The National CASA/GAL Association offers the following list of books to help improve and inspire your service to children. All items on this list were suggested by CASA staff, CASA volunteers, and supporters. Please note that not all books have been read by Summit County CASA Staff, and some may contain distressing material that may be upsetting given the topics. Please contact your Volunteer Coordinator with questions or to discuss the book.

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

**Adverse Childhood Experiences (ACEs)**

***Childhood Disrupted: How your biography becomes your biology, and how you an 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 persistance of racial inequality in the U.S. by: Eduardo Bonnill-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/87623650>

***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](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 Commericial 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*** This book 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>

Do you have other suggestions to add to this list? If so, please contact Sarah Harvan [sharvan@cpcourt.summitoh.net](mailto:sharvan@cpcourt.summitoh.net)