



Grants in Action Program
January 2024 Forum Readings and Resources
Supporting and Strengthening Families

Recommended by Family Services Agency about Mental Health

1. *Exploring Barriers to Mental Health Care in the U.S.*
Article from the Association for American Medical Colleges, October 2022
[Exploring Barriers to Mental Health Care in the U.S. | Research and Action Institute \(aamcresearchinstitute.org\)](https://www.aamcresearchinstitute.org)
2. *Fact Sheet: Biden-Harris Administration Actions to Tackle US Mental Health Crisis*, May 2023
<https://www.whitehouse.gov/briefing-room/statements-releases/2023/05/18/fact-sheet-biden-harris-administration-announces-new-actions-to-tackle-nations-mental-health-crisis/>
3. Mental Health America – National nonprofit advancing the mental health of persons through public education, research, advocacy and public policy, and direct service. <https://mhanational.org>
4. National Alliance on Mental Illness – National grassroots organization providing advocacy, education, support, and public awareness for the improvement of lives of individuals and families affected by mental illness.
<https://www.nami.org>

Recommended by St. Vincent's

1. *RESILIENCE: The Biology of Stress and the Science of Hope* (Movie streaming on Apple TV and Vudu)
2. *Untangled* by Dr. Lisa Damour, PhD. (Book written for teenage girls)
3. Resources for understanding trauma:
Adverse Childhood Experiences and the Consequences on Neurobiological, Psychosocial, and Somatic Conditions Across the Lifespan
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6131660/>
ACES Survey:
<https://www.acesaware.org/wp-content/uploads/2022/07/ACE-Questionnaire-for-Adults-Identified-English-rev.7.26.22.pdf>
How to mitigate ACES:
<https://www.cdc.gov/violenceprevention/aces/fastfact.html>