

SUMMIT READS 2017: Bibliography

Additional Mental Health/Mental Illness Titles

Adults:

SUMMIT READS SELECTION:

Show Me All Your Scars: True Stories of Living With Mental Illness, Edited by Lee Gutkind. 20 stories, all written by published authors, address bipolar disorder, OCD, self-harm, PTSD, and other diagnoses. The stories depict the difficulties, sorrows, and surprisingly, the occasional unexpected rewards of living with mental illness.

Unquiet Mind: A Memoir of Moods and Madness and Night Falls Fast, both by Kay Redfield Jamison. Well written and classic, Dr. Jamison draws on her professional and personal experiences and perspectives on bipolar disease (Unquiet Mind). She studies suicide and its particularly strong pull on young people (Night).

Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt by Kevin Hines. At 19, Kevin attempted to take his life by jumping off the Golden Gate Bridge. The voices in his bipolar mind told him he had to die. His miraculous survival (only 26 out of 2,000 jumpers have lived) led him to become a mental health advocate. Note: "The Bridge" is a movie, directed by Eric Steel, about the suicides off the Golden Gate Bridge.

Far From the Tree: Parents, Children and the Search for Identity by Andrew Solomon. The book is a study of parents faced with their children's challenges ranging from deafness and schizophrenia to autism and transgender. Elegantly reported, Solomon explores themes of generosity, acceptance, love and tolerance.

The Boy Who Was Raised as a Dog and Other Stories From a Child Psychiatrist's Notebook: What Traumatized Children Can Teach Us About Loss, Love and Healing by Bruce D. Perry. M.D., Ph.D.

This Close to Happy: A Reckoning With Depression by Daphne Merkin. Suffering with clinical depression since childhood, Merkin recounts, with grace and clarity, her experience with hospitalizations, therapists and psychopharmacology. She describes her life-long sorrow and her redemptive love of reading and writing.

Furiously Happy: A Funny Book About Horrible Things by Jenny Lawson. Blogger/author Lawson uses humor to discuss her depression, anxiety, phobias, insomnia, and self-injury. Rather than waving a white flag, she chooses to combat her physical and mental illnesses by being "furiously happy".

Why People Die By Suicide by Thomas Joiner. Joiner, a clinical psychologist, draws on his extensive research and personal experience to write a coherent and persuasive explanation of why and how people overcome the instinct of self-preservation.

Brain on Fire by Susannah Cahalan. A 24 year old investigative reporter wakes up strapped into a hospital bed, unable to move, speak or remember how she got there. Months later, after a last chance diagnosis, she must use all her investigative skills to patch together her descent into madness and recovery.

<http://adventureblog.nationalgeographic.com/2016/05/16/why-are-ski-towns-suicides-happening-at-such-an-alarming-rate/> . Valuable reading for those who live in or near ski communities, especially in the Rocky Mountain States.

Young Adult

Fig by Sarah Elizabeth Schantz. Love and sacrifice blend in this debut novel of a girl dealing with her mother's schizophrenia and her own mental illness. Fiona's (Fig's) story starts at age 6 and spans 15 years; she confronts the loneliness of rural life complicated by OCD and devotion to her sick mom.

Eight Stories Up: An Adolescent Chooses Life Over Suicide By Dequincy A. Lezine, Ph.D. A survivor of a suicide attempt, Lezine found the psychiatric help he needed and went on to devote his life to providing the kind of help this book provides.

Love Letters to the Dead, by Ava Dellaira. "Write a letter to a dead person" is an English assignment that inspires Laurel to come to terms with her sister's death. Her letters, the basis of the book, are written to the likes of Kurt Cobain, Janis Joplin, Amelia Earhart and River Phoenix.

Fat Kid Rules the World by K.L. Going. Troy is 17, 296 pounds, miserable, lonely and ready to end his life until he meets Curt, a skinny, semi-homeless, high-school living guitar legend who turns his life around and upside down.

The Power to Prevent Suicide (Updated Edition): A Guide for Teens Helping Teens by Richard E. Nelson, Ph.D. Most teens would speak about their problems to a friend first. This practical book offers many techniques for helping friends.

When Nothing Matters Anymore: A Survival Guide for Depressed Teens, by Bev Cobain, R.N. This book provides the latest information on medication, nutrition and the questions teen have asked most often. Many teens have already been helped by learning about treatment options, etc.

Living With a Black Dog: His Name is Depression by Matthew Johnstone. Winston Churchill popularized the term Black Dog to describe his lifelong bouts of depression. This little (40 pages) book, beautifully illustrated, provides insights into life with depression and how to control the Black Dog.

The Weight of Zero by Karen Fortunati. Zero is the name of the terrible depression that Catherine, a seventeen-year-old, suffers due to her bipolar disorder. She has planned to commit suicide rather than face Zero, again. Her family, friends and new treatment offer her hope.

Independent Reader

Rain Reign by Ann M. Martin. Rose, a fifth-grader, is fascinated by homonyms like her name and the name of her dog, Rain. Diagnosed with high functioning autism, Rose tells the reader how she sees the world and explains her life rules. She must step far outside her comfort zone to rescue Rain who gets lost during a storm.

Surviving Middle School: Navigating the Halls, Riding the Social Roller Coaster, and Unmasking the Real You, by Luke Reynolds. Written by a middle school teacher, this book discusses such topics as crushes, bullies, and lunch room shenanigans from the perspective of real students from underdogs to overachievers.

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger by Dawn Huebner, Ph.D. Using cognitive-behavioral techniques, engaging examples and lively illustrations, the book provides step-by-step instructions for cooling angry thoughts and controlling angry actions.

What to Do When You're Cranky and Blue: A Guide for Kids by James J. Crist, Ph.D. Many kids have overcome their cranky, blue, and lonely feelings by using the ideas in this book. Learn how to recognize the reasons for feelings and when to ask for help. A list of resources is included.

Understanding Mental Health: Schizophrenia and Other Psychotic Disorders by Carrie Iorizzo. Part of a series for readers aged 10-13, the book covers topics from symptoms, causes, and treatment options to dealing with family members who have been diagnosed with a psychotic disorder.

Hank & Company: Paws for Therapy by Jeanne Schoech. Hank is a Bernese Mountain Dog who is trained as a therapy dog; he works in schools and nursing homes. Each chapter in the book is divided; the first part covers his training and the second is devoted to stories of the people he helps.

Straight Talk about Dealing with Loss by James Bow. Quotes from young people who have suffered a loss and are grieving give the reader an intimate look at situations they may face. The book covers topics including the stages and symptoms of grief, myths and facts about loss, and when to get help.

Picture Books

Darcy Daisy and the Firefly Festival by Lisa Lewandowski, Ph.D. Ms. Zinnia is bipolar, and Darcy is uneasy around her until she learns more about the illness and the importance of community support and acceptance.

Eli the Bipolar Bear by Sharon Bracken. Eli struggles with drastic mood swings that disrupt his whole life. His parents and Wise Old Bear help him to understand his disorder and find the resources to manage it.

Sometimes Mommy Gets Angry, by Bebe Moore Campbell. Annie's mother is bipolar. Some days Annie must be big girl and make her own breakfast or put herself to bed. With the help of her grandma and her friends, she learns to cope and understand that Mommy always loves her.

The Color thief: A Family's Story of Depression by Andrew Fusek Peters & Polly Peters. When a child's father suffers from depression it takes all the color out of their world, and he worries that it may be his fault. As his father gets help, the colors return.

I Wish Daddy Didn't Drink So Much by Judith Vigna. Lisa's daddy is an alcoholic, and she doesn't understand and is frightened by his mood swings and anger. With the help of Mommy and a neighbor (a recovering alcoholic), Lisa learns to take one day at a time and create her own happiness.

Trudy Beludy and Her Brilliant Tummy by Elizabeth Maier Marietta. When Trudy is sad, mad or disappointed, she turns to food for comfort. A stomach ache tells her eating is not the answer, so she and her mommy work on alternate ways of handling her feelings.