

National CASA/GAL Association 2020 Spring/Summer Book, Media and Webinar List

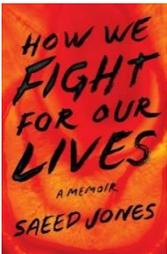
BOOK LIST: PAGES 1-7

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BOOKS

Cultural Awareness



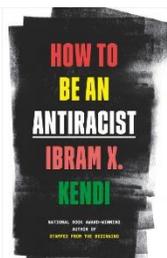
***How We Fight for Our Lives: A Memoir:* by Saeed Jones**

In powerful poetry and prose, Saeed Jones recounts his experiences growing up as a young, black, gay man in rural Texas. In powerful poetry and prose, Saeed Jones recounts his experiences growing up as a young, black, gay man in rural Texas.

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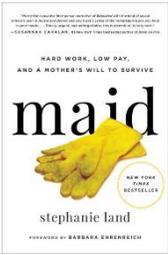
***How To Be An Antiracist: A Memoir:* by Ibram X. Kendi**

Despite the nature of its title, Kendi has gifted us with a book that is not only an essential instruction manual but also a memoir of the author's own path from anti-black racism to anti-white racism and, finally, to antiracism.

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Maid: Hard Work, Low Pay and a Mother's Will to Survive: by Stephanie Land

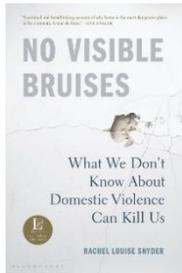
In her unstinting memoir — a portrait of working-class poverty in America — Land scrapes by on \$9 an hour cleaning houses to support herself and her young daughter.

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Domestic Violence

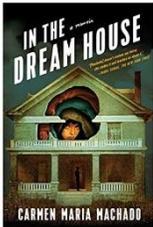


No Visible Bruises: by Rachel Snyder

Snyder highlights an epidemic of unacknowledged violence. Fifty women a month are shot and killed by their partners, and she explores the problem from multiple perspectives: the victims, the aggressors and a society that turns a blind eye.

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In The Dream House: by Carmen Maria Machado

This memoir, which tells the story of Machado's abusive relationship with another woman, is an act of personal and formal bravery.

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Novels

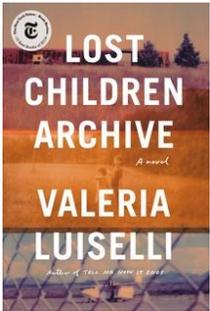
Dumpster Doll: The Early Years: by Michelle Mays and Michelle Moon

Michelle Mays was born into an abusive family in the Midwest. As she and her siblings cling to survival, the balance of family ties is weighed against alcoholism, drug abuse, abandonment, and despair. Hope dawns in the form of foster care, only to be deferred by multiple placements and a system not equipped to support the children it's meant to protect.

Through powerful vignettes of a life disjointed, Mays's story is a journey of hope that is echoed in the experiences of thousands of children in the court and foster care systems today. *Dumpster Doll* is brave not because it is unique, but because it unflinchingly shines a light on family turmoil, flaws in judicial systems, and ultimately, the grit and tenacity that thousands of children exhibit each day just to make it through.

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Lost Children Archive: by Valeria Luiselli

There is an impressive and moving body of storytelling that has accumulated in the wake of the crisis of migrant children – lost, separated, incarcerated – at the U.S.-Mexico border. But if you're interested in the role that fiction can play, you must read Valeria Luiselli's marvelous book *Lost Children Archive*. It's structured as a road trip novel.

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The Early Years

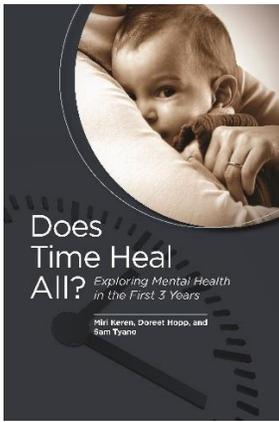


Pathways to Positive Parenting: Helping Parents Nurture Healthy Development in the Earliest Months: by Jolene Pearson

Jolene Pearson, BES, MS, PhD, IMH-E® (IV) An essential resource for all professionals who work with families of infants, this valuable handbook serves as a parent educator's guide to coaching and supporting new parents. The curriculum provides professionals with innovative teaching techniques, and practical and effective strategies that are field-tested, science-based and can be applied immediately in work supporting the development of positive parenting skills. The book also includes information on important topics such as postpartum depression, tummy time, breastfeeding, Safe to Sleep, and coping with crying.

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***Does Time Heal All? Exploring Mental Health in the First 3 Years:* by Miri Keren, MD; Doreet Hopp, PhD; Sam Tyano, MD**

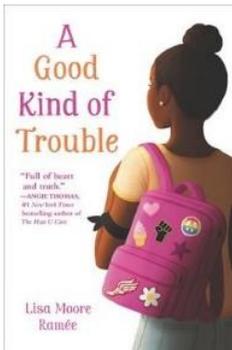
In this book, the authors (Miri Keren, MD; Doreet Hopp, PhD; Sam Tyano, MD) seek to debunk the idea that all troubling behaviors arising in early childhood will simply “pass with time,” asserting instead that every effort should be made to attempt diagnosis and treatment of truly abnormal issues early in life, while the baby’s brain is still flexible and malleable. Not a guide, nor an ordinary textbook, *Does Time Heal All?*

Weaves together complex case and treatment descriptions that focus specifically on the interplay between genetic, biological, psychological, and cultural variables present both in the child and his or her environment. The resulting insights will fascinate and enrich all who seek to trace the thin line between normative behavior, even if extreme at times, and abnormal behavior caused by a psychological disorder requiring therapeutic intervention.

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Children’s Fiction



***A Good Kind of Trouble:* by Lisa Moore Ramée**

Why go looking for trouble when you can just keep your head down and stay out of it? Shayla’s pretty good at ignoring problems, but when a public trial of a policeman results in a verdict of not guilty, something changes. She’s your typical quiet girl, but maybe there’s something she can do to make a difference. If the biggest trend in 2019 children’s fiction was social awareness and activism, then *A Good Kind of Trouble* is the go-to example for how to do it right. Kids will come for the fun friendship drama, but they’ll stay for the tough questions: What does it mean to be “black enough,” and should some rules be broken? (For ages 8 to 12)

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General

***The Orchid and the Dandelion: Why Some Children Struggle and How All Can Thrive:* by Dr. Thomas Boyce**

This book looks at the resiliency of children and how to adapt our strategies so that all types of children can be successful. Dr. Boyce, a professor emeritus at the University of California, San Francisco has studied how stress affects children for nearly forty years and over time has developed his classifications of Orchids and

Dandelion children. Dandelions are kids who are adaptable, resilient and largely unphased by changes in their circumstances. Orchids, on the other hands, are more sensitive and react to change in biologically different ways. This book will teach us how children deal with stress and how to tailor our approaches so that we can support a full spectrum of children.

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How Children Succeed: Grit, Curiosity, and the Hidden Power of Character: by Paul Tough

Why do some children succeed while others fail? The story we usually tell about childhood and success is the one about intelligence: success comes to those who score highest on tests, from preschool admissions to SATs. But in *How Children Succeed*, Paul Tough argues that the qualities that matter more have to do with character: skills like perseverance, curiosity, optimism, and self-control.

How Children Succeed introduces us to a new generation of researchers and educators, who, for the first time, are using the tools of science to peel back the mysteries of character. Through their stories—and the stories of the children they are trying to help—Tough reveals how this new knowledge can transform young people’s lives. He uncovers the surprising ways in which parents do—and do not—prepare their children for adulthood. And he provides us with new insights into how to improve the lives of children growing up in poverty. This provocative and profoundly hopeful book will not only inspire and engage readers, it will also change our understanding of childhood itself.

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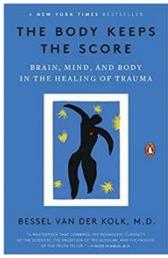
The Deepest Well by: Nadine Burke Harris MD

Through vivid storytelling that combines both scientific insight with deeply moving stories about her patients and their families, Burke Harris illuminates her journey of discovery from the academy to her own pediatric practice in San Francisco's poverty-ridden Bayview Hunters Point. She reroots the story of childhood trauma and its aftermath in science to help listeners see themselves and others more clearly.

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 ***The Deepest Well*** represents vitally important hope for change.

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***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.

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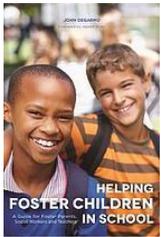
***Mindset: The New Psychology of Success* by: Carol Dweck, PhD**

In this brilliant book, Dr. Dweck shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a *fixed mind-set* - those who believe that abilities are fixed - are less likely to flourish than those with a *growth mind-set* - those who believe that abilities can be developed. *Mindset* reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment.

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Foster Care

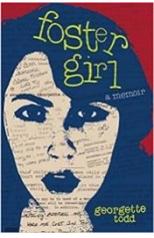


***Helping Foster Children In School: A Guide for Foster Parents, Social Workers and Teachers* by: John DeGarmo**

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.

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Foster Girl, A Memoir by: Georgette Todd

Foster Girl reveals what it feels like to grow up in foster care. Readers will come away from this book with a better understanding of how the foster care system works and what we can all do to make a difference.

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Another Place at the Table by: Kathy Harrison

Another Place at the Table is the story of life at our social services' front lines, centered on three children who, when they come together in Harrison's home, nearly destroy it. It is the frank first-person story of a woman whose compassionate best intentions for a child are sometimes all that stand between violence and redemption.

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MEDIA LIST (MOVIES/DOCUMENTARIES/PODCASTS)

Child Welfare

[Changing the Face of Foster Care, presented by the Children's Bureau \(podcast\)](#)

How can child welfare agencies, Federal partners, judicial and legal entities, and community organizations shift both the perception and application of foster care to one that supports families? Dr. Jerry Milner explains his support for systemic change across child welfare systems: where foster care is viewed as a last resort for families facing challenges in maintaining safe and stable homes for children and youth.

In this episode, Dr. Milner explains the Federal Government's role in facilitating community-based collaboration to support families. The conversation also focuses on increasing awareness of the needs of children, youth, and families involved in foster care, along with the value of ensuring foster care is used as a support for families instead of a substitute for parents.

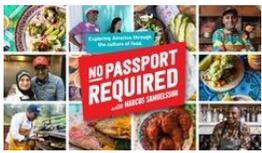
Topics discussed include the following:

- Changing the misconceptions regarding children, youth, and families impacted by foster care
- The importance of Title IV-E Reimbursement for legal services for parents, children, and youth
- How the Federal Government supports community-based prevention efforts
- The issues and trends State and local child welfare agencies are sharing with Dr. Milner

[The Trials of Gabriel Fernandez](#)

Available on Netflix.

The Trials of Gabriel Fernandez is a true crime docuseries **on Netflix**. It covers the horrific and devastating case of Gabriel Fernandez, an eight-year-old boy who was murdered by his mother and her boyfriend, and the repeated failure of social workers and police officers to intervene. The six-part series is based on the in-depth reporting of *LA Times* journalist Garret Therolf. While this is currently the most popular documentary on Netflix, it is a heartbreaking story. One bright spot is that it has inspired people across the country to learn more about becoming a CASA or GAL volunteer and the difference they could personally make in a child's life.



No Passport Required

Stream on PBS.

Hosted by Chef Marcus Samuelsson

Join chef Marcus Samuelsson on an inspiring journey across the U.S. to explore and celebrate the wide-ranging diversity of immigrant traditions and cuisine woven into American food and culture.

Indian Child Welfare Act-Educational Resource Video

View on YouTube.

Hear from Native American adults on their experiences with foster care and adoption as children before the enactment of the Indian Child Welfare Act.

We Shall Remain

View on YouTube.

We Shall Remain, a video by The Stylehouse Collective, was created to address the effects of historical trauma in our tribal communities. Many times, these untended wounds are at the core of much of the self-inflicted pain experienced in Native America. Much like fire, this pain can either be devastatingly destructive or wisely harnessed to become fuel that helps us to rise up and move forward in life with joy, purpose and dignity.

Juvenile Justice



Caught: Podcast from WNYC Studios

All kids make dumb mistakes. But depending on your zip code, race, or just bad luck, those mistakes can have a lasting impact. Mass incarceration starts young. In Caught: The Lives of Juvenile Justice, hear from kids about the moment they collided with law and order, and how it changed them forever.

Incarceration



College Behind Bars: A Film by Lynn Novick

Explore the transformative power of education through the eyes of a dozen incarcerated men and women trying to earn college degrees – and a chance at new beginnings – from one of the country’s most rigorous prison education programs.

Self-Care



Unlocking Us: Podcast by Brené Brown

Conversations that unlock the deeply human part of who we are, so that we can live, love, parent, and lead with more courage and heart.

Substance Abuse: An Introduction to Substance Abuse as a Disorder (February 19, 2020)

While substance abuse is not a new phenomenon, widespread addiction to opioids has been making headlines across the country. Law enforcement, public health officials, and policy makers are working to stem the tide of overdose deaths and hold accountable those responsible for this nationwide public health crisis. Often overlooked are the tens of thousands of children who are coming into foster care every year as a result of the opioid crisis. Courts are struggling to cope with the influx of cases. Child welfare officials are managing record caseloads and budget shortages.

The goal of this training is to increase understanding of substance use disorder on children who have experienced abuse or neglect and their families so that they are served with a greater amount of knowledge and skill by CASA/GAL volunteers. Topics covered include:

- Substance Use Disorder (SUD) Myths and Facts, Terminology and Appropriate Language
- History of SUD and the Opioid Epidemic
- Relapse and Recovery Maintenance

Presenter's bio: Sarah Fox, MA

Ms. Fox is a Program Associate for the National Center on Substance Abuse and Child Welfare at Children and Family Futures. She assists with research and evaluation, technical assistance, and the preparation of products for a national audience. Ms. Fox has over 10 years of extensive experience working in direct clinical practice serving individuals and families with specific settings to include private practice, inpatient psychiatric hospitals, inpatient substance use treatment, state funded community case management services and group living homes, active duty military, forensics, neuroscience research, and diagnostics.

Ms. Fox has experience as an Associate Regional Director, Clinical Director, primary therapist and case manager for children, adolescents and adults. She received a Master of Arts in Counseling Psychology from the University of Houston, Victoria and a Bachelor of Arts in Education from Winthrop University.

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Advocating for Indian Children: Indian Child Welfare Act (ICWA) and the Role of CASA/GALs (March 17, 2020)

As part of our ongoing commitment to equip staff and volunteer advocates with the skills and knowledge to work with children and families from many cultures and experiences, the National CASA/GAL Association for Children hosted a webinar on ICWA and the role CASA/GAL staff and volunteer advocates can have in advocating for Indian children. According to the Bureau of Indian Affairs, the purpose of the Indian Child Welfare Act (ICWA) is *"...to protect the best interest of Indian Children and to promote the stability and security of Indian tribes and families by the establishment of minimum Federal standards for the removal of Indian children and placement of such children in homes which will reflect the unique values of Indian culture..."* (25 U.S. C. 1902). ICWA provides guidance to States regarding the handling of child abuse and neglect and adoption cases involving Native children and sets minimum standards for the handling of these cases.

By being grounded in foundational knowledge on the law, CASA/GALs can be a powerful voice in ICWA cases. Topics covered include:

- What makes ICWA so important to CASA/GAL best interest advocacy efforts
- Historical perspective of Indian policy decisions
- A discussion of ICWA and the role CASA/GAL can play in increasing compliance

Presenter's bio: Angela Fasana, JD

Ms. Fasana is a member of the Tribal Nation of the Confederated Tribes of Grand Ronde and currently serves as the Education Department Manager. Prior to her move to the Education Department in October of 2019, she served as Court Administrator for the Grand Ronde Tribal Court for 19 years. The Tribal Court operates the only Tribal CASA Program in Oregon. Ms. Fasana also worked as a Legal Assistant in the Tribal Attorney's Office for approximately three years, working primarily with the Tribe's child welfare office and representing the Tribe in Tribal Court on dependency cases. Ms. Fasana received her Bachelor Degree from Portland State University in 1994, and a J.D. from Northwestern School of Law at Lewis and Clark in 1997.

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How to be Resilient in a Pandemic and Beyond (April 16, 2020)

This webinar is focused on helping people from any background and any community manage the challenges presented by the COVID-19 pandemic, including the health and mental health impacts of social distancing.

The training will change the way participants understand resilience, from the old definition of surviving or "bouncing back" from challenges to a more modern focus on growing through challenges and thriving in the future. Participants will learn proven, practical strategies that they can start using immediately to increase

their resiliency during the pandemic, providing them with both personal and community strengths that will continue to benefit them after the pandemic recedes.

We will examine each of the key scientifically determined domains of resilience: vision, composure, reasoning, health, tenacity and connection. Within each domain, participants will explore both the impacts of the pandemic and key strategies to overcome those impacts. They will experience many of the microtasks that will help increase their strength in each domain.

Microtasks are the best way to train our brains to respond in healthy ways to life's challenges. The training is grounded in solid emerging science on human development. Modern neuroscience points the way to easy to use strategies that develop and enhance neural pathways to greater well-being.

We will use a variety of activities to help participants understand their current resiliency status and begin the process of enhancing their resiliency.

Presenter's bio: Michael Piraino, B.A., J.D. and M.Lit., Certified Resilience Coach and Mindfulness Trainer

Michael is an inspirational speaker, nationally recognized nonprofit leader, and a long-time advocate for children. He holds a law degree from Cornell University and a master's degree from Oxford University, and was the national CEO of the National CASA Association for 21 years. After retiring from that position, he pursued new approaches to using contemporary science to help individuals and organizations better manage change, reduce stress, and achieve their goals. After three years of research and development, he founded **Resilience for Success** to make these new techniques easily available.

Piraino is a Certified Resilience Coach and Mindfulness Trainer, with additional training from the International Institute for Restorative Practices. He has provided resiliency trainings ranging from one hour to several days to a variety of groups, including at the Rocky Mountain Restorative Practices conference, the Community Wellbeing and Resiliency Conference in Belgium, and multiple venues in the United States.

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How Do We Manage Our Secondary Trauma, Burnout and Compassion Fatigue During COVID-19? Essential Tools from a Trauma Expert (April 21, 2020)

There is now wide consensus that responding to the COVID-19 pandemic will take months rather than weeks. As CASA/GAL staff and volunteers we work in a high stress, trauma-exposed field, and all of us need to consider strategies that will help us remain clear-headed, compassionate and present in the long-term rather than racing to just get through another day.

Presenter's bio: Sarah Fox, MA

Ms. Fox is a Program Associate for the National Center on Substance Abuse and Child Welfare at Children and Family Futures. She assists with research and evaluation, technical assistance, and the preparation of products for a national audience. Ms. Fox has over 10 years of extensive experience working in direct clinical practice serving individuals and families with specific settings to include private practice, inpatient psychiatric hospitals, inpatient substance use treatment, state funded community case management services and group living homes, active duty military, forensics, neuroscience research, and diagnostics.

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