



## 2023 Self-Guided Training Opportunities for CASA Staff & Volunteers

### *Books, Movies, and Online Courses*

#### BOOK LIST

Each title has a built-in link to where all you need to do is Ctrl + mouse click and it will take you to Amazon.com or Worldcat.com. You can rent, buy, or borrow from various platforms.

The following list of books are suggested and are popular to help improve and inspire your service to children. Please note that not all books have been read by Ohio CASA Staff, and some may contain distressing material that may be upsetting given the topics. Keep in mind, there should be a writing or extra component to it after reading the book. Contact your local Director/Trainer/volunteer coordinator for further information.



#### [Educated: A Memoir 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.



#### [The Boy Who Was Raised as a Dog by Bruce D Perry & Maia Szalavitz](#)

In the classic *The Boy Who Was Raised as a Dog*, Dr. Perry tells their stories of trauma and transformation and shares their lessons of courage, humanity, and hope. Deftly combining unforgettable case histories with his own compassionate, insightful strategies for rehabilitation, Perry explains what happens to children's brain when they are exposed to extreme stress—and reveals the unexpected measures that can be taken to ease such pain and help them grow into healthy adults. Only when we understand the science of the mind and the power of love and nurturing can we hope to heal the spirit of even the most wounded child.



### [Damaged: the heartbreaking true story of a forgotten child](#)

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.



### [Beautiful Boy: A Father's Journey through His Son's Meth Addiction 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. Before meth, Sheff's son, Nic, was a varsity athlete, honor student, and award-winning journalist. After meth, he was a trembling wraith who lied, stole money from his eight-year-old brother, and lived on the streets. With poignant candor, Sheff traces the first warning signs—denial, 3 a.m. phone calls—the attempts at rehabilitation, and, at last, the way past addiction. He shows us that, whatever an addict's fate, the rest of the family must care for one another too, lest they become addicted to addiction.



### [Dopesick: Dealers, Doctors, and the Drug Company that Addicted America byBeth Macy](#)

Beth Macy takes us into the epicenter of a national drama that has unfolded over two decades. From the labs and marketing departments of big pharma to local doctor's offices; wealthy suburbs to distressed small communities in Central Appalachia; from distant cities to once-idyllic farm towns; the spread of opioid addiction follows a tortuous trajectory that illustrates how this crisis has persisted for so long and become so firmly entrenched



### [Dreamland: The True Tale of America's Opiate Epidemic by Sam Quinones](#)

With a great reporter's narrative skill and the storytelling ability of a novelist, acclaimed journalist Sam Quinones weaves together two classic tales of capitalism run amok whose unintentional collision has been catastrophic. The unfettered prescribing of pain medications during the 1990s reached its peak in Purdue Pharma's campaign to market OxyContin, its new, expensive--extremely addictive--miracle painkiller. Meanwhile, a massive influx of black tar heroin--cheap, potent, and originating from one small county on Mexico's west coast, independent of any drug cartel--assaulted small town and mid-sized cities across the country, driven by a brilliant, almost unbeatable marketing and distribution system. Together these phenomena continue to lay waste to communities from Tennessee to Oregon, Indiana to New Mexico.



### [Fentanyl, Inc.: How Rogue Chemists Are Creating the Deadliest Wave of the Opioid Epidemic by Ben Westhoff](#)

A deeply human story, *Fentanyl, Inc.* is the first deep-dive investigation of a hazardous and illicit industry that has created a worldwide epidemic, ravaging communities and overwhelming and confounding government agencies that are challenged to combat it. “A whole new crop of chemicals is radically changing the recreational drug landscape,” writes Ben Westhoff. “These are known as Novel Psychoactive Substances (NPS) and they include replacements for known drugs like heroin, cocaine, ecstasy, and marijuana. They are synthetic, made in a laboratory, and are much more potent than traditional drugs” —and all-too-often tragically lethal.



### [Childhood disrupted: how your biography becomes your biology, and how you can heal](#)

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.



### [A Child's Journey through Placement](#)

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.



### [Racism without racists : color-blind racism and the persistence of racial inequality in America](#)

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.



[\*\*Broke in America: Seeing, Understanding, and Ending US Poverty: Goldblum, Joanne Samuel, Shaddox, Colleen, Jones, Bomani:\*\*](#)

From Joanne Samuel Goldblum and Colleen Shaddox, *Broke in America* offers an eye-opening and galvanizing look at life in poverty in this country: how circumstances and public policy conspire to keep people poor, and the concrete steps we can take to end poverty for good. In clear, accessible prose, Goldblum and Shaddox detail the ways the current system is broken and how it's failing so many of us. They also highlight outdated and ineffective policies that are causing or contributing to this unnecessary problem. Every chapter features action items readers can use to combat poverty—both nationwide and in our local communities, including the most effective public policies you can support and how to work hand-in-hand with representatives to affect change.



[\*\*\\$2.00 a Day: Living on Almost Nothing in America by Kathryn Edin and H. Luke Shaefer\*\*](#)

The story of a kind of poverty in America so deep that we, as a country, don't even think exists—from a leading national poverty expert who “defies convention.” (*The New York Times*) Jessica Compton’s family of four would have no income if she didn’t donate plasma twice a week at her local donation center in Tennessee. Modonna Harris and her teenage daughter, Brianna, in Chicago, often have no food but spoiled milk on weekends. After two decades of brilliant research on American poverty, Kathryn Edin noticed something she hadn’t seen before—households surviving on virtually no cash income. Edin teamed with Luke Shaefer, an expert on calculating incomes of the poor, to discover that the number of American families living on \$2.00 per person, per day, was one and a half million households, including about three million children. Where do these families live? How did they get so desperately poor? Through this book’s eye-opening analysis and many compelling profiles, moving and startling answers emerge. \$2.00 a Day delivers provocative ideas to our national debate on income inequality.



[\*\*Mama's Boy, Preacher's Son: A Memoir of Growing Up, Coming Out, and Changing America's Schools:\*\*](#)

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.



#### [Lizzy lives in an angry house](#)

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.



#### [Helping Foster Children In School Degarmo, John](#)

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.



#### [Sex Trafficking: Inside the Business of Modern Slavery: Kara, Siddharth: Books](#)

In this book, Kara provides a riveting account of his four-continent journey into this unconscionable industry, sharing the moving stories of its victims and revealing the shocking conditions of their exploitation. He draws on his background in finance, economics, and law to provide the first ever business analysis of contemporary slavery worldwide, focusing on its most profitable and barbaric form: sex trafficking. Kara describes the local factors and global economic forces that gave rise to this and other forms of modern slavery over the past two decades and quantifies, for the first time, the size, growth, and profitability of each industry. Finally, he identifies the sectors of the sex trafficking industry that would be hardest hit by specifically designed interventions and recommends the specific legal, tactical, and policy measures that would target these vulnerable sectors and help to abolish this form of slavery, once and for all.



#### [Daddy's Curse: A Sex Trafficking True Story of an 8-Year-Old Girl: Luke G. Dahl, Nunt. R, Cedenheim Publishing:](#)

*A harrowing true story of an eight-year-old girl human sex trafficking and organized crime survivor.* Have you ever experienced total despair? Yuna was just an eight-year-old girl when she experienced total devastation. Growing up in the Mongolian countryside, she wasn't ready to face the darker side of the world. And yet she had to. After she was kidnapped by an organized crime gang, Yuna had to overcome her fears at an early age and start taking care of herself. She tried to escape from slavery, but everybody that she encountered wanted to take advantage of her. Yuna and other girls just like her were constantly abused, beaten, raped, and sold as sex slaves. Human trafficking is the worst kind of humiliation, especially for a young woman. She tried to escape and find freedom, but it wasn't easy. In this emotional and heart-shattering true story, author Luke G. Dahl will let you behind the curtains of sex-trafficking gangs and into the soul of abused women, who try to glue the broken pieces of their soul together to survive. By understanding what they have had to endure, you can find a new perspective and respect for life.



[Renting Lacy: A Story Of America's Prostituted Children \(A Call to Action\): Linda Smith, Cindy Coloma:](#)

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.



[I Never Told Anyone: Writings by Women Survivors of Child Sexual Abuse: Bass, Ellen:](#)  
Deeply moving testimonies by women survivors of child sexual abuse.



[The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van Der Kolk, M.D.](#)

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.



[It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle by Mark Wolynn](#)

A groundbreaking approach to transforming traumatic legacies passed down in families over generations, by an acclaimed expert in the field. As a pioneer in the field of inherited family trauma, Mark Wolynn has worked with individuals and groups on a therapeutic level for over twenty years. *It Didn't Start with You* offers a pragmatic and prescriptive guide to his method, the Core Language Approach. Diagnostic self-inventories provide a way to uncover the fears and anxieties conveyed through everyday words, behaviors, and physical symptoms. Techniques for developing a genogram or extended family tree create a map of experiences going back through the generations. And visualization, active imagination, and direct dialogue create pathways to reconnection, integration, and reclaiming life and health. *It Didn't Start With You* is a transformative approach to resolving longstanding difficulties that in many cases, traditional therapy, drugs, or other interventions have not had the capacity to touch.

## MOVIES/DOCUMENTARIES

Each title has a built-in link to where all you need to do is Click and Ctrl and it will take you to youtube.com/hbo.com. Note that you can rent/buy/borrow from any platform.

The following list of movies are suggested and are popular to help improve and inspire your service to children. Please note that not all movies have been watched by Ohio CASA Staff, and some may contain distressing material that may be upsetting given the topics. Keep in mind, there should be a writing or extra component to it after watching the book. Contact your local Director/Trainer/volunteer coordinator for further information.



#### [A Mother's Twisted Love \(Cancer Hoax Documentary\)](#)

This disturbing film tells the inside story of a mother, Terri Milbrandt, who pretended her daughter had cancer and appealed to her close-knit community for help to pay the medical bills. Seven-year-old Hannah had her head shaved and was given sleeping pills by her mother. It seems that when she awoke, she was told she had had chemotherapy. Her teachers arranged counselling for Hannah to prepare her for her death and when she visited Santa she asked to be spared. But there was no cancer and there were no medical bills. Now that close-knit community wants justice, and a jury must decide whether they were the victims of a sadistic fraud.



#### [ReMoved - Part 1:](#)

Explores from a 10 year-old child's point of view of the emotional journey of being taken from her home and placed in the foster care system.



#### [Remember My Story - ReMoved Part 2](#)

Stuck in the abyss of the foster care system, Zoe's life finally begins to move forward until unexpectedly what she holds dearest is taken away from her yet again and she is left to pick up the pieces of her tender heart.



#### [BREAKING POINTS I Partnership to End Addiction](#)

Includes candid perspectives from high-school and college students, as well as nationally recognized experts, challenging the misperceived "safety" and effectiveness of using prescription stimulants without a doctor's prescription. It serves as a catalyst to inform discussions about what parents and communities can do to support teens struggling to manage stress.



### [Four Good Days](#)

A mother helps her daughter work through four crucial days of recovery from substance abuse



### [Foster](#)

This film features numerous individuals in the foster care system; however, the inspiration for this film started with just one child. *\*This documentary is only available on HBO*



### [Instant Family](#)

Pete (Mark Wahlberg) and Ellie (Rose Byrne) must learn the ropes of instant parenthood when they bring in three foster children. Inspired by a true story, discovery this must see family comedy from the creators of Daddy's Home.



### [Foster Care's Invisible Youth](#)

Seven LGBTQ youth from the foster care system share their stories. Failed by their families, these young people go on to face rejection from foster families, invisibility within the system and incredible obstacles to healthy development.



### [PUBLIC SQUARE | Impact of Domestic Violence on Children | Season 3 | Episode 9 |](#)

This film addresses the impact of domestic violence on children. Research shows those impacts can last a lifetime. Children exposed to violence in the home often experience psychosomatic illnesses, depression, and suicidal tendencies. Later in life, these children are at greater risk for substance abuse, teen pregnancy, and criminal behavior than those raised in homes without violence.



### [Foster Care to College: A Crisis WE Can Solve | Robert R. Duke](#)

Foster youth who exit the system at 18 have less than a 4% chance to ever complete college. There is a 25% chance they will be homeless. Higher education administration and faculty need to be part of the solution by rethinking local engagement in order to help this group of youth be prepared, apply, and complete college.





### [Selling the Girl Next Door - CNN Documentary](#)

This documentary “takes viewers into the world of underage American girls caught up in the violent sex trade. Hundreds of thousands of girls under the age of 18 are ensnared into lives of prostitution annually, according to the National Center for Missing & Exploited Children. Many are runaways or “throwaways” trapped in “the oldest profession” by pimps who sell them using modern sales and marketing techniques.”



### [Medicating Kids](#)

This documentary examines the dramatic increase in the prescription of behavior-modifying drugs for children. Are these *medications* really necessary--and safe--for young children, or merely a harried nation's quick fix for annoying, yet age appropriate, behavior?



### [How childhood trauma affects health across a lifetime | Nadine Burke Harris](#)

Childhood trauma isn't something you just get over as you grow up. Pediatrician Nadine Burke Harris explains that the repeated stress of abuse, neglect and parents struggling with mental health or substance abuse issues has real, tangible effects on the development of the brain.



### [PAPER TIGERS](#)

The principal of Lincoln High School changes his school's approach to discipline to help students overcome traumatic events. *\*This documentary is only available on Amazon Prime Video*

## On-Line Courses

**Each link will take you directly to the website. Some sites you may need log-in registration before taking the course.**

The following list are suggested and popular websites to on-going education to help improve and inspire your service to children. Please note that not all trainings have been taken by Ohio CASA Staff, and some may contain distressing material that may be upsetting given the topics. Keep in mind, these should be approved by your local Director/Trainer/volunteer coordinator for further information. If you have questions, please contact your local program.



Ohio CASA/GAL Association

[Courses - Ohio CASA](#)



Ohio Supreme Court

[OhioCourtEDU \(csod.com\)](#)



National CASA

[Events – National CASA/GAL Member Portal \(nationalcasagal.org\)](#)



National Child Trauma Stress Network

[Learn: Continuing Education \(nctsn.org\)](#)



National Center for Victims of Crime

[All Available Courses – NCVS Education \(victimsofcrime.org\)](#)



SPARC

[Training Awareness | Stalking Awareness & Prevention | SPARC](#)



GLSEN

[Webinars and Workshops | GLSEN](#)



The HRC Foundation: All Children all Families

[All Children - All Families Webinars: Core Curriculum Track - HRC Foundation \(thehrcfoundation.org\)](#)



Ohio Domestic violence Network

[ODVN | Online Learning Academy \(talentlms.com\)](#)



PCAR/NSVRC

[PCAR - NSVRC Campus](#)



Ohio State

[Ohio State ScarletCanvas \(osu.edu\)](#)