

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.

Self-Destructive/Suicidal

Material Title: **Adolescent Suicide: A School-Based Approach to Assessment and Intervention**
 Author: William Kirk and George M. Batsche *Books* 1997 175 pages

This book provides the information required to accurately identify potentially suicidal adolescents and provides the skills necessary for appropriate and effective intervention.

Material Title: **Can I Tell You About Self-Harm?; A Guide for Friends, Family, and Professionals**
 Author: Pooky Knightsmith *Children's Books* 01/18/2018 72

Meet Asher - a teenager who self-harms to manage their feelings when it all feels like too much.

The latest in the best-selling Can I Tell You About... series describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as professional counselling, distraction, and friends and family.

This easy-to-read guide is suitable for readers 7+, along with their parents, teachers, and friends. All author royalties from the book will go towards the Charlie Waller Memorial Trust.

Material Title: **Eternal High: A Teenager's Experience with Depression and Suicide that will Change Your Life (DVD)**
 Author: Bryce Mackie *DVDs* 2006 30 minutes.

Meet 17-year-old Bryce Mackie, a filmmaker who captured his true-life battle with depression and suicide in an award winning short film. At the time he made the film, Bryce was unaware he was suffering from depression. Eternal High includes this film and a speech he gave to his school after receiving treatment. He describes his experience with depression, thoughts of suicide, self-injury, anxiety, self-medication/substance abuse, and his treatment.

Material Title: **Fawn's Touching Tale: A story for children who have been sexually abused**
 Author: Irene Wineman-Marcus and Agnes Wohl, LCSW, ACSW *Children's Books* 5/26/18 30

i. Introduction to Parents, School Personnel and Psychotherapists: There are many books aimed at the prevention of sexual abuse; few story books are geared for children that deal with the profound emotional aftermath. This book is unique because it offers the use of engaging animal protagonists, which allows the child to work through painful emotions in a less threatening and more effective manner. Among the most universal issues for the sexually abused child are: the mixed feelings toward the abuser, the dread and wish to be loved, the difficulties of disclosing the abuse, the fear of being blamed and/or of not being believed. The effects frequently culminate in a sense of vulnerability, damaged self-esteem, guilt and faulty defenses against the feelings of being hurt. This can lead to a wide range of self-destructive behavior in childhood and adulthood. This gentle, "child friendly", animal tale provides children with a story they can listen to again and again. Parents, psychotherapists and school professionals can use this book as a point of entry into complex feelings that the youngster, or any sexually abused person might experience. Our hope is that with the help of this book, the child will begin the process of healing and gradual resumption of his or her healthy psychological development.

Material Title: **Flicker of Hope, A**
 Author: Julia Cook *Children's Books*

HOPE is our children's window for a better tomorrow. In terms of resilience and well-being, hope is a critically important predictor of success. This creative story from the best-selling author of My Mouth is a Volcano!, and Bubble Gum Brain, reminds children that dark clouds can be temporary and asking for help is always okay. We all have times when we need to borrow a little hope from someone else.

Sometimes the dark clouds overhead seem too heavy and you feel like giving up. Little candle knows all about this. Bad grades, blasted on social media, worried about making the team, and wondering who her real friends are so many hard things to deal with! All she can see is darkness. But her story begins to change when someone notices she needs a boost of hope. As little candle is reminded she has purpose and her own unique gifts, and that she isn't the only one with dark clouds, her dim light begins to shine brighter.

This hopeful story emphasizes for children (and adults) the many different ways to ask for help, and their ability to be a hope builder for others, too.

Self-Destructive/Suicidal

Material Title: **It Won't Last Forever; Living with a depressed parent**
Author: Doris Sanford *Children's Books* 1993 28

Kristen finds it hard to care for herself and her baby brother when her mother is too depressed to pay attention to them, but Mrs. Gerhart, the neighbor, and Barbara, the Activities Director at the pool, help, even when Kristen's mother is admitted to the hospital.

Material Title: **Night Falls Fast: Understanding Suicide**
Author: Kay R. Jamison *Books* 1999 311 pages

Weaving together a psychological and scientific exploration of the subject with personal essays about individual suicides, Dr. Jamison brings not only her compassion and literary skill but all of her knowledge, research and clinical experience to bear on this devastating problem. In tracing the network of reasons underlying suicide, she brings us the critical biological and psychological factors that interact to cause suicide and the powerful treatments available from modern medicine.

Material Title: **Running Away (DVD)**
Author: Foster Parent College *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: **Self-Destructive Behaviors**
Author: ORPARC Staff *Information Packet* 16 pages

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: **Self-Harm: Foster Parent College (DVD)**
Author: DVD *DVDs* 2005 2 Hrs

This DVD course with Rick Delaney explores five types of self-destructive behavior with children: self-injury, high-risk behavior, suicidal behavior, reckless accident proneness, and hair pulling. Meet five families whose children participate in these behaviors.

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.

Material Title: **Suicide: Why?: 85 Questions and Answers about Suicide**
Author: Adina Wroblewski *Books* 1994 100 pages

Suicide Why? is a book for the general public, caregivers and professionals, and people grieving a suicide death. It is clearly and simply written. And it provides a good resource about suicide.

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 Packet* 2003

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.