



### Endorsements for Iris the Dragon

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"Gayle Grass strikes again! Gayle is a creative and thoughtful author who has created her third book in the Iris the Dragon series. In this series, not only is she adept at accurately depicting different mental illnesses and mental health problems, but she is exceptional at making the story developmentally appropriate and enticing for young children. The goal of the series is to raise awareness, educate and also reduce the stigma of mental illness. Through her stories, she clearly underscores the importance of a total, holistic approach to dealing with mental health problems. 'It takes a village to raise a child...'

The third book in the series, "Hole in One", is the story of a young boy who, with Iris the Dragon's help, addresses his anxiety disorder in his efforts to become a successful golfer thereby achieving his dream. As always, the mental illness is accurately depicted, the tale is enticing, the graphics exceptional and above all, I believe, Gayle has another winner.

Gayle, congratulations! Your efforts to educate, to reduce stigma and to reduce the burden of suffering for children and youth with mental health problems are greatly appreciated."

#### **Peter S. Jensen, MD**

Simon Davidson, M.B., B.Ch., F.R.C.P.(C),  
Chair, Child and Youth Advisory Committee Mental Health Commission of Canada;  
Chief Strategic Planning Executive, Provincial Centre of Excellence for Child and Youth Mental Health at CHEO, Children's Hospital of Eastern Ontario;  
Chairman, Division of Child and Adolescent Psychiatry, Professor of Psychiatry and Pediatrics, University of Ottawa;  
Chief of Psychiatry, Medical Director of the Mental Health Patient Service Unit, Children's Hospital of Eastern Ontario.

"Little Ben sees only the beauty of the person within. Little Ben has only a positive and honest agenda. Little Ben knows there is always hope and that dreams can be achieved. I have long believed that the partnership of human and horse as a therapeutic solution is effective and powerful. When we understand children's mental illness, we have taken the first critical step towards conquering that illness. Gayle Grass, I am awed by your creation of Little Ben, all that he stands for and all that he achieves."

#### **Simon Davidson, M.B., B.Ch., F.R.C.P.(C)**

Professor of Psychiatry and Paediatrics,  
Chairman, Division of Child and Adolescent Psychiatry,  
University of Ottawa; Chief Strategic Planning Executive,  
Provincial Centre of Excellence for Child and Youth Mental  
Health at the Children's Hospital of Eastern Ontario.