

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Teen Issues

Material Title: **ADHD and Teens**
 Author: Colleen Alexander-Roberts *Books* 1995 177 pages

This book is a complete parenting guide with the information you need to survive these trying years; a solid, useful and detailed insight into the real world of ADHD.

Material Title: **ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment (Audiotape)**
 Author: Russell Barkley *Audiotapes* 2000 15 hours 10 tapes

This taping of a presentation at the 2000 New England Educational Institute's annual symposium features Russell Barkley with an intensive course on the nature and treatment of children, adolescents and adults with ADHD and oppositional or defiant behavior. Participants will learn how to utilize advances in theoretical conceptualizations, differential diagnosis, and treatment approaches to ADHD.

Material Title: **ADHD: A Teenager's Guide (Audiotape)**
 Author: James J. Crist *Audiotapes* 1996

From the book: Written for the teenager who is tired of hearing, "You're just lazy!" or "You can do better," this comprehensive guide to ADHD, narrated smartly by teens, features nearly everything teens might want to know about ADHD. Chapters address what ADHD is, teenagers with ADHD, treatments, getting through school and college, learning disabilities and ADHD, coping with depression, and life after school. Excellent!

Material Title: **Adolescent Self, The**
 Author: David B. Wexler *Books* 1991 183 pages

Dr Wexler helps the reader understand the adaptive functions served by adolescent behaviors that are often viewed by others as simply pathological. The PRISM program teaches new coping skills through creative, often humorous activities, encouraging adolescents to be physically and mentally active throughout the treatment process. There is a workbook which accompanies this book. "The Prism Workbook."

Material Title: **Adolescents and Attachment Difficulties (2 Audiotapes)**
 Author: Gregory Keck Audiotape *Audiotapes* 2001 180 minutes

Interruptions that occur early in childhood cause specific difficulties in adolescence. In this approximately 3 hour recording of a 2001 presentation, Keck examines attachment problems and adolescence from developmental perspective and discusses strategies for parenting and treating the adolescent who has experienced such interruptions.

Material Title: **Adolescents and Attachment Difficulties (2 CDs)**
 Author: Gregory Keck CD *CDs* 2001 180 minutes

Interruptions that occur early in childhood cause specific difficulties in adolescence. In this approximately 3 hour recording of a 2001 presentation, Keck examines attachment problems and adolescence from developmental perspective and discusses strategies for parenting and treating the adolescent who has experienced such interruptions.

Material Title: **Adolescents with Attachment Difficulties (1999 Audiotape)**
 Author: Gregory Keck *Audiotapes* 1999 90 minutes

Gregory Keck from a conference in Pasadena, California. In this workshop, Keck examines attachment problems and adolescence from a developmental perspective and discusses strategies for parenting and treating the adolescent who has experienced such interruptions.

Material Title: **Adolescents with Attachment Difficulties (CD)**
 Author: Gregory Keck CD *CDs* 2002 90 minutes

Interruptions that occur early in childhood cause specific difficulties in adolescence. In this approximately 90 minute recording of a 2002 presentation, Keck examines attachment problems and adolescence from developmental perspective and discusses strategies for parenting and treating the adolescent who has experienced such interruptions.

Teen Issues

Material Title: **Adopted Adolescent, The (Audiotape)**
Author: Lois Melina *Audiotapes* 1993

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption," which covers pre-school, the middle years, and adolescence, this tape deals with the adolescent years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Child in Middle Childhood", offer more details on discussing adoption with children pre-school and ages 7-11 respectively.

Material Title: **Adopted Teens Only: A Survival Guide to Adolescence* (see comment about Children's Materials on Index page)**
Author: Danea Gorbett *Children's Books* 2004 78 pages

This guide for adopted teens addresses issues that parents are often reluctant or unable to discuss with their teenagers: what feelings and thoughts are common to the adoptive experience; what adoptive parents feel; what birth parents feel; what emotional issues are connected with search and reunion; and how to talk to parents about adoption questions.

Material Title: **Adopting the Older Child**
Author: Claudia Jewett *Books* 1978 289 pages

This book describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family, giving practical, caring advice on how to handle each situation.

Material Title: **All About Adoption: How to deal with questions of your past* (see comment about Children's Materials on Index page)**
Author: Anne Lanchon *Children's Books* 2006 89 pages

Adopted teens may be in a unique situation, but Lanchon, without trivializing it, assures them, "When all is said and done, you're no weirder than anyone else. You're adopted, your friends aren't, so what?" Written in an informal, conversational style, this illustrated guide covers an adopted child's traditional worries and concerns, such as establishing identity and living with overprotective parents.

Material Title: **Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know* (see comment about Children's Materials on Index page)**
Author: Marlin S. Potash, Ed.D. *Children's Books* 2001 261 pages

Written by a mother-daughter team, this book offers practical, down-to-earth advice on issues teenage girls are dealing with today. It is written in question-and-answer form, and includes many quizzes, games, and helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, and much more.

Material Title: **Angry Adolescents and Troubled Teens: A New Approach To Discovering Strengths and Developing Solutions (Audiotape)**
Author: David Wexler, PhD *Audiotapes* 2000 15 hours 10 tapes

By recognizing the fundamental deficits in teenagers' sense of self-cohesion, participants will learn how to apply innovative interventions for aggression, anxiety, self-destructive behavior, identity problems, substance abuse, self-esteem issues, and abusive behavior. This symposium will also help participants develop creative ways of fostering self-control, self-esteem, self-regulation, self-efficacy, and self-soothing in teens.

Material Title: **Anorexia Nervosa: When Food Is the Enemy* (see comment about Children's Materials on Index page)**
Author: Erica Smith *Children's Books* 1999 57 pages

This book is intended to help adolescents understand the causes of anorexia and its signs and symptoms, providing them with resources that can help change anorexia's destructive course. Poignant, revealing case histories and vignettes combined with a frank, down-to-earth writing style make this book particularly appealing and relevant to young readers.

Material Title: **Beneath the Mask: Understanding Adopted Teens**
Author: Debbie, John Riley, Meeks *Books* 2005 207 pages

This book offers parents and professionals a wealth of case histories; and treatment resources and therapy tools. Parents will discover the 6 most common adoption "stuck-spots;" a deeper understanding of identity, abandonment, grief and loss, and relinquishment issues - and how they affect personal and family development; and how therapy may help the adoptive family learn and grow together.

Teen Issues

Material Title: **Beneath the Mask: Understanding Adopted Teens (CD)**
Author: Debbie Riley *CDs* 2007 90 minutes

NACAC Conference presenter Debbie Riley addresses complexities of adolescence for the adopted teen – identity, abandonment, grief and loss, relinquishment – and how adolescence affects personal and family development. Discover six common adoption “stuck-spots,” a step-by-step assessment on adoption, clinical intervention strategies, and therapy tools.

Material Title: **Best of Adopted Child: For Parents of Teenagers**
Author: Lois Melina *Journals/Newsletters* 1982 to 1994

This collection of articles from 1982 to 1994 includes pieces on a wide range of issues specific to raising adopted children in the teen years.

Material Title: **Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond**
Author: Debra W. Haffner *Books* 2001 222 pages

In this book, the author confronts issues such as peer pressure, dating and parties, alcohol and drugs, sexual harassment, abstinence, and much more. The book is broken down to provide specific information particular to each age group from middle school to high school and beyond. It is packed with helpful exercises and an extensive appendix of additional resources. In addition, a supportive foreword is written by the author's own teenage daughter.

Material Title: **Bringing Out the Best in Children and Adolescents Acting at Their Worst (Audiotape)**
Author: Thomas Lund *Audiotapes* 1999 10 tapes

This taping of a presentation at the 1999 New England Educational Institute's annual symposium features Thomas Lund with an intensive course on the gaps between the way troubled children and adolescents behave and how they prefer to view themselves and be viewed by others. Participants will learn to pinpoint these gaps and to use this information to mobilize creative solutions. They will also learn how to motivate rapid change through a simple, powerful concept called "preferred view," the centerpiece of Lund's and Dr. Joseph Eron's Narrative Solutions Approach.

Material Title: **Family Therapy Magazine: May/June 2004**
Author: Periodical *Periodicals* May/June 2004 8 articles

This issue of Family Therapy Magazine, a journal of the American Association for Marriage and Family Therapy, is dedicated to "Adoption Trends and the Role of Family Therapy." It contains eight articles on adoption. The magazine can be checked out of the ORPARC library just as books or tapes can. Contact us by phone or email if you would like to borrow a copy of this unique issue.

Material Title: **Help Yourself for Teens: Real-Life Advice for Real Life Challenges**
Author: Dave Pelzer *Books* 2005 164 pages

The author offers his home spun philosophy and aphoristic advice on how to approach some of the difficult challenges life tends to throw out. This book is intended for teenaged readers.

Material Title: **How it Feels to be Adopted* (see comment about Children's Materials on Index page)**
Author: Jill Krementz *Children's Books* 1982 105 pages

Nineteen young people present both the good and the bad sides of being adopted from an adolescent point of view--a personal and moving book to be read by children and parents.

Material Title: **I Wonder...Teenagers Talk About Being Adopted (VHS)**
Author: Families Adopting in Response *Videotapes* 1996 45 minutes

Fourteen adopted teenagers respond to such topics as "difficult times," "special memories," "birth families," "transracial/transcultural issues," "how much they think about adoption," and others. The range of answers is certain to provide insight and compassion to anyone who interacts with adopted people.

Material Title: **In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships* (see comment about Children's Materials on Index page)**
Author: Barrie Levy *Children's Books* 1993 106 pages

This book is for teenagers who have questions about abusive dating relationships and what to do about them. Some of the information you'll find in this book includes: facts about dating violence; how you can tell if your relationship is abusive; and how to have a healthy relationship.

Teen Issues

Material Title: **My Body, My Self for Boys* (see comment about Children's Materials on Index page)**
Author: Lynda Madaras *Children's Books* 2000 92 pages

Aimed at 8 to 15 year old boys, this book explores the changing body through quizzes, exercises, checklists, illustrations, and lots of personal stories from boys (and their fathers) about their growing-up concerns and experiences. It covers such topics as body image, height, weight, growing size and shape, hair, voice changes, perspiration, pimples, reproductive organs, and the emotional problems of puberty, diet, and health.

Material Title: **My Body, My Self for Girls* (see comment about Children's Materials on Index page)**
Author: Lynda Madaras *Children's Books* 2000 117 pages

This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples, and cramps to first periods, first bras, and first impressions.

Material Title: **Ocean Within, The* (see comment about Children's Materials on Index page)**
Author: V.M. Caldwell *Children's Books* 1999 275 pages

In this novel for adolescents, 11-year-old Elizabeth is the newest member of the big and boisterous Sheridan family. They try to make her feel at home, but Elizabeth stays apart. She knows from experience in foster homes that one day she'll be sent away. It's only a matter of time before a showdown between Elizabeth and the grandma she calls "Iron Woman" ensues.

Material Title: **Odd Girl Out: The Hidden Culture of Aggression in Girls**
Author: Rachel Simmons *Books* 2002 270 pages

Simmons catalogues a hidden culture of girls' aggression in schools that is widespread and chilling, including the silent treatment, note-passing, glaring, gossiping, ganging up, and more. She offers explanations for this behavior and suggestions, for students, parents, teachers and others, of ways to cope.

Material Title: **Our Own: Adopting and Parenting the Older Child**
Author: Trish Maskew *Books* 1999 252 pages

An Adoptive Mother draws on her own experiences, extensive research, and interviews with adoptive families, adult adoptees, and professionals to create a memorable collection of practical tips, advice and real-life stories on older child adoption.

Material Title: **Parenting Adolescents with Attachment Difficulties (CD)**
Author: Gregory Keck *CDs* 2007 90 minutes

Interruptions that occur early in childhood cause specific difficulties in adolescence. This presentation, by Gregory Keck at the 2007 NACAC Conference, examines attachment problems and adolescence from a developmental perspective and presents strategies for parenting and treating adolescents who have experienced such interruptions.

Material Title: **Parenting Teens with Love and Logic**
Author: Foster, Jim Cline, Fay *Books* 1992 253 pages

This book is a guide to preparing adolescents for responsible adulthood from the authors of Parenting with Love and Logic.

Material Title: **Parents Wanted* (see comment about Children's Materials on Index page)**
Author: George Harrar *Children's Books* 2001 239 pages

Narrator, Andy Fleck, a 12-year-old with Attention Deficit Disorder has learned one set of rules from his birth dad (how not to get caught) and another from the kids at the state-run home (how to manipulate adults). Placed with foster parents who are looking to adopt, he has a chance to escape his past, but he can't keep himself from challenging every limit. He plays "mailbox baseball" with his dad's bat, gets in trouble at school, and, when his birth dad shows up looking for money, steals from his foster dad's wallet. So far his foster parents have refused to give up on him. But will he go too far? Humorous and touching, this is "a killer read" for kids 10 and up.

Material Title: **Privilege of Youth, The: A Teenager's Story**
Author: Dave Pelzer *Books* 2004 209 pages

This book covers the adolescent period in Pelzer's life that is not addressed in his other biographical accounts. The ups, the downs, the growth in that period of a ragged life.

Teen Issues

Material Title: **Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder* (see comment about Children's Materials on Index page)**
Author: Patricia Quinn *Children's Books* 1991 64 pp

A guide for children and their parents, teachers and counselors to understanding and gaining control over attention deficit hyperactivity disorder.

Material Title: **Raising a Child Responsibly in a Sexually Permissive World**
Author: Judith Gordon, MSW Sol Gordon, Ph.D. *Books* 2000 233 pages

This book teaches parents how to give their children the guidance they need to develop healthy, positive attitudes about sex, and to counter media and peer pressures. It will help you to discuss this sensitive topic in an open, informed way and to take responsibility for being your child's primary sex educator.

Material Title: **Reviving Ophelia**
Author: Mary Pipher *Books* 1994 293 pages

Through case studies in which adolescent girls are involved with family divorce, eating disorder, self-mutilation, and sexual pressure, Pipher exposes the part that parents and culture play in turning fearless, outgoing little girls into depressed, angry, and insecure adolescents. She offers common sense, non-threatening solutions that require parents to become more involved in their daughters' lives. She encourages parents to promote their daughters' strengths and talents so that they gain a broader sense of their ability to contribute to society beyond beauty and sexual stereotypes.

Material Title: **Running Away: Foster Parent College (DVD)**
Author: DVD *DVDs* 2005 2 Hrs

This DVD course explores five types of running away behavior with children: searching for roots, running from rules, running from love and intimacy, wanting to be wanted, and running to street crime. Rick Delaney discusses what foster and adoptive families can do to prevent it and how they can promote more positive behavior.

Material Title: **Sees No Danger & Wanders Afar: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)**
Author: Division of Social and Health Services Washington St *Children's Books* 2000 112 pages

For young people ages 12-17: Please see series description, "Journey Through the Healing Circle." This illustrated book for young people ages 12-17, tells the story - in the style of Native American folklore - of Sees No Danger and Wanders Afar, two young bears with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to young people who have questions or concerns.

Material Title: **Self-Destructive Behaviors**
Author: ORPARC Staff *Information Packets* 16 pages

(Available February 2010)

This packet contains sections on where self-destructive behaviors come from, high risk and self harming behaviors, and working with children with suicidal behaviors.

Material Title: **Sex and Sensibility**
Author: Deborah M. Roffman *Books* 2001 325 pages

This is a practical guide for parents and teachers of adolescents. A wide range of topics are covered including age appropriateness, what sex really is, values, sexual health, partnerships, gender, and sexual orientation. This book helps parents learn how to educate and empower their teenage children.

Material Title: **Sex Book, The* (see comment about Children's Materials on Index page)**
Author: Jane Pavanell *Children's Books* 2001 196 pages

This cartoon-illustrated book is a glossary/encyclopedia of terms and slang, realities and myths exposed, and questions and answers related to the sexes. It covers such topics as venereal diseases, pregnancy, arousal, birth control, body parts -- external and internal, puberty, sexual preferences, drugs, menstruation, abuse, masturbation, etc. etc. It is very thorough and up to date. It could be helpful for adolescents and parents in the fast changing world of slang, cyber sex, ecstasy type drugs and even diseases.

Material Title: **Substance Abuse**
Author: ORPARC Staff *Non-Return Items*

This packet contains sections on understanding drug and alcohol use in teens; descriptions, common names and common effects and symptoms of a long list of drugs; and treatment options and the parent's role. This information packet was based on a self-study course, which was developed by Aileen M. McInnis for the Alaska Foster Parent Training Center.

Teen Issues

Material Title: **Taking the Plunge: A Teen's Guide to Independence**
Author: Laura Purdie Salas *Books* 2004 119 pages

This book, in 12 chapters, addresses such topics as establishing a support network, setting goals, school, jobs, housing, transportation, health, safety, responsibility and fun. Information is practical and presented with illustrations, charts, lists and forms that break it down into manageable bytes that are visually appealing.

Material Title: **Teaching Social Skills to Youth**
Author: Tom Dowd *Books* 2005 257 pages

This book features step-by-step component behaviors to 182 skills, from the basic (following instructions and introducing yourself) to the complex (managing stress and resolving conflict), and helps youth to recognize when, where, or with whom to use a particular skill. It also shows how to plan skill-based treatment interventions for youth with difficult problems such as substance abuse, aggression, depression, or attention deficits. Includes a CD-ROM that helps readers search for social skills by title, category, or problem behavior and allows printed copies of social skill steps for display.

Material Title: **Teenage Human Body Operator's Manual, The* (see comment about Children's Materials on Index page)**
Author: Lee White *Children's Books* 1998 167 pages

This book attacks the difficult topics of puberty, sex, health, and safety through games, quizzes, and many humorous illustrations. It covers a wide range of topics that are of concern to teens and preteens such as pregnancy, STD's, personal hygiene, eating disorders, and drug and alcohol abuse.

Material Title: **Teens & Gangs: Real Life Teens (DVD)**
Author: DVD *DVDs* 2007 17 min

In this DVD, Teens discuss violence, why teens join gangs, racism and gangs, why gang involvement can lead to personal risk or imprisonment. On the flip side, teens also discuss positive groups that can provide support, and positive role modeling. Hear from real teens as they tell us how they perceive gangs.

Material Title: **Ten Talks Parents Must Have With Their Children About Sex and Character**
Author: Pepper Schwartz, Ph.D. *Books* 2000 379 pages

Based on proven approaches the authors are using in workshops across the country, this book offers advice on exactly how to begin and what to say about ten important issues. Providing information from sex, to peer pressure, to Internet use, this illustrated book helps prepare kids for the complex world of relationships, sex, and growing up.

Material Title: **Travels in Circles: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)**
Author: Division of Social and Health Services Washington St *Children's Books* 2000 69 pp

For young people ages 18-22: Please see series description, "Journey Through the Healing Circle." This illustrated book for young people ages 18-22, tells the story - in the style of Native American folklore - of Travels in Circles, a young adult puffin with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to young people who have questions or concerns.

Material Title: **Understanding Anorexia Nervosa* (see comment about Children's Materials on Index page)**
Author: Debbie Stanley *Children's Books* 1999 89 pages

With true-to-life vignettes and a firm, reassuring tone, Stanley tells adolescent readers about the facts and myths surrounding this potentially life-threatening eating disorder. She describes anorexia's symptoms and causes, including pressure from peers, parents, and society as well as pent-up emotions and low self-esteem. Young readers can also explore healthy ways to take charge of their lives, and those who want to seek help will find practical resources for doing so.

Material Title: **Understanding Bulimia Nervosa* (see comment about Children's Materials on Index page)**
Author: Debbie Stanley *Children's Books* 1999 115 pages

This book for adolescents, explains what bulimia is, how to recognize its symptoms, and why this serious problem is easily overlooked. Using the voices of young people who have struggled with bulimia, Stanley explores the roles pressure from peers, parents, and society -- as well as bottled up emotions and low self-esteem -- can play in developing bulimia. Practical suggestions help young readers learn to recognize and resist society's unrealistic expectations, develop a positive self-image, and evaluate their nutritional habits and fitness level accurately and honestly.

Teen Issues

Material Title: **What if Someone I Know Is Gay? Answers to Questions About Gay and Lesbian People* (see comment about Children's Materials on Index page)**
Author: Eric Marcus *Children's Books* 2000 138 pages

Aimed at teenagers, this book breaks down the stereotypes surrounding homosexuality. Written in question-and-answer form, the author answers real questions from real teenagers about everything from sex to religion. He pushes aside all of the myths and misinformation to help kids understand what being gay is really all about.

Material Title: **What's Happening to Me?* (see comment about Children's Materials on Index page)**
Author: Peter Mayle *Children's Books* 1994 50 pages

This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation, growth, and body image.

Material Title: **What's Happening to My Body? Book for Boys, The* (see comment about Children's Materials on Index page)**
Author: Lynda Madaras *Children's Books* 2000 231 pages

This comprehensive puberty education and health book targets 8 to 15 year old boys. It offers down-to-earth information on the body's changing size and shape, the growth spurt, reproductive organs, voice changes, body hair, puberty, and much more. This best-selling classic includes an introduction for parents.

Material Title: **What's Happening to My Body? Book for Girls, The* (see comment about Children's Materials on Index page)**
Author: Lynda Madaras *Children's Books* 2000 255 pages

This easy to read health book aimed at 8 to 15 year old girls provides factual information on all aspects of girls' transformation into womanhood. The introduction is for the parent, the book for the young girl. It addresses the body's changing size and shape, breasts, the reproductive organs, the menstrual cycle, body hair, and much more.

Material Title: **When Nothing Matters Anymore: A Survival Guide for Depressed Teens**
Author: Bev Cobain *Children's Books* 1998 149 pages

This book, by a cousin of rock star Curt Cobain, is her way of making sense of his suicide and reaching out to teens who are sad, discouraged, or depressed. Part 1 describes the causes and types of depression and the connection between depression, suicide, and drug and alcohol abuse. Part 2 discusses different kinds of professional treatment and how to stay healthy. Throughout the book are personal stories from teens who have dealt with depression, survival tips that can help you now and for the rest of your life, and resources for more information, advice, and support.

Material Title: **Youth Depression and Suicide Prevention**
Author: ORPARC Staff *Information Packets* 2003

(Available March 2010)

Section One provides facts about prevalence, risks, and treatment options for youth suffering from depression. Section Two offers statistics, facts, warning signs, and prevention and intervention strategies for youth who may be at risk for suicide attempts. The scope is limited to basic information. The "For More Information" section at the end provides further resources. This packet is not a substitute for appropriate mental health interventions. If you suspect your child suffers from depression or is at risk for suicidal thoughts or behaviors, seek professional help immediately.