

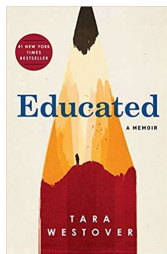
National CASA/GAL Association 2019 Fall Reading List

BOOK LIST: PAGES 1-6

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BOOK LIST

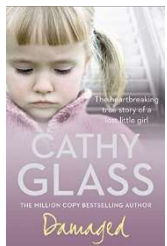
Abuse



***Educated* by: Tara Westover**

Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home.

<http://www.worldcat.org/oclc/1090541099>

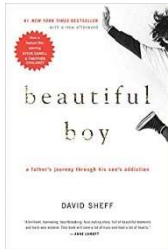


***Damaged* by: Cathy Glass**

A true story of an abused child written by Cathy Glass. Cathy was Jodie's foster parent and writes about the time she spent with her child. Jodie is removed from her home when she is eight years old because of suspected child abuse by her parents. After being in five foster homes within four months, social services contacted Cathy to see if she would take Jodie and care for her. Cathy has been a foster parent for twenty years and has had success with all the children for whom she has cared.

<http://www.worldcat.org/oclc/253187386>

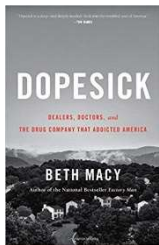
Addiction



Beautiful Boy by: David Sheff

“A teenager's addiction from the parent's point of view - a real-time chronicle of the shocking descent into substance abuse and the gradual emergence into hope.”

<http://www.worldcat.org/oclc/1054991440>

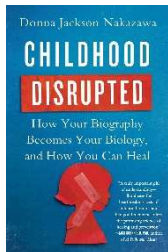


Dope Sick by: Beth Macy

“Chronicles America's more than twenty-year struggle with opioid addiction, from the introduction of OxyContin in 1996, through the spread of addiction in distressed communities in Central Appalachia, to the current national crisis.”

<http://www.worldcat.org/oclc/1084697555>

Adverse Childhood Experiences (ACEs)

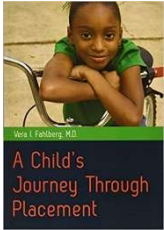


Childhood Disrupted: How your biography becomes your biology, and how you can heal by: Donna Jackson Nakazawa

“Your biography becomes your biology. The emotional trauma we suffer as children not only shapes our emotional lives as adults, but it also affects our physical health, longevity, and overall wellbeing. Scientists now know on a bio-chemical level exactly how parents chronic fights, divorce, death in the family, being bullied or hazed, and growing up with a hypercritical, alcoholic, or mentally ill parent can leave permanent, physical fingerprints on our brains. When children encounter sudden or chronic adversity, stress hormones cause powerful changes in the body, altering the body's chemistry. The developing immune system and brain react to this chemical barrage by permanently resetting children's stress response to high, which in turn can have a devastating impact on their mental and physical health as they grow up. Donna Jackson Nakazawa shares stories from people who have recognized and overcome their adverse experiences, shows why some children are more immune to stress than others, and explains why women are at particular risk.”

<http://www.worldcat.org/oclc/928480772>

Child Welfare

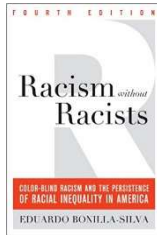


***A Child's Journey Through Placement* by: Dr. Vera Fahlberg**

"Although much is available in the child welfare literature about families and casework process and procedures, there is little literature available that has the child as its primary focus. This book focuses on a child's feelings, needs, and behaviors once the decision has been made to place the child in foster care."

<http://www.worldcat.org/oclc/424956116>

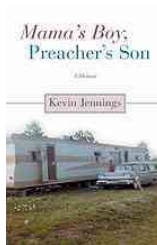
Cultural Awareness



***Racism without racists: Color-blind racism and the persistence of racial inequality in the U.S.* by: Eduardo Bonilla-Silva**

"Eduardo Bonilla-Silva's acclaimed *Racism without Racists* documents how, beneath our contemporary conversation about race, there lies a full-blown arsenal of arguments, phrases, and stories that whites use to account for--and ultimately justify--racial inequalities. The fifth edition of this provocative book makes clear that color blind racism is as insidious now as ever. It features new material on our current racial climate, including the Black Lives Matter movement; a significantly revised chapter that examines the Obama presidency, the 2016 election, and Trump's presidency; and a new chapter addressing what readers can do to confront racism--both personally and on a larger structural level"

<http://www.worldcat.org/oclc/973481548>

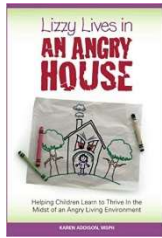


***Mama's Boy: Preacher's Son* by: Kevin Jennings**

"Growing up poor in the South, Kevin Jennings learned a lot of things, especially about how to be a real man. When his father, a fundamentalist preacher, dropped dead at his son's eighth birthday party, Kevin already knew he wasn't supposed to cry. He also knew there was no salvation for homosexuals, who weren't "real men"--Or Christians, for that matter. But Jennings found his salvation in school, inspired by his mother. Self-taught, from Appalachia, her formal education had ended in sixth grade, but she was determined that her son would be the first member of their extended family to go to college, even if it meant going North. Kevin, propelled by her dream, found a world beyond poverty. He earned a scholarship to Harvard and there learned not only about history and literature, but also that it was possible to live openly as a gay man. But when Jennings discovered his vocation as a teacher and returned to high school to teach, he was forced back into the closet. He saw countless teachers and students struggling with their sexual orientation and desperately trying to hide their identity. For Jennings, coming out the second time was more complicated and much more important than the first--because this time he was leading a movement for justice."

<http://www.worldcat.org/oclc/876236500>

Domestic Violence



***Lizzy Lives in An Angry House* by: Karen Addison**

“This practical resource will help countless children, families and trusted adults make sense of an angry parent, show how to love them and still be able to stand up and speak up, and teach ways to keep themselves safe.”

<http://www.worldcat.org/oclc/960910963>

Education

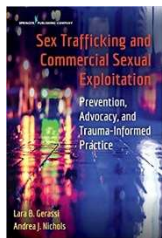


***Helping Foster Children In School: A Guide for Foster Parents, Social Workers and Teachers* by: John DeGarmo**

“This book explores the challenges that foster children face in schools and offers positive and practical guidance tailored to help the parents, teachers and social workers supporting them.”

<http://www.worldcat.org/oclc/1091637691>

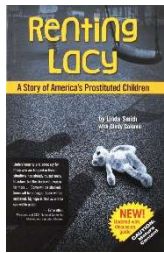
Human Trafficking



***Sex Trafficking and Commercial Sexual Exploitation: Prevention, Advocacy, and Trauma Informed Practice* by: Lara B. Gerassi and Andrea j. Nichols**

“Analyses the current research and best practices for working with children, adolescents, and adults involved in sex trafficking and commercial sexual exploitation (CSE). With a unique, research-based focus on practice, the book synthesizes the key areas related to working with victims of sex trafficking / CSE, including prevention, identification, practice techniques, and program design.”

<http://www.worldcat.org/oclc/1029008922>

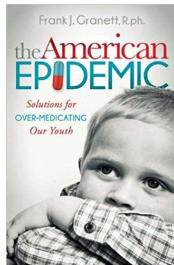


***Renting Lacy: A Story of America's Prostituted Children* by: Linda Smith**

"To millions of Americans, the trafficking of children for commercial sexual purposes only happens somewhere else - in Southeast Asia or Central America - not on Main Street USA. Yet, it is abundantly clear that today at least 100,000 children are being used as commodities for sale or trade in cities across the nation. These kids are 21st Century slaves. They cannot walk away."

<http://www.worldcat.org/oclc/894576801>

Mental Illness

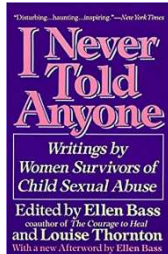


***The American Epidemic: Solutions for Over-Medicating Our Youth* by: Dr. Frank J. Granett**

Dr. Granett "provides new knowledge for parents, educators, all healthcare professionals, and public health policymakers to determine the cause of behavioral symptoms prior to psychoactive drug therapy in children."

<http://www.worldcat.org/oclc/871333820>

Sexual Abuse

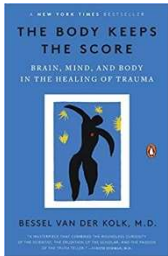


***I Never Told Anyone* by: Ellen Bass**

Deeply moving testimonies by women survivors of child sexual abuse.

<http://www.worldcat.org/oclc/1088198833>

Trauma



***The Body Keeps the Score* by: Dr. Bessel Van Der Kolk**

"This book uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity."

<http://www.worldcat.org/oclc/965918622>

FILM AND TELEVISION LIST

The National CASA/GAL Association offers the following list of films and television programs to help improve and inspire your service to children. Almost all items on this list were suggested by volunteers and supporters. *Please note that not all films have been viewed by National CASA/GAL Staff.*

MOVIES/DOCUMENTARIES

Abuse



A Mother's Love (Cancer Hoax Documentary)

"Tells the inside story of a mother, Terri Milbrandt, who pretended her daughter had cancer and appealed to her close-knit community for help to pay the medical bills."

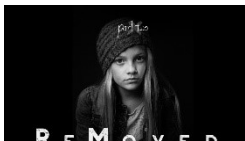
<https://www.youtube.com/watch?v=GuOJpikr5hQ>



Removed

Explores from a 10-year-old child's point of view of the emotional journey of being taken from her home and placed in the foster care system.

<https://www.youtube.com/watch?v=IOeQUwdAjE0>



Removed Part 2: Remember My Story

"Stuck in the abyss of the foster care system, Zoe's life finally begins to move forward until unexpectedly what she holds dearest is taken away from her yet again and she is left to pick up the pieces of her tender heart."

<https://www.youtube.com/watch?v=I1fGmEa6WnY>

Addiction



Hey Charlie

This video is told from the perspective of a teenager and his family and shows how quickly the use of banned substances in social situations almost seamlessly spirals into an addiction to opiates.

<https://www.youtube.com/watch?v=wXZPyrhYqiM>

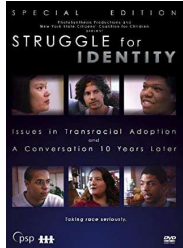


Breaking Points

“Includes candid perspectives from high-school and college students, as well as nationally recognized experts, challenging the misperceived “safety” and effectiveness of using prescription stimulants without a doctor’s prescription. It serves as a catalyst to inform discussions about what parents and communities can do to support teens struggling to manage stress.”

<https://www.youtube.com/watch?v=SaiGJzsfG30>

Adoption



Struggle for Identity: Issues in Transracial Adoption

“A thought-provoking 20-minute video presenting a group of adoptees who discuss their experiences growing up in transracial adoptive families. They delve into complex issues such as confronting stereotypes, fitting in with their culture of origin and learning to define themselves in terms of race and culture.”

<https://www.cultureunplugged.com/documentary/watch-online/play/51562/Struggle-for-Identity--Issues-in-Transracial-Adoption-Special-Edition>

Adverse Childhood Experiences (ACEs)

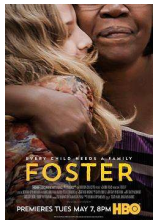


Ted Talk: How childhood trauma affects health across a lifetime

“Childhood trauma isn’t something you just get over as you grow up. Pediatrician Nadine Burke Harris explains that the repeated stress of abuse, neglect and parents struggling with mental health or substance abuse issues has real, tangible effects on the development of the brain.”

<https://www.youtube.com/watch?v=95ovIJ3dsNk>

Child Welfare



Foster

This film features numerous individuals in the foster care system; however, the inspiration for this film started with just one child.

<https://www.hbo.com/documentaries/foster>

Cultural Awareness



Foster Care's Invisible Youth

“Seven LGBTQ youth from the foster care system share their stories. Failed by their families, these young people go on to face rejection from foster families, invisibility within the system and incredible obstacles to healthy development.”

https://www.youtube.com/watch?v=Wn1L8M_I-Cs

Domestic Violence



Private Violence Presents: Why We Stayed

A video about why women stay in abusive relationships. Beverly Gooden confronts the the question, “why doesn’t she just leave” by interviewing survivors and hearing from their own voice the impact abuse had on their lives.

<https://www.youtube.com/watch?v=IU50HksugZk>



Impact of Domestic Violence on Children

This film addresses the impact of domestic violence on children. “Research shows those impacts canlast a lifetime. Children exposed to violence in the home often experience psychosomatic illnesses, depression, and suicidal tendencies. Later in life, these children are at greater risk for substance abuse, teen pregnancy, and criminal behavior than those raised in homes without violence.”

<https://www.pbs.org/video/new-mexico-pbs-public-square-public-square-june-2013/>

Education



Ted Talk: Foster Care to College: A Crisis WE Can Solve

“Foster youth who exit the system at 18 have less than a 4% chance to ever complete college. There is a 25% chance they will be homeless. Higher education administration and faculty need to be part of the solution by rethinking local engagement in order to help this group of youth be prepared, apply, and complete college.”

<https://www.youtube.com/watch?v=IKI6SDec7Gc>

Human Trafficking/Exploitation



Selling the Girl Next Door

This documentary “takes viewers into the world of underage American girls caught up in the violent sex trade. Hundreds of thousands of girls under the age of 18 are ensnared into lives of prostitution annually, according to the National Center for Missing & Exploited Children. Many are runaways or “throwaways” trapped in “the oldest profession” by pimps who sell them using modern sales and marketing techniques.”

<https://www.youtube.com/watch?v=S4kil67IIDs>

Mental Illness



Medicating Kids

This documentary “examines the dramatic increase in the prescription of behavior-modifying drugs for children. Are these medications really necessary--and safe--for young children, or merely a harried nation's quick fix for annoying, yet age-appropriate, behavior?”

<https://vimeo.com/12657422>

Sexual Abuse



Leaving Neverland

A two-part documentary exploring the separate but parallel experiences of two young boys, James Safechuck, at age 10, and Wade Robson, at age 7, both of whom were befriended by Michael Jackson. This the film crafts a portrait of sustained abuse, exploring the complicated feelings that led both men to confront their experiences after both had son's of their own.

<https://www.hbo.com/documentaries/leaving-neverland>

Trauma



Paper Tigers

“The principal of Lincoln High School changes his school's approach to discipline to help students overcome traumatic events.”

<https://www.amazon.com/Paper-Tigers-Jim-Sporleder/dp/B01KKYEZ1A>