

Tracy Anglada

P.O. Box 380075 · Port Charlotte · Florida · 33938
tracy@bpchildren.org

Author / Speaker / Mental Health Advocate
Founder and Executive Director of BPChildren

My mission is to help young people and adults understand more about childhood bipolar disorder. My literary works and presentations bring knowledge to the mind, courage to the heart and hope to the spirit.

Books: My books have been recommended as resources by The American Academy of Child & Adolescent Psychiatry, The Child & Adolescent Bipolar Foundation, The National Alliance on Mental Illness, The Depression and Bipolar Support Alliance, The Florida Psychiatric Society, The International Society for Bipolar Disorders, Bipolar Significant Others, Children's Mercy Hospital and Clinics, The Federation for Families, MD Consult, Child Magazine, BP Magazine, and Scholastic.com.

[Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder](#)

1st edition Copyright 2000, full color version Copyright 2004, Spanish version Copyright 2008, revised edition Copyright 2009

[Turbo Max A Story for Siblings of Children with Bipolar Disorder](#)

1st edition Copyright 2002, full color version Copyright 2008

[Intense Minds: Through the Eyes of Young People with Bipolar Disorder](#)

Copyright 2006

[The Childhood Bipolar Disorder Answer Book: Practical Answers to the Top 300 Questions Parents Ask](#)

Coauthored with Dr. Sheryl Hakala
Copyright 2008

[SWIVEL to Success - Bipolar Disorder in the Classroom: A Teacher's Guide to Helping Students Succeed](#)

Copyright 2009

Other Literary Works: Articles written by Tracy Anglada have appeared in Pediatrics for Parents, Calgary's Child, The STARFISH Advocacy Association newsletter and blog, The Child & Adolescent Bipolar Foundation newsletter, blog and website, and the BPChildren newsletter and website.

[The Student with Bipolar Disorder an Educator's Guide](#)

Copyright 2002

[My School Day Without Help / My School Day With Help](#)

Copyright 2005

[Questions Kids Have About Pediatric Bipolar Disorder \(brochure\)](#)

Copyright 2006

[Intense Parenting: 10 Things Every Parent Needs to Know \(article\)](#)

Copyright 2007

[For Girls Only \(The Child & Adolescent Bipolar Foundation\)](#)

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WORK & VOLUNTEER EXPERIENCE: (related to bipolar disorder)**BPChildren*****Founder and President****2000-Present*

- Provide current information for children and their families regarding childhood bipolar disorder.
- Present teacher workshops.
- Maintain and update the BPChildren website.
- Maintain and update BPChildren on Facebook.

The Child & Adolescent Bipolar Foundation***Contributing Writer****2010-Present*

- Regularly contribute to a blog on the topic of childhood bipolar disorder.

The STARFISH Advocacy Association***Leadership Team Member****2005- Present (volunteer position)*

- Provide education and support to parents of children with neurobiological illnesses.
- Help develop and propose future goals for the STARFISH Advocacy Association.
- Provide writing and editorial assistance.

The Child & Adolescent Bipolar Foundation***Education Team Member****2003-2005 (volunteer position)*

- Answer parent questions regarding education and children with bipolar disorder.
- Participate in a weekly online education chat for parents of children with bipolar disorder.
- Monitor and edit interactive education message board.

Life Experience

- I am the mother of four children, two of whom are diagnosed with bipolar disorder. My advocacy and educational work was born from a desire to educate my own children regarding their illness.
- My advocacy and educational work has grown to help other children with the condition and the adults who care for them.

School and Beyond

1987: Graduated from Hillsboro High School in 3 years with the highest grade point average of my class.

1987-1990: Engaged in a full-time community volunteer Bible education work.

1992: Studied writing with the Institute of Children's Literature.

2003- Present: Taken various advocacy courses including Wrightslaw and CABF online courses.

Awards and Honours:

- National Science Olympiad Award
- Presidential Academic Fitness Award
- National Honor Society
- NAMI Award for Contributions to the Mental Health Community