****

**BOOK READS**

Updated: Feb 2020

***A Child Called It: One Child's Courage to Survive*** By David Pelzer

Subjects: Abused children -- California -- Daly City -- Biography; Children of alcoholics -- California -- Daly City -- Biography; Abusive mothers -- Family relationships -- California -- Daly City; Family violence -- California -- Daly City; Foster home care -- California

UNI Stacks HV883.C2 P45 1995

***Ain't I a Woman: Black Women and Feminism*** By Bell Hooks

A groundbreaking work of feminist history and theory analyzing the complex relations between various forms of oppression. Ain't I a Woman examines the impact of sexism on black women during slavery, the historic devaluation of black womanhood, black male sexism, racism within the recent women's movement, and black women's involvement with feminism.

UNI Stacks E185.86 .H68 1991

***A man named Dave: a story of triumph and forgiveness*** By Dave Pelzer

Subjects: Abused children -- California -- Daly City -- Biography; Children of alcoholics -- California -- Daly City -- Biography; Abusive mothers -- California -- Daly City -- Family relationships; Family violence -- California -- Daly City; Foster home care -- California -- Case studies; Adult child abuse victims -- United States --

UNI Stacks HV883.C2 P47 2000

***A Piece Of Cake*** By Cupcake Brown

Young Cupcake learned to survive by turning tricks, downing hard liquor, partying like a rock star, and ingesting every drug she could find. She stumbled into gangbanging, drug dealing, hustling, prostitution, theft, and 9-5 jobs. Cupcake’s experience in the cubicle world was paralleled by crack cocaine use, until she found herself living behind a dumpster.

***Amazing Grace*** By Johnathon Kozol

A classic book on life and death in the South Bronx – the poorest urban neighborhood of the United States. He brings us into overcrowded schools, dysfunctional hospital, and rat-infested homes where families have been ravaged by depression and anxiety, drug-related violence, and the spread of AIDS.

***American Paper Son: A Chinese Immigrant in the Midwest*** By Wayne Hung Wong

A story of one such Chinese immigrant who came to Wichita, Kansas, in 1935 as a thirteen-year-old “paper son” to help his father’s restaurant there. This vivid first-person account addresses significant themes in Asian American history through the lens of Wong’s personal stories.

***An Unquiet Mind: A Memoir of Moods and Madness*** By Kay Redfield Jamison

In her bestselling classic, An Unquiet Mind, Kay Redfield Jamison changed the way we think about moods and madness. Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes of violence, and an attempted suicide. Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. An Unquiet Mind is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.

***Another Place at The Table*** By Kathy Harrison

For more than a decade, Kathy Harrison has sheltered a shifting case of troubled youngsters in addition to raising her three biological sons and two adopted daughters. What would motivate someone to give herself over to constant, largely uncompensated chaos?

***Assembly Required: Notes from a Deaf Gay Life*** By Raymond Luczak

Raymond Luczak shares stories from his days growing up as a deaf gay man in Michigan learning signs in secret. Trying to follow music on the radio in order to be cool like his hearing classmates, and feeling clueless whenever gay icons were promoted in his town.

***A Trick of The Light*** By Lois Metzger

Synopsis: This story, narrated through the voice of an eating disorder–anorexia–details the struggles of 14-year-old Mike as he overcomes his insecurities and body image issues.

What Social Workers Can Learn: Delve into the psyche of a teenage boy with anorexia to develop insight on how to combat eating disorders.

UNI Youth Coll Y MET

***Black Feminist Thought: Knowledge, Consciousness, and the Politics of Empowerment*** By Patricia Hill Collins

 In spite of the double burden of racial and gender discrimination, African-American women have developed a rich intellectual tradition that is not widely known. In Black Feminist Thought, Patricia Hill Collins explores the words and ideas of Black feminist intellectuals as well as those African-American women outside academe. She provides an interpretive framework for the work of such prominent Black feminist thinkers as Angela Davis, bell hooks, Alice Walker, and Audre Lorde. The result is a superbly crafted book that provides the first synthetic overview of Black feminist thought.

Available online at UNI Library

***Blackout: Remembering the Things I Drank to Forget*** By Sarah Hepola

For Sarah, alcohol was the “gasoline of all adventure”. Spending her evenings at cocktail parties and dark bars where she proudly stayed until last call. Drinking felt like freedom, part of her birthright as a strong, enlightened 21st century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. A memoir of unblinking honesty and poignant, laugh-out loud humor, BLACKOUT is the story of a woman stumbling into a new kind of adventure – the sober life she never wanted. Shining light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent or struggled in the face of necessary change. It’s about giving up the thing you cherish most – but getting yourself back in return.

***Breaking Night*** By Liz Murray

Synopsis: This memoir chronicles the author’s experience growing up as the neglected child of drug-addicted and mentally ill parents, living on the streets as an adolescent and finally getting a New York Times scholarship to attend Harvard University.

What Social Workers Can Learn: Be inspired by a story of human resilience despite a rocky and traumatic childhood.

UNI Browsing HV4506.N6 M96 2010

***Broke*** By Shy Keenan

Shy Keenan was not meant to survive her childhood, Her mother beat her so severely that she was deaf and nearly bind by the first day in school. Her stepsister poured boiling water over her, and virtually every day she was raped by her stepfather. At age 10, she was sold to a gang of dockworkers. Today, Shy is an internationally respected advocate in the fight for justice for victims of child sexual abuse. Six years ago, her testimony secured the imprisonment of her stepfather and his associates for a catalogue of crimes against children. This success was achieved only after a journey through extensive psychiatric care, prison, and near-suicide. Shy’s experiences expose the extreme wickedness of which some are capable, but also tell a story of hope, strength, and courage.

***Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt*** by Kevin Hines

The Golden Gate Bridge is one of the most recognizable structures to define a modern city. Yet, for author Kevin Hines the bridge is not merely a marker of a place or a time. Instead, the bridge marks the beginning of his remarkable story. At 19 years old, Kevin attempted to take his own life by jumping off the Golden Gate Bridge - a distance which took four seconds to fall. Recently diagnosed with bi-polar disorder, Kevin had begun to hear voices telling him he had to die, and days before his attempt, he began to believe them.

The fall would break his body, but not his spirit. His story chronicles the extraordinary will of the author to live mentally well in the face of his mental illness: bipolar disorder with psychotic features. With each mental breakdown, however, the author’s desire to live mentally well— and to be a mental health advocate— pulls him from the depths of his condition. Kevin’s story is a remarkable testament to the strength of the human spirit and a reminder to us to love the life we have. His story also reminds us that living mentally well takes time, endurance, hard work, and support. With these disciplines in place, those living with even very difficult diagnoses can achieve better lives for themselves and those who help to support and care for them.

UNI Online

UNI Stacks RC464.H56 A3 2013

***Divided Minds: Twin Sisters and Their Journey Through Schizophrenia*** By Carolyn Spiro

Growing up in the fifties, Carolyn Spiro was always in the shadow of her more intellectually dominant and social outgoing twin, Pamela. But as the twins approached adolescence, Pamela began to succumb to schizophrenia, hearing disembodied voices and eventually suffering many breakdowns and hospitalizations.

***Double Double*** By Ken Grimes

Synopsis: A mother and son explore their experiences of alcoholism and recovery together.

What Social Workers Can Learn: Compare mother and son as they confront addiction and define their own terms of success in recovery.

***Enrique’s Journey*** By Sonia Nazario

Recounts the unforgettable quest of a Honduran boy looking for his mother, eleven years after she is forced to leave her starving family to find work in the United States. Braving unimaginable peril, often clinging to the sides and tops of freight trains, Enrique travels through hostile worlds full of thugs, bandits, and corrupt cops.

UNI Stacks E184.H66 N397 2014

***From the Front Lines : Student Cases in Social Work Ethics*** By Juliet Cassuto Rothman

Synopsis: Provides students with a decision-making process for ethical issues. " Now a part of the Core Competencies Series, "From the Front Lines: Student Cases in Social Work Ethics," "4/e" helps students develop a method of decision-making while providing examples with a number of case studies. Part One teaches readers the rationale for each part of the decision-making process and the tools needed to address it professionally. Part Two encompasses a thorough presentation and consideration of cases that address ethical dilemmas, issues, and problems which occur in social work practice. This text also encourages students to explore their own values and how they are used in everyday life as well as professionally. Connecting Core Competencies series -- Each chapter highlights the core competencies and practice behavior examples found in the Educational Policy and Accreditation Standards (EPAS) set by the Council on Social Work Education (CSWE). Critical thinking questions throughout reinforces these connections. Learning Goals Upon completing this book, readers will be able to:

Develop a method for decision making for ethical dilemmas, issues, and problems which occur in social work practice. Explore their own values. Relate their decision making to real world examples.

UNI Stacks HV43 .R69 2011

***Gang Leader for a Day: A Rogue Sociologist Takes to the*** Streets, By Sudhir Venkatesh

First introduced in Freakonomics, here is the full story of Sudhir Venkatesh, the sociology grad student who infiltrated one of Chicago's most notorious gangs. The story of the young sociologist who studied a Chicago crack-dealing gang from the inside captured the world's attention when it was first described in Freakonomics. Gang Leader for a Day is the fascinating full story of how Sudhir Venkatesh managed to gain entrance into the gang, what he learned, and how his method revolutionized the academic establishment. When Venkatesh walked into an abandoned building in one of Chicago's most notorious housing projects, he was looking for people to take a multiple-choice survey on urban poverty. A first-year grad student hoping to impress his professors with his boldness, he never imagined that as a result of the assignment he would befriend a gang leader named JT and spend the better part of a decade inside the projects under JT's protection, documenting what he saw there. Over the next seven years, Venkatesh got to know the neighborhood dealers, crackheads, squatters, prostitutes, pimps, activists, cops, organizers, and officials. From his privileged position of unprecedented access, he observed JT and the rest of the gang as they operated their crack-selling business, conducted PR within their community, and rose up or fell within the ranks of the gang's complex organizational structure.

UNI Stacks HV6439.U7 C46 2008

***God Is In Control: Cancer from a Social Work/Patent Perspective*** By Kaye Elliot Leazier

Anyone who has heard a doctor say, “I’m sorry, it’s cancer” understands this confusion. It was cancer, and it was happening to me. The emotions were raw, the fear was real, my faith was shaken, and the reality of my own mortality stared me in the face.

***Ghost Boy***, By [Martin Pistorius](https://www.goodreads.com/author/show/4989776.Martin_Pistorius), [Megan Lloyd Davies](https://www.goodreads.com/author/show/643008.Megan_Lloyd_Davies)

In January 1988 Martin Pistorius, aged twelve, fell inexplicably sick. First he lost his voice and stopped eating. Then he slept constantly and shunned human contact. Doctors were mystified. Within eighteen months he was mute and wheelchair-bound. Martin's parents were told an unknown degenerative disease left him with the mind of a baby and less than two years to live.

Martin was moved to care centers for severely disabled children. The stress and heartache shook his parents’ marriage and their family to the core. Their boy was gone. Or so they thought.

Ghost Boy is the heart-wrenching story of one boy’s return to life through the power of love and faith. In these pages, readers see a parent’s resilience, the consequences of misdiagnosis, abuse at the hands of cruel caretakers, and the unthinkable duration of Martin’s mental alertness betrayed by his lifeless body.

We also see a life reclaimed—a business created, a new love kindled—all from a wheelchair. Martin's emergence from his own darkness invites us to celebrate our own lives and fight for a better life for others.

***Guilty by Reason of Insanity,*** By Dorothy Otnow Lewis, M.D.

A psychiatrist and an internationally recognized expert on violence, Dorothy Otnow Lewis has spent the last quarter century studying the minds of killers. Among the notorious murderers she has examined are Ted Bundy, Arthur Shawcross, and Mark David Chapman, the man who shot John Lennon. Now she shares her groundbreaking discoveries--and the chilling encounters that led to them. From a juvenile court in Connecticut to the psychiatric wards of New York City's Bellevue Hospital, from maximum security prisons to the corridors of death row, Lewis and her colleague, the eminent neurologist Jonathan Pincus, search to understand the origins of violence. GUILTY BY REASON OF INSANITY is an utterly absorbing odyssey that will forever change the way you think about crime, punishment, and the law itself.

UNI StacksHV6133 .L49 1998

***Heaven’s Child: A Mother’s Story of Tragedy and the Enduring Strength of Family***By Caroline Flohr

16-year-old twin Sarah had parents who cared, attended a good school and lived in a small safe community. And yet, life carries no guarantees. Told by Sarah’s mother, Heaven’s Child is a searing memoir that grapples with life and death and social issues. An unforgettable true story that will warm your heart as it scratches your soul.

***Heeling Neen*** By Tonier Cain

Synopsis: The transcendent story of Tonier “Neen” Cain’s emergence from drug addiction, multiple incarcerations and two decades of homelessness to become a tireless advocate and educator on the devastating impact of childhood abuse . . . and the need to rethink how we treat the shattered adults severely traumatized children become.

***Her Last Death: A Memoir*** By Susanna Sonnenberg

Susanna Sonnenberg learns her mother is in a coma after a car accident and she might not live. Any daughter would rush the thousands of miles to her mother’s beside. But, Susana cannot bring herself to go. Her courageous memoir explains why.

UNI IRTS Youth GEN 362.29 SON

***High Price*** By Carl Hart

Synopsis: High Price is the harrowing and inspiring memoir of neuroscientist Carl Hart, a man who grew up in one of Miami’s toughest neighborhoods and, determined to make a difference as an adult, tirelessly applies his scientific training to help save real lives. Young Carl didn't see the value of school, studying just enough to keep him on the basketball team. Today, he is a cutting-edge neuroscientist—Columbia University’s first tenured African American professor in the sciences—whose landmark, controversial research is redefining our understanding of addiction. In this provocative and eye-opening memoir, Dr. Carl Hart recalls his journey of self-discovery, how he escaped a life of crime and drugs and avoided becoming one of the crack addicts he now studies. Interweaving past and present, Hart goes beyond the hype as he examines the relationship between drugs and pleasure, choice, and motivation, both in the brain and in society. His findings shed new light on common ideas about race, poverty, and drugs, and explain why current policies are failing.

UNI Stacks QP353.4.H37 A3 2013

***HIV Infected by Her Cheating Husband: A Wife’s Courageous True Story of Betrayal, Survival, and Forgiveness*** By Darlene King

Evangelist Darlene King relives her life giving an intimate perspective of her mistakes and life lessons. Travel on a journey in her shoes as she recalls her struggles for being infected with HIV by her husband – a church pastor – and still constantly having to fight for her marriage through her husband’s on-going adultery.

***How Can I Talk if My Lips Don’t Move?: Inside My Autistic Mind*** By Tito Rajarshi

When he was three years old, Tito was diagnosed as severely autistic, but his remarkable mother, Soma, determined that he would overcome the “problem” by teaching him to read and write.

***I Have the Right To: A High School Survivor's Story of Sexual Assault, Justice and Hope*** by Chessy Prout and Jenn Abelson

The numbers are staggering: nearly one in five girls ages fourteen to seventeen have been the victim of a sexual assault or attempted sexual assault. This is the true story of one of those girls.

In 2014, Chessy Prout was a freshman at St. Paul’s School, a prestigious boarding school in New Hampshire, when a senior boy sexually assaulted her as part of a ritualized game of conquest. Chessy bravely reported her assault to the police and testified against her attacker in court. Then, in the face of unexpected backlash from her once-trusted school community, she shed her anonymity to help other survivors find their voice.

This memoir is more than an account of a horrific event. It takes a magnifying glass to the institutions that turn a blind eye to such behavior and a society that blames victims rather than perpetrators. Chessy’s story offers real, powerful solutions to upend rape culture as we know it today. Prepare to be inspired by this remarkable young woman and her story of survival, advocacy, and hope in the face of unspeakable trauma.

UNI Youth New Books Y B PRO

***I Hate You. Don't Leave Me: Understanding the Borderline Personality***

By: Jerold J. Kreisman, Hal Straus

People with Borderline Personality Disorder experience such violent and frightening mood swings that they often fear for their sanity. They can be euphoric one moment, despairing and depressed the next. There are an estimated 10 million sufferers of BPD living in America today—each displaying remarkably similar symptoms:

● a shaky sense of identity

● sudden violent outbursts

● oversensitivity to real or imagined rejection

● brief, turbulent love affairs

● frequent periods of intense depression

● eating disorders, drug abuse, and other self-destructive tendencies

● an irrational fear of abandonment and an inability to be alone

For years BPD was difficult to describe, diagnose, and treat. But now, for the first time, Dr. Jerold J. Kreisman and health writer Hal Straus offer much-needed professional advice, helping victims and their families to understand and cope with this troubling,shockingly widespread affliction.

***In The Middle of Everywhere: Helping Refugees Enter the American Community*** By Mary Pipher

Over the past decade, Mary Pipher has been a great source of wisdom, helping us to better understand our family members. Now she connects us with the newest members of the American family – refugees. In cities all over the country, refugees arrive daily. Lost Boys from Sudan, survivors from Kosovo, families fleeing Afghanistan and Vietnam: they come with nothing but the desire to experience the American dream. Their endurance in the face of tragedy and their ability to hold on to the virtues of family, love, and joy are a lesson for Americans. Their stories will make you laugh and weep – and give you a deeper understanding of the wider world in which we live. Goes beyond the headlines into the homes of refugees from around the world.

UNI Stacks JV6601 .P56 2003

***Invisible Nations: homeless families in America***

By Richard [Schweid](https://northern-iowau-primo.hosted.exlibrisgroup.com/primo-explore/search?query=creator%2Cexact%2CSchweid%2C%20Richard%201946-%20author.&tab=default_tab&search_scope=EVERYTHING&vid=NewUI&lang=en_US&mode=basic)

Every year, more than 2.5 million children are left homeless in the United States and the number of such families continues to rise annually. In every state, children are living in small quarters packed in with relatives-- in cars, in motel rooms, or in emergency shelters. In this vividly-written narrative, experienced journalist Richard Schweid takes us on a spirited journey through this "invisible nation,' giving us front-row dispatches of suffering families on the edge. Based on in-depth reporting from five major cities, Invisible Nation looks backward at the historical context of family homelessness as well as forward at what needs to be done to alleviate this widespread, although often hidden, poverty. Invisible Nation is a riveting must-read for everyone who cares about inequality, poverty and family life.

UNI Online Access

***It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living***  By Dan Savage

Synopsis: In response to several highly publicized incidents of LGBT youth being bullied and driven to suicide, Savage began the It Gets Better Project, which began as a series of videos and evolved into a book of essays, written by celebrities and non-celebrities alike, that aims to engage young people who are struggling with their fears and feelings.

What Social Workers Can Learn: Build your capacity to provide hope when hope is scarce, which is applicable to LGBT youth, but also to anyone who is struggling.

UNI Youth Coll Y 306 I

**Methland: The Death and Life of an American Small Town** By Nick Reding

**Methland** tells the heroic story of the small town of Oelwein, Iowa–and, through it, the story of drug abuse in Rural America. Once a railroad, meat-packing, and farming hub, Oelwein has been battered by the Farm Crisis and decimated by job losses. More recently, thanks to the lobbying of pharmaceutical companies in Washington, D.C., record amounts of methamphetamine, aka crank or crystal meth, are available on Oelwein’s streets. Like thousands of other small towns across the United States, the drug’s production has become one of Oelwein’s principal business. Now, the town doctor, the mayor, and the prosecutor are fighting back. Journalist and native Midwesterner Nick Reding spent four years living off and on in Oelwein. Along with the book’s three principal characters, **Methland** follows the traffickers, addicts, federal agents, and politicians whose lives make up a uniquely contemporary American tragedy, blending sociology, history, and thousands of hours of eyewitness reporting into a real-life account that reads like a novel. **Methland** is ultimately a tale of enormous inspiration, as three men fight global forces in order to save their small hometown–a portrait not just of meth in America, but of life in America.

UNI IRTS Youth GEN 362.29 RED

***No such thing as a bad kid : understanding and responding to the challenging behavior of troubled children and youth*** By Charles D. Appelstein

Written specifically for child- and youth-care professionals, teachers, and foster parents, No Such Thing As a Bad Kid is packed with information for anyone who lives or works with kids at risk. Based on the premise that misbehavior is a coded message, this empowering handbook guides you through the decoding process and, via hundreds of hands-on tips and sample dialogues, into approaches capable of revolutionizing your interactions with troubled children and their interactions with the world. Even parents of children not at risk will benefit from this book.

UNI Stacks LC4801 .A67 1998

***Outside the Lines: A Personal Journey from Abuse to Social Work*** By Karen Wussow

In this powerful story, Karen describes her journey from poverty, neglect, and abuse to her current position as a social worker in a county agency. Removed from her alcoholic parents at age nine, Karen was placed in an orphanage and a succession of foster homes, where she was virtually abandoned by child protection services. Through sheer will and perseverance, Karen overcame huge barriers and reached her goal of becoming a Social Worker.

***Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing*** By Joy DeGruy

While African Americans managed to emerge from chattel slavery and the oppressive decades that followed with great strength and resiliency, they did not emerge unscathed. Slavery produced centuries of physical, psychological and spiritual injury. Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing lays the groundwork for understanding how the past has influenced the present, and opens up the discussion of how we can use the strengths we have gained to heal.

***Prozac Nation*** By Elizabeth Wurtzel

Synopsis: A memoir of Wurtzel’s experiences with major depression, hospitalization, therapy and medication.

What Social Workers Can Learn: Delve into the depths of depression as you step into the shoes of someone who experienced it firsthand.

***Redefining Realness*** By Janet Mock

Synopsis: Janet's story of growing up as a trans girl in Honolulu, Dallas and Oakland. It celebrates self-actualization and self-revelation. It’s the first memoir from a young trans woman.

***Saving Normal*** By Allen Frances

Synopsis: Frances, who has been “credited with spearheading the anti-DSM-5 efforts,” delves further into what he believes to be over-diagnosis and over-medication of the general public.

What Social Workers Can Learn: Learn where you stand on the use of diagnoses and prescription medication. Read the scathing critique of DSM-5 and then use your clinical judgment accordingly.

***Smoking Cigarettes, Eating Glass: A Psychologist’s Memoir*** By Annita Sawyer

A harrowing, heroic, and redeeming story of the author’s battle with mental illness, and her triumph in overcoming it. In 1960, as a suicide teenager, she institutionalized, misdiagnosed, and suffered through 89 electroshock treatments before being transferred, labeled as “unimproved”. The damage done has haunted her life. Discharged in 1966, after finally receiving proper psychiatric care, she kept her past secret and move onto graduate from Yale, raise two children, and become a respected psychotherapist. Revisiting scenes from her childhood, and assembling pieces of a lost puzzle, this as a cautionary tale of careless psychiatric diagnosis and treatment, both 50 years ago and today. An informative story about understanding PTSD and making emotional sense of events that can lead a soul of darkness. Most of all, a story of perseverance, pain, acceptance, healing, hope, and success.

***Stir It Up: Lessons in Community Organizing and Advocacy*** By Rinku Sen

Synopsis: The author uses her experiences rallying for economic justice with women’s groups to outline priorities and strategies to advance the mission of social change groups.

What Social Workers Can Learn: Learn how to rally for justice and strategize for social change.

***Tell Them Who I Am: The Lives of Homeless Women*** By Elliot Liebow

Tells the stories of women, who for one reason or another have ended up homeless. By accompanying these women in their everyday lives, he gains insight into their situation and manages to combat the social stigma surrounding homelessness in the United States.

UNI Stacks HV4506.W2 L54 1993

***The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma***

by Bessel A. van der Kolk

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Such experiences inevitably leave traces on minds, emotions, and even on biology. Sadly, trauma sufferers frequently pass on their stress to their partners and children.

Renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In The Body Keeps the Score, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain’s wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk’s own research and that of other leading specialists, The Body Keeps the Score offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.

UNI Stacks RC552.P67 V355 2014

***The Bully Society: School Shootings and the Crisis of Bullying in America’s Schools*** By Jessie Klein

Synopsis: Violence in schools is often perceived as acting “aggressive” and “masculine” in an effort to be popular. Klein explores the underlying causes of anxiety, eating disorders, suicide, depression, truancy and substance abuse.

What Social Workers Can Learn: Grapple with the emotional damage that gender policing can cause without having to re-experience high school.

UNI Online No Call Number E-RESOURCE

UNI Stacks BF637.B85 K584 2012

***"The Deepest Well"*** by Dr. Nadine Burke Harris

A pioneering physician reveals how childhood stress leads to lifelong health problems and what we can do to break the cycle.

Dr. Nadine Burke Harris was already known as a crusading physician delivering targeted care to vulnerable children. But it was Diego—a boy who had stopped growing after a sexual trauma—who galvanized her to dig deeper into the connections between toxic stress and the lifelong illnesses she was tracking among so many of her patients and their families. A survey of more than 17,000 adult patients’ “adverse childhood experiences,” or ACEs, like divorce, substance abuse, or neglect, had proved that the higher a person’s ACE score the worse their health—and now led Burke Harris to an astonishing breakthrough. Childhood stress changes our neural systems and lasts a lifetime.

Through storytelling that delivers both scientific insight and moving stories of personal impact, Burke Harris illuminates her journey of discovery, from research labs nationwide to her own pediatric practice in San Francisco’s Bayview-Hunters Point. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the innovative and acclaimed health interventions outlined in The Deepest Well will represent vitally important hope for change.

UNI Stacks RJ506.P66 B87 2018

***The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children*** By Ross W. Greene

An experienced therapist offers groundbreaking and compassionate techniques for helping chronically inflexible children, who suffer from excessively immoderate tempers, showing how brain-based deficits contribute to these problems and offering positive and constructive ways to calm things down.

***The Family Guide to Mental Health Care*** By Lloyd I. Sederer

More than fifty million people a year are diagnosed with some form of mental illness. It spares no sex, race, age, ethnicity, or income level. And left untreated, mental disorders can devastate our families and communities. Family members and friends are often the first to realize when someone has a problem, but it is hard to know how to help or where to turn. Our mental health “system” can feel like a bewildering and frustrating maze. How can you tell that someone has a mental illness? What are the first and best steps for you to take? Where do you go to find the right care? The Family Guide to Mental Health Care is the first comprehensive print resource for the millions of people who have loved ones suffering from some kind of mental illness. In this book, families can find the answers to their most urgent questions. What medications are helpful and are some as dangerous as I think? Is there a way to navigate privacy laws so I can discuss my adult daughter’s treatment with her doctor? Is my teenager experiencing typical adolescent distress or an illness? From understanding depression, bipolar illness and anxiety to eating and traumatic disorders, schizophrenia, and much more, readers will learn what to do and how to help. Real-life scenarios and authoritative information are written in a compassionate, reader-friendly way, including checklists to bring to a doctor’s appointment so you can ask the right questions. For readers who fear they will never see the light at the end of the tunnel, this book gives hope and a path forward. As one of the nation’s leading voices on quality care in mental health, Dr. Lloyd Sederer has played a singular role in advancing services for those with mental illness. Now, the wealth of his expertise and clear guidance is at your disposal. From the first signs of a problem to sorting through the variety of treatment options, you and your family will be able to walk into a doctor’s office know what to do and what to ask.

***The Glass Castle*** By Jeannette Walls

A remarkable memoir of resilience and redemption, and a revelatory look into a family at once deeply dysfunctional and uniquely vibrant. When sober, Jeannette’s brilliant and charismatic father captured his children’s imagination, teaching them physics, geology, and how to embrace life fearlessly. But when he drank, he was dishonest and destructive. Her mother was a free spirit who abhorred the idea of domesticity and didn’t want the responsibility of raising a family. The Walls children learned to take care of themselves. They fed, clothed, and protected one another, and eventually found their way to New York. Their parents followed them, choosing to be homeless even as their children prospered. Truly astonishing – a memoir permeated by the intense love of a peculiar buy loyal family.

UNI Stacks HV5132 .W35 2005

***The Habit of Surviving: Black Women's Strategies for Life***

by Kesho Yvonne Scott

Four Black women talk candidly about their lives, their roles as wives, mothers, and daughters, and their work, set within the context of the history of Black women in America.

***The Last Time I Wore a Dress*** By Daphne Scholinksi

At fifteen years old, Daphne Scholinski was committed to a mental institution and was diagnosed with “Gender Identity Disorder”; spending three years and over a million dollars “treating” the problem…with makeup lessons and instructions in how to walk like a girl.

***The Naked Truth: Young, Beautiful, and (HIV) Positive*** By Marvelyn Brown with Courtney Martin

At nineteen, Marvelyn Brown was lying in a stark white hospital bed feeling hopeless. As a former track and basketball athlete, she was in the best shape of her life, but was battling a sudden illness in the ICU. It never occurred to Brown that she might be HIV positive.

***The New Jim Crow: Mass Incarceration in the Age of Colorblindness*** By Michelle Alexander

Synopsis: Once in a great while a book comes along that changes the way we see the world and helps to fuel a nationwide social movement. The New Jim Crow is such a book. Praised by Harvard Law professor Lani Guinier as "brave and bold," this book directly challenges the notion that the election of Barack Obama signals a new era of colorblindness. With dazzling candor, legal scholar Michelle Alexander argues that "we have not ended racial caste in America; we have merely redesigned it." By targeting black men through the War on Drugs and decimating communities of color, the U.S. criminal justice system functions as a contemporary system of racial control—relegating millions to a permanent second-class status—even as it formally adheres to the principle of colorblindness. In the words of Benjamin Todd Jealous, president and CEO of the NAACP, this book is a "call to action."

UNI Stacks HV9950 .A437 2010

***The privilege of youth: a teenager's story of longing for acceptance and friendship*** By Dave Pelzer

Subjects: Subjects: Foster children -- California -- Biography; Teenage boys -- California -- Biography; Social acceptance

UNI Stacks HV887.U52 C256 2004

***They Cage the Animals at Night*** By Jennings Michael Burch

At the age of eight, the author began a three-year odyssey through a series of orphan asylums and foster homes, punctuated by episodes of living in the streets – a journey through a world of hostile strangers, abusive adults, and suspicious children.

UNI Stacks HQ775 .B829 1984

***Three Little Words*** By Ashley Rhodes Courter

Synopsis: Courter chronicles her journey through 14 different foster homes, shuttling between schools and caseworkers, and enduring abuse from her foster family. Read more about this memoir in a previous article: Alumna’s Memoir Headed to the Big Screen

What Social Workers Can Learn: Pinpoint potential pitfalls in the foster care system and develop new ways to resolve issues, as well as educate others.

UNI Youth Coll Y 813 R c.2

***Tweak: Growing Up on Methamphetamines*** By Nic Sheff

Nic Sheff was drunk for the first time at age eleven. In the years that followed, he would regularly smoke pot, do cocaine and ecstasy, and develop additions to crystal meth and heroin. In a voice that is raw and honest, Nic spares no detail in telling us the compelling, heartbreaking, and true story of his relapse and the road to recovery.

***Walking: A Memoir of Trauma and Transcendence*** By Matthew Sanford

Matthew Sanford’s life and body were irrevocably changed at 13 when his family’s car skidded off a snowy Iowa overpass, killing his father and sister and leaving him paralyzed from the chest down. This pivotal event set Matt on a lifelong journey, from his ICU experiences at Mayo Clinic to becoming a paralyzed yoga teacher and found of a nonprofit organization.

***What You Must Think of Me: A Firsthand Account of One Teenager’s Experience with Social Anxiety Disorder*** By Emily Ford, Michael R. Liebowitz, and Linda Wasmer

We’ve all felt occasional pages of shyness and self-consciousness, but for the 15 million Americans with social anxiety disorder, the fear of being scrutinized and criticized can reach disabling proportions. Such was the case for Emily, who shares her experience.

ONLINE ACCESS

***When Chickenheads Come Home to Roost: A Hip-Hop Feminist Breaks It Down*** By Joan Morgan

When Chickenheads Come Home to Roost is a decidedly intimate look into the life of the modern black woman: a complex world where feminists often have not-so-clandestine affairs with the most sexist of men; where women who treasure their independence often prefer men who pick up the tab; where the deluge of babymothers and babyfathers reminds black women, who long for marriage, that traditional nuclear families are a reality for less than 40 percent of the African-American population; and where black women are forced to make sense of a world where "truth is no longer black and white but subtle, intriguing shades of gray." Morgan ushers in a voice that, like hiphop - the cultural movement that defines her generation - samples and layers many voices, and injects its sensibilities into the old and flips it into something new, provocative, and powerful.

***White Fragility: Why It’s So Hard for White People to Talk About Racism***

by Robin DiAngelo

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, anti-racist educator Robin DiAngelo examines how white fragility develops, how it protects racial inequality, and what can be done to engage more constructively.

***Women, Race, and Class*** By Angela Y. Davis

A powerful study of the women's movement in the U.S. from abolitionist days to the present that demonstrates how it has always been hampered by the racist and classist biases of its leaders.

***Why Be Happy When You Could Be Normal?*** By Jeanette Winterson

Winterson delves into a lifetime of searching for happiness and her biological mother after experiencing abuse by her adoptive mother and discovering her love for words and women.

What Social Workers Can Learn: Wrangle with the complications of the adoption process and the surprising places people find their strength.

UNI Browsing PR6073.I558 A3 2012

***Working with Aggressive Youth*** By [Daniel Daly](https://www.amazon.com/s/ref%3Ddp_byline_sr_book_1?ie=UTF8&text=Daniel+Daly&search-alias=books&field-author=Daniel+Daly&sort=relevancerank)

Synopsis: Angry, aggressive, or violent youth threaten the well-being of themselves, other children, and caregivers in any setting schools, foster care, group homes, or mental health facilities. They may need medication and therapy to treat their problems, but they also must learn how to control negative thoughts and emotions without turning to aggressive behavior. Professionals learn how to build good relationships with youth and teach them prosocial behavior. Also offered are sample treatment plans to address both proactive and reactive aggression in youth and guidelines on how to promote a safe environment for the children in your care. Included is a social skills chart that can be used as an easy reference guide by caregivers as they teach new skills to replace old aggressive behaviors. The chart shows which skills work best with specific types of behaviors. This book can help teachers, school counselors, social workers, probation officers, psychologists, foster parents, child care staff, and administrators teach angry youth how to calm down, use self-control strategies, and solve problems in positive ways.

**Other:**

This is a guide that MSW student created when she was the Rod Library Youth Collection's GA. It provides lots of resources on children and mental health, with a special focus on materials for a youth audience, including books for a wide range of ages.

Mental health conditions and disorders affect a variety of individuals within the United States, including children and teens. As of 2015, 43.4 million adults were coping with a mental illness within the past year, and one out of every five children were living with a mental health concern. Therefore, it is likely that at some point or another most children and teens will be exposed to an individual with a mental illness, if not personally impacted. Childhood and adolescence is not an uncommon period for symptoms of a mental illness to begin appearing for the first time (NIMH). Talking about mental health can be overwhelming and at times, parents or educators may not know where to begin. Literature can be an excellent tool for getting the conversation started or relating to children and young adults affected by mental illness. This guide is intended to provide a comprehensive list of books organized by age level that address topics of mental illness. Some of the books are nonfiction and informational, some have characters that are coping with a mental illness themselves, and others have characters with a family member, friend, or other loved one with a mental illness. On each page of this guide you will find a brief description of the mental illness along with more resources relevant to the topic.

<http://guides.lib.uni.edu/mhyouth>

When a Line Becomes a River

There There

The spirit catches you and you fall down

Dopesick

Nickel and Dimed

Choosing Civility: the twenty-five rules of considerate conduct

The Fred Factor

Days in the Lives of Social Workers

Rosa Lee – Leon Dash

The new Human Rights Revolution – Pete Joseph