary to define an evidence-based treatment, effects of the manualization of therapy, diversity and evidence-based practice, and transporting laboratory-validated practices to the field.

Publisher's Website: www.apa.org/books

Book's Website: http://books.apa.org/books.cfm?id=4317087&toc=yes

Norcross, J. C., Hogan, T. P., & Koocher, G. P. (2008). *Clinician's guide to evidence-based practices: Mental health and the addictions.* **New York: Oxford University Press.**

Description: This pocket-sized reference book provides practitioners with a concise, user-friendly guide for accessing, interpreting, and applying evidence-based practices in clinical settings. The book includes easy-to-read graphics, glossary of essential terms, and numerous case vignettes to facilitate learning.

Publisher's Website: www.oup.com/us

Book's Website:
http://www.oup.com/us/catalog/general/subject/Psychology/Clinical/?view=usa&ci=9780195335323#reviews

Rubin, A. (2007). *Practitioner's guide to using research for evidence-based practice.* **New York: Wiley.**

Description: This text provides a comprehensive approach to implementing evidence-based practice in mental health treatment. The book is divided into four sections: a) an overview of evidence-based practices, including a five-step model for implementation; b) critically appraising studies for evidence-based practices and intervention effectiveness, including an extensive review of validity, statistics, and research design issues; c) critically appraising studies for alternative evidence-based practice questions, which includes case study and qualitative studies; and d) assessing and monitoring client progress.

Publisher's Website: www.wiley.com

Book's Website: http://www.wiley.com/WileyCDA/WileyTitle/productCd-0470136650,descCd-description.html

Stout, C. E., & Hayes, R. A. (Eds.). (2004). *The evidence-based practice: Methods, models, and tools for mental health professionals.*

Description: This edited volume covers evidence-based practices with an emphasis on treatment of severe mental illness. The book includes chapters on supported employment, evidence-based family services for adults with severe mental illness, evidence-based psychopharmacology, evidence-based treatment for dual diagnosis, evidence-based treatments for children and adolescents, and recovery and the evidence-base. The final chapters of the book address controversies, implementation, and evaluating outcomes.

Publisher's Website: www.wiley.com

Book's Website: http://www.wiley.com/WileyCDA/WileyTitle/productCd-0471467472.html

ARTICLES

Anthony, W. A., Rogers, E. S., & Farkas, M. (2003). Research on evidence-based practices: Future directions in an era of recovery. *Community Mental Health Journal, 39*(2), 101-114.

Description: This article discusses the problems of trying to implement evidence-based practices in recovery-oriented environments. Anthony et al. argue that most evidence-based practices were developed without awareness or understanding of recovery's vision and approach. Thus, they suggest that many of these evidence-based approaches are not appropriate for these treatment environments. They identify the deficiencies of these models for recovery contexts and identify future directions for practice.

Journal's Website: http://www.springer.com/medicine/psychiatry/journal/10597

Chambless, D. L, & Hollon, S. D. (1998). Defining empirically supported therapies. *Journal of Consulting and Clinical Psychology, 66,* 7-18.

Description: A definitive article in the field of mental health evidence-based treatments, this unique resource describes the most widely adopted system for determining when a treatment for a specific population or problem is to be considered empirically supported, efficacious, or possibly efficacious.

Journal's Website: http://www.apa.org/journals/ccp/

Chambless, D. L., Sanderson, W. C., Shoham, V., Johnson, S. B., Pope, K.S., Crits-Christoph, P., Baker, M., Johnson, B., Woody, S. R., Sue, S., Beutler, L., Willisams, D. A., & McCurry, S. (1996). An update on empirically validated treatments. *The Clinical Psychologist, 49*(2), 5-18.

Also available www.apa.org/divisions/div12/journals.html.

Description: This article provides an update on the American Psychological Association's task force's report on empirically validated treatments and includes an extensive but admittedly not exhaustive list of empirically supported treatments as well as extensive discussion about the limits of such treatments, ethical issues, and implementation concerns.

Journal's Website: http://www3.interscience.wiley.com/journal/117990269/home

Dixon, L., McFarlane, W. R., Lefley, H., Luckstea, Al, Cohen, M., Falloon, Mueser, K., Mikowiz, D. Solomon, P., & Sondheimer, D. (2001). Evidence-based practices for services to families of people with psychiatric disabilities. *Psychiatric Services, 52,* 903-910.

Description: This article reviews the evidence-base for psychoeducation with families who have members diagnosed with a severe mental illness, including an overview of key characteristics for these programs. Dixon et al. also identify the barriers to more effective implementation of family psychoeducation and future directions for this evidence-based practice.

Journal's Website: http://psychservices.psychiatryonline.org/

Northey, W. F., & Hodgson, J. (2008). Keys to implementing empirically supported therapies. *Journal of Family Psychotherapy, 19,* 50-84.

Description: This up-to-date article defines empirically supported therapies and clearly details the training process and options to several key approaches in the field. The highlight of the chapter is an extensive table comparing eight evidence-based approaches in terms of costs, training requirements, time to implementation, materials, fidelity issues, and contact information. Common barriers to implementation are also discussed.

Journal's Website: http://www.ifta-familytherapy.org/journal.html

Woody, S. R., Weisz, J., & McLean, C. (2005). Empirically supported treatments: 10 years later. *The Clinical Psychologist, 58,* 5-11.

Description: This article reports on a study of APA-accredited programs and training issues related to empirically supported treatments. The results indicated that while classroom education in empirically supported treatments increased, practical training in these treatments actually decreased. The numerous challenges in training and

education are discussed along with future directions. The article also includes a helpful list of current empirically supported treatments.

Journal's Website: http://www3.interscience.wiley.com/journal/117990269/home

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Common Factors

Introduction to Common Factors

In the past decade, the common factors movement has gained significant momentum in the field of marriage and family therapy. Proponents of the common factors model argue that the effectiveness of therapy has more to do with similarities across models than unique factors of a specific model. Two common factors models are readily cited, Lambert's and Wampold's, with Lambert's model having been applied more commonly in practice.

Given the new curriculum requirements to provide instruction on the evidence base of family therapy, programs will want to offer training in the common factors, which can be easily added to courses on theory, practical skills, and/or research.

BOOKS

Hubble, M. A., Duncan, B. L., & Miller, S. (Eds.). (2000). *The heart and soul of change: What works in therapy.* **Washington, D. C.: American Psychological Association.**

Descriptions: This edited volume reviews the research foundations of Lambert's common factors model and provides extensive chapters on each of the four factors: client and extra-therapeutic factors, the therapeutic relationship, therapeutic models, and hope. In addition, it includes several chapters on special applications, including marriage and family therapy, medicine, psychiatric drug treatment, and school settings. Finally, the text includes two chapters on implications of the common factors for third-party payers.

Publisher's Website: www.apa.org/books

Book's Website: http://books.apa.org/books.cfm?id=431723A&toc=yes

Miller, S. D., Duncan, B.L., & Hubble, M. (1997). *Escape from Babel: Toward a unifying language for psychotherapy practice.* **New York: Norton.**

Description: One of the earliest resources on the subject, this book introduces the common factors as a unifying language for psychotherapy practice. The authors argue that effective therapies have more commonalities than differences. The book goes into detail on each of Lambert's four common factors, discussing implementation and practice issues and includes numerous case examples.

Publisher's Website: www.wwnorton.com

Book's Website: http://www.wwnorton.com/NPB/nppsych/702197.html

Sprenkle, D.H., Davis, S.D., & Lebow, J. (2009). *Beyond our sacred models: The overlooked foundation for effective practice.* **New York: Guilford Press.**

Description: Written by leaders in the field, this book provides an outstanding and balanced view of the common factors research and approach, arguing for a "moderate" view of common factors. The text includes an overview of the research, discusses unique factors in couple and family therapy, proposes a meta-model of change in couples therapy, and reviews the case against common factors. In addition, Sprenkle et al. discuss practical issues, such as matching therapist behavior with client motivation, the importance of a strong therapeutic alliance, and the role of theory. Implications for training, supervision, treatment, and research are also discussed.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/sprenkle2.htm&dir=pp/fac&cart_id=299547.13819

ARTICLES

Blow, A. J., Sprenkle, D. H., & Davis, S. D. (2007). Is who delivers the treatment more important than the treatment itself? *Journal of Marital and Family Therapy, 33,* **298-317.**

Description: Situating their discussion in the common factors debate, Blow et al. review the research findings on the role of the therapist and its relation to treatment outcomes. The article includes recommendations for training and research, including suggestions of how to train for competence in common factors.

Journal's Website: www.jmft.net

Sprenkle, D. H., & Blow, A. J. (2004). Common factors and our sacred models. *Journal of Marital and Family Therapy, 30,* **113-129.**

Description: In this seminal article on common factors in the field of MFT, Sprenkle and Blow argue that treatment effectiveness is more closely related to common factors across models than distinctive features of individual approaches. They present a "moderate" approach to common factors, arguing that individual treatment theories still have an important role in MFT training, albeit a different role than most typically expect.

Journal's Website: www.jmft.net

Introduction to Evidence-Based Treatments

The resources below include readings for programs that want to include more extensive training in one or more evidence-based treatment. While far from a complete review of the over one hundred or more evidence-based treatments, this list provides ideas for specialized readings in family therapy on this topic. Programs may want to contact their local county mental health departments and agencies to learn which evidence-based treatments are currently in use in students' potential field placement and work sites.

Note: Additional evidence-based treatment resources are also reviewed in Recovery-Oriented Treatment and Substance Abuse Treatment sections above.

BOOKS

Gottman, J. M. (1999). *The marriage clinic: A scientifically based marital therapy.* **New York: Norton.**

> *Description:* Technically an evidence-based practice rather than evidence-based treatment, Gottman's research on marriage and divorce is an essential component of the marriage and family evidence base. *The Marriage Clinic* is a treatment manual for Gottman's couples therapy approach and includes numerous questionnaires used for assessment and determining the focus of treatment. The book also includes several interventions and exercises for use with clients as well as a comprehensive review of his research on divorce and stable marriages.
>
> *Publisher's Website:* www.wwnorton.com
>
> *Book's Website:* http://www.wwnorton.com/NPB/nppsych/702820.html

Henggeler, S. W., Schoenwald, S. K., Borduin, C. M., Rowland, M. D., & Cunningham, P. B. (2009). *Multisystemic treatment of antisocial behavior in children and adolescents* **(2nd ed.). New York: Guilford.**

> *Description:* A pragmatic treatment text, this book provides a practical description of multisystemic therapy, a structural-strategic evidence-based treatment for antisocial and substance abusing youth. This updated version includes an overview of outcome studies and research as well as the latest practice techniques.
>
> *Publisher's Website:* www.guilford.com
>
> *Book's Website:* http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/henggeler.htm&dir=pp/cpap&cart_id=299547.13819

Johnson, S. (2004). *The practice of emotionally focused couple therapy: Creating connection.* **New York: Routledge.**

Description: This book is a treatment manual for perhaps the best researched couples therapy approach, emotionally focused couple therapy. The text provides an overview of the theoretical foundations, descriptions of each stage of therapy, and detailed explanations of the assessments and interventions used in each stage.

Publisher's Website: www.routledge.com

Book's Website: http://www.routledge.com/books/The-Practice-of-Emotionally-Focused-Couple-Therapy-isbn9780415945684

Liddle, H. A. (2002). *Multidimensional family therapy treatment for adolescent cannabis users.* **Rockville, MD: Substance Abuse and Mental Health Services Administration**

Description: This SAMHSA treatment manual provides a detailed description of multidimensional family therapy, an evidence-based, structural-strategic treatment for teen substance abuse; this particular manual targets cannabis abuse.

Book's Website: www.kap.samhsa.gov/products/manuals/cyt/pdfs/cyt5.pdf

Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2002). *Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse.* **New York: Guilford.**

Description: This book provides a detailed and practical description of mindfulness-based cognitive therapy, which shows promising outcomes for preventing depression relapse. Given that over 50% of persons successfully treated for Major Depression relapse within 12 months, the issue of depression relapse is critical in the treatment of severe and persistent mental illness. Mindfulness is also used for relapse prevention with anxiety, substance abuse, and other mental health disorders.

Publisher's Website: www.guiford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/segal2.htm&dir=pp/dmd&cart_id=954923.5268

Sexton, T. (2009). *Functional family therapy: An evidence-based clinical model for working with troubled adolescents and their families.* **New York: Routledge.**

Description: This text is the treatment manual for functional family therapy, which systematically combines elements of strategic, structural, and cognitive-behavioral therapies as part of an evidence-based approach to working with troubled youth. The text includes a detailed description of the approach, clinical interventions, and applications in community environments.

Publisher's Website: www.routledge.com

Book's Website: http://www.routledge.com/books/Functional-Family-Therapy-isbn9780415996921

Szapocznik, J., Hervis, O. E., & Schwartz, S. (2003). *Brief strategic family therapy for adolescent drug abuse* **(NIH Publication No. 03-4751). NIDA Therapy Manuals for Drug Addiction. Rockville, MD: National Institute for Drug Abuse.**

Description: This online book provides the best description of how brief strategic family therapy is conducted. This structural-strategic approach to working with substance abusing minority youth is clearly organized for practitioners wanting to implement BSFT, including an introduction to basic concepts, assessment, intervention, family engagement, and outcome research.

Book's Website: http://www.drugabuse.gov/TXManuals/bsft/bsftindex.html

Witkiewitz, K., & Marlatt, G. A. (Eds.). (2007). *Therapist's guide to evidence-based relapse prevention.* **New York: Academic Press.**

Description: This edited volume provides an outstanding overview of evidence-based practices for a range of mental health issues, including substance abuse, depression, anxiety disorders, schizophrenia, PTSD, eating disorders, self-harm, and sexual offending. The book also addresses special populations, such as families, ethnic and racial minorities, adolescent substance abuse, the elderly, and incarcerated persons.

Publisher's Website: www.elsevierdirect.com

Book's Website: http://www.elsevierdirect.com/product.jsp?isbn=9780123694294

ARTICLES AND CHAPTERS

Baer, R. A. (2003). Mindfulness training as clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science Practice, 10,* **125-143.**

Description: This article reviews the research literature on the effectiveness of mindfulness for a range of physical and mental health disorders, including depression, anxiety, substance abuse, eating disorders, and personality disorders. Of particular interest, mindfulness practices are gaining increasing support for preventing relapse of depression, a severe and typically chronic disorder that has a high rate of relapse.

Journal's Website: http://www.wiley.com/bw/journal.asp?ref=0969-5893

Haarakangas, K., Seikkula, J., Alakare, B., & Aaltonen, J. (2007). **Open dialogue: An approach to psychotherapuetic treatment of psychosis in Northern Finland. In H. Anderson & D. Gehart (Eds.).** *Collaborative therapy: Relationships and conversations that make a difference* **(pp. 221-233). New York: Brunner-Routledge.**

> *Description:* This chapter describes the Open Dialogue Approach to treating psychosis, a postmodern, collaborative approach that shares many recovery principles. Implementation of this approach over the past 20 years in the Lapland region of Finland has dramatically reduced the incident of chronic psychotic disorders and resulted in impressive recovery rates as high as 77%. This chapter provides an overview of the treatment approach and research findings.

> *Book's Webpage:* http://www.routledge.com/books/Collaborative-Therapy-isbn9780415953276

McFarlane, W. R., Dixon, L, Lukens, E., & Lucksted, A. (2003). **Family psychoeducation and schizophrenia: A review of the literature.** *Journal of Marital and Family Therapy, 29,* **223-246.**

> *Description:* This article reviews more than 30 randomized trials on family psychoeducation in the treatment of schizophrenia, bipolar, depression, and other disorders and identifies common interventions, such as empathic engagement, education, ongoing support, client resources, social network enhancement, problem solving, and communication skills. In addition, McFarlane and colleagues discuss implementation in routine treatment settings.

Online Resources

American Psychological Association: Empirically Supported Treatments

> *Description:* This website provides up-to-date information on empirically supported treatments, include several journal articles, reports for task forces, and links to useful resources.

> *Website:* http://www.apa.org/divisions/div12/cppi.html

Institute for the Study of Therapeutic Change: Outcome Rating Scale and Session Rating Scale

> *Description:* Featuring the work of Scott Miller, Barry Duncan and associates, this website provides numerous resources on the common factors and related outcome-based research. Of particular interest, the site provides free access to two brief rating scales for measuring treatment effectiveness: the Outcome Rating Scales and the Session Rating Scales. These are outstanding training tools that can be integrated into fieldwork experiences to help students better address the needs of those they serve.

Website: www.talkingcure.com

SAMHSA Registry of Evidence-based Programs and Practices

Description: Clinicians can search this online database for evidence-based practices for specific populations, including presenting problem, age, and ethnicity.

Website: http://www.nrepp.samhsa.gov/

Introduction to Diversity, Socio-economic Status, and Poverty Section

Marriage and family therapy education has included diversity issues for years. In fact many programs in California have extensive training in this area, some offering bilingual training and multicultural emphases.

The new curriculum contains all of the former requirements and adds a new emphasis on how poverty and economic status impact mental health and recovery. In addition, the curriculum addresses the interaction between various elements of diversity, such as ethnicity, class, gender, immigration status, spirituality, sexual orientation, etc. The effects of diversity on individual and family development must also be included in the updated curriculum. Finally, the requirements also include specific training in the racial, cultural, linguistic, and ethnic backgrounds of persons living in California.

The following resources were selected to address *only these new areas of instruction.*

New curriculum description:

Integrate an understanding of various cultures and the social and psychological implications of socioeconomic position, including an understanding of how poverty and social stress impact an individual's mental health and recovery. (BPC § 4980.36(c)(1)(C))

Cultural competency and sensitivity, including a familiarity with the racial, cultural, linguistic, and ethnic backgrounds of persons living in California. (BPC § 4980.36(d)(2)(D))

Multicultural development and cross-cultural interaction, including experiences of race, ethnicity, class, spirituality, sexual orientation, gender, and disability, and their incorporation into the psychotherapeutic process. (BPC § 4980.36(d)(2)(E))

An understanding of the effects of socioeconomic status on treatment and available resources. (BPC § 4980.36(d)(2)(F))

The broad range of matters and life events that may arise within marriage and family relationships and within a variety of California cultures, including instruction in all of the following: (BPC § 4980.36(d)(2)(C)(iii, viii-x))

- *Cultural factors relevant to abuse of partners and family members.*
- *Poverty and deprivation.*
- *Financial and social stress.*

Developmental issues from infancy to old age, including instruction in: (BPC § 4980.36(d)(2)(B)(iv-vii))

- *A variety of cultural understandings of human development.*
- *The understanding of human behavior within the social context of socioeconomic status and other contextual issues affecting social position.*
- *The understanding of human behavior within the social context of a representative variety of the cultures found within California.*
- *The understanding of the impact that personal and social insecurity, social stress, low educational levels, inadequate housing, and malnutrition have on human development*

BOOKS

Boyd-Franklin, N. (2006). *Black families in therapy: Understanding the African American experience* (2nd ed.)*.* New York: Guilford.

> *Description:* This text provides an in depth description of how to effectively work with black families. Divided into three major sections, the book begins by describing the cultural and racial context of African-American families, including issues such as extended family patterns, role flexibility, gender, spirituality, and divorce. The second section discusses treatment issues, such as the therapist's use of self, value conflicts, and appropriateness of various therapeutic models. In the final section, socioeconomic class and diverse family structures are covered in detail.
>
> *Publisher's Website:* www.guilford.com
>
> *Book's Website:* http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/boydfranklin2.htm&dir=pp/fac&cart_id=400650.13370

Falicov, C. J. (2000). *Latino families in therapy: A guide to multicultural practice.* New York: Guilford.

> *Description:* This book provides a comprehensive overview of working with Latino families in therapy. Falicov discusses a wide range of issues, including sub-populations, migration, adaptation, racism, religion, health, family organization, couples, and family life cycle issues.
>
> *Publisher's Website:* www.guilford.com
>
> *Book's Website:* http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/falicov2.htm&dir=pp/fac&cart_id=625017.7825

Fong, R. (Ed.). (2003). *Culturally competent practice with immigrant children and families.* New York: Guilford.

> *Description:* This edited volume provides a theoretical foundation for working with immigrant children and families in various treatment contexts and specifically addresses treatment with the following immigrant groups: Filipino, Korean, Lao, Hmong, Asian-Indian, South Asian Muslim, Latino, Cuban, Dominican, Ecuadorian, Columbian, Nicaraguan, Salvadoran, Balkan, and Russian.
>
> *Publisher's Website:* www.guilford.com
>
> *Book's Website:* http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/fong.htm&dir=pp/fac&cart_id=400650.13370

Fontes, L. A. (2009). *Interviewing clients across cultures: A practitioner's guide.* New York: Guilford.

Description: Written for practitioners in a range of helping professionals, this text provides a detailed discussion for how to work cross-culturally. Fontes discusses issues related to rapport building, non-verbal communication, language competence, interpretation options, authority issues, divulgence of information, and common misunderstandings.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/fontes2.htm&sec=summary&dir=pp/acpp&cart_id=400650.13370

McAuliffe, G., & Associates. (2008). *Culturally alert counseling: A comprehensive introduction.* **Thousand Oaks, CA: Sage.**

Description: A readable and experiential text, this book uses a constructivist lens to explore issues of race, ethnicity, social justice, and critical consciousness. Gender, religion, class, and sexual orientation are included in the traditional discussions of race and ethnicity. The book is divided into three parts: an introduction that defines culturally alert counseling, race, and ethnicity; a section on race and ethnicity; and a final section on social diversity. A series of six DVDs with demonstration therapy sessions is available to accompany the text.

Publisher's Webpage: www.sagepub.com

Book Webpage: http://www.sagepub.com/booksProdDesc.nav?prodId=Book232244&

McGoldrick, M., Giordano, J., & Garcia-Preto, N. (Eds.). (2005). *Ethnicity and family therapy* **(3rd ed.). New York: Guilford.**

Description: A classic in family therapy, this edited volume arguably provides the most comprehensive coverage of ethnicity of any text on the market. The book includes over 53 chapters, each detailing the family dynamics of a unique ethnic group.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/mcgoldrick.htm&sec=summary&dir=pp/fac&cart_id=835339.13747

McGoldrick, M., & Hardy, K. V. (Eds.). (2008). *Re-visioning family therapy: Race, culture, and gender in clinical practice* **(2nd ed.). New York: Guilford.**

Description: This edited volume offers a solid foundation for discussing issues of race, class, culture, and gender and addresses critical theory, therapist experiences, and implications for practices. Divided into five sections, the book begins with a theoretical discussion of immigration, social class, spirituality, race, and oppression.

The second section includes therapists' personal stories of racial identity development and its impact on clinical work. The third section covers race and racism in the therapy process, and the forth focuses on clinical implications and includes chapters on gay, lesbian, bisexual, and transgendered families; immigration; interracial issues; homelessness; and reconciliation. The final section focuses on training and social justice issues.

Publisher's Website: **www.guilford.com**

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/mcgoldrick2.htm&dir=pp/fac&cart_id=835339.13747

Monk, G., Winslade, J. M., & Sinclair, S. (2008). *New horizons in multicultural counseling.* **Thousand Oaks, CA: Sage.**

Description: Offering a fresh theoretical perspective, this book uses social constructionist and narrative ideas to better understand the dynamics of culture in therapy. This text explores diversity issues using concepts such as colonization and decolonization; discourse, positioning, and deconstruction; power and privilege; globalization of identity; cultural identity development; and identity construction. In addition, the issues of class, poverty, and the American dream are included.

Publisher's Website: www.sagepub.com

Book's Website: http://www.sagepub.com/booksProdDesc.nav?prodId=Book227746&

Olkin, R. (1999). *What psychotherapists should know about disability.* **New York: Guilford.**

Description: This book introduces therapists to working with persons with physical disabilities using the minority model of disability. The first half of the text details the lived experience of disability, including stereotypes, everyday events, and family issues. Olkin then describes how to approach clinical work with persons with disabilities, including etiquette, interview techniques, assessment, and diagnosis. In addition, issues related to dating, sexuality, birth, and assistive technology are addressed.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/olkin.htm&sec=toc&dir=pp/mad&cart_id=400650.13370

Rastogi, M., & Thomas, V. (Eds.). (2009). *Multicultural couple therapy.* **Thousand Oaks, CA: Sage.**

Description: This edited volume provides an up-to-date and comprehensive overview of working with multicultural couples. Part 1 introduces theoretical principles, including issues of power, privilege, and oppression. Part 2 addresses issues of race, socially segregated identities, religious minorities, and evidence-based models with multicultural couples. Part 3 focuses on ethnicity and multicultural issues, including black, Asian, Latino, and Native/First Nation couples.

Publisher's Website: www.sagepub.com

Book's Website:
http://www.sagepub.com/booksProdDesc.nav?prodId=Book232048&

Robinson-Wood, T. (2009). *The convergence of race, ethnicity, and gender: Multiple identities in counseling* **(3rd ed.). New York: Allyn & Bacon.**

Description: Using a broad and multifaceted perspective, this book examines the complexity of developing therapeutic relationships across a range of diversity issues, including race, ethnicity, gender, socio-economic status, sexuality, and ability. The book is divided into four sections. The first section addresses multicultural competencies and explores the social construction of multiple identities. The second section explores specific ethnicities, including Native American and Alaskan Natives, Latinos, Peoples of African Decent, Peoples of Asian Decent, and Peoples of the Middle East. The third section explores other areas of diversity, such as the social construction of race, multiracial identities, gender, socioeconomic class, sexuality, and disability. The final section examines the implications for the therapeutic relationship, social justice, and spirituality.

Publisher's Website: www.pearsonhighered.com

Book's Website:
http://www.pearsonhighered.com/educator/academic/product/0,3110,0132337169,00.html

Schwartzbaum, S. E., & Thomas, A. J. (2008). *Dimensions of multicultural counseling: A life story approach.* **Thousand Oaks, CA: Sage.**

Description: An original approach to multicultural counseling issues, Schwartzbaum and Thomas offer a collection of life stories to raise and explore issues of multiculturalism in therapy. The book is divided into six sections: conceptual frameworks, dimensions of race and ethnicity, dimensions of immigration and acculturation, dimensions of spirituality and religion, dimensions of social class, and dimensions of sexual orientation. Each chapter includes a section on clinical applications.

Publisher's Website: www.sagepub.com

Book's Website:
http://www.sagepub.com/booksProdDesc.nav?prodId=Book230818&

Walsh, F. (Ed.). (2009). *Spiritual resources in family therapy* (2nd ed.). **New York: Guilford.**

Description: This recently revised edited volume includes extensive resources on how spirituality can be used as a resource to promote resiliency in family therapy practice. Chapter topics include using spirituality to cope with suffering, death, poverty, and various forms of trauma. In addition, spirituality is explored in the context of African-American, Latino, and Jewish cultures and its implications for daily family living and morality are also discussed.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/walsh4.htm&dir=pp/fac&cart_id=51770.14194

Wetchler, J. L., & Bigner, J. (Eds.). (2004). *Relationship therapy with same-sex couples.* **New York: Routledge.**

Description: This edited volume provides a comprehensive overview of therapy with same-sex couples, including a review of the literature, issues with gay male couples, identity in lesbian couples, bisexual issues in same-sex couples, transgender issues, sex therapy, gay and lesbian parenting, and heterosexual spouses coping when partner comes out.

Publisher's Website: www.routledge.com

Book's Website: http://www.routledge.com/books/Handbook-of-Clinical-Issues-in-Couple-Therapy-isbn9780789036575

Social Economic Status and Poverty

BOOKS

Aponte, H. J. (1994). *Bread and spirit: Therapy with the new poor: Diversity of race, culture, and values.* **New York: Norton.**

Description: A classic in family therapy, *Bread and Spirit,* describes a structural, strengths-based approach to working with poor families. In this book, Aponte describes the unique life and relational issues faced by poor and minority families. The text includes specific chapters on "family therapy and the community," "home/community based services," "the family-school interview: an ecosystemic approach," "the negotiation of values in therapy," "about forgiving," and "strength and vulnerability." Numerous case examples and transcripts of sessions are included to illustrate key concepts.

Publisher's Webpage: www.wwnorton.com

Book's Webpage: www.wwnorton.com/NPB/nppsych/70176X.html

Carr, S. C., & Sloan, T. S. (Eds.). (2003). *Poverty and psychology: From global perspective to local practice.* **New York: Springer.**

Description: This edited volume addresses the psychological impact of poverty, covering issues of power, justice, psychopathology, unemployment, community, prejudice, economic crisis, and youth. The text's emphasis is on helping the reader understand the broader social context of poverty and its effects on the whole person and communities.

Publisher's Website: http://www.springer.com

Book's Website: http://www.springer.com/?SGWID=5-102-0-0-0

Illovsky, M. E. (2002). *Mental health professionals, minorities, and the poor.* **New York: Routledge.**

Description: Written for general mental health practitioners, this text provides a comprehensive introduction to working with diverse and poor clients. The book begins with a discussion of factors to consider in cross-cultural counseling, an examination of minority mental health research, and an overview of technological issues. It also addresses evolutionary psychology theories, global mental health issues, and special populations, including sexual orientation, disabilities, children, women, and the elderly.

Publisher's Website: www.routledge.com

Book's Website: http://www.routledge.com/books/Mental-Health-Professionals-Minorities-and-the-Poor-isbn9780415935760

Lui, M., Robles, B., Leondar-Wright, B., Brewer, R., & Adamson, R. (2006). *The color of wealth.* **Boston: New Press.**

Description: Written for a popular audience, this controversial book provides a historical overview of how race and wealth have intersected in the U.S. The authors examine how federal policies have shaped the asset-building histories of Native Americans, Latinos, African Americans, Asian Americans, and European Americans.

Publisher's Website: www.thenewpress.com

Book's Website:
http://www.thenewpress.com/index.php?option=com_title&task=view_title&metaproductid=1320

Minuchin, P., Colapinto, J. & Minuchin, S. (2006). *Working with families of the poor (2ⁿᵈ ed.).* **New York: Guilford.**

Description: In this substantially revised and updated edition, Minuchin et al. detail a family systems approach to conceptualizing and facilitating change with poor and diverse families. The first half of the book provides a clear theoretical description for family-centered work, including family supportive-skills and procedures for promoting change. In the second half of the book, specific models for working with services systems are presented, including substance abuse and foster care. Finally, a description of family-oriented service systems is presented.

Publisher's Webpage: www.guilford.com

Book's Webpage: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/minuchin.htm&dir=pp/fac&cart_id=551102.1807

ARTICLES

Barnett, M. (2008). Economic disadvantage in complex family systems: Expansion of family stress models. *Clinical Child and Family Psychology Review, 11*(3), 145.

Description: This article discusses the impact of poverty on children using the Family Stress Model. Barnett focuses on how poverty impacts children's socioemotional development and reviews the literature on poverty's effect on parenting, psychological distress, and family functioning. In addition, the article examines the effects of various family configurations and poverty.

Journal's Website: http://www.springer.com/psychology/child+&+school+psychology/journal/10567

Grimes, M. E., & McElwain, A. D. (2008). Marriage and family therapy with low-income clients: Professional, ethical, and clinical issues. *Contemporary Family Therapy: An International Journal, 30*(4), 220-232.

Description: A comprehensive and highly practical article on the topic of MFTs and poverty, this article discusses the numerous barriers to effectively serving low-income clients, including limited access to resources, client beliefs, working relationship, and therapist-client discrepancies. In addition, Grimes and McElwain include suggestions for improving services to low-income families and identifying effective and less effective approaches to treatment.

Journal's Website: .http://www.springer.com/psychology/psychology+general/journal/10591

Knudson-Martin, C., & Mahoney, A. R. (2005). Moving beyond gender: Processes that create relationship equality. *Journal of Marital and Family Therapy, 31,* 235-246.

Description: Based on the analysis of a qualitative study of couples with children, this article identifies three types of couples: postgender, gender legacy, and traditional. For these couples, movement toward equality was facilitated by a stimulus for change and patterns that promote change. The authors include implications for practice based on these couples' experiences.

Journal's Website: www.jmft.org

Liu, W. M., Pickett, T., & Ivey, A. E. (2007). White middle-class privilege: Social class bias and implications for training and practice. *Journal of Multicultural Counseling and Development, 35,* **194–206.**

Description: Designed to raise consciousness of social class, this article outlines the issues of privilege and the need to promote therapist awareness of poverty in order to increase overall multicultural competency. The article includes a case study with analysis as well as recommendations for practice and training.

Journal's Website: http://www.counseling.org/Publications/Journals.aspx

Lott, B. (2002). Cognitive and behavioral distancing from the poor. *American Psychologist, 57,* **100–110.**

Description: In this article, Lott examines classism in the United States, arguing that distancing—institutionally, cognitively, and interpersonally—is the dominant response to the poor. Lott discusses the detrimental impact of distancing in the context of therapy and points to future directions for therapists to increase their awareness in this area.

Journal's Website: http://www.apa.org/journals/amp/

McDowell, T., Ingoglia, L, Serizawa, T., Holland, C., Dashiell, J. W., & Stevens, C. (2005). Raising multicultural awareness in family therapy through critical conversations. *Journal of Marital and Family Therapy, 31,* **399-411.**

Description: Based on a review of the literature, this article details a three-phase critical conversational model for helping clients identify and articulate their experiences of multiracial identities. Two case examples are included to illustrate this model.

Journal's Website: www.jmft.org

Perese, EF. (2007). Stigma, poverty, and victimization: Roadblocks to recovery for individuals with severe mental illness. *Journal of the American Psychiatric Nurses Association, 13*(5), **285-295.**

Description: This article discusses issues of stigma, poverty, and victimization and how they affect the recovery process for persons with severe mental illness. Specific treatment and case management issues are provided.

Journal's Website: http://jap.sagepub.com/

Smith, L. (2005). Psychotherapy, classism, and the poor: Conspicuous by their absence. *American Psychologist, 60,* **687–696.**

Description: In this provocative article, Smith argues that therapist classism is still a significant barrier to effective treatment with clients who live in poverty. The article reviews the history of mental health practitioners' awareness of the issue of class, including an overview of the specific discipline of family therapy. In addition, she discusses four key barriers to treatment using case examples.

Journal's Website: ://www.apa.org/journals/amp/

Smith, L. (2009). Enhancing training and practice in the context of poverty. *Training and Education in Professional Psychology, 3,* **84-93.**

Description: Written with educators in mind and citing a social justice framework, this article describes the importance of including poverty and social class as part of diversity training for mental health professionals. Smith recommends that educators include supplemental curricula on social class; encourage the exploration of privilege and personal reactions to poverty; apply social justice models in supervision; and teach flexible approaches to interventions.

Journal's Website: http://www.apa.org/journals/tep/

Waldegrave, C. (2009). Culture, gender, and socioeconomic contexts in therapeutic and social policy work. *Family Process, 48,* **85-101.**

Description: Grounded in a social justice model, Waldegrave argues that the social and therapeutic problems presented in therapy stem from contextual issues related to culture, gender, and socioeconomic status. The article discusses the impact of public policy and service delivery systems, and encourages mental health practitioners to be agents of change to promote equality and inclusion.

Journal's Website: www.familyprocess.org

Weisman, A., Duarte, E., Koneru, V., & Wasserman, S. (2006). The development of a culturally informed, family–focused treatment for schizophrenia. *Family Process, 45,* **171-186.**

Description: This article describes the development and evaluation of a family-focused, culturally informed therapy for schizophrenia. It also includes a practical review of the literature related to key issues in the treatment of schizophrenia and describes how these are affected by culture.

Journal's Website: http://www.familyprocess.org/

Carter, B., & McGoldrick, M. (Eds.). (2005). *The expanded family life cycle: Individuals, families, and social perspectives* **(3rd ed.). New York: Allyn and Bacon.**

Description: This classic family therapy text has been substantially revised over the years to integrate diversity and socioeconomic issues. The book introduces the family life cycle and discusses its relation to individual developmental models and its applications with a wide variety diversity issues, such as culture, social class, gender, migration, loss, divorce, remarriage, sexual orientation, substance abuse, violence, and chronic illness.

Publisher's Website: http://vig.pearsoned.com/

Book's Website: http://vig.pearsoned.com/store/product/1,1207,store-7061_isbn-0205488293,00.html

Walsh, F. (Ed.). (2002). *Normal family process: Growing diversity and complexity* **(3rd ed.). New York: Guilford.**

Description: A classic in the field, this edited volume has been recently revised to include diversity and other current issues. Divided into six major sections, this book provides a) an overview of the meaning of family normality in a rapidly changing society, b) a discussion of the varying family forms, including remarriage, LGBT families, adoption, divorce, and single-parent families, c) cultural dimensions of family functioning, d) developmental perspectives on family functioning, including resiliency theories, e) models of healthy couple and family processes, and f) social policy issues.

Publisher's Website: www.guilford.com

Book's Website: http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/walsh2.htm&dir=pp/fac&cart_id=52373.23974

Video/DVD Series

* Examination copies were unavailable for videos or DVDs marked with an asterisk (*) due to company policies; thus, the evaluation is based on published description of the resources.

Alexander Street Videos.

Description: This online database of videos (described above) includes 13 videos on multicultural counseling, both of counseling sessions and lectures on specific

populations and topics, such as Asian Americans, Native Americans, gender differences, Jewish-Americans, multicultural personality, etc.

Website: **http://www.alexanderstreet.com**

American Psychological Association. (n.d.). *Multicultural counseling video series.* **[DVD]. Available from www.apa.org/videos.***

Description: Hosted by Dr. Jon Carlson, this series of nine videos covers a wide range of issues in working with multicultural clients. Each video includes an introductory discussion, an actual therapy session, and a follow-up question-and-answer session.

The series includes:
- Counseling Latina/Latino Clients
- Culturally Oriented Career Counseling
- Inclusive Cultural Empathy in Practice
- Mixed-Race Identities
- Working with African-American Clients
- Working with Arab Americans
- Working with Asian-American Clients
- Working with Immigrants
- Working with Native Americans

Publisher's Website: www.apa.org/videos

Video Website: http://www.apa.org/videos/series5.html

McAuliffe, G., & Associates. (2008). *Culturally alert counseling: A comprehensive introduction: 6 DVD Set.* **Thousand Oaks, CA: Sage.***

Description: Designed to accompany the textbook with the same name, this series of DVDs includes:
- Working with African-American Clients
- Working with Asian Clients
- Working with Conservative Religious Clients
- Working with Latino/Latina Clients
- Working with Gay/Lesbian Clients
- Culturally Alert Counseling: A Demonstration of Skills

Publisher's Webpage: www.sagepub.com

Video Webpage:
http://www.sagepub.com/booksProdDesc.nav?prodId=Book232992&

Scott, R. (Series Producer). (n.d.). *Psychotherapy with gay, lesbian, and bisexual clients: Programs 1-7.* **Mill Valley, CA: psychotherapy.net.***

Description: This comprehensive series of videos covers the multitude of issues that arise in therapy with gay, lesbian, and bisexual individuals, couples, and families. The series includes interviews with 27 scholars and practitioners and numerous individuals who share their experiences. The series includes:

- Program 1: Historical Perspectives
- Program 2: Individual Assessment and Psychotherapy
- Program 3: Relationships, Families, and Couples Counseling
- Program 4: The Coming Out Process
- Program 5: The Bisexual Experience
- Program 6: Diversity and Multiple Identities
- Program 7: Sexual Minority Adolescents

Publisher's Website: http://psychotherapy.net

Video Website: http://psychotherapy.net/video/Gay_Lesbian_Bisexual

Introduction to Law and Ethics

The revised curriculum adds two new elements to law and ethics training:

1) difference in legal and ethical standards based on work setting, and

2) training in licensing law and processes.

Differences in Ethical and Legal Standards

There are limited specific resources on the differences in legal and ethical standards for various marriage and family work settings. Much of the literature on recovery-oriented treatment and community mental health care has imbedded within it discussions of alternative ethical standards and expectations. Instructors should review the above listed resources on Recovery for resources on ethics in recovery-oriented contexts in addition to considering those in this section.

Additionally, as MFTs work in more diverse practice environments, it is critical that educators increasingly emphasize the process of ethical decision making rather than mechanical adherence to ethical codes designed for traditional private practice settings serving middle and upper class clients. Thus, the area of teaching ethics is likely to be more challenging and nuanced in the years ahead.

Licensing Law

Thankfully, the BBS has recently published a user-friendly guide to the licensing process for MFTs in California that will be an excellent resource for educators in meeting this new requirement.

New curriculum description:

Differences in legal and ethical standards for different types of work settings. (BPC § 4980.36(d)(2)(J)(vi))

Licensing law and licensing process. (BPC § 4980.36(d)(2)(J)(vii))

BOOKS

Backler, P., & Culter, D. L. (Eds.). (2002). *Ethics in community mental health care: Commonplace concerns.* **New York: Springer.**

> *Description:* This edited volume covers a wide range of ethical concerns in community mental health settings, including boundaries and dual relationships, diversity issues, safety of family members and practitioners, involuntary interventions, psychiatric anticipatory planning, and the influence of the psychopharmaceutical industry.

> *Publisher's Website:* http://www.springer.com/?SGWID=5-102-0-0-0

> *Book's Website:* http://www.springer.com/?SGWID=5-102-0-0-0

Behnke, S. H., Preis, J. J., & Bates, R. T. (1998). *The essentials of California mental health law.* **New York: Norton.**

Description: Authored by lawyers, this text is written in a question-answer format covering a wide range of issues, including the legal system, involuntary hospitalization, criminal law, subpoenas, court orders, guardianship, consultation, confidentiality, privilege, mandatory reporting, record keeping, professional liability, and children and families.

Publisher's Website: www.wwnorton.com

Book's Website: http://www.wwnorton.com/NPB/nppsych/702502.html

California Board of Behavioral Sciences. (n.d.). *Marriage and family therapist: Student handbook.* **Sacramento: Author.**

Description: This user-friendly handbook for students clearly describes a) how to obtain a degree in marriage and family therapy that qualifies for licensure, b) how to apply and become a Marriage and Family Therapy Intern, c) how to gain hours of work experience towards the license, and d) how to apply to take the licensing exams. The book includes numerous useful "tips" and suggestions for making the process run smoothly each step of the way.

Publisher's Website: www.bbs.ca.gov

Book's Website: http://www.bbs.ca.gov/forms.shtml

Ford, G. G. (2006). *Ethical reasoning for mental health professionals.* **Thousand Oaks, CA: Sage.**

Description: This text focuses on the process of ethical reasoning and decision making in mental health practice and reviews several different ethical decision-making models. The text includes one specific chapter on the impact of organizational context on ethics; other chapters address specific issues in assessment, testing, and training.

Publisher's Website: www.sagepub.com

Book's Website:
http://www.sagepub.com/booksProdDesc.nav?prodId=Book226466&

Grosso, F. C. (2007). *Complete applications of law and ethics for California marriage and family therapists.* **Santa Barbara, CA: FGrosso.com.**

Description: One of the few law and ethics texts written exclusively for California MFTs, this book provides a comprehensive overview of standard issues, including informed consent, confidentiality, privilege, dual relationships, and crisis

management. The book includes numerous examples of actual forms, such as subpoenas, court orders, child abuse reports, and clinical forms, making it a practical addition to the curriculum.

Publisher's Website: www.fgrosso.com

Book's Website:
http://www.ecomallbiz.com/fgrosso/pages/store/skudetail.nhtml?profile=publications&uid=10007&catuid=2000&returnURL=http%3A//www.ecomallbiz.com/fgrosso/publications

ARTICLES

Evans, H. M. (2007). Do patients have duties? *Journal of Medical Ethics, 33*, **689-694.**

Description: A twist on the typical ethical discussion, Evans proposes that patients also have duties and responsibilities in the treatment process. In this article, he identifies ten duties, ranging from participating in health schemes to promoting one's own recovery. These are discussed in the context of a range of objections—principled, societal, epistemological, and practical. Evans argues that these duties can be used to promote a collaborative, problem-solving partnership between consumers and clinicians.

Journal's Website: http://jme.bmj.com/

Fardella, J. A. (2008). The recovery model: Discourse ethics and retrieval of the self. *Journal of Medical Humanities, 29*(2), **111-126.**

Description: In this thought-provoking piece, Fardella argues that the recovery model represents an approach to the self as a self-determining agent that is found in contemporary philosophy, specifically the works of Michel Foucault and Jurgen Habermas, philosophers who are also cited in narrative, collaborative, and solution-based therapies. The article provides a model based on Habermas' discourse ethics that can be used to dialogically resolve differences between client and therapist.

Journal's Website: http://www.springer.com/humanities/journal/10912

Grant, V. J., & Briscoe, J. (2002). Everyday ethics in an acute psychiatric unit. *Journal of Medical Ethics, 28,* **173-176.**

Description: Focusing on the ethical guideline of promoting consumer autonomy, this article details three case studies of the dilemmas surrounding patient self-governance in an acute psychiatric unit. The authors suggest small changes in staff behavior and institutional procedures that can enhance consumer autonomy in in-patient facilities.

Journal's Website: http://jme.bmj.com/

Liegeois, A., & van Audenhove, C. (2005). Ethical dilemmas in community mental health care. *Journal of Medical Ethics, 31*(8), 452-456.

Description: This article describes the results of a qualitative study in the European Union that investigated ethical issues in community mental health services. The following ethical dilemmas were identified in the study: community vs. hospital care; a life with care vs. a life without care; stimulation of the client toward greater responsibility vs. protection against such responsibility; budgetary control vs. financial incentives; and respect for the client vs. the needs of others (e.g., neighborhood residents).

Journal's Website: http://jme.bmj.com/

Storey, K., Shute, T., & Thompson, A. (2008). Building a culture of recovery: A comprehensive recovery education strategy. *Journal of Ethics in Mental Health, 3,* 1-4.

Description: In this short article, Storey and colleagues discuss the impact of labels and prejudice on persons in recovery, arguing that systematic discrimination significantly impacts a person's ability to successfully pursue recovery. They briefly discuss a recovery education strategy to reduce disempowering practices to help clinicians create safer and more supportive treatment environments.

Journal's Website: http://www.jemh.ca/

Introduction to Pedagogical Resources

Implicit in the new curriculum is a move towards a more learning-centered, outcome-based teaching pedagogy that focuses on providing instruction on the competencies and practical skills that trainees and interns will need in the field. This move toward competency-based education is consistent with trends in MFT and mental health more broadly. More specifically, the list of 128 MFT Core Competencies developed by a task force commissioned by the American Association for Marriage and Family Therapy is an unparalleled and invaluable resource for implementing the new curriculum as most of the content in the new curriculum is also identified in the Core Competencies.

The following list of resources is designed to provide MFT educators with readings in *how* to implement the new curriculum.

BOOKS

Blumberg, P. (2009*). Developing learner-centered teaching: A practical guide for faculty***. New York: Jossey Bass.**

> *Description:* Containing numerous worksheets and self-assessments to assist faculty, this book provides instructors with a step-by-step guide for transforming any course using a learner/learning-centered model. The text is based on Weimer's five key principles (see text below) and includes an overview of rubrics.
>
> *Publisher's Website:* www.josseybass.com
>
> *Book's Website:* http://www.josseybass.com/WileyCDA/WileyTitle/productCd-0787996882.html

Driscoll, A. & Wood, D. (2007). *Developing outcome-based assessment for learner-centered education: A faculty introduction*. **Sterling, VA: Sylus.**

> *Description:* Written in an accessible and down-to-earth style, this text introduces instructors to outcome-based assessment as part of learner-centered education. The authors guide readers in the often messy process of defining learning outcomes, developing measures, and then aligning these with course content. The text includes discussion of the practicalities as well as implications for faculty development and university culture.
>
> *Publisher's Website:* http://styluspub.com
>
> *Book's Website:* http://styluspub.com/clients/sty/Books/BookDetail.aspx?productID=130091

Gehart, D. (2007). *The complete MFT core competencies assessment system: Eight outcome-based instruments for assessing student learning (California edition).* **Retrieved January, 29, 2008 www.mftcompetencies.org.**

Description: An ebook with scoring rubrics, this assessment system is the only complete assessment system for measuring the 128 MFT Core Competencies and has been adopted by nearly a third of COAMFTE accredited master's degree programs. The system includes eight assessment instruments with scoring rubrics and a faculty manual that describes learning-centered, outcome pedagogy. The manual details a seven-step process for conceptualizing, implementing, and refining a custom assessment system. The system is already correlated to the MFT Core Competencies, greatly simplifying the accreditation process for COAMFTE and CACREP programs. Additionally, these learning outcomes can also be used to meet WASC accreditation requirements. A California edition of the system is available that includes recovery-oriented assessment.

Publisher's Website: www.mftcompetencies.org

Book's Website: http://www.mftcompetencies.org/page5/page5.html

Grunert O'Brian, J., Millis, B. J., & Cohen, M. W. (2008). *The course syllabus: A learning-centered approach* **(2nd ed.). New York: Jossey Bass.**

Description: This workbook style text provides detailed instructions and numerous examples on how to create syllabi that support learning-centered course design. The author integrates a thoughtful discussion of learning-centered teaching philosophy and its practical implementations throughout.

Publisher's Website: http://www.josseybass.com/WileyCDA/

Book's Website: http://www.josseybass.com/WileyCDA/WileyTitle/productCd-0470197617.html

Stevens, D., & Levi, A. (2004). *Introduction to rubrics: An assessment tool to save grading time, convey effective feedback and promote student learning.* **Sterling, VA: Stylus.**

Description: This highly practical text provides a comprehensive introduction to scoring rubrics, which are a hallmark of learning-centered, outcome-based instruction. The text is divided into two parts, the first introducing rubrics and providing an overview of how to construct one. The second half describes the use of rubrics in different contexts, including four different models for using rubrics and discussing how to construct rubrics in collaboration with other faculty.

Publisher's Website: **http://styluspub.com**

Book's Website: http://styluspub.com/clients/STY/Books/BookDetail.aspx?productID=92939

Weimer, M. (2002). *Learner-centered teaching: Five key changes to practice.* **New York: Jossey-Bass.**

Description: Written by one of the most highly regarded authorities on the subject, this text provides a comprehensive overview of learner-centered teaching. The book is organized around five key principles: the balance of power, function of content, role of the teacher, responsibility for learning, and purpose and process of evaluation. The book also includes a thoughtful discussion on practical concerns, such as responding to resistance, developmental issues, and tips for making it work. Sample syllabi and learning assignments are also included.

Publisher's Website: **www.josseybass.com**

Book's Website: http://www.josseybass.com/WileyCDA/WileyTitle/productCd-0787956465.html

ARTICLES

Chenail, R. (2009). *Learning marriage and family therapy in the time of competencies. Journal of Systemic Therapies, 28***(1), 72-87.**

Description: In this pragmatic article, Chenail provides an overview of competency-based and learning-focused education in family therapy. To illustrate the approach, he describes how he has implemented these ideas to teach research competencies in a research in marriage and family therapy course using an "Evidence-Based Practice Assignment."

Journal's Website: www.jmft.net

Gehart, D. (in review). *The core competencies and marriage and family therapy education: Practical aspects of transitioning to a learning-centered, outcome-based pedagogy.* **Manuscript submitted for publication.**

Description: This article discusses the practical implications of designing a learning-centered, outcome-based pedagogy based on the MFT Core Competencies. It includes a discussion of the history of the competency movement, a comparison with other mental health disciplines, and a seven-step model for implementing a comprehensive assessment system.

Journal's Website: Until published, contact author at dgehart@csun.edu for a draft copy.

Hodgson, J., Johnson, L., Ketring, S., Wampler,R., & Lamson, A. (2005). Integrating research and clinical training in marriage and family therapy training programs. *Journal of Marital and Family Therapy, 31,* **75-88.**

Description: This article describes how four MFT programs have successfully integrated research and clinical training in their programs. Hodgson et al. discuss the usefulness and limitations of the Boulder scientist-practitioner model and its implications for MFT training. Specific recommendations and strategies are also included.

Journal's Website: www.jmft.net

Hoge, M. A., Huey, L. Y., & O'Connell, M. J. (2003). Best practices in behavioral health workforce education and training. Retrieved September 24, 2008, from http://www.annapoliscoalition.org

Description: A publication of the Annapolis Coalition, which was developed to address workforce issues in mental health, this article outlines 16 best practices in behavioral workforce education and training based on the extensive research conducted by the organization.

Journal's Website: http://www.annapoliscoalition.org

Hoge, M. A., Paris, M., Jr., Adger, H., Jr., Collins, F. L., Jr., Finn, C. V., Fricks, L., et al. (2005). Workforce competencies in behavioral health: An overview. *Administration and Policy in Mental Health and Mental Health Services Research, 32,* 593–631.

Description: This article provides a comprehensive overview of competency development in the field of behavioral health, including addiction counseling, interdisciplinary health professions, marriage and family therapy, psychology, psychiatric nursing, psychiatric rehabilitation, psychiatry, and social work. In addition, competency work with special populations is also addressed, including children's mental health, severe and persistent mental health, recovery-based treatment, diverse populations, and peer specialists.

Journal's Website: http://www.springer.com/public+health/journal/10488

Miller, J. K. (in press). Competency-based training: Using the objective structured clinical exercised (OSCE) in marriage and family therapy. *Journal of Marital and Family Therapy.*

Description: This article details the use of the OSCE, a common tool for assessing competencies in the field of medicine, in marriage and family therapy. Miller details how it has been used in a master's level marriage and family therapy program to assess student learning.

Journal's Website: www.jmft.net

Miller, J. K., Linville, D., Todahl, J., & Metcalf, J. (in press). Using mock trials to teach MFT students forensic core competencies. *Journal of Marital and Family Therapy.*

Description: Attending to a unique area of specialty, this article details how Miller and colleagues have developed a measure for assessing student competencies in forensic MFT, focusing on how to prepare students to be expert witnesses in family law cases.

Journal's Website: www.jmft.net

Miller, J. K., Todahl, J., & Platt, J. (in press). The core competency movement in marriage and family therapy: Key considerations from other disciplines. *Journal of Marriage and Family Therapy.*

Description: Miller and colleagues explore the Core Competency movement in marriage and family therapy by considering it within the broader competency discourse. Specifically, they discuss competency efforts in education, law, and medicine and identify common dilemmas and promising practices.

Journal's Website: www.jmft.net

Nelson, T. S., Chenail, R. J., Alexander, J. F., Crane, R., Johnson, S. M., & Schwallie, L. (2007). The development of the core competencies for the practice of marriage and family therapy. *Journal of Marital and Family Therapy, 33,* **417-438.**

Description: Written by members of the steering committee for the AAMFT Core Competencies Task Force, this article documents the development of the MFT Core Competencies, including their purpose, design, and pedagogical foundations. Nelson and colleagues discuss applications and future directions. The entire set of 128 competencies is included in the appendix.

Journal's Website: www.jmft.net

Nelson, T. S., & Johnson, L. N. (1999). The basic skills evaluation device. *Journal of Marital and Family Therapy, 25,* **15-30.**

Description: Already in use at numerous MFT programs around the country, the Basic Skills Evaluation Device is an early example of a rubric for assessing students in practicum settings. The article includes a copy of the measure as well as describing how it was developed.

Journal's Website: www.jmft.net

Nelson, T. S., & Smock, S. A. (2005). Challenges of an outcome-based perspective for marriage and family therapy education. *Family Process, 44,* **355-362.**

Description: In this article, Nelson and Smock provide a useful introduction to outcome-based education and competency assessment in marriage and family

therapy. The article outlines key issues and concerns as well as future directions for MFT education.

Journal's Website: www.familyprocess.org

ONLINE RESOURCES

American Association for Marriage and Family Therapy. (2004). *Marriage and therapy core competencies.* **Alexandria, VA: Author.**

Description: AAMFT has published the Core Competencies in pdf format for easy downloading. AAMFT Members also have access to articles in the *Family Therapy Magazine* on the competencies.

Website:
www.aamft.org/institutes/2008si/refresher/mft%20core%20compentencies_decem ber%202004.pdf

MFT Competencies.org

Description: This website provides numerous resources on the MFT Core Competencies, including a list of the MFT Core Competencies, workshop handouts, summaries of pedagogical issues, links to related sites, and information about the *Complete MFT Core Competency Assessment System.* A webpage for California educators is also included.

Website: www.mftcompetencies.org

OpenEd Practices: Scoring Rubrics and Learning Tools

Description: A unique website where faculty from all disciplines can share rubrics and related learning tools, OpenEd Practices has numerous educational resources for free download that can be used as templates and examples. Instructors can search by university and learning tool type.

Website: http://openedpractices.org/resources

National Level Resources

2-1-1 United Way Human Service Information and Referral Service

> *Website*: http://211us.org
> *Phone*: 2-1-1

National Suicide Prevention Lifeline
1-800-273-TALK (1-800-273-8255) or 1-800-799-4889 (TTY)

National Online Drug Treatment Locator
http://dasis3.samhsa.gov/prxinput.aspx?detail=1

National Center for Victims of Crime
www.ncvc.org

State Agencies and Departments

Board of Behavioral Sciences
www.bbs.ca.gov

California Institute of Mental Health (CIMH)
www.cimh.org

> *Description:* A private agency that works closely with public mental health, CIMH has been a leader in training related to recovery-oriented treatment in California public mental health systems. The website provides resources on training opportunities, evidence-based practices, and the Mental Health Services Act.

California Department of Mental Health
www.dmh.cahwnet.gov

Phone List of County Departments of Mental Health
http://www.dmh.cahwnet.gov/docs/CMHDA.pdf

List of State and National Resources for Mental Health
http://www.dmh.cahwnet.gov/MH_Resources.asp

> *Description:* Includes:
> - California Mental Health Organizations
> - National Mental Health Disorders/Disabilities Resources and Organizations

California Code of Regulations: Title 9: Rehabilitative and Developmental Services

http://government.westlaw.com/linkedslice/default.asp?Action=TOC&RS=GVT1.0&VR=2.0&SP=CCR-1000

OR

www.dmh.ca.gov/Laws_and_Regulations/docs/FinalRegsText_CLEAR_06Jun27.pdf

Description: Title 9 is the "bible" for California Medi-Cal mental health services, outlining the requirements of mental health and rehabilitative services covered by the state. This legislation is used to guide audits of county agencies and their practices.

Listings of State Level Community Resources

Listing of 24-Hour County Crisis Lines
www.dmh.cahwnet.gov

Child Abuse Reporting
http://ag.ca.gov/childabuse/forms.htm

    Child Abuse Prevention
    http://www.safestate.org/

    Child Protection Program
    http://ag.ca.gov/childabuse/

    Child Safety Rules
    http://ag.ca.gov/missing/content/chldsfty.php

Elder and Dependent Adult Abuse
http://safestate.org/index.cfm?navid=11

    Elder and Dependent Adult Abuse Reporting
    http://www.ag.ca.gov/bmfea/reporting.php

    Elder and Dependent Adult Abuse Civil Protection Act
    http://www.harp.org/wc15600.htm

Domestic Violence Shelters: Listing by County
www.bcdonline.com/sucasa/Hotline_List.pdf

List of State Psychiatric Hospitals
http://www.dmh.cahwnet.gov/Services_and_Programs/State_Hospitals/Default.asp

California Department of Alcohol and Drug Programs
www.adp.state.ca.us/default.asp

Client resource numbers:

> **(800) 879-2772** (toll-free); Available 24-hours a day. Answered by ADP staff 8:00 a.m. – 4:30 p.m. and answered by voice mail after-hours.

> **(800) 662-4357** (toll-free); Available 24-hours a day from telephone numbers within California. Answered by ADP staff 8:00 a.m. – 4:30 p.m. and answered by the U.S. Department of Health and Human Services staff after-hours.

> **(916) 327-3728.** Available 24-hours a day. Answered by ADP staff 8:00 a.m. – 4:30 p.m. and answered by voice mail after-hours.

Cal Works Program
www.ladpss.org/dpss/calworks/default.cfm

Medi-Cal and the California Department of Health Care Services

> *Home Page*
> http://www.dhcs.ca.gov/Pages/default.aspx

> *Listing of Medical and Dental Services*
> **http://www.dhcs.ca.gov/services/Pages/default.aspx**

> *Medi-Cal Qualifications*
> http://www.dhcs.ca.gov/services/medi-cal/Pages/Medi-CalEligibility.aspx

> *Medi-Cal Application*
> http://www.dhcs.ca.gov/services/medi-cal/Pages/MediCalApplications.aspx

> *Health Families (Low cost insurance for children and teens)*
> http://www.dhcs.ca.gov/services/medi-cal/Pages/HealthyFamilies.aspx

Supplemental Security Income (SSI) in California
http://www.ssa.gov/pubs/11125.html

Housing Authorities Listings
http://www.hcd.ca.gov/hpd/hrc/tech/contacts.htm

Food Stamps: California Application
http://www.dss.cahwnet.gov/foodstamps/default.htm

Legal Assistance: Free and Lost Cost Service Listings
http://www.courtinfo.ca.gov/selfhelp/lowcost/

Department of Developmental Services
http://www.dds.ca.gov/DDSHomePage.cfm

Listing of Regional Centers
http://www.dds.ca.gov/RC/RCList.cfm

Department of Social Services: Child and Family Division (Adoptions & Foster Care)
http://www.childsworld.ca.gov

Family-Centered Services Wraparound Program
http://www.childsworld.ca.gov/PG1320.htm

Foster Care Programs
http://www.dss.cahwnet.gov/cfsweb/PG1335.htm

California Early Prevention Programs (0-5)
http://www.dds.ca.gov/EarlyStart/Home.cfm

California Department of Education: Individualized Educational Plans (IEP)
http://www.cde.ca.gov/sp/se/sr/iepresources.asp

California Compensation Board for National Victims of Crime Program
http://www.boc.ca.gov

United Way Listings of California
http://www.unitedwaysca.org/Find-a-United-Way-in-Your-area

List of County Departments of Mental Health (Alphabetical Order)

ALAMEDA COUNTY

Websites: http://www.acbhcs.org
http://alameda.networkofcare.org/mh/home/index.cfm

Address:
Alameda Co. Behavioral Health Care Services
2000 Embarcadero Cove, Suite 400
Oakland, CA 94606

Phone:
510-567-8100; Fax: 510-567-8130

24-Hour Crisis Number: **800-491-9099**

ALPINE COUNTY

Website: http://www.co.alpine.ca.us/departments/health_and_human_services/

behavioral_health/behavioral_health

Address:
Alpine County Behavioral Health Services
75C Diamond Valley Road
Markleeville, CA 96120-9512

Phone: 530-694-1816, 800-318-8212; Fax: 530-694-2387

24-Hour Crisis Number: **800-486-2163**

AMADOR COUNTY

*Websites***:** http://www.co.amador.ca.us/depts/mental/index.htm
        http://amador.networkofcare.org/mh/home/index.cfm

Address:
Amador County Mental Health
10877 Conductor Blvd, Suite 300
Sutter Creek, CA 95685

Phone:
209-223-6412, 888-310-6555; Fax: 209-223-0920

24-Hour Crisis Number: **209-223-2600**

BERKELEY CITY

Website: http://www.ci.berkeley.ca.us/mentalhealth

Address:
Berkeley City Mental Health Administration
1947 Center Street, 3rd Floor
Berkeley, CA 94704

Phone:
510-981-5270; Fax 510-981-5235

24-Hour Crisis Number: **510-849-2212**

BUTTE COUNTY

Websites: http://www.butte-dbh.org/
        http://butte.networkofcare.org/mh/home/index.cfm

Address:
Butte County Department of Behavioral Health
107 Parmac Road, Suite 4
Chico, CA 95926-2218

Phone:
530-891-2850; Fax: 530-895-6549

24-Hour Crisis Numbers: **530-891-2810, 800-334-6622**

CALAVERAS COUNTY

Websites: http://www.co.calaveras.ca.us/departments/mhealth.asp
http://calaveras.networkofcare.org/mh/home/index.cfm

Address:
Calaveras County Behavioral Health Services
Mental Health Programs
Government Center, Dept. 127
891 Mountain Ranch Road
San Andreas, CA 95249

Phone:
209-754-6525: Fax: 209-754-6559

County Crisis Intervention 24-Hour Numbers: **209-754-3239, 800-499-3030**

COLUSA COUNTY
Website: http://colusa.networkofcare.org/mh/home/index.cfm

Address:
Colusa County Department of Behavioral Health
217 9th Street, Suite
Colusa, CA 95932

Phone:
530-458-0520**,** Fax: 530-458-7751

County Crisis Intervention 24-Hour Numbers: **530-458-0520, 888-793-6580**

CONTRA COSTA COUNTY

Websites: http://www.cchealth.org/services/mental_health/
http://contacosta.networkofcare.org/mh/home/index.cfm

Address:
Contra Costa County Mental Health
1340 Arnold Drive, Suite 200
Martinez, CA 94553

Phone:
925-957-5150; Fax 925-957-5156

County Crisis Intervention 24-Hour Number: **925-646-2800**

DEL NORTE COUNTY

Websites: http://www.co.del-norte.ca.us/
http://delnorte.networkofcare.org/mh/home/index.cfm

Address:
Del Norte County Mental Health
206 Williams Drive
Crescent City, CA 95531

Phone:
707-464-7224; Fax: 707-465-4272

County Crisis Intervention 24-Hour Numbers: **888-446-4408, 707-464-7224**

EL DORADO COUNTY

Websites: http://www.co.el-dorado.ca.us/mentalhealth/index.html
http://eldorado.networkofcare.org/mh/home/index.cfm

Address:
Health Services Department
Mental Health Division
670 Placerville Drive, Suite 1B
Placerville, CA 95667-3920

Phone:
530-621-6200; Fax: 530-626-4713

*WE Crisis Intervention 24-Hour Numbe*r: **530-622-3345**

SLT Crisis Intervention 24-Hour Number: **530-544-2219**

FRESNO COUNTY

Websites: http://www.fresnohumanservices.org/AdultServices
http://fresno.networkofcare.org/mh/home/index.cfm

Address:
Department of Behavioral Health
5108 E. Clinton Way, #108
Fresno, CA 93727

Phone:
559-452-3463; Fax: 559-452-3470

*County Crisis Intervention 24-Hour Number*s: **559-453-6304, 800-654-3937**

GLENN COUNTY

Websites: http://www.countyofglenn.net/Mental_Health/home_page.asp
http://glenn.networkofcare.org/mh/home/index.cfm

Address:
Glenn County Behavioral Health
242 N. Villa
Willows, CA

Phone:
530-934-6582; Fax: 530-934-6592

County Crisis Intervention 24-Hour Numbers: **530-934-6582, 800-507-3530**

HUMBOLDT COUNTY

Websites: http://www.co.humboldt.ca.us/hhs/mh/
http://humboldt.networkofcare.org/mh/home/index.cfm

Humboldt County Health and Human Services
507 F Street
Eureka, CA 95501

Phone:
707-441-5400; Fax: 707-441-5412

*County Crisis Intervention 24-Hour Number*s: **707-445-7715, 888-849-5728**

IMPERIAL COUNTY

Website: http://imperial.networkofcare.org/mh/home/index.cfm

Address:
Imperial County Behavioral Health Services
202 N. 8th Street
El Centro, CA 92243

Phone:
760-482-4000; Fax: 760-352-0798

County Crisis Intervention 24-Hour Numbers: **760-339-4504, 800-817-5292**

INYO COUNTY

Website: http://inyo.networkofcare.org/mh/home/index.cfm

Address:
Inyo County Mental Health
162 J Grove Street
Bishop, CA 93514

Phone:
760-873-6533; Fax: 760-873-3277

County Crisis Intervention 24-Hour Numbers: **760-873-6533, 800-841-5011**

KERN COUNTY

Websites: http://www.co.kern.ca.us/KCMH/
            http://kern.networkofcare.org/mh/home/index.cfm

Address:
Kern County Mental Health Services
P.O. Box 1000
Bakersfield, CA 93302
3300 Truxtun Avenue, Suite 290
Bakersfield, CA 93301

Phone:
661-868-6600; Fax: 661-868-6847

County Crisis Intervention 24-Hour Number: **800-991-5272**

KINGS COUNTY

Website: http://www.countyofkings.com/mhsa/index.htm

Address:
Kings County Behavioral Health Administration
Kings County Government Center
450 Kings County Drive, Suite 104
Hanford, CA 93230

Phone:
559-582-3211; Fax: 559-589-6916

*County Crisis Intervention 24-Hour Number*s: **559-582-4484, 800-655-2553**

LAKE COUNTY

Websites: http://www.co.lake.ca.us/countygovernment/health/mh/index.asp
        http://lake.networkofcare.org/mh/home/index.cfm

Address:
Lake County Mental Health Department
991 Parallel Drive
Lakeport, CA 95453

Phone:
707-263-4338; Fax: 707-263-1507

County Crisis Intervention 24-Hour Number: **707-263-4338**

LASSEN COUNTY

Websites: http://www.co.lassen.ca.us/mental_mission.htm
        http://lassen.networkofcare.org/mh/home/index.cfm

Address:
Lassen County Health and Social Services
1445 Paul Bunyan Road
Susanville, CA 96130
Mental Health Division
555 Hospital Lane
Susanville, CA 96130

Phone:
530-251-8174

County Crisis Intervention 24-Hour Number: **888-530-8688**

LOS ANGELES COUNTY

Websites: http://www.lacdmh.org/
http://losangeles.networkofcare.org/mh/home/index.cfm

Address:
Los Angeles County Mental Health
550 South Vermont, 12th Floor
Los Angeles, CA 90020

Phone
213-738-4601

County Crisis Intervention 24-Hour Number: **800-854-7771**

MADERA COUNTY

Websites: http://www.madera-county.com/mentalhealth/index.html
http://madera.networkofcare.org/mh/home/index.cfm

Address:
Madera County Behavioral Health Services
P.O. Box 1288
Madera, CA 93639-1288

Phone
559-675-7926; Fax: 559-675-4999

County Crisis Intervention 24-Hour Numbers: 5**59-673-3508, 888-275-9779**

MARIN COUNTY

Websites: http://www.co.marin.ca.us/depts/HH/main/mh/index.cfm
http://marin.networkofcare.org/mh/home/index.cfm

Address:
Marin County Community
Mental Health Services)
20 N. San Pedro, Suite 2028
San Rafael, CA 94903

Phone:
415-499-6769; Fax: 415-507-1512

County Crisis Intervention 24-Hour Number: **415-499-6666**

MARIPOSA COUNTY

Website: http://www.mariposacounty.org/

Address:
Mariposa County Mental Health
P.O. Box 99
Mariposa, CA 95338

Phone:
209-966-2000; Fax: 209-966-8251

County Crisis Intervention 24-Hour Numbers: **209-966-2000, 800-549-6741**

MENDOCINO COUNTY

Websites: http://www.co.mendocino.ca.us/mh/
        http://mendocino.networkofcare.org/mh/home/index.cfm

Address:
Mendocino County Mental Health
860 N. Bush Street
Ukiah, CA 95482

*Phone***:**
707-463-4303; Fax: 707-463-4043

County Crisis Intervention 24-Hour Numbers: **800-555-5906, 707-463-4396**

MERCED COUNTY

Websites: http://www.co.merced.ca.us/mentalhealth/index.html
        http://merced.networkofcare.org/mh/home/index.cfm

Address:
Merced County Mental Health
3090 M Street
Merced, CA 95348
Mail to: P.O. Box 2087, Merced (95344**)**

Phone:
209-381-6813; Fax: 209-725-3676

County Crisis Intervention 24-Hour Numbers: **209-381-6800, 888-334-0163**

MODOC COUNTY
Website: http://modoc.networkofcare.org/mh/home/index.cfm

Address:
Modoc County Mental Health Services
441 N. Main Street
Alturas, CA 96101

Phone:
530-233-6312; Fax 530-233-6339

County Crisis Intervention 24-Hour Number: **800-699-4880**

MONO COUNTY

Websites: http://www.monocounty.ca.gov/departments/mental_health/mental_health.htm
         http://mono.networkofcare.org/mh/home/index.cfm

Address:
Mono County Mental Health Services
P.O. Box 2619
Mammoth Lakes, CA 93546

Phone:
760-924-1740; Fax: 760-924-1741

County Crisis Intervention 24-Hour Number: **800-687-1101 or 911**

MONTEREY COUNTY

Websites: http://www.co.monterey.ca.us/health/BehavioralHealth/
         http://monterey.networkofcare.org/mh/home/index.cfm

Address:
Monterey County Mental Health
1270 Natividad Road, Room 200
Salinas, CA 93906-3198

Phone:
831-755-4510; Fax: 831-424-9808

County Crisis Intervention 24-Hour Number: **831-755-4111**

NAPA COUNTY

Website: http://napa.networkofcare.org/mh/home/index.cfm

Address:
Napa County Health & Human Services
2261 Elm Street
Napa, CA 94559-3721

Phone:
707-253-4279; Fax: 707-253-6095

County Crisis Intervention 24-Hour Numbers: **707-253-4711, 800-648-8650**

NEVADA COUNTY

Website: http://nevada.networkofcare.org/mh/home/index.cfm

Address:
Nevada County Behavioral Health
500 Crown Point Circle, Ste 120
Grass Valley, CA 95945

Phone:
530-265-1437; Fax: 530-271-0257

County Crisis Intervention 24-Hour Number: **530-265-5811**

ORANGE COUNTY

Websites: http://www.ochealthinfo.com/behavioral/index.htm
              http://orange.networkofcare.org/mh/home/index.cfm

Address:
Orange County Behavioral Health Services
405 West 5th Street, 7th Floor
Santa Ana, CA 92701

Phone:
714-834-6023; Fax: 714-834-5506

County Crisis Intervention 24-Hour Number: **714-834-6900**

PLACER COUNTY

Websites: http://www.placer.ca.gov/adult/mental.htm

http://placer.networkofcare.org/mh/home/index.cfm

Address:
Placer County Adult Systems of Care
11512 B Avenue
Auburn, CA 95603

Phone:
530-889-7240

County Crisis Intervention 24-Hour Numbers: **916-787-8860, 888-886-5401**

PLUMAS COUNTY

Websitse: http://www.countyofplumas.com/mentalhealth/
http://plumas.networkofcare.org/mh/home/index.cfm

Address:
Plumas County Mental Health Services
270 County Hospital Road, Suite 109
Quincy, CA 95971

Phone:
530-283-6307 or 800-757-7898; Fax: 530-283-6045

County Crisis Intervention 24-Hour Numbers: **530-283-6307, 800-757-7898**

RIVERSIDE COUNTY

Websites: http://mentalhealth.co.riverside.ca.us/
http://riverside.networkofcare.org/mh/home/index.cfm

Address:
Riverside County Mental Health
P.O. Box 7549
Riverside, CA 92513-7549
4095 County Circle Drive
Riverside, CA 92503

Phone:
951-358-4500; Fax: 951-358-4513

County Crisis Intervention 24-Hour Number: **800-706-7500**

SACRAMENTO COUNTY

Websites: http://www.sacdhhs.com/default.asp?woID=men&mode=
http://sacramento.networkofcare.org/mh/home/index.cfm

Address:
Department of Health & Human Services
7001 – A East Parkway, Suite 1000
Sacramento, CA 95823

Phone:
916-875-6091; Fax: 916-875-1283

County Crisis Intervention 24-Hour Numbers: **916-732-3637, 888-881-4881**

SAN BENITO COUNTY

Websites: http://www.sbcmh.org/
http://sanbenito.networkofcare.org/mh/home/index.cfm

Address:
San Benito County Behavioral Health
1131 San Felipe Road
Hollister, CA 95023

Phone:
831-636-4020; Fax: 831-636-4025

County Crisis Intervention 24-Hour Numbers: **831-636-4020, 888-636-4020**

SAN BERNARDINO COUNTY

Websites: http://www.co.san-bernardino.ca.us/dbh/
http://sanbernardino.networkofcare.org/mh/home/index.cfm

Address:
San Bernardino County Behavioral Health
268 West Hospitality Lane, Suite 400
San Bernardino, CA 92415-0026

Phone:
909-382-3133; Fax: 909-382-3105

County Crisis Intervention 24-Hour Number: **888-743-1478**

SAN DIEGO COUNTY

Websites: http://www2.sdcounty.ca.gov/hhsa/programdetails.asp?ProgramID=3
http://sandiego.networkofcare.org/mh/home/index.cfm

Address:
San Diego Co. Behavioral Health Division
3255 Camino Del Rio South
San Diego, CA 92108

Phone:
619-563-2700; Fax: 619-563-2775

County Crisis Intervention 24-Hour Number: **800-479-3339**

SAN FRANCISCO COUNTY

Websites: http://www.dph.sf.ca.us/PHP/MHP.htm
http://sanfrancisco.networkofcare.org/mh/home/index.cfm

Address:
San Francisco Community Behavioral Health Services
1380 Howard Street, 5th Floor
San Francisco, CA 94103

Phone:
415-255-3400; Fax: 415-255-3567

County Crisis Intervention 24-Hour Number: **415-781-0500**

SAN JOAQUIN COUNTY

Website: http://www.co.san-joaquin.ca.us/mhs/

Address:
San Joaquin County Behavioral Health Services
1212 North California Street
Stockton, CA 95202

Phone:
209-468-8700; Fax: 209-468-2399

County Crisis Intervention 24-Hour Number: **209-468-8686**

SAN LUIS OBISPO

Websites: http://www.slocounty.ca.gov/health/mentalhealthservices.htm
http://sanluisobispo.networkofcare.org/mh/home/index.cfm

Address:
San Luis Obispo County Behavioral Health Department
2178 Johnson Avenue
San Luis Obispo, CA 93401-4535

Phone:
805-781-4719; Fax: 805-781-1273

County Crisis Intervention 24-Hour Number: **805-781-4700**

SAN MATEO COUNTY

Websites: http:www.smhealth.org/mental.html
http://sanmateo.networkofcare.org/mh/home/index.cfm

Address:
San Mateo County Behavioral Health & Recovery
225 37th Avenue, Suite 320
San Mateo, CA 94403-4324

Phone:
650-573-2541; Fax: 650-573-2841

Psychiatric Emergency Services (PES): **650-573-2662**
ACCESS Team: **800-686-0101**

SANTA BARBARA COUNTY

Websites: http://www.admhs.org/apps/admhs_main/Main/index.asp
http://santabarbara.networkofcare.org/mh/home/index.cfm

Address:
Santa Barbara County Alcohol, Drug & Mental Health Services
300 North San Antonio Rd., Bldg. 3
Santa Barbara, CA 93110

Phone:
805-681-5220; Fax: 805-681-5413

County Crisis Intervention 24-Hour Number: **888-868-1649**

SANTA CLARA COUNTY

Websites: http://www.sccmhd.org
http://santaclara.networkofcare.org/mh/home/index.cfm

Address:
Santa Clara County Valley Health and Hospital System
Mental Health Department
828 South Bascom Avenue, Ste. 200
San Jose, CA 95128

Phone:
408-885-5770; Fax: 408-885-5788

24-Hour Numbers Suicide and Crisis Services: **408-279-3312** *(San Jose Area) (Main 24-hour number);* **650-494-8420** *(North Santa Clara County);* **408-683-2482** *(South Santa Clara County)*

SANTA CRUZ COUNTY

Websites: http://www.santacruzhealth.org/cmhs/2cmhs.htm
http://santacruz.networkofcare.org/mh/home/index.cfm

Address:
Santa Cruz County Mental Health and Substance Abuse Services
1400 Emeline Avenue, Bldg. K
Santa Cruz, CA 95060

Phone:
831-454-4170 or 831-454-4767

24-Hour Access Number: **800-952-2335**

SHASTA COUNTY

Websites: http://www.co.shasta.ca.us/departments/mentalhealth/index.shtml
http://shasta.networkofcare.org/mh/home/index.cfm

Address:
Shasta County Mental Health, Alcohol & Drug Dept.
Mental Health Department
P.O. Box 496048
Redding, CA 96049

Phone:
530-225-5200; Fax: 530-225-5977

County Crisis Intervention 24-Hour Numbers: **530-225-5200, 888-385-5201**

SIERRA COUNTY

Websites: http://www.sierracounty.ws/
http://sierra.networkofcare.org/mh/home/index.cfm

Address:
Sierra County Mental Health
704 Mill Street/P.O. Box 265
Loyalton, CA 96118

Phone:
530-993-6748; Fax: 530-993-6741

County Crisis Intervention 24-Hour Number: **877- 435-7137**

SISKIYOU COUNTY

Websites: http://www.co.siskiyou.ca.us/bhs/index.htm
http://siskiyou.networkofcare.org/mh/home/index.cfm

Address:
County of Siskiyou Behavioral Health Services
2060 Campus Drive
Yreka, CA 96097

Phone:
530-841-4800; Fax: 530-841-4712

County Crisis Intervention 24-Hour Number: **800-842-8979**

SOLANO COUNTY

Websites: http://www.co.solano.ca.us/Department/Department.asp?NavID=87
http://solano.networkofcare.org/mh/home/index.cfm

Address:
Solano County Health and Social Services
275 Beck Avenue, MS 5-250
Fairfield, CA 94533-6804

Phone:
707-784-8320; Fax: 707-421-6619

County Crisis Intervention 24-Hour Number: **707-428-1131**

SONOMA COUNTY

Website: http://www.sonoma-county.org/health/mh/index.htm

Address:
Sonoma County Mental Health
3322 Chanate Road
Santa Rosa, CA 95404-1708

Phone:
707-565-4850; Fax: 707-565-4892

24-Hour Number MHSA Liaison and Programs: **707-576-8181, 800-746-8181**

STANISLAUS COUNTY

Websites: http://www.co.stanislaus.ca.us/BHRS/index.htm
http://stanislaus.networkofcare.org/mh/home/index.cfm

Address:
Stanislaus County Behavioral Health and Recovery Services
800 Scenic
Modesto, CA 95350

Phone:
209-525-6225; Fax: 209-525-6291

County Crisis Intervention 24-Hour Number: **209-558-4600**

SUTTER/YUBA COUNTY

Websites: http://www.co.sutter.ca.us/doc/government/depts/hs/mh/hs_mental_health
http://sutter.networkofcare.org/mh/home/index.cfm

Address:
Sutter/Yuba Mental Health Services
1965 Live Oak Blvd.
P.O. Box 1520
Yuba City, CA 95991

Phone:
530-822-7200 or 530-822-7108; Fax: 530-822-7627

County Crisis Intervention 24-Hour Numbers: **530-673-8255, 888-923-3800**

TEHAMA COUNTY

Website: http://www.tehamacohealthservices.net/

Address:
Tehama County Health Services Agency
Mental Health Division
P.O. Box 400
Red Bluff, CA 96080

Phone:
530-527-5631; Fax: 530-527-0232

*County Crisis Intervention 24-Hour Number*s: **530-527-5637, 800-240-3208**

TRI-CITY MENTAL HEALTH CENTER

Website: http://www.tricitymhs.org/

Address:
Tri-City Mental Health Center
2008 N. Garey Avenue
Pomona, CA 91767-2722

Phone:
909-623-6131; Fax: 909-623-4073

County Crisis Intervention 24-Hour Number: **866-623-9500**

TRINITY COUNTY

Websites: http://www.trinitycounty.org/Departments/Behave-AODS-Prevent/
behavioralhealth.htm
        http://trinity.networkofcare.org/mh/home/index.cfm

Address:
Trinity County Behavioral Health Services
1450 Main Street/P.O. Box 1640
Weaverville, CA 96093

Phone:
530-623-1362; Fax: 530-623-1447

County Crisis Intervention 24-Hour Number: **530-623-5708, 888-624-5820**

TULARE COUNTY

Websites: http://www.tularehhsa.org/health_serv/index.cfm
http://tulare.networkofcare.org/mh/home/index.cfm

Address:
Tulare County Health and Human Services Agency
Department of Mental Health
5957 South Mooney Boulevard
Visalia, CA 93277

Phone:
559-737-4660; Fax: 559-737-4572

County Crisis Intervention 24-Hour Numbers: 559-733-6877, 800-320-1616

TUOLUMNE COUNTY

Websites: http://portal.co.tuolumne.ca.us/psp/ps/TUP_BEHAV_HEALTH/ENTP/
h/?tab=DEFAULT
http://tuolumne.networkofcare.org/mh/home/index.cfm

Address:
Tuolumne County Behavioral Health Department
2 South Green Street
Sonora, CA 95370

Phone:
209-533-6245; Fax: 209-588-9563

County Crisis Intervention 24-Hour Numbers: 209-588-9528 – Crisis Line; 800-273-TALK
(8255) – Suicide Hotline; 800-630-1130 – Managed care line

VENTURA COUNTY

Websites: http://www.vchca.org/bh/index.htm
http://ventura.networkofcare.org/mh/home/index.cfm

Address:
Ventura County Behavioral Health Department
1911 Williams Drive, Suite 200
Oxnard, CA 93036

Phone:

805-981-6830; Fax: 805-981-6838

County Crisis Intervention 24-Hour Number: **877-327-4747**

YOLO COUNTY

Websites: http://www.yolocounty.org/org/Mental%20Health/default.htm
http://yolo.networkofcare.org/mh/home/index.cfm

Address:
Yolo County Dept. of Alcohol, Drug & Mental Health
137 North Cottonwood Street, Suite 2500
Woodland, CA 95695

Phone:
530-666-8516; Fax: 530-666-8294

County Crisis Intervention 24-Hour Number: **888-965-6647**

Domestic Violence Centers by County

ALAMEDA
- SAVE - Shelter Against Violent Environment Fremont 510-794-6055
- DeafHope Hayward hotline@deaf-hope.org;
- TTY 510-733-3133
- Emergency Shelter Program, Inc. Hayward 510-786-1246; 888-339-SAFE
- Tri Valley Haven Livermore 925-449-5842; 800-884-8119
- A Safe Place Oakland 510-536-7233
- Building Futures with Women/Children San Leandro 866-AWAYOUT

AMADOR
- Operation Care Jackson 209-223-2600; 209-223-2897

BUTTE
- Catalyst Domestic Violence Services Chico 800-895-8476

CALAVERAS
- Calaveras Women's Crisis Center San Andreas 209-736-4011

CONTRA COSTA
- STAND! Against Domestic Violence Concord 888-215-5555; 925-676-2845

DEL NORTE
- Rural Human Services Crescent City 707-465-3013

EL DORADO
- El Dorado Women's Center Placerville 530-626-1131
- South Lake Tahoe Women's Center South Lake Tahoe 530-544-4444; 888-750-6444

FRESNO
- Marjaree Mason Center Fresno 559-233-HELP

HUMBOLDT
- Humboldt Women for Shelter Eureka 707-443-6042

IMPERIAL
- Center for Family Solutions/Women Haven El Centro 760-353-8530

KERN
- Alliance Against Family Violence/Sexual Assault Bakersfield 800-273-7713; 661-327-1091
- Women's Center High Desert, Inc. Ridgecrest 760-375-7525

KINGS
- Kings County Community Action Organization Handford 877-727-3225

LAKE
- Sutter Lakeside Community Services Lakeport 888-485-7733

LASSEN
- Lassen Family Services, Inc. Susanville 530-257-5004; 888-289-5004

LOS ANGELES
- Su Casa Family Crisis & Support Center Artesia 562-402-4888
- Peace & Joy Care Center Carson 310-898-3117
- House of Ruth Claremont 909-988-5559
- Angel Step Inn Downey 800-655-2226; 323-780-HELP
- YWCA of Glendale, DV Project Glendale 818-242-1106
- Antelope Valley DV Council Lancaster 800-282-4808; 661-945-6736
- 1736 Family Crisis Center Long Beach 562-388-7652; 877-367-7752
- Interval House Long Beach 562-594-4555
- WomenShelter of Long Beach Long Beach 562-437-4663
- 1736 Family Crisis Center Los Angeles 213-745-6434
- Center for the Pacific-Asian Family Los Angeles 800-339-3940; 323-653-4042
- CSAC Chicana Service Action Center Los Angeles 800-548-2722; 800-843-9675
- Good Shepard Shelter Los Angeles 323-737-6111
- Jenesse Center, Inc. Los Angeles 323-731-6500; 800-479-7328
- Domestic Violence Center,/Santa Clarita Valley Newhall 661-259-4357; 800-339-6993
- Haven House Pasadena 323-681-2626
- 1736 Family Crisis Center Redondo Beach 310-370-5902
- Haven Hills San Fernando Valley 818-887-6589; 800-978-3600
- Rainbow Services, Ltd. San Pedro 310-547-9343

- Sojourn Services Santa Monica 310-264-6644
- Family Violence Project / Jewish Family Services Sherman Oaks 818-505-0900
- YWCA Wings West Covina 626-967-0658
- Women's & Children's Crisis Center Whittier 562-945-3939

MADERA
- Madera County Action Committee Madera 800-355-8989; 559-661-1000

MARIN
- Marin Abused Women's Services San Rafael 415-924-6616; 415-924-3456

MARIPOSA
- Mountain Crisis Services Mariposa 888-966-2350; 209-966-2350

MENDOCINO
- Project Sanctuary, Inc. Ukiah 707-462-9196; 707-463-HELP

MERCED
- A Woman's Place of Merced County Merced 800-799-SAFE; 209-722-4357

MODOC
- Modoc Crisis Center (T.E.A.C.H.) Alturas 800-291-2156; 530-233-4575

MONO
- Wild Iris Mammoth Lakes 877-873-7384

MONTEREY
- Shelter Outreach Plus Marina 831-422-2201; 800-339-8228
- YWCA of Monterey County Seaside 800-YWCA-151; 831-372-6300

NAPA
- Napa Emergency Women's Services (NEWS) Napa 707-255-6397

NEVADA
- Domestic Violence/Sexual Assault Coalition Grass Valley 530-272-3467; 530-272-2046

ORANGE
- Human Options, Inc Irvine 949-854-3554
- Women's Transitional Living Center (WTLC) Orange 714-992-1931
- Laura's House San Clemente 949-498-1511
- Interval House Seal Beach 714-891-8121

PLACER
- P.E.A.C.E. for Families Auburn 800-575-5352
- Tahoe Women's Services Kings Beach 800-736-1060

PLUMAS

- Plumas Rural Services, Inc. Quincy 800-485-8099

RIVERSIDE
- Shelter From the Storm, Inc. Palm Desert 800-775-6055; 760-328-7233
- Alternatives to Domestic Violence Riverside 951-672-6175; 800-339-7233

SACRAMENTO
- WEAVE Sacramento 916-920-2952; 866-920-2952

SAN BERNARDINO
- Desert Sanctuary, Inc. Barstow 760-256-3441;800-982-2221
- DOVES of Big Bear Valley, Inc. Big Bear Lake 909-866-5723; 800-851-7601
- DOVES of Big Bear Valley, Inc. Crestline 909-867-7700
- Morongo Basin Unity Home Joshua Tree 760-366-9663
- Option House San Bernardino 909-381-3471
- High Desert Domestic Violence Program Victorville 760-949-4357; 866-770-7867
- Victor Valley Domestic Violence Center Victorville 760-955-8723

SAN DIEGO
- South Bay Community Services Chula Vista 800-640-2933
- Community Resource Center Encinitas 877-633-1112
- Women's Resource Center Oceanside 760-757-3500
- Center for Community Solutions San Diego 888-385-4657; 888-272-1767
- YWCA of San Diego County San Diego 619-234-3164

SAN FRANCISCO
- Asian Women's Shelter San Francisco 415-751-0880; 877-751-0880
- La Casa de las Madres San Francisco 877-503-1850; 877-923-0700
- Riley Center/St. Vincent de Paul San Francisco 415-255-0165
- Community United Against Violence San Francisco 415-333-HELP

SAN JOAQUIN
- Women's Center of San Joaquin County Stockton 209-465-4878

SAN LUIS OBISPO
- North Co. Women's Resource Center/Shelter Atascadero 800-549-8989; 805-461-1338
- Women's Shelter Program/San Luis Obispo Co. San Luis Obispo 800-549-8989; 805-781-6400

SAN MATEO
- Communities Overcoming Relationship Abuse San Mateo 650-312-8515; 800-300-1080

SANTA BARBARA
- Domestic Violence Solutions Lompoc 805-736-0965
- Domestic Violence Solutions Santa Barbara 805-964-5245
- Domestic Violence Solutions Santa Maria 805-925-2160
- Domestic Violence Solutions Santa Ynez 805-686-4390

SANTA CLARA
- Community Solutions Morgan Hill 408-683-4118
- Support Network for Battered Women Mountain View 800-572-2782; 650-940-7850
- Asian Women's Home (AACI) San Jose 408-975-2739
- Next Door Solutions to Domestic Violence San Jose 408-279-2962

SANTA CRUZ
- Walnut Avenue Women's Center Santa Cruz 866-2MYALLY
- Women's Crisis Support Santa Cruz 831-685-3737
- Defensa de Mujeres Watsonville 831-MUJERES

SHASTA
- Shasta County Women's Refuge, Inc. Redding 530-244-0117

SISKIYOU
- Siskiyou Domestic Violence & Crisis Center Yreka 877-842-4068

SOLANO
- SafeQuest Solano Fairfield 707-425-7342

SONOMA
- YWCA of Sonoma County Santa Rosa 707-546-1234

STANISLAUS
- Haven Women's Center of Stanislaus Modesto 209-577-5980; 800-834-1990

SUTTER
- Casa de Esperanza, Inc. Yuba City 530-674-2040

TEHAMA
- Alternatives to Violence Red Bluff 530-528-0226; 800-324-6473

TRINITY
- Human Response Network Weaverville 530-623-4357

TULARE
- Central California Family Crisis Center, Inc. Porterville 559-784-0192
- Family Services of Tulare County Visalia 800-448-2044

TUOLUMNE
- Kene Me-Wu Family Healing Center, Inc. Sonora 800-792-7776
- Mountain Women's Resource Center Sonora 209-533-3401

VENTURA
- Interface Children Family Services Camarillo 800-339-9597
- Coalition to End Domestic & Sexual Violence Oxnard 805-656-1111; 800-300-2181

YOLO
- Sexual Assault & Domestic Violence Center Woodland 530-662-1133; 916-371-1907

County Drug and Alcohol Treatment Centers

County	Phone Number	County	Phone Number
Alameda	800-491-9099	Orange	714-834-3840
Alpine	530-694-1816	Placer	530-889-7240
Amador	209-223-6556	Plumas	530-283-6316
Butte	530-891-2810	Riverside	951-955-2105
Calaveras	209-754-6555	Sacramento	916-874-9754
Colusa	530-458-0516	San Benito	831-637-5594
Contra Costa	800-846-1652	San Bernardino	909-421-4601
Del Norte	707-464-4813	San Diego	619-584-5007
El Dorado	530-621-7560	San Francisco	415-538-5500 or 800-750-2727
Fresno	559-453-4773	San Joaquin	209-468-9600
Glenn	530-865-1146	San Luis Obispo	805-781-4275
Humboldt	707-476-4054	San Mateo	650-802-6400
Imperial	760-337-7847	Santa Barbara	805-681-5440
Inyo	760-873-5888	Santa Clara	408-792-5680 or 800-488-9919
Kern	661-327-9376	Santa Cruz	831-454-4050
Kings	559-582-4481	Shasta	530-225-5240
Lake	707-263-8162	Sierra	530-993-6746
Lassen	530-251-8112	Siskiyou	530-841-4100
Los Angeles	800-564-6600 or 626-299-4595 or 626-299-4135		
Solano	707-784-2220		
Madera	559-675-7762 (adults); 559-675-7920 (adolescents)		
Sonoma	707-565-7450		
Marin	415-492-0818	Stanislaus	209-541-2121
Mariposa	209-966-2000	Sutter	530-822-3292
Mendocino	707-472-2637	Tehama	530-527-7893
Merced	209-381-6880	Trinity	530-623-1362
Modoc	530-233-6319	Tulare	559-733-6123
Mono	760-924-1740	Tuolumne	209-588-9528
Monterey	800-737-2205 or 831-796-3066		
Ventura	805-652-6919		
Napa	707-253-4721	Yolo	530-666-8650
Nevada	530-273-9541	Yuba	530-822-7200
Nevada	530-273-9541	Yuba	530-822-7200

Alameda City
701 Atlantic Avenue
Alameda, CA 94501
Phone: (510) 747-4300
Fax: (510) 522-7848

Anaheim Housing Authority
201 South Anaheim Boulevard #200
Anaheim, CA 92805
Phone: (714) 765-4320
Fax: (714) 765-4654

Auburn: Placer County Housing Authority
11519 B Avenue, CA 95603
Auburn, CA
Phone: (530) 889-7962
Fax: (530) 889-6826

Bakersfield: Kern County
601 - 24th Street
Bakersfield, CA 93301
Phone: (661) 631-8500
Fax: (661) 631-9500

Baldwin Park
14403 Pacific Avenue
Baldwin Park, CA 91706
Phone: (626) 960-4011
Fax: (626) 337-2965

Belmont
San Mateo County
264 Harbor Boulevard, Building A
Belmont, CA 94002
Phone: (650) 802-3361
Fax: (650) 802-3373

Benicia
28 Riverhill Drive
Benicia, CA 94510
Phone: (707) 745-2071
Fax: (707) 745-8076

Berkeley
1901 Fairview Street
Berkeley, CA 94703
Phone: (510) 981-5470
Fax: (510) 981-5480

Brawley
Imperial Valley Housing Authority
1401 D Street
Brawley, CA 92227
Phone: (760) 351-7000
Fax: (760) 344-9712

Burbank
141 N. Glenoaks Blvd
Burbank, CA 91502
Phone: (818) 238-5160
Fax: (818) 238-5159

Calexico City
1006 E 5th Street
Calexico, CA 92231
Phone: (760) 357-3013
Fax: (760) 357-3084

Carlsbad Housing Agency
2965 Roosevelt Street, Suite B
Carlsbad, CA 92008
Phone: (760) 434-2810
Fax: (760) 720-2037

Chico
Butte
2039 Forest Avenue, Suite #10
Chico, CA 95928
Phone: (530) 895-4474
Fax: (530) 895-4459

Compton
600 North Alameda, Room 163
Compton, CA 90220
Phone: (310) 605-3080
Fax: (310) 605-3096

Crescent City
235 H Street
Crescent City, CA 95531
Phone: (707) 464-9216
Fax: (707) 464-2692

Culver City
9770 Culver Boulevard
Culver City, CA 90232
Phone: (310) 202-5764
Fax: (310) 253-5785

Dublin
6700 Dougherty Road, Apartment 151
Dublin, CA 94568
Phone: (925) 828-3132
Fax: (925) 828-5450

El Dorado County PHA
937 Spring Street
Placerville, CA 95667
Phone: (530) 642-7150
Fax: (530) 295-2598

Encinitas
505 South Vulcan Avenue
Encinitas, CA 92024
Phone: (760) 633-2723
Fax: (760) 633-2818

Eureka - Humboldt
735 West Everding Street
Eureka, CA 95503
Phone: (707) 443-4583
Fax: (707) 443-2150

Eureka
735 West Everding Street
Eureka, CA 95503
Phone: (707) 443-4583
Fax: (707) 443-2150

Fairfield
823b Jefferson Street
Fairfield, CA 94533
Phone: (707) 428-7392
Fax: (707) 425-0512

Fresno City Housing Authority
1331 Fulton Mall
Fresno, CA 93721
Phone: (559) 443-8475
Fax: (559) 443-8495

Fresno County Housing Authority
1331 Fulton Mall
Fresno, CA 93721
Phone: (559) 443-8475
Fax: (559) 445-8981

Garden Grove
11277 Garden Grove Blvd, Suite 101-C
Garden Grove, CA 92843
Phone: (714) 741-5150
Fax: (714) 741-5197

Glendale
141 North Glendale Avenue #202
Glendale, CA 91206
Phone: (818) 548-3936
Fax: (818) 548-3724

Hanford
Kings County Housing Authority
680 N Douty Street
Hanford, CA 93230
Phone: (559) 582-2806
Fax: (559) 583-6964

Hawaiian Gardens
21815 Pioneer Boulevard
Hawaiian Gardens, CA 90716
Phone: (562) 420-2641
Fax: (562) 496-3708

Hawthorne Housing
4455 West 126th Street
Hawthorne, CA 90250
Phone: (310) 349-1603
Fax: (310) 978-9864

Hayward
Alameda County Housing Authority
22941 Atherton Street
Hayward, CA 94541
Phone: (510) 538-8876
Fax: (510) 727-8554

Hollister
2931 Mission Street
Santa Cruz, CA 95060
Phone: (831) 454-9455
Fax: (831) 469-3712

Inglewood
One Manchester Boulevard, Suite 750
Inglewood, CA 90301
Phone: (310) 412-5221
Fax: (310) 412-5188

Lakewood
5050 North Clark Avenue
Lakewood, CA 90712
Phone: (562) 866-9771
Fax: (562) 866-0505

Lassen County
2545 Main Street
Susanville, CA 96130
Phone: (530) 251-8346

Lawndale
14717 Burin Avenue
Lawndale, CA 90260
Phone: (310) 973-3233
Fax: (310) 970-2183

Livermore
3203 Leahy Way
Livermore, CA 94550
Phone: (925) 447-3600
Fax: (925) 447-0942

Lomita
24925 Walnut Street
Lomita, CA 90717
Phone: (310) 325-7110
Fax: (310) 325-4024

Lompoc
Santa Barbara County
815 West Ocean Avenue
Lompoc, CA 93436
Phone: (805) 736-3423
Fax: (805) 735-7672

Long Beach
521 East 4th Street
Long Beach, CA 90802
Phone: (562) 570-6985
Fax: (562) 499-1022

Los Angeles City (HACLA)
 (2600 Wilshire Blvd
Los Angeles, CA 90057
Phone: 213) 252-2500
Fax: (213) 234-8946

Los Angeles County (HACOLA)
2 S Coral Circle
Monterey Park, CA 91755
Phone: (323) 890-7400
Fax: (323) 890-8582

Lower Lake
Lake County Housing Commission
16170 Main Street, Suite D
PO Box 1049
Lower Lake, CA 95457
Phone: (707) 995-7120
Fax: (707) 995-7129

Madera
205 N. G Street
Madera, CA 93637
Phone: (559) 674-5695
Fax: (559) 674-5701

Mariposa County Housing Authority
5174 Highway 49 North
Mariposa, CA 95338
Phone: (209) 966-3609
Fax: (209) 966-3519

Marin Housing
4020 Civic Center Drive
San Rafael, CA 94903
Phone: (415) 491-2525
Fax: (415) 479-3305

Martinez
Contra Costa County
3133 Estudillo Street
Martinez, CA 94553
Phone: (925) 957-8019
Fax: (925) 372-0236

Marysville
Yuba County Housing Authority
915 8th Street, Suite 130
Marysville, CA 95901
Phone: (530) 749-5460
Fax: (530) 749-5464

Mendocino County
1076 N State Street
Ukiah, CA 95482
Phone: (707) 463-5462
Fax: (707) 463-4188

Merced
405 U Street
Merced, CA 95341
Phone: (209) 722-3501
Fax: (209) 722-0106

Monterey
123 Rico Street
Salinas, CA 93907
Phone: (831) 775-5000
Fax: (831) 424-9153

Napa Housing Authority
1115 Seminary Street
Napa, CA 94559
Phone: (707) 257-9543
Fax: (707) 257-9239

National City
140 E 12th Street, Suite B
National City, CA 91950
Phone: (619) 336-4254
Fax: (619) 477-3747

Needles
908 Sycamore Drive
Needles, CA 92363
Phone: (760) 326-3222
Fax: (760) 326-2741
Both
CA146 Nevada County Housing
Authority
950 Maidu Ave, PO Box 1210
Nevada City, CA 95959
Phone: (530) 265-1340
Fax: (530) 265-9860

Norwalk
12035 Firestone Blvd
Norwalk, CA 90650
Phone: (562) 929-5588
Fax: (562) 929-5537

Oakland HA
1619 Harrison Street
Oakland, CA 94612
Phone: (510) 874-1512
Fax: (510) 874-1674

Oceanside
321 North Nevada Street
Oceanside, CA 92054
Phone: (760) 435-3360
Fax: (760) 757-9076

Orange County
1770 North Broadway
Santa Ana, CA 92706
Phone: (714) 480-2700
Fax: (714) 480-2803

Oxnard Housing Authority
435 South D Street
Oxnard, CA 93030
Phone: (805) 385-8096
Fax: (805) 385-7969

Paramount
16400 Colorado Avenue
Paramount, CA 90723
Phone: (562) 220-2207
Fax: (562) 529-8497

Pasadena
649 N. Fair Oaks Avenue, Suite 202
Pasadena, CA 91103
Phone: (626) 744-8305
Fax: (626) 744-8330

Paso Robles
3201 Pine Street
Paso Robles, CA 93446
Phone: (805) 238-4015
Fax: (805) 238-4036

Pico Rivera
6615 Passons Boulevard
Pico Rivera, CA 90660
Phone: (562) 801-4347
Fax: (562) 949-7506

Pittsburg
916 Cumberland Street
Pittsburg, CA 94565
Phone: (925) 252-4109
Fax: (925) 427-2715

Pleasanton
123 Main Street
Pleasanton, CA 94566
Phone: (925) 484-8008
Fax: (925) 484-8234

Pomona Housing Authority
505 S. Garey Ave., Box 660
Pomona, CA 91769
Phone: (909) 620-2368
Fax: (909) 620-4567

Port Hueneme Housing Authority
250 N Ventura Road
Port Hueneme, CA 93041
Phone: (805) 986-6522
Fax: (805) 986-6562

Plumas
183 West Main Street
Quincy, CA 95971
Phone: (530) 283-2466
Fax: (530) 283-2478

Redding Housing Authority
777 Cypress Avenue
Redding, CA 96001
Phone: (530) 225-4048
Fax: (530) 225-4126

Redondo Beach
320 Knob Hill, Room 2
Redondo Beach, CA 90277
Phone: (310) 372-1171
Fax: (310) 374-4828

Richmond Housing Authority
330 24th Street
Richmond, CA 94804
Phone: (510) 621-1310
Fax: (510) 237-5230

Riverbank: Stanislaus
Riverbank, CA 95367
Phone: (209) 869-4501
Fax: (209) 869-6814

Riverside County
5555 Arlington Avenue
Riverside, CA 92504
Phone: (951) 351-0700
Fax: (951) 688-6873

Roseville Housing Authority
311 Vernon Street
Roseville, CA 95678
Phone: (916) 774-5270
Fax: (916) 774-5286

Sacramento City
701 12th Street
Sacramento, CA 95814
Phone: (916) 440-1390
Fax: (916) 264-1643

Sacramento County
701 12th Street
Sacramento, CA 95814
Phone: (916) 440-1390
Fax: (916) 264-1643

San Bernardino County
715 East Brier Dr
San Bernardino, CA 92408
Phone: (909) 890-0644
Fax: (909) 890-4618

San Buenaventura City
995 Riverside Street
Ventura, CA 93001
Phone: (805) 648-5008
Fax: (805) 643-7984

San Diego County
3989 Ruffin Road
San Diego, CA 92123
Phone: (858) 694-4801
Fax: (858) 694-4871

San Diego Housing Commission
1122 Broadway Suite 300
San Diego, CA 92101
Phone: (619) 231-9400
Fax: (619) 578-7375

San Francisco HA
440 Turk Street
San Francisco, CA 94102
Phone: (415) 554-1200
Fax: (415) 241-1024

Santa Clara
505 West Julian Street
San Jose, CA 95110
Phone: (408) 275-8770
Fax: (408) 280-0358

San Jose City Housing Authority
505 West Julian Street
San Jose, CA 95110
Phone: (408) 275-8770
Fax: (408) 280-0358

San Luis Obispo
487 Leff Street
San Luis Obispo, CA 93401
Phone: (805) 543-4478
Fax: (805) 543-4992

Shasta County Housing Authority
1450 Court Street, Suite 108
Redding, CA 96001
Phone: (530) 225-5160
Fax: (530) 225-5178

Santa Ana Housing Authority
20 Civic Center Plaza 2nd Floor, M-27
Santa Ana, CA 92701
Phone: (714) 667-2200
Fax: (714) 547-5411

Santa Barbara City
808 Laguna Street
Santa Barbara, CA 93101
Phone: (805) 965-1071
Fax: (805) 564-7041

San Juan Bautista
2931 Mission Street
Santa Cruz, CA 95060
Phone: (831) 454-9455
Fax: (831) 469-3712

San Joaquin
448 S Center Street
Stockton, CA 95203
Phone: (209) 460-5000
Fax: (209) 460-5165

Santa Cruz County Hsg Auth
2931 Mission Street
Santa Cruz, CA 95060
Phone: (831) 454-9455
Fax: (831) 469-3712

Santa Fe Springs
11710 Telegraph Road
Santa Fe Springs, CA 90670
Phone: (562) 868-0511
Fax: (562) 868-7112

Santa Monica Housing Authority
1901 Main Street, 1st Floor, Ste. A
Santa Monica, CA 90405
Phone: (310) 458-8743
Fax: (310) 264-7757

Santa Paula
15500 West Telegraph Road, B-11
Santa Paula, CA 93060
Phone: (805) 535-3339
Fax: (805) 525-3887

Santa Rosa
90 Santa Rosa Ave.
Santa Rosa, CA 95402
Phone: (707) 543-3300
Fax: (707) 543-3317

Stanislaus
1701 Robertson Road
Modesto, CA 95351
Phone: (209) 557-2000
Fax: (209) 557-2011

Solano
40 Eldridge Avenue Suite 2
Vacaville, CA 95688
Phone: (707) 449-5679
Fax: (707) 449-6242

Soledad
121 Alder Street
Soledad, CA 93960
Phone: (831) 678-3686
Fax: (408) 678-2471

Sonoma
1440 Guerneville Road
Santa Rosa, CA 95403
Phone: (707) 565-7500
Fax: (707) 565-7583

South Gate
8650 California Avenue
South Gate, CA 90280
Phone: (323) 563-9585
Fax: (323) 567-0725

South San Francisco
350 C Street
South San Francisco, CA 94080
Phone: (650) 583-7631
Fax: (650) 583-5932

Suisun City Housing Authority
701 Civic Center Blvd.
Suisun City, CA 94585
Phone: (707) 421-7330
Fax: (707) 429-3758

Sutter County Housing Authority
448 Garden Highway
Yuba City, CA 95991
Phone: (530) 671-0220
Fax: (530) 673-0775

Tehama
310 South Main Street
Red Bluff, CA 96080
Phone: (530) 527-6159
Fax: (530) 527-4365

Torrance
3031 Torrance Boulevard
Torrance, CA 90503
Phone: (310) 618-5840
Fax: (310) 618-2429

Tulare County HA
5140 W Cypress Avenue
Visalia, CA 93277
Phone: (559) 627-3700
Fax: (559) 733-0169

Upland Housing Authority
1200 North Campus Avenue
Upland, CA 91786
Phone: (909) 982-2649
Fax: (909) 982-0237

Vacaville
40 Eldridge Avenue #2
Vacaville, CA 95688
Phone: (707) 449-5675
Fax: (707) 449-6242

Vallejo
200 Georgia Street
Vallejo, CA 94590
Phone: (707) 648-4507
Fax: (707) 648-5249

Ventura County
1400 West Hillcrest Drive
Phone: (805) 480-9991
Fax: (805) 480-1021

Newbury Park, CA 91320

Wasco Apts.
750 H Street
Wasco, CA 93280
Phone: (661) 758-6406
Fax: (661) 758-0765

West Hollywood
8300 West Santa Monica Boulevard
West Hollywood, CA 90069
Phone: (323) 848-6418
Fax: (323) 848-6567

Yolo County Housing
147 West Main Street
Woodland, CA 95695
Phone: (530) 662-5428
Fax: (530) 662-5429

Listing of Regional Centers

Alta California Regional Center
2135 Butano Drive
Sacramento, CA 95825
(916) 978-6400

Serves Alpine, Colusa, El Dorado, Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba counties

Central Valley Regional Center
4615 North Marty Avenue
Fresno, CA 93722-4186
(559) 276-4300

Serves Fresno, Kings, Madera, Mariposa, Merced, and Tulare counties

Eastern Los Angeles Regional Center
1000 South Fremont
Alhambra, CA 91802-7916
Mailing Address: P.O. Box 7916
Alhambra, CA 91802-7916
(626) 299-4700

Serves Eastern Los Angeles County including the communities of Alhambra and Whittier

Far Northern Regional Center
1900 Churn Creek Road, #319
Redding, CA 96002
Mailing Address: P. O. Box 492418
Redding, CA 96049-2418   Laura Larson
(530) 222-4791

Serves Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, and Trinity counties

Frank D. Lanterman Regional Center
3303 Wilshire Boulevard, Suite 700
Los Angeles, CA 90010
(213) 383-1300

Serves Central Los Angeles county including Burbank, Glendale, and Pasadena

Golden Gate Regional Center
875 Stevenson Street, 6th Floor
San Francisco, CA 94103
(415) 546-9222

Serves Marin, San Francisco, and San Mateo counties

Harbor Regional Center
21231 Hawthorne Boulevard
Torrance, CA 90503
(310) 540-1711

Serves Southern Los Angeles county including Bellflower, Harbor, Long Beach, and Torrance

Inland Regional Center
674 Brier Drive
San Bernardino, CA 92408
Mailing Address: P. O. Box 6127
San Bernardino, CA 92412-6127
(909) 890-3000

Serves Riverside and San Bernardino counties

Kern Regional Center
3200 North Sillect Avenue
Bakersfield, CA 93308
(661) 327-8531

Serves Inyo, Kern, and Mono counties

North Bay Regional Center
10 Executive Court, Suite A
Napa, CA 94558
(707) 256-1100

Serves Napa, Solano, and Sonoma counties

North Los Angeles County Regional Center
15400 Sherman Way, Suite 170
Van Nuys, CA 91406-4211
(818) 778-1900

Serves Northern Los Angeles county including San Fernando and Antelope Valleys

Redwood Coast Regional Center
525 Second Street, Suite 300
Eureka, CA 95501
(707) 445-0893

Serves Del Norte, Humboldt, Mendocino, and Lake counties

Regional Center of the East Bay
7677 Oakport Street, Suite 300
Oakland, CA 94621
(510) 383-1200

Serves Alameda and Contra Costa counties

Regional Center of Orange County
801 Civic Center Drive West, Suite 100
Santa Ana, CA 92701
(714) 796-5100

Serves Orange county

San Andreas Regional Center
300 Orchard City Drive, Suite 170
Campbell, CA 95008
(408) 374-9960

Serves Monterey, San Benito, Santa Clara, and Santa Cruz counties

San Diego Regional Center
4355 Ruffin Road, Suite 200
San Diego, CA 92123-1648
(858) 576-2996

Serves Imperial and San Diego counties

San Gabriel/Pomona Regional Center
761 Corporate Center Drive
Pomona, CA 91768
(909) 620-7722

Serves Eastern Los Angeles County including El Monte, Monrovia, Pomona, and Glendora

South Central Los Angeles Regional Center
650 West Adams Boulevard, Suite 200
Los Angeles, CA 90007-2545
(213) 744-7000

Serves Southern Los Angeles County including the communities of Compton and Gardena

Tri-Counties Regional Center
520 East Montecito Street
Santa Barbara, CA 93103-3274
(805) 962-7881

Serves San Luis Obispo, Santa Barbara, and Ventura counties

Valley Mountain Regional Center
702 North Aurora Street
Stockton, CA 95202
(209) 473-0951

Serves Amador, Calaveras, San Joaquin, Stanislaus, and Tuolumne counties

Westside Regional Center
5901 Green Valley Circle, Suite 320
Culver City, CA 90230-6953
(310) 258-4000

Serves Western Los Angeles county including the communities of Culver City, Inglewood, and Santa Monica

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United Way Local Listings

Butte & Glenn Counties
United Way of Butte & Glenn Counties
P.O. Box 3829
Chico, CA 95927-3829
(530) 342-7898
http://www.localunitedway.org/

Fresno County
United Way of Fresno County
4949 East Kings Canyon Road
Fresno, CA 93727-3812
(559) 244-5710
http://www.unitedwayfresno.org/

Humboldt County
United Way of Humboldt County
1809 Albee Street
Eureka, CA 95501-2844
(707) 443-8637
http://www.unitedwayhumboldt.org/

Imperial County
United Way of Imperial County
P.O. Box 1924
El Centro, CA 92244-1924
(760) 355-4900
http://www.ivpressonline.com/united/

Kern County
United Way of Kern County, Inc.
5405 Stockdale Highway, Suite 200
Bakersfield, CA 93309 (661) 834-1820
http://www.uwkern.org/

Kings County
Kings United Way
P.O. Box 878
Armona, CA 93202-0878
(559) 584-1536
http://kingsunitedway.org/

Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama & Trinity counties - Redding
United Way of Northern California
P.O. Box 990248
Redding, CA 96099-0248
(530) 241-7521
http://www.norcalunitedway.org/

Los Angeles
United Way of Greater Los Angeles
523 West 6th Street
Los Angeles, CA 90014-1217
(213) 808-6220
http://www.unitedwayla.org/

Los Angeles County
United Way of Greater Los Angeles, Antelope & Santa Clarita Valleys
42442 10th Street West, Suite A
Lancaster, CA 93534
(661) 729-8910
http://www.unitedwayla.org/

Los Angeles County
United Way of Greater Los Angeles, Harbor Area Office
3515 Linden Avenue
Long Beach, CA 90807-4519
(562) 988-2500
http://www.unitedwayla.org/

Los Angeles County
United Way of Greater Los Angeles, San Fernando & San Gabriel Valleys
5121 Van Nuys Boulevard, Suite #206
Sherman Oaks CA 91403
(818) 380-2560
http://www.unitedwayla.org/

Madera County
United Way of Madera County
P.O. Box 505
Madera, CA 93639
(559) 674-9780
No Website

Merced County
United Way of Merced County
P.O. Box 2026
Merced, CA 95344-0026
(209) 383-4242
http://www.unitedwaymerced.org/

Monterey County
United Way of Monterey County
2511 Garden Road, Suite C-100
Monterey, CA 93940-5333
(831) 372-8026
http://www.unitedwaymcca.org/

Nevada County
United Way of Nevada County
P.O. Box 2733
Grass Valley, CA 95945-2733
(530) 274-8111
http://www.uwnc.org/

Orange County
Orange County United Way
18012 Mitchell Avenue South
Irvine, CA 92614-6008
(949) 660-7600
http://www.unitedwayoc.org/

Riverside County - Corona
Corona-Norco United Way
P.O. Box 1809
Corona, CA 92878-1809
(951) 736-0620
http://www.cnunitedway.org/

Riverside County - Hemet
Central County United Way
418 East Florida Avenue
Hemet, CA 92543
(951) 929-9691
http://www.ccuw.org/

Riverside County – Palm Springs
United Way of the Desert
P.O. Box 1990
Palm Springs, CA 92263-1990
(760) 323-2731
http://www.unitedwayofthedesert.org/

Riverside County – Riverside
United Way of the Inland Valleys
6215 River Crest Drive, Suite B
Riverside, CA 92507-0703
(951) 697-4700
http://www.uwiv.org/

Sacramento, Amador, El Dorado, Placer, & part of Yolo
United Way California Capital Region
10389 Old Placerville Road
Sacramento, CA 95827
(916) 368-3000
http://www.yourlocalunitedway.org/.

San Bernardino County - Apple Valley
Desert Communities United Way
16192 Siskiyou Road, #4
Apple Valley, CA 92307-1316
(760) 242-5370
http://www.dcuw.org/

San Bernardino County - Barstow
United Way of Mojave Valley
P.O. Box 362
Barstow, CA 92312-0362
(760) 256-8789
No Website

San Bernardino County – Ridgecrest
United Way of Indian Wells Valley
206 Balsam Street
Ridgecrest, CA 93555
(760) 375-1920
http://www.iwvunitedway.org/

San Bernardino County – San Bernardino
Arrowhead United Way
P.O. Box 796
San Bernardino, CA 92402-0796
(909) 884-9441
http://www.arrowheadunitedway.org/

San Bernardino County (west)
Inland Empire United Way
9644 Hermosa Avenue
Rancho Cucamonga, CA 91730
(909) 980-2857
http://www.ieuw.org/

San Diego County
United Way of San Diego County
4699 Murphy Canyon Road
San Diego, CA 92123-5371
(858) 492-2000
http://www.uwsd.org/

San Francisco, San Mateo, Marin, Solano, Alameda, Contra Costa counties
United Way of the Bay Area
221 Main Street, Suite 300
San Francisco, CA 94105
(415) 808-4300
http://www.uwba.org/

San Joaquin County
United Way of San Joaquin County, Inc.
P.O. Box 1585
Stockton, CA 95201-3085
(209) 469-6980
http://www.unitedwaysjc.org/

San Luis Obispo County
United Way of San Luis Obispo County
P.O. Box 14309
San Luis Obispo, CA 93406-4309
(805) 541-1234
http://www.unitedwayslo.org/

Santa Barbara County (north)
Northern Santa Barbara County United Way
P.O. Box 947
Santa Maria, CA 93456-0947
(805) 922-0329
http://uwcentralcoast.org/

Santa Barbara County (south)
United Way of Santa Barbara County
320 E Gutierrez Street
Santa Barbara, CA 93101-1707
(805) 965-8591
http://www.unitedwaysb.org/

Santa Clara and San Benito counties
United Way Silicon Valley
1400 Parkmoor Avenue, Suite 250
San Jose, CA 95126-3429
(408) 345-4300
http://www.uwsv.org/

Santa Cruz County
United Way of Santa Cruz County
P.O. Box 1458
Capitola, CA 95010-1458
(831) 479-5466
http://www.unitedwaysc.org/

Sonoma, Mendocino, Lake counties
United Way of the Wine Country
P.O. Box A
Santa Rosa, CA 95402-0009
(707) 528-4485
http://www.unitedwaywinecountry.org/

Stanislaus, Tuolumne, Calaveras counties
United Way of Stanislaus County, Inc.
P.O. Box 3066
Modesto, CA 95353-3066   (
209) 523-4562
http://www.uwaystan.org/

Tulare County
United Way of Tulare County
1601 East Prosperity
Tulare, CA 93274
(559) 685-1766
http://www.unitedwaytc.org/

Ventura County
United Way of Ventura County
1317 Del Norte Road, Suite 100
Camarillo, CA 93010-8483
(805) 485-6288 ext. 230
http://www.vcunitedway.org/

Yolo County - Woodland
Woodland United Way
1017 Main Street
Woodland, CA 95695-3530
(530) 662-3633
http://www.woodlandunitedway.org/

Yuba & Sutter Counties
Yuba-Sutter United Way
P.O. Box 2450
Marysville, CA 95901-2450
(530) 743-1847
http://www.yuba-sutterunitedway.org/