

Twin Cities Jewish Community
Mental Health
Education Conference

OCTOBER 22, 2023
9 a.m. to 3 p.m.
Temple Israel



Recommended Book List 2023

Breakout #1 Helping youth with their mental health

Don't tell me to relax: one teen's journey to survive anxiety (and how you can too), Sophie Riegel, 2019

Go to help: 31 strategies to offer, ask for, and accept help, Sophie Riegel and Deborah Grayson Riegel, 2022

Overcoming overthinking: 36 ways to tame anxiety for work, school, and life, Sophie Riegel and Deborah Grayson Riegel, 2019

Parenting children with mental health challenges: a guide to life with emotionally complex kids, Deborah Vlock, 2018

Start here: A parent's guide to helping children and teens through mental health challenges, Pier Bryden, MD, Peter Szatmari, MD, 2020

Breakout #2 Navigating complex healthcare systems

Journey through the mental illness maze: how families find hope and acceptance, Marjorie A. Schaffer, PhD, RN, 2021

You are not alone: the NAMI guide to navigating mental health with advice from experts and wisdom from real people and families, Ken Duckworth, MD, 2022

Breakout #3 Ask the Psychologist

Atlas of the heart: mapping meaningful connection and the language of human experience, Brene Brown, PhD, LCSW, 2021

The body keeps the score: brain, mind, and body in the healing of trauma, Bessel A. van der Kolk, MD, 2014

The chemistry of calm: a powerful, drug-free plan to quiet your fears and overcome your anxiety, Henry Emmons, MD, 2010

The chemistry of joy: overcoming depression through western science & eastern wisdom, Henry Emmons, MD, 2006

Clearing the fog: from surviving to thriving with long COVID--a practical guide, James C. Jackson, PsyD, 2023

Maybe you should talk to someone: a therapist, her therapist, and our lives revealed, Lori Gottlieb, 2019

Breakout #4 Mental Health 101

The good house, Ann Leary, 2013. A captivating fictional story of a woman struggling with alcoholism

The language of emotions: what your feelings are trying to tell you, Karla McLaren, MEd, 2023

Losing our minds: the challenge of defining mental illness, Lucy Foulkes, PhD, 2022

May cause side effects: a memoir, Brooke Siem, 2022

The unapologetic guide to black mental health: navigate an unequal system, learn tools for emotional wellness, and get the help you deserve, Rheeda Walker, 2020

Where to start: a survival guide to anxiety, depression, and other mental health challenges, from Mental Health America, 2023

Breakout #5 The spiritual care component of mental health

Ayurveda beginner's guide: essential Ayurvedic principles & practices to balance & heal naturally, Susan Weis-Bohlen, 2018

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Light after loss: a spiritual guide for comfort, hope, and healing, Ashley Davis Bush, LICSW, 2022

Recovery, the 12 steps and Jewish spirituality: reclaiming hope, courage & wholeness, Rabbi Paul Steinberg, 2014

Turning the tide: neuroscience, spirituality and my path toward emotional health, Sylvia Bartley, PhD, 2017

Where Buddhism meets neuroscience: conversations with the Dalai Lama on the spiritual and scientific views of our minds, edited by Zara Houshmand, Robert B. Livingston, 2018

Breakout #6 Harm reduction and teen addiction

Light up the night: America's overdose crisis and the drug users fighting for survival, Travis Lupick, 2022

Never enough: the neuroscience and experience of addiction, Judith Grisel, 2023

Overcoming suicidal thoughts for teens: CBT activities to reduce pain, increase hope & build meaningful connections, Jeremy W. Pettit, PhD, Ryan M. Hill, PhD, 2022

Running on a mind rewired: a memoir, Nate Cannon, 2021

Things have changed: what every parent (and educator) should know about the student mental health and substance misuse crisis, David Magee, 2023

Undoing drugs: the untold story of harm reduction and the future of addiction, Maia Szalavitz, 2021

Breakout #7 Safety and resilience in K-12 settings

Building resilience in children and teens: giving kids roots and wings, Kenneth R. Ginsburg with Martha M. Jablow, 2020

Developing safer schools and communities for our children: the interdisciplinary responsibility of our time, Betsy Gunzelmann, 2015

Growing with gratitude: building resilience, happiness, and mental wellbeing in our schools and homes, Ash Manuel, 2023

I can't go to school: the school non-attender's workbook, Suzy Rowland, 2023

A practical guide for crisis response in our schools, Mark D. Lerner, Joseph S. Volpe, Brad Lindell, 2003

The resilience recipe: a parent's guide to raising fearless kids in the age of anxiety, Muniya S. Khanna, PHD, Philip C. Kendall, PHD, ABPP, 2021

Student success through micro-adversity: a teacher's guide to fostering grit & resilience by celebrating failure & encouraging perseverance, M. Jane, Ty Bricker, 2021

Trauma-proofing your kids: a parents' guide for instilling confidence, joy and resilience, Peter A. Levine, Maggie Kline, 2008

The violence project: how to stop a mass shooting epidemic, James Densley and Jillian Peterson, 2021

APA article: <https://www.apa.org/monitor/2023/03/concern-over-school-shootings>

Policy/research briefs:

School shootings, Children's Hospital of Philadelphia Center for Violence Prevention, 2023, <https://violence.chop.edu/school-shootings>

How to talk to kids about school shootings, Rachel Ehmke, Child Mind Institute, 2023, <https://childmind.org/article/anxiety-school-shooting/>

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Breakout #8 Move a muscle, change a thought

Healing anxiety, depression and unworthiness: 78 brain-changing mindfulness & yoga practices, Mary NurrieStearns, MSW, LCSW, C-IAYT, 2018

Move the body, heal the mind: overcome anxiety, depression, and dementia and improve focus, creativity, and sleep, Jennifer J. Heisz, PhD, 2022

Mussar yoga: blending an ancient Jewish spiritual practice with yoga to transform body and soul, Edith R. Brotman, PhD, RYT-500, 2014

Yoga for times of change: practices and meditations for moving through stress, anxiety, grief, and life's transitions, Nina Zolotow, 2022

Yoga therapy for stress & anxiety: create a personalized holistic plan to balance your life, Robert Butera, PhD, Erin Byron, MA, Staffan Elgelid, PhD, PT, 2015

Breakout #9 For the love of sleep

Buenas noches: aprendé a evitar los problemas de sueño y a descansar bien, Dr. Pablo Ferrero, 2022

Fast asleep: improve brain function, lose weight, boost your mood, reduce stress, and become a better sleeper, Dr. Michael Mosley, 2020

Sleep smarter: 21 essential strategies to sleep your way to a better body, better health, & bigger success, Shawn Stevenson, 2016

The sleep solution: why your sleep is broken and how to fix it, W. Chris Winter, MD, 2017

Why we sleep: unlocking the power of sleep and dreams, Matthew Walker, PhD, 2017

Breakout #10 Creating inclusive spaces for LGBTQ+ youth

Celebrating difference: a whole-school approach to LGBT+ inclusion, 2019

Dying to hang with the boys: a memoir, Nate Cannon, 2019

The educator's guide to LGBT+ inclusion: a practical resource for K-12 teachers, administrators, and school support staff, Kryss Shane, 2020

Breakout #11 Mental health and aging: the impact of social isolation

Being present: a nurse's resource for end-of-life care, Marjorie Schaffer, PhD, RN, Linda Norlander, 2009

Depression and anxiety in later life: what everyone needs to know, Mark D. Miller, Charles F. Reynolds III, 2012

Depression in later life: an essential guide, Deborah Serani, 2016

From generation to generation: healing intergenerational trauma through storytelling, Emily Wanderer Cohen, 2018

The lonely Century: how to restore human connection in a world that's pulling apart, Noreena Hertz, 2021

The practice of belonging: six lessons from vibrant communities to combat loneliness, foster diversity, and cultivate caring relationships, Lisa Kentgen, 2023

Remember: the science of memory and the art of forgetting, Lisa Genova, 2021

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Still Alice, Lisa Genova, 2009

To the last dance: a partner's story of living and loving through dementia, Myrna Marofsky, 2022

Together: the healing power of human connection in a sometimes lonely world, Vivek H. Murthy, MD, 2020

Breakout #12 Teen girls and mental health

The State of black girls: the go-to guide for creating safe spaces for black girls, Marline Francois-Madden, 2019

Swimming upstream: parenting girls for resilience in a toxic culture, Laura Hensley Choate, 2016

Breakout #13 Guardianship and conservatorship

Protecting your assets from probate and long-term care: don't let the system bankrupt you and your loved ones, Farr, Evan H, 2017

Your consent is not required: the rise in psychiatric detentions, forced treatment, and abusive guardianships, Rob Wipond, 2023

Breakout #14 Crisis intervention

Loving someone with suicidal thoughts: what family, friends, and partners can say and do, Stacey Freedenthal, PhD, LCSW, 2023

Mental health emergencies: a first-responder's guide to recognizing and handling mental health crises, Nick Benas, Michele Hart, LCSW, 2017

The modern trauma toolkit: nurture your post-traumatic growth with personalized solutions, Christy Gibson, MD, 2023

Population-based public health clinical manual: the Henry Street model for nurses, Marjorie Schaffer, PhD, RN, et al, 2018

Prevenir el suicidio: una guía para ayudarte a ayudar, Paula G.a Valverde Fonseca, 2022

Saving our own lives: a liberatory practice of harm reduction, Shira Hassan, 2022

Saving ourselves from suicide -- before and after: how to ask for help, recognize warning signs, and navigate grief, Linda Pacha, 2019

Suicide: prevention, intervention, and postvention, Dr. Melisa Marsh, 2020

The suicide prevention pocket guidebook: how to support someone who is having suicidal feelings, Joy Hibbins, 2021

Breakout #15 Grief

African American grief, Paul C. Rosenblatt, Beverly R. Wallace, 2022

Ambiguous loss: Learning to live with unresolved grief, Pauline Boss, 1999.

Finding Meaning: The Sixth Stage of Grief, David Kessler, 2019

From grief to healing: a holistic guide to rebuilding mind, body & spirit after loss, Amanda Mackenzie, 2022

The grief handbook: a guide through the worst days of your life, Bridget McNulty, 2021

Healing after loss: daily meditations for working through grief, Martha W. Hickman, 2002

The long grief journey: how long-term unresolved grief can affect your mental health and what to do about it, Pamela D. Blair, Bradie McCabe Hansen, MA, 2023

Más allá del dolor de la pérdida: mindfulness y compasión para un duelo consciente, Lorena Alonso Llácer, 2022

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The modern loss handbook: an interactive guide to moving through grief and building your resilience, Rebecca Soffer, 2022

The myth of closure, Pauline Boss, 2022.

On grief and grieving: finding the meaning of grief through the five stages of loss, Elisabeth Kübler-Ross, David Kessler, 2014

Permission to mourn: a new way to do grief, Tom Zuba, 2014

Sushi Tuesdays: a memoir of love, loss, and family resilience, Charlotte Maya, 2023

Tear soup: a recipe for healing after loss, Pat Schwiebert, Chuck DeKlyen, 1999, 2015

ONLINE LIBRARY RESOURCES

Free access at www.hclib.org

MedLine Plus is National Institute of Health's National Library of Medicine and is available in English and Spanish. To access: under Browse Online Resources, scroll down to MedLine Plus or Filter by Category to Health and Wellness and scroll down. Once in MedLine, top left menu, choose Health Topics. Middle column Disorders and Conditions click on Mental Health and Behavior.

PubMed is a more scholarly collection of articles, also from National Library of Medicine.

You can also search for topics in the Magazines and Newspaper Articles search on the library main page.

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