

Kedsdy, Jurgen H. & Budd, Karen S.

CHILDHOOD FEEDING DISORDERS: BIOBEHAVIORAL ASSESSMENT AND INTERVENTION

Brookes Publishing Co., 1998

Offers guidelines for comprehensive assessment, cause analysis, treatment, interventions and outcomes for a wide range of eating disorders.

Garner, David M PhD & Garfinkel, Paul E. MD

HANDBOOK OF TREATMENT FOR EATING DISORDERS

Guilford Press, 1985, 1997

Presents the main approaches to treatment in sufficient detail to give clinicians a step-by-step blueprint for the conduct of therapy. Practical, authoritative and well grounded in research with case illustrations and examples of therapist-client dialogue.

Berg, Frances M.

CHILDREN AND TEENS AFRAID TO EAT- HELPING YOUTH IN TODAY'S WEIGHT-OBSSESSED WORLD

Healthy Weight Network, 2001

This book discusses six major eating and weight problems (dysfunctional eating, under nutrition, hazardous weight loss, eating disorders, size prejudice and overweight). It provides clear guidelines for making changes at home and at school.

♥**Note:** We also have a bibliography on Sexuality that lists materials for adolescents.

NH Family Voices Lending Library

Books on Issues Affecting Teens and Transition



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New Hampshire Family Voices has the following books in the lending library. Books for teens are marked with a ♥.

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♥Roberts, Nicole; Schoeller, Kris; Shapland, Ceci; Goldberg, Paula and Smith, Marge

LIVING YOUR OWN LIFE: AN HANDBOOK FOR TEENAGERS BY YOUNG PEOPLE AND ADULTS WITH CHRONIC ILLNESS OR DISABILITIES

PACER Center, Inc., 1993

This book provides teens useful information for transitioning to adulthood, along with moral support and understanding. Includes step-by-step suggestions on how to prepare for independent living.

♥ Kriegsman, Kay H. PhD; Zaslow, Elinor L. MA and D'zmura-Rechsteiner, Jennifer MA

TAKING CHARGE: TEENAGERS TALK ABOUT LIFE & PHYSICAL DISABILITIES

Woodbine House, Inc., 1992

Based on information gathered during in-depth interviews with teenagers, this book delivers honest and creative solutions for a wide range of issues.

♥Packer, Alex PhD

HOW RUDE! THE TEENAGERS GUIDE TO GOOD MANNERS, PROPER BEHAVIOR, AND NOT GROSSING PEOPLE OUT

Free Spirit Publishing, 1997

A humorous but practical guide to good manners and social skills. Discusses areas such as family life, eating and clothes.

Kolodny, Nancy

WHEN FOOD'S A FOE: HOW YOU CAN CONFRONT AND CONQUER YOUR EATING DISORDER

Little, Brown & Co, 1998

Self-help for young adults about how anorexia and bulimia can start. How it affects life, and how to treat it, Offers suggestions on setting goals, developing awareness and getting help.

Claude-Pierre, Peggy

THE SECRET LANGUAGE OF EATING DISORDERS: HOW YOU CAN UNDERSTAND AND WORK TO CURE ANOREXIA AND BULIMIA

Vintage Books, 1997

This book addresses the underlying causes of eating disorders, including the myths and misconceptions. Offers insight into those who suffer from them and the five stages of healing are also addressed.

Hirschmann, Jane R. CSW & Zaphiropoulos, Lele CSW

PREVENTING CHILDHOOD EATING PROBLEMS: A PRACTICAL POSITIVE APPROACH TO RAISING CHILDREN FREE OF FOOD AND WEIGHT CONFLICTS

Gurze Books, 1993

Common sense approach to healthy eating from infancy through adolescents, ends the eating battles.

Natenshon, Abigail H.

WHEN YOUR CHILD HAS AN EATING DISORDER: A STEP BY STEP WORKBOOK FOR PARENTS AND OTHER CAREGIVERS

Jossey-Bass Publishers, 1999

Part one of the book addresses what eating disorders are and how to recognize them, offers tips of support. The second part addresses recovery. Appropriate for parents of pre-teen through college age children.

DVD

Rossen, Paul (Director)

THROUGH THE SAME DOOR: INCLUSION INCLUDES COLLEGE (25 minutes)

Dance of Partnership Publications, 2006

This award winning video introduces Micah, a 21 year old college student enjoying life—making friends, participating in college activities, volunteering. Documents Micah's desire to live without boundaries, while living with a cognitive disability.

Waisman Center

SAFETY AWARENESS AND EMPOWERMENT (SAFE)

Waisman Center's Health and Ready to Work Project, 2008

Designed for youth & young adults with developmental disabilities to build community, personal safety skills. 8 modules on topics like staying home alone, basic first aid, friendships, romantic relationships, sexuality, personal safety & avoiding scams.

BOOKS ON EATING DISORDERS

♥ Hall, Liza F.

PERK! THE STORY OF A TEENAGER WITH BULIMIA

Gurze Books, 1991

Perk (short for Priscilla) seems like a normal high school student or so everyone thinks. But when an afternoon of baby-sitting turns tragic, Perk must face her true feelings about her parents, boyfriend and a hidden obsession with food.

♥ Packer, Alex J. PhD

BRINGING UP PARENTS: A TEENAGERS HANDBOOK

Free Spirit Publishing, Inc., 1992

Strategies, tips and techniques to bringing up parents who trust you, listen to you, respect your opinions, accept your feelings and let you be yourself. Teens will find out how to gain privileges, solve problems and have more say in family decisions.

TRANSITION TREK - A GAME FOR PLANNING LIFE AFTER HIGH SCHOOL FOR YOUTH WITH DISABILITIES

PACER Center, 1996

This board game can help families and professionals start to answer some of the questions that will lead to plans for the future. Also fun to play with siblings.

♥ Bobyne, Ann & Ceccerello, Julius

INDEPENDENCE: A LIFESTYLE GUIDE FOR TEENS

Child Welfare League of America, 1990

This book covers the basic skills needed to live independently. It includes worksheets on viewing apartments, budgeting, cooking, keeping track of important names and numbers, and household management.

♥ Greene, Rebecca

THE TEENAGER'S GUIDE TO SCHOOL OUTSIDE THE BOX

Free Spirit Publishing, 2001

For kids who feel boxed in by school, this book provides a wealth of alternative learning opportunities; from finding one, choosing one, preparing for and making the most of one. Profiles internships, mentorships, volunteering, service, and studying abroad.

♥ Moss, Samantha with Schwartz, Lesley
**WHERE'S MY STUFF? THE ULTIMATE TEEN
ORGANIZING GUIDE**

Zest Books, 2007

If chaos and disorganization are messing up life, this book might have the answers. Teens will learn how to organize their time, their school work, their room. Lots of tips on how to use notebooks, maintain a neat backpack and how to use a planner.

♥ Gallo, Donald R. (editor)
**OWNING IT: STORIES ABOUT TEENS WITH
DISABILITIES**

Candlewick Press, 2008

A work of fiction. Each chapter is a story told from the perspective of a teen living with a different challenge. (ex. Alcohol use, ADHD, cancer, blindness, weight issues, Tourette Syndrome)

♥ Barclay, Judy & Cobb, Jan
**FULL LIFE AHEAD: A WORKBOOK AND GUIDE TO
ADULT LIFE FOR STUDENTS & FAMILIES OF STU-
DENTS WITH DISABILITIES (REVISED EDITION)**

South East Regional Resource Center, 2001

A transition planning workbook for teens. Sections on friends, gathering records, making decisions, going to college or work, recreation, living independently, making and managing money, transportation and healthcare.

Nerney, Thomas
**SELF-DETERMINATION: UNDERSTANDING THE CORE
PRINCIPLES NEEDED FOR PEOPLE WITH
DISABILITIES TO CONTROL THEIR OWN LIVES**

Training Resources Network, Inc., 2001

This short guide defines self-determination, discusses the problems faced by persons with disabilities and addresses individual planning, case management and best practices.

Agran, Martin; Marchand-Martella, Nancy E.; Martella, Ronald C.

**PROMOTING HEALTH AND SAFETY: SKILLS FOR
INDEPENDENT LIVING**

Paul H. Brookes Publishing, 1994

Guide addresses a number of skills necessary for independent living—from first aid, to home & job safety, fire safety, nutrition & food preparation, & prevention of substance abuse. Case studies demonstrate how to teach skills.

Pipher, Mary PhD
**REVIVING OPHELIA: SAVING THE LIVES OF ADO-
LESCENT GIRLS**

Ballantine Books/G.P. Putnam's Sons, 1994

An open discussion of the eroding self-esteem of girls is a culture that is obsessed with looks.

Slaby, Andrew MD & Garfinkel, Lili Frank
**NO ONE SAW MY PAIN: WHY TEENS KILL
THEMSELVES**

W.W. Norton & Company, 1994

Insightful about the complex dynamics and motivations of young people who commit suicide. Presents profiles of eight severely depressed adolescents who either attempted or committed suicide. Information in alerting parents and friends of depressed teens to the factors that may lead to suicide.



Brown, Dale S.

LEARNING A LIVING - A GUIDE TO PLANNING YOUR CAREER AND FINDING A JOB FOR PEOPLE WITH LEARNING DISABILITIES, ATTENTION DEFICIT DISORDER AND DYSLEXIA

Woodbine House, 2000

Practical guide in helping a young person plan for their future.

Foster, Sally

THE ONE GIRL IN TEN: A SELF PORTRAIT OF THE TEEN-AGE MOTHER

Child Welfare League of America, 1988

An interesting collection of statistics & issues about teen pregnancy.

Babbit, Nikki

ADOLESCENT DRUG AND ALCOHOL ABUSE: HOW TO SPOT IT, STOP IT, AND GET HELP FOR YOUR FAMILY

O'Reilly, 2000

Wonderful guide for parents of teens, providing clear and practical info on spotting signs of alcohol and drug use. Overcoming family confusion, finding support in the community, selecting treatment and taking care of the family during this time.

Green, Morris MD

BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN AND ADOLESCENTS

National Center for Education in Maternal and Child Health, 1994

Bright Futures seeks to answer the challenging questions of how those who care for children/adolescents can be more effective in disease prevention & health promotion.

♥ Storey, Keith; Bates, Paul; Hunter, Dawn

THE ROAD AHEAD: TRANSITION TO ADULT LIFE FOR PERSONS WITH DISABILITIES (2ND ED)

Training Resource Network, 2008

A great resource for parents & professionals. Chapters cover key areas in transition from school to adult life.

♥ McDonald, Shauna; Parker, Rachel; Goldberg, Marge & Paula F.; Wright, Beth

THE ROAD TO WORK: AN INTRODUCTION TO VOCATIONAL REHABILITATION

PACER Center, Inc., 1996

A booklet for youth and adults with disabilities, family members and advocates. This booklet is about legislation and services that support the right to work of individuals with disabilities.

♥ Goldberg, Marge & Goldberg, Paula

TRANSITION TIPS AND TOOLS

PACER Center, 1996

Designed to assist families and youth, from about the age of 14, with transition. Easy to follow guide discusses the IEP process, self advocacy, driving, financial aid, Voc. Rehab., recreation, housing, personal care & case management.

Bishop, Kathleen Kirk; Taylor, Mary Skidmore; Arango, Polly
PARTNERSHIPS AT WORK: LESSONS LEARNED FROM PROGRAMS AND PRACTICES OF FAMILIES, PROFESSIONALS AND COMMUNITIES.

Partnerships For Change; 1997

Full of tips for professionals and families as they work together to support children with special health care needs.

Wolf, Anthony E. PhD

GET OUT OF MY LIFE - BUT FIRST COULD YOU DRIVE ME AND CHERYL TO THE MALL; A PARENTS GUIDE TO THE NEW TEEN

Noonday Press, 1991, 1996

A funny and compassionate guide to adolescents. Does not offer a set of teenage parenting rules, rather it explains why teenagers do what they do. Gives you the ability to translate teenage behavior into it's true, often less complicated meaning.

Shapland, Ceci; Schoeller, Kris; Goldberg, Paula and Smith, Marge

SPEAK UP FOR HEALTH: A HANDBOOK FOR PARENTS
PACER Center, Inc., 1993

Written by parents and adults with chronic illness or disabilities, this book focuses on the importance of preparing for independence in healthcare. Shared experiences, helpful hints and insights that were gained as they struggled through transition issues.

Fialka, Janice MSW; Mock, Martha PhD; Wagner Neugert, Jennifer MS

WHOSE LIFE IS IT ANYWAY? HOW ONE TEENAGER, HER PARENTS, AND HER TEACHER VIEW THE TRANSITION PROCESS FOR A YOUNG PERSON WITH DISABILITIES

Waisman Center, University of Wisconsin, 2005



Profiles five points in the transition process, starting at the beginning of the senior year. At each point in time we see the unique perspective of the youth, the parent & the professional. Includes discussion questions & resources.

Degraff, Alfred

CAREGIVERS AND PERSONAL ASSISTANTS: HOW TO FIND AND MANAGE THE PEOPLE WHO HELP YOU (OR YOUR LOVED ONE)

Saratoga Access Publications, 2002

A comprehensive reference with step by step strategies for recruiting, interviewing, screening, and hiring.

Banister, Katie Rodriguez

THE PERSONAL CARE ATTENDANT GUIDE: THE ART OF FINDING, KEEPING OR BEING ONE

Demos Medical Publishing, 2007

Written by a woman who is paralyzed, this book is a great resource. It provides easy to use forms and worksheets, anecdotes to help caregivers understand the job, personal stories related to hiring, and a number of resources.

Porter, Stephanie MSN, RN; Freeman, Linda MBA, MS and Griffin, Lynn Reeves RN, Med

TRANSITION PLANNING FOR ADOLESCENTS WITH SPECIAL HEALTHCARE NEEDS AND DISABILITIES; A GUIDE FOR HEALTHCARE PROVIDERS

Institute for Community Inclusion, HRSA, MA Dept. of Health, 2001

An overview for healthcare providers that defines the role of the Pediatrician and provides timelines, transition issues in healthcare, education, employment and recreation. Tip sheets for the family and the teen included.

Sax, Caren & Thoma, Colleen

TRANSITION ASSESSMENT: WISE PRACTICES FOR QUALITY LIVES

Brookes Publishing, 2002

This practical guidebook discusses a variety of assessment procedures, as well integrating results into transition plans & empowering young adults who have disabilities.