

**Suggested Book & Movie List**  
**CASA of Santa Cruz County**

For additional resources, go to: <http://www.cadvocates.org/booklist.htm>

**Videos**

“White Oleander”  
“I Am Sam”  
“Antoine Fisher”  
“Dangerous Minds”  
“Lean On Me”  
“Stand and Deliver”  
“Boyz N The Hood”  
“On Golden Pond”  
“Thirteen”  
“To Sir With Love”  
“Anne of Green Gables”  
“Music Within”  
“America” with Rosie O’Donnell  
“Juno”  
“Snow Dogs”  
“Angels in the Outfield”  
“Witch Hunt” (2009) – Narrated by Sean Penn  
“Frozen Lake”  
“Martian Child”  
“The Pursuit of Happyness”  
“Radio Flyer”

**Books on Tape**

“Healing Trust: Rebuilding the Broken Bond for the Child with Reactive Attachment Disorder.”  
(3 CDs) – can be borrowed from the CASA library

"When Love is Not Enough" about kids with RAD, ADD, ODD, PTSD, Bipolar, Depression,  
Asperger's, Attachment Disorder." (8 CDs) – can be borrowed from the CASA library

**Books**

Angelou, Maya. (1996). I Know Why the Caged Bird Sings.

Maya Angelou confronts her own life with moving wonder and luminous dignity.

Bass, Ellen & Davis, Laura. (1988). The Courage to Heal: A Guide for Women Survivors of  
Child Sexual Abuse.

Black, Claudia. (1987). It Will Never Happen To Me.

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Describes the roles children in alcoholic families adopt, the problems they face in adulthood as a result, and what they can do to break the pattern of destruction.

Bradshaw, J. (1988). Healing the Shame That Binds You.

This book breaks new ground in the core issues of societal and personal breakdown, offering new techniques of recovery vital to all of us.

Briere, J. (1992). Child Abuse Trauma: Theory and Treatment of the Lasting Effects.

An excellent book for understanding the effects of and treatment for abuse

Canada, G. (1998). Reaching Up For Manhood: Transforming the Lives of Boys in America.

Clark, C. (2004). Hurt: Inside the World of Today's Teenagers.

Courter, G. (1996). I Speak for This Child.

This is a first hand account by a CASA /GAL in Florida.

Desetta, Al (Ed.). (1996). The Heart Knows Something Different! Teenage Voices From The Foster Care System. This book contains over three dozen personal narratives by young writers ages 15-20 and provides an insider's account of growing up in "the system."

Doyle, Roddy. (1996). The Woman Who Walked into Doors.

Shows the inner life of a battered woman.

Faber, Adele & Mazlish, Elaine. (1980). How to Talk So Kids Will Listen & Listen So Kids Will Talk.

Fahlberg, Vira. (1991). A Child's Journey Through Placement.

Finnegan, W. (1998). Cold New World: Growing Up in a Harder Country.

This book addresses adolescent gang involvement.

Fitch, Janet. (1999). White Oleander.

A story about a teenaged girl's arduous 6-year journey through foster care.

Forbes, Heather T. & Post, Dr. B. Bryan. (2006). Beyond Consequences, Logic, and Control: A Love-Based Approach to Helping Attachment-Challenged Children with Severe Behaviors.

George, Elizabeth. (2006). What Came Before He Shot Her. A richly detailed portrait of how difficult it is for low-income families living in poor neighborhoods to work themselves out of poverty.

Gibbons, Kaye. (1987). Ellen Foster. An 11 year-old orphan survives appalling situations until she finds safe harbor in a good foster home.

- Grandin, T. (1996). Thinking in Pictures and Other Reports From My Life With Autism.  
Written by an autistic woman, this book details how she successfully designs animal-handling facilities. It also discusses many aspects of autism, including the use of psychotropic medications.
- Haddon, Mark. (2003). The Curious Incident of the Dog in the Nighttime. A story told from the perspective of a young boy with autism.
- Harrison, Kathy. (2004). Another Place at the Table.  
A foster mother in New England writes about her experiences fostering and adopting children.
- Hayden, Torey L. (1999). Ghost Girl: The True Story of a Child in Peril and the Teacher Who Saved Her. An amazing, true story about ritual abuse. *Includes very graphic language*.
- Hayden, Torey L. (1996). The Tiger's Child. This is Hayden's sequel to her best-selling One Child (1981), the story of an abandoned autistic child. Here, Hayden describes in detail what happened to Sheila from the age of six to 16, a decade filled with tension, a search for understanding, and profound moments of love.
- Herman, Judith. (1997). Trauma and Recovery: The Aftermath of Violence - from Domestic Abuse to Political Terror.
- Hersch, P. (1998). A Tribe Apart: A Journey into the Heart of American Adolescence.  
A description of the dependency court system in Santa Clara County.
- Hubner, J. & Wolfson, J. (2003). Somebody Else's Children: The Courts, The Kids, and the Struggle to Save America's Troubled Families. Award-winning California reporters Hubner and Wolfson follow children and their families through shelters, courts and foster homes to see how the system really works.
- Humes, E. (1996). No Matter How Loud I Shout.  
A description of one of the dependency courts in Los Angeles.
- James, Beverly. (1989). Treating Traumatized Children.
- Jamison, K.R. (1995). An Unquiet Mind.  
A psychologist who is bipolar describes her life and struggles with manic depressive illness.
- Jennings, M.B. (1985). They Cage the Animals at Night: The True Story of A Child Who Learned to Survive.  
A true story of a child who learned to survive in orphanages before the development of our present child protective system.

Karr-Morse, Robin & Wiley, Meredith S. (1998). Ghosts From the Nursery: Tracing the Roots of Violence.

Gives startling new evidence that violent behavior is fundamentally linked to abuse and neglect in the first 5 years of life.

Kingsolver, Barbara. (1993). Pigs in Heaven.

This book concerns the Indian Child Welfare Act and issues of Native American culture.

Luthar, S. & Zigler, E. (1991). *Vulnerability and Competence: A Review of Research on Resilience in Childhood.* American Journal of Orthopsychiatry, 61(1), 6-22.

A review article that details what is known about what makes children resilient in the face of trauma.

McAlister Groves, B. (2003). Children Who See Too Much: Lessons from the Child Witness to Violence Project.

Nelson, J., et al. (1999). Positive Discipline from A-Z: From Toddlers to Teens.

1001 solutions to everyday parenting problems. [Jane Nelson also has individual positive discipline books specifically for infants & toddlers, preschoolers, and teenagers.]

Parent, M. (1996). Turning Stones.

A description of CPS investigating services written by a former social worker in New York City.

Pelzer, D. (1995). A Child Called "It".

The author describes his own life in an abusive home from age 4 to 12.

Pelzer, D. (1997). The Lost Boy. This is the sequel to his first book. Describes the author's experience in foster care, from age 12-18.

Pelzer, D. (2000). A Man Named Dave.

This is the final book in the author's trilogy and describes his experiences as an adult.

Pelzer, R. (2005). A Brother's Journey: Surviving A Childhood of Abuse.

In this gripping, deeply troubling memoir, a follow-up to his brother David's bestselling *A Child Called It*, Pelzer reveals the unyielding suffering he says he experienced at the hands of his depraved mother growing up in the 1970s.

Pipher, M. (1995). Reviving Ophelia.

This book describes the traumas and stresses facing adolescent girls today.

Quindlen, A. (1999). Black and Blue.

A novel about a woman in an abusive marriage.

Sheff, D. (2008). Beautiful Boy: A Father's Journey Through His Son's Addiction.

Expanding on his New York Times Magazine article, Sheff chronicles his son's downward spiral into addiction and the impact on him and his family.

Sheff, N. (2008). Tweak: Growing Up on Methamphetamines.

Nic Sheff's powerful memoir of drug abuse and alcohol addiction.

Shirk, M. (2005). On Their Own: What Happens to Kids When They Age Out of the Foster Care System?

Silber, K. & Dorner, M. (1990). Children of Open Adoption and Their Families.

Case studies of children in open adoptions.

Summit, R. (1983). *The Child Sexual Abuse Accommodation Syndrome*. Child Abuse & Neglect, 7, 177-193.

An important article – one of the first to recognize why children react in unexpected ways to the trauma of sexual abuse.

Terr, L. (1992). Too Scared to Cry.

Written by an expert in the field of childhood trauma, this book describes how trauma affects children.

Toth, J. (1998). Orphans of the Living.

Case studies of children in foster care in North Carolina, Los Angeles and Chicago. Follows the children's lives over a period of several years.

Walls, Jeannette. (2005). The Glass Castle: A Memoir.

The author chronicles her upbringing at the hands of eccentric, nomadic parents: a frustrated-artist mother, and a brilliant, alcoholic father.

Way, N. & Chu, J. (2004). Adolescent Boys: Exploring Diverse Cultures of Boyhood.

An anthology of research on the development of boys from diverse backgrounds.

Williams, D. (1994). Nobody, Nowhere.

The author details her struggle as an autistic woman.