See pages 6-8 for our NEW publications!
“Enhancing the quality of life of our nation’s youth and their families by improving the effectiveness of human services.”

– NRCYS Mission Statement

By email, through our website or by phone, contact us today.

At NRCYS we integrate youth development philosophy into all we do, and our resources reflect the contribution youth can make to their own success. We want to help you provide support and services for these youth who are making the difficult transition to adulthood.

Within Oklahoma, nationally and internationally, we use all our efforts to help you work with youth and families. NRCYS serves more than 25,000 human services professionals each year and publishes and distributes moderately priced interactive resources. Our trainer consultants all have direct care experience and keep current on trends and practices through their own continuing education and their contact with a broad spectrum of youth and family serving programs.

The issues we deal with are as varied as the experiences we bring to our work, and if we can’t help you, we’ll help you find someone who can.

Our Services

• Consultation
• Team Building and Strategic Planning
• Program Assessment and Evaluation
• Speakers and Conference Presenters
• Conference Planning and Teen Conference Coordination
• Information and Referral

Publications

The NRCYS Resource Catalog is the place to review and purchase books, videos & training for the Human Service Professional.

Manuals, curricula, workbooks, and videos are moderately priced and easy to use. Most are selected and published by NRCYS as hands-on help with exercises and activities that are designed to address the unique strengths and needs of youth ages 12-18. Where appropriate, the specific age group for a product is indicated in the title and/or product description. You should consider the emotional age as well as chronological age and grade level of your client population.

Training

Direct and training of trainer’s courses: see pages 4-5.

Phone: (800) 274-2687 • Monday – Friday • 8 to 5 Central Time
Fax: (918) 660-3737 | Web: www.nrcys.ou.edu

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NRCYS Books, Videos & Training for The Human Service Professional
Technical Assistance and Training activities are directed at building capacity within states and tribes to deliver effective services to youth and families. NCWRCYD helps states and tribes accomplish systemic change through collaboration in program design and implementation related to pertinent legislation and culturally competent practices.

At the National Child Welfare Resource Center for Youth Development, we value the unique strengths, needs and resiliency of adolescents and challenge States and Tribes to do the same. We stand ready to help service providers incorporate youth development philosophies into all areas of programs and services. NCWRCYD can provide technical assistance and training to help States and Tribes implement practices that address ASFA, Chafee, and CFSR requirements, and to meet the increased call for accountability and outcomes in child welfare services.

**Eligibility**

If your agency is a Tribal or publicly administered child welfare agency, you can access NCWRCYD services by contacting your Administration for Children and Families federal regional office. Call us today for information on the technical assistance, training, information and referral, and conference support services available through the National Child Welfare Resource Center for Youth Development. And, visit us on the web at www.ncrcys.ou.edu/nrcyd.

Through a cooperative agreement with the U.S. Department of Health and Human Services, Children’s Bureau, The University of Oklahoma operates the National Child Welfare Resource Center for Youth Development. The center is part of the Children’s Bureau National Training and Technical Assistance Initiative along with other federally funded resource centers.

The University of Oklahoma OUTREACH
National Child Welfare Resource Center for Youth Development
A service of Children’s Bureau, USDHHS

Schusterman Center
4502 E 41st St. Bldg 4W
Tulsa, OK 74135-2512
Call: (800) 274-2687
Fax: (918) 660-3737
www.ncrcys.ou.edu/nrcyd

This initiative supports publicly administered and supported child welfare and tribal agencies through free technical assistance and training.
Residential Child and Youth Care Professional Training and Curriculum

A newly revised curriculum comprised of four modules:

- Creating a Culture of Care
- Understanding Child Development
- Building Relationships
- Teaching Discipline

This strengths and competency based curriculum includes a strong youth development philosophy and current best practice components that incorporate work in diversity and independent living/life skills.. (Formerly called “The Basic Course for Residential Child Care Workers.”)

See manual for sale on page 27.

This curriculum makes a good orientation and evaluation for new staff, an update for current staff and a measurement for staff consistency. Using your own trainer and this curriculum you can also certify your direct residential care staff.

Trainer Certification Course

Managing Aggressive Behavior Training

A crisis management program that focuses on prevention while teaching the physical and non physical intervention skills you need to keep staff and clients safe. Teach staff to recognize a developing crisis and intervene appropriately, establish agency-wide procedures and training, give staff a sense of teamwork and trust from a shared crisis management philosophy, reduce the number of restraints and help staff protect themselves and the youth in their care.

Trainer Certification Course
Behavior Crisis Management Training for Foster Parents

Built specifically for teaching foster parents how to prevent and intervene appropriately in crisis situations, this curriculum offers stress management, crisis management and crisis de-escalation techniques and addresses issues specific to foster parenting such as “combination” family dynamics, cultural diversity within a “combination” family and attachment and loss. BCMT is suitable for home use with a broad age range of children and youth.

Trainer Certification Course Four Days

Ansell-Casey Life Skills Training

For professionals and volunteers who wish to train other professionals, volunteers or youth within their own organization to use the complete Ansell Casey Life Skills Assessment suite of resources, an on-line, user friendly life skills assessment that measures a young person’s skill level and readiness to live independently plus tools to help bridge the gap between assessment, case planning, and practical skill development for each youth.

The National Resource Center for Youth Services is an Authorized Training Provider for Casey Family Programs.

Trainer Certification Course Three Days

CALL TODAY for the newest schedule of courses and a packet of information!

Contract to bring one of these or other workshops to your agency and region.

CALL (918) 660-3700 | Email: rbaker@ou.edu OR find us on the internet at www.nrcys.ou.edu

For Casey Life Skills Information - www.caseylifeskills.org
Hello God, Are You There?  
_Teens Write About Spirituality and Faith_

_Told simply in the language of youth, these stories by teens wrestle with questions about God and come up with a variety of answers. Many are of teens whose faith sustains their hope for the future. Others are of faith lost in a God who they believe abandoned them, and yet others are of faith lost but regained. Discussion tips included._

2004, 18pp., 8.5" x 11", spiral bound

**381 Each $8.00**

The Kids’ Guide to Working Out Conflicts  
_How to Keep Cool, Stay Safe, and Get Along_

_Naomi Drew, MA_

_For ages 10-14_

_Being teased? Keep cool. Feeling threatened? Stay safe. Can’t agree? Get along. Sound simple? It’s not, but we all can do it. This book gives teens the knowledge, understanding, and skills to resolve conflict, defuse tough situations, stand up for themselves and more. Easy to read, full of ideas to think about and strategies to try._

2004, 160pp., 7" x 9", soft cover

**387 Each $13.95**

A Leader’s Guide to the Kid’s Guide to Working Out Conflicts  
_Naomi Drew, MA_

_Grade 5-8_

_The Leader’s Guide brings the student book, The Kid’s Guide to Working Out Conflicts, into the classroom or group with lesson plans and reproducible handout masters._

2005, 112pp., 8.5" x 11", lay-flat binding

**387B Each $21.95**

In The System and in The Life: A Guide for Teens and Staff to the Gay Experience in Foster Care  
_Edited by Al Desetta – Youth Communication_

Explore the special challenges of “coming out” while in care through 22 stories by gay and straight teens and staff about group homes, foster homes, foster parents, teen-staff relations, teen-to-teen relations, coming out, HIV, and stereotypes. “Think About It” questions and activities for every story along with detailed instructions on how to lead workshops make this book ideal for staff training or IL classes. Includes a chapter on “Creating a Supportive Agency Environment.”

2003, 112pp., 8.5" x 11", soft cover

**382 Each $16.95**

Trouble Talking with Teens?  
_Conversations On The Go_

_Clever Questions to keep teens and grown-ups talking_

_Mary Alice Ackerman_

_These are simple questions to help you start conversations with youth and spark discussion. Take it with you wherever you go with youth: sports practice, in a car or in a group. It’s easy, it’s fun and it works. For staff, for foster parents, for all parents._

2004, 95pp., 5.5” x 5.5”, soft cover

**383 Each $9.95**
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<tr>
<td>The How Rude! Handbook of Friendship and Dating</td>
<td>Alex J. Packer, Ph.D.</td>
<td><em>Surviving the Social Scene</em>&lt;br&gt;Is there a proper way to make new friends? Is teasing always rude? What can you do about friendship problems? How can you show a girl (or guy) that you like her (or him)? What’s the best way to ask someone out… and who pays for the date?&lt;br&gt;&lt;br&gt;This little book answers these questions and many more. Along the way, teens learn the basics of polite behavior with friends and more-than-friends—and laugh out loud while learning.&lt;br&gt;&lt;br&gt;2004, 128pp., 5” x 7”, illustrated, soft cover</td>
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<td>The How Rude! Handbook of School Manners</td>
<td>Alex J. Packer, Ph.D.</td>
<td><em>Civility in the Hallowed Halls</em>&lt;br&gt;What counts as rude behavior in school? What can you do when a teacher is rude? What’s the best way to handle bullies and bigots?&lt;br&gt;&lt;br&gt;Here’s sound advice (touched with humor) for teens who want to make school more bearable.&lt;br&gt;&lt;br&gt;2004, 128pp., 5” x 7”, illustrated, soft cover</td>
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<td>The How Rude! Handbook of Family Manners</td>
<td>Alex J. Packer, Ph.D.</td>
<td><em>Avoiding Strife in Family Life</em>&lt;br&gt;This book covers the basics of creating the civilized home—a place where people talk instead of yell, pick up after themselves, respect each other, and fight fair.&lt;br&gt;&lt;br&gt;And it’s not all about the traditional family. Tips also cover the blended, shaken, stirred, and mixed (or mixed-up?) family, with special advice for teens whose parents are divorced.&lt;br&gt;&lt;br&gt;2004, 128pp., 5” x 7”, illustrated, soft cover</td>
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<td>Working Shoulder to Shoulder</td>
<td>Deborah Fisher</td>
<td><em>Stories and Strategies of Youth Adult Partnerships that Succeed</em>&lt;br&gt;This is filled with practical steps and true stories of partnerships that work. In their own words, adults and youth describe the barriers, lessons, and successes they’ve experienced and provide tips, ideas, and practical wisdom and advice. It also includes a step-by-step guide to starting and building partnerships. A good combination of examples, philosophy, and practical advice, <em>Working Shoulder to Shoulder</em> is an ideal foundation for starting and strengthening youth-adult partnerships.&lt;br&gt;&lt;br&gt;2001, 94pp., 7&quot; x 10&quot;, soft cover</td>
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<td>The Best Cooperative Team Building Activities For All Ages and Organizations</td>
<td>Bill Michaelis and Ezra Holland, San Francisco State University</td>
<td>This inexpensive, 58 minute video is chock full of activities that are highly motivating… great fun to watch… and even more fun to do. The video or DVD displays over 20 proven accessible favorites plus variations, written rules, leadership processing hints, follow up resources and a modeled sequence of cooperative behaviors and group building linked with applications for school, work, play and life.&lt;br&gt;&lt;br&gt;Variations allow for a selective balance of challenge, serious focus and fun, and accommodate a wide range of abilities and complement other activities you are already doing.&lt;br&gt;&lt;br&gt;2003, 58 minutes with guide, VHS or DVD</td>
<td>$39.95</td>
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Order by mail: NRCYS, Schusterman Center, 4502 E. 41st St., Bldg. 4W, Tulsa OK 74135-2512 · By phone: 1 (800) 274-2687 · www.nrcys.ou.edu
Street Law for Youth in Transition
Matthew M. Kavanagh
What each youth may need to know about the laws of the United States and their own state as they relate to their responsibilities and their rights, this curriculum is designed to help you initiate a law-related education (LRE) program for your agency. LRE goes beyond questions of who, what, when, and where and helps young people answer questions about why.

Created for use with youth in the foster care, homeless/runaway, juvenile justice and other systems; as a part of independent or transitional living programs; or with any youth making the often difficult transition to legal adulthood.

The manual is broken into 19 lessons within eight categories; What are Laws?, Family Law, Foster Care, Consumer Laws, Housing, Employment, Education and Criminal Laws, and the Legal System.

2004, 394pp., 8.5" x 11", 3-ring loose-leaf binder

378 Each $50.00

A Guide to Federal Law and Legislation for Youth in Out-of-Home Care

Improving Outcomes for Older Youth:
What judges and attorneys need to know
Kathleen McNaught, J.D. and Lauren Onkeles, J.D.
Produced by The University of Oklahoma National Child Welfare Resource Center for Youth Development in conjunction with the American Bar Association Center on Children and the Law, this publication is a comprehensive guide to federal legislation for youth in out-of-home care. The guide covers issues in housing, health, education, employment, undocumented youth, parenting youth, and tribal youth among others. This is a must read for judges, attorneys, and advocates for youth in out-of-home care.

This guide provides general federal information as a start to gathering the substantive knowledge of what youth in care need, what they are legally entitled to and what services are available to them.

Divided into subsections and tabbed for easy reference, the loose leaf format provides a chance for each judge, attorney or advocate to add his or her own state-specific information.

2004, 144pp., 8.5" x 11", 3-ring loose-leaf binder

377 Each $15.00

Teach Youth What They Need to Know About Their Rights and Responsibilities According to the Law.
Independent Living/Life Skills Resources for Youth
JUST FOR YOUTH TO SUPPORT THEIR JOURNEY TO ADULTHOOD.
Many of these resources can be used in combination with life skills education activities OR can be stand-alone resources for youth in their personal transition to adulthood.

Me At My Best
Ideas for Staying True to Yourself Every Day
A low-cost booklet that builds inner power, you’ll want to give Me At My Best to each youth in your program.
Bright, busy formatting appeals to youth and builds the eight Search Institute Developmental Assets.
The answers to insightful questions inspire youth to reflect and build upon their own strengths in social competence, empowerment, support, boundaries and expectations, time use, learning, values and self esteem.
2003, 16pp., 5.5" x 8.5", soft cover
357 Packet of 20 $9.95
2002, 112pp., 4.25" x 5.5", soft cover, spiral bound

The Mentor’s Guide
Facilitating Effective Learning Relationships
Lois J. Zachary
Thoughtful and rich with advice, The Mentor’s Guide explores the process of mentoring and presents practical tools for facilitating the experience for yourself and others. Use the hands-on worksheets and exercises in this unique resource to learn how to:
• Assess readiness to become a mentor
• Establish the relationship
• Set appropriate goals
• Monitor progress and achievement
• Avoid common pitfalls
• Bring the relationship to a natural conclusion.
2000, 224pp., 8.5” x 11”, 3-ring, loose-leaf binder
359 Each $30.00

FYI3 – Involved, Informed, Independent
Created by FosterClub
Designed for foster youth to guide and help them become involved, informed and independent, this binder organizes all the important things youth need. It is a place to store and organize information and records, keep track of events, and file personal documents and information for court, education and independent living. Includes FYI forms that will help youth make their voice heard as advocates in their own behalf.
2001, 96pp., 8.5” x 11”, 3-ring, loose-leaf binder
348A Each $20.00
Quantity Discounts
251-499 Each $17.50
500+ Each $15.00

FYI Video
Designed as a training video for the FYI3 Binder, this companion to the Binder guides youth through the uses and importance of the Binder. We recommend each new purchase include at least one training video.
348V Each $30.00
Quantity Discounts
5+ Each $25.00

Forms
FYI3 “About Me” 100 $50.00 FYI3 “My Foster Family” 100 $50.00
FYI3 “Foster Care Plan” 100 $50.00 FYI3 “Problem/Complaint” 100 $50.00
Facing Independence
Your Guide to Living on Your Own
Spectrum Youth & Family Services
A 59-page practical handbook for any youth who is anticipating moving out on his/her own. It is both a workbook and a reference book with basic information about finding a job, getting housing, preventing STD’s and more.
1995, 59pp., 5.5" x 8.5", soft cover
243 Each $6.00

YO! Let’s Eat!
A Cookbook for Teenagers… with Recipes from Teenagers
Patti Adams; Marc Jacobs, MSW
Illustrated by Steve Powell
Most of the recipes in this cookbook are submitted by young cooks. Several resulted from a “Food Dude” contest held in foster and group homes. Included are recipes for “School Lunch Bags and Snacks,” “Weekend Breakfasts,” and “Recipes for Experienced Cooks.”
1994, 96pp., 8" x 9”, illustrated, plastic-coated, soft cover, spiral bound
144F Each $7.95
Quantity Discounts
6–24 Each $6.95
25+ Each $5.95

Medical Lifeline
This compact, all-in-one, record keeper is an easy-to-use, inexpensive way for youth to track their health records. Enclosed in a durable plastic, bi-fold packet, Medical Lifeline topics include past illnesses, allergies, immunizations, counseling, dental care, eyes, and hearing, plus family medical history. Order your supply today!
1998, 3.5" x 8", plastic cover, Revised Edition
129 Each $2.50
Quantity Discounts
25–99 Each $2.25
100+ Each $2.00

Passages
A Journal for Growing Home
Michelle Chalmers, MSW
This journal is a tool for youth to use together with their self-selected “Passages Partner” (mentor). Its purpose is to create opportunities for youth to discuss important life issues with a trusted adult. The journal initiates conversation, and also has many questions that ask the youth and Passages Partner to go out into the community. It encourages them to meet people and to find places that can become part of the youth’s circle of support. Divided into four sections: Belonging, Knowing, Becoming, and Giving, each represents an area of skills, experience and qualities all of us need in order to be healthy, confident adults. Includes checklist to help youth assess the skills they know and those they still need to master.
2001, 154pp., 8" x 8", hard cover, spiral bound, Second Edition
265 Each $15.00

Finding Our Place
A Guide for Young People Entering Foster Care
Michelle Chalmers, MSW, Editor
Written by young people currently or formerly in foster care, this is a breakthrough handbook for kids first entering the foster care system or for those in placement. Finding Our Place gives youth a kid-to-kid look at getting the best out of their placement. Six sections include a description of the foster care system and its procedures, what to expect at a foster home, how to get along with other foster kids and with the children of a foster family, how to deal with tough emotions, and how to plan for after the placement. A terrific gift of “self-help” for youth in foster care.
2001, 105pp., 6.5" x 10.5", hard cover, spiral bound, Second Edition
266 Each $14.95
Quantity Discounts
25–49 Each $13.95
50+ Each $12.95

The Life Skills Guidebook Resource Package
The Life Skills Guidebook Resource Package includes ten publications. Each contains a wide variety of practical life skill activities for use in group or one-to-one sessions. Use each title alone or coordinate this package with the Ansell Casey Life Skills Assessment (ACLSA) and Life Skills Guidebook.

The ACLSA is a free online self-sufficiency assessment that both the youth and the adult caregiver complete. ACLSA may be used by foster families, social service agencies, schools, private practitioners or anyone interested in helping youth learn life skills. The Life Skills Guidebook is a web-based resource that guides life skill planning and instruction. Find both of these resources at www.caseylifeskills.org.
Life Skills Activities for Secondary Students with Special Needs
Darlene Mannix
190 activities that focus on specific skills within the context of real-life situations. They include discussion questions, related exercises, and evaluation suggestions, along with complete teacher directions for effective use.

You can build your students’ interpersonal skills, communication skills, academic and school skills, practical living skills, vocational skills and problem solving skills for their important lifestyle choices.

1995, 544pp., 8.5” x 11”, soft cover, spiral bound
278 Each $29.95

Ready Set Fly!
A Parent’s Guide to Teaching Life Skills
Developed by Casey Family Programs–Tucson Division
Meal Planning and Etiquette; Home Cleaning and Safety; Money Management and Social Development: Created through focus groups with foster parents and alumni youth, Ready Set Fly offers tangible teaching tips that help parents and child welfare professionals teach youth how to reach their life skills goals. Everyday skill-building suggestions are laid out within categories (like those above).

No parent should be without this easy-to-use teaching guide in their home. 2003, 44pp., 8.5” x 11”, soft cover, Revised
299 Each $7.00
Quantity Discounts
50-99 Each $6.00
100+ Each $5.50
Also available in Spanish (Order #349).

What Are My Rights?
95 Questions and Answers About Teens and the Law
Thomas A. Jacobs, J.D.
Interesting to read and easy-to-use inviting teens to learn about the laws that affect them and consider their rights and responsibilities. Especially useful for mid to late teen age youth. What Are My Rights is written in clear, everyday language and answers questions such as: “What if I win the lottery? Can I change my name? What will happen if I ditch school? When can I get my own apartment?”

1997, 198pp., 6”x 9”, soft cover
341 Each $14.95

How to Survive Teaching Health
Games, Activities and Worksheets for Grades 4–12
Kenneth Tillman; Patricia Rizzo Toner
Carefully designed to meet accepted objectives of health education, activities are easily adapted to any program and cover a wide range of topics—from Drugs, Alcohol & Tobacco to Physical Exercises, and Health-Related Careers.
1990, 320pp., 8.5” x 11”, soft cover
279 Each $29.95

Creative Life Skill Activities
Dorothy I. Ansell; Joan M. Morse
Inspired by Daily Living’s “Clip & Save Page,” Creative Life Skill Activities is a collection of 100 activities used in life skill training programs throughout the nation. Every activity from this practical collection is ready to use.
1994, 143pp., 8.5” x 11”, soft cover, spiral bound
238 Each $25.00

The New Making It On Your Own
Dorothy I. Ansell
The New Making It On Your Own tests a youth’s knowledge and challenges them to seek out new information. Workbook covers employment, apartments, home management, health, leisure time, and money management.
1995, 92pp., 8.5” x 11”, soft cover, spiral bound, Second Edition
237 Each $8.95
Quantity Discounts
40+ Each $8.45

Social Skills Activities for Secondary Students with Special Needs
Darlene Mannix
187 ready-to-use worksheets to help students build the skills needed to interact effectively with others and learn to apply these skills to various real-life settings, situations and problems. Part I offers 20 complete teaching units focusing on 20 skills such as working with others and being flexible. Part II features 75 worksheets to teach students how to apply skills at home, at school, at work, among peers, and in the community.
1998, 272pp., 8.5” x 11”, soft cover, spiral bound
280 Each $29.95

A Future Near Me
Questions to Guide a Young Adult Toward Self-Sufficiency
Mark J. Kroner, MSW
A pocket workbook for youth who are thinking about moving out on their own. It includes 100 questions to guide a young adult toward self-sufficiency. It can be used by individuals or groups to stimulate discussion. Written by Mark Kroner, A Future Near Me is a great gift for any young adult who is serious about taking charge of his/her future.
1997, 112pp., 4.5” x 5.5”, soft cover, spiral bound
241 Each $6.00

I Can Do It!
A Micropedia of Living on Your Own
Marian B. Laizko
Moving away from home or care and setting up a household is exhilarating but bewildering. There are groceries to buy, clothes to clean, meals to prepare — the list of responsibilities is endless. Perhaps most intimidating of all is you’re limited budget. So where do you turn for help when there’s no one to take care of you but you?
A good place to start is with I Can Do It! Written with warmth and humor and based on a lifetime of experience, I Can Do It! is an invaluable resource for young people struggling to make it on their own.
1996, 128pp., 8.5” x 11”, soft cover
208 Each $18.00

Apartment Hunt
Finding the right apartment will never be easier. This step-by-step animated curriculum goes through the entire process, from figuring out personal “needs and wants” to visiting an apartment. Interactive hands-on exercises help make it real for teens.
2002, CD-Rom
312 Each $29.95

SAVE!
Order the entire Guidebook Resource Package #379
Order #291

Independent Living Skills Library
7 video Enhanced Curricula
$1,150

Getting Ready for the Job World
Curriculum
Four 90-minute classes:
Teens learn to identify personal qualities and practical skills, uncover the “hidden job market,” contact employers, set up job interviews, make a good first impression, use a résumé and cover letter, and follow up after the interview. Two audiotape activities – visualization and a rap tune – energize the job search.

Video
Virtual reality goggles transport two teens to Job World. A cyber world job counselor helps them develop job-seeking skills and self-confidence. The video sets up curriculum activities.

1996, Leader’s Guide, 82pp.; VHS, 30 minutes; two audiotapes; 10 student workbooks; Card Deck

Legal Jams
Curriculum
Two 90-minute classes: Activities and a board game help teens de-escalate conflict with peers and authorities and avoid or handle their legal jams. Practical, realistic problems and solutions.

Video
Snared by peer pressure, illegal conduct, uncooperative behavior and broken contractual agreements, a teen finally lands in the legal system. There he begins to understand and take responsibility for his legal jams.

1997, Leader’s Guide, 46pp.; VHS, 30 minutes; Game Board; Card Deck

Money Talks
Curriculum
Three 90-minute classes: Helps teens to manage money. They learn the basics of spending cycles and categories, how to build a personal budget, how to balance a savings account, and how to be smart comparison shoppers.

Video
Rico is shocked one day when an ATM shows his account is empty. He tries to borrow money from Sammy. Instead of rescuing him, Sammy mentors Rico toward understanding how he created his money problems and what budgeting and smart shopping are all about.

1998, Leader’s Guide, 72pp.; VHS, 30 minutes; 10 Student Workbooks; Card Deck

Health Matters
Curriculum
Two 90-minute classes: Discussion and fun exercises on understanding and improving personal health habits. Includes a leader’s guide, a video and a workbook.

Video
A group of teens face a health crisis. The action shows the impact of living choices and the influence of roommates on health and demonstrates a peer model of an inner support structure and trust between friends.

Over 500 cartoon illustrations convey personal health information to teens. In car-manual-style, chapter titles include: Parts and Features, Customized Bodies, Sex Brakes, and Passenger Safety. Includes a 5,500-day habit tune-up and a strategy for changing habits emceed by an Elvis impersonator.


Learning Changes
Curriculum
Two 90-minute classes: Hands-on activities help teens discover their personal learning styles, develop a personal action plan, learn about options for getting a high school diploma and financial aid, and get organized with a daytimer.

Video
Five very different teens attend a workshop. Initial reluctance turns into personal discovery as they learn to see the future in positive ways, build on their learning strengths and skills, make plans to complete their education, and choose a career path.

1997, Leader’s Guide, 40pp.; VHS, 30 minutes

Apartment Hunt
Curriculum
Two 90-minute classes: Skill-building exercises spin off the video and include a “needs & wants” checklist, classified ad decoder, vital information organizer, and sample rental application and lease agreement.

Video
Six teens search for a suitable apartment in a humorous look at rental do’s and don’ts, fiscal reality, roommate compatibility, landlord-tenant relationships, and more.

1996, Leader’s Guide, 55pp.; VHS, 30 minutes; Card Deck

Food Rules
Curriculum
Activities teach teens about kitchen tools, kitchen organization, sharing kitchens, food shopping, nutrition, meal planning, and kitchen safety. Does not require an actual kitchen.

Video
Teens launch a television show on healthy eating, but their efforts are almost sabotaged by the one who is a “junk food junkie.” Filled with light hearted information about basic food skills.

1998, Leader’s Guide, 60pp.; VHS, 30 minutes; Card Deck
In recent years, more and more programs are succeeding in finding ways to give youth a real-world housing experience. Each chapter in this book explores a different transitional living program, ten in all from around our nation, serving both rural and inner-city youth. In down-to-earth writing, contributors talk about the options their agencies offer to their teens, the concepts that worked for them, the problems they faced, and much more. Those who are contemplating adding a housing component to their independent living program will find this book to be a guide and an inspiration.

2001, 75pp., 5.5” x 8.5”, soft cover

$19.95

Moving In

Ten Successful Independent/Transitional Living Programs

Mark J. Kroner, Editor

Hands-on experience is worth its weight in gold, and this is just as true when it comes to teaching life skills to youth.

$8.95

Instructor’s Manual

175A Each

$89.95

Making Choices

Life Skills for Adolescents

Mary Halter; Barbara Fierro Lang

Making Choices can help adolescents develop skills to make healthy and positive choices. This curriculum contains complete lesson plans for 96 individual, 50-minute classes or sessions and covers 13 critical topic areas, such as

• Gender Equality • Cultural Diversity • Adolescent Development • Self-Esteem • Setting and Attaining Goals • Personal Health • Leadership Skills, and more. Its design will assist adults, parents, and teachers as they guide young people through the process.

1994, Instructor’s Manual, 312pp., 8.5” x 11”, 3-ring, loose-leaf binder and audio tape; Student Workbook, 224pp., 8.5” x 11”, soft cover

$  8.95

Student Workbook

175B Each
Skillstreaming the Adolescent
New Strategies and Perspectives for Teaching Prosocial Skills – Revised Edition
Dr. Arnold P. Goldstein; Dr. Ellen McGinnis
Shows how to teach 50 prosocial skills such as: expressing your feelings, apologizing, setting a goal, starting a conversation, and responding to failure. Skill areas are divided into six groups:
• Beginning Social Skills
• Advanced Social Skills
• Dealing with Feelings
• Alternatives to Aggression
• Dealing with Stress
• Planning Skills.
This user-friendly resource contains many directed activity ideas and role-playing activities. Appendices contain program evaluation forms and a 42-page annotated bibliography of skillstreaming research.
1997, 352pp., 6”x 9”, soft cover
Each $19.95
10+ Each $17.95

The Path Before Me
Questions to Guide American Indian Youth Toward Responsible Living
Mark J. Kroner, MSW
Like A Future Near Me, but written specifically for American Indian Youth, this pocket workbook asks 100 questions the answers to which can guide Indian youth through two worlds; their tribal community and the larger society. These are the questions that young Indian youth face when they prepare for the future. Use it to stimulate discussion with families, schools, youth groups, life skills classes, sharing circles, elders and wherever young people gather.
2002, 112pp., 4.25” x 5.5”, soft cover, spiral bound
Each $6.00
10+ Each $5.50

Teaching Life Skills Through Film
Frances Caldwell
Films are an ideal way to teach life skills. “You don’t have to worry about reading level. Everyone is usually on the same viewing level. You can rent one video instead of buying a classroom full of books. Today’s youth are attuned to screens. Films can elicit strong emotions and when emotion accompanies learning, it is more likely to be retained.”
This book features 12 lesson plans based on popular videos, with step-by-step instruction, ready to use worksheets and 7 to 10 individual and group activities for each film. Two to four handouts accompany each lesson and more are in the 12-page appendix.
Films featured are: The Cider House Rules, Seven Years in Tibet, Cast Away, Walking Across Egypt, The Shipping News, Marvin’s Room, Riding in Cars with Boys, The Spitfire Grill, Finding Forrester, Chocolat, Thirteen Days, and Remember the Titans. All are available in your video store.
2002, 112pp., 4.25” x 5.5”, soft cover, spiral bound
Each $12.95

Quantity Discounts

NRCYS Books, Videos & Training for The Human Service Professional
Interactive CD-Rom Series Keeps Youth Actively Engaged While Learning Life Skills.

**Career Spins**
Using fast moving images and music, this interactive software asks teens 20 questions that can help them identify their unique skills and interests and offers teens a sample of career ideas that are practical and individualized. It can be a first important step towards understanding their potential career goals.

2003, CD-Rom

358 Each $29.95

**Apartment Hunt**
Finding the right apartment will never be easier. This step-by-step animated curriculum goes through the entire process, from figuring out personal “needs and wants” to visiting an apartment. Interactive hands-on exercises help make it real for teens.

2002, CD-Rom

312 Each $29.95

**Car Dreams**
Now, someone who doesn’t know a piston from a pedal can make a smart choice about buying a used car. Erik, the Car Dude, lays it all out. All the teen has to do is point, click and learn. This CD even helps make sense of different types of insurance and transferring a title.

2002, CD-Rom

313 Each $29.95

**Lifesteps with Michael Pritchard**
*Building Character, Resiliency, and Emotional Intelligence in Youth for Grades 6-12*
Skill based, 12-part video series combines age-appropriate comedy, dramatizations and insightful problem solving to help teens develop social and emotional skills for successful adulthood. Michael Pritchard, one of America’s most trusted and respected youth counselors, uses his uncanny ability to foster lively, spontaneous, teen-centered discussions.

1. The ABC’s of Emotional Intelligence
2. Knowing Who You Are
3. Taking Charge
4. Bouncing Back
5. Empathy, Caring and Compassion
6. Creative Problem Solving
7. Getting Along with Others
8. Building Character
9. Respect
10. Responsibility
11. Developing Healthy Relationships
12. Doing Your Best

2003, VHS with Leader’s Guides, Volumes 1-12, approximately 30 minutes each

325 Complete Set of 12 $799.00

1-12 Each $ 74.95

**Teenager’s Preparing for the Real World**
*Live on Video*
Foster’s “live” presentation captured on video and now available. The 27-minute presentation that national audiences pay thousands of dollars to hear can be yours for a fraction of the cost.

VHS, 27 minutes

287 Each $40.00

**Teenager’s Preparing for the Real World**
*A formula for success*
A national best seller, this 100-page motivational guide to success is packed with messages written in kid-cool language. Interesting and simple enough to read in one day. Covers: career prep, people skills, communication skills, making choices, pursue your dreams, integrity and community service. Get one for each student in your group or class.

1999, 100pp., 6” x 9”, soft cover

285 Each $11.00

**Teenager’s Preparing for the Real World**
*Teacher’s Guide*
Ten-day, integrated curriculum, introduces students to the skills they need for success. Based on Foster’s best-seller, *Teenager’s Preparing for the Real World,* the Teacher’s Guide includes lesson plans as well as reproducible handouts. Teacher training is not required.

1996, 41pp., 8.5” x 11”, soft cover, spiral bound

286 Each $30.00

Order by mail: NRCYS, Schusterman Center, 4502 E. 41st St., Bldg. 4W, Tulsa OK 74135-2512 · By phone: 1 (800) 274-2687 · www.nrcys.ou.edu
Adolescent Issues

Growing up in the 21st century can be a risky business. From sex and dating to dealing with peer pressure and substance abuse, life can be uncertain and decisions perilous. These titles help you address issues that concern teens today.

Day For Night

Recognizing Teenage Depression

Day for Night offers an in-depth look at the signs, symptoms and treatment of teenage depression. This video includes interviews with teens who are dealing with clinical depression and bipolar disorder. Featuring the teenager’s families and friends as well as interviews with health professionals, the goal is to provide education and hope to teens suffering from this debilitating yet treatable disease.

1999, VHS with leader’s guide, 26 minutes

If Anybody Asks Me...

Larry Eckert

If Anybody Asks Me...provides over 1,001 questions that give youth ages 12-18 an opportunity to make some decisions — quite possibly for the first time — about a wide range of crucial yet everyday issues confronted by today’s adolescents. This handy, portable list of useful questions to be used by group leaders is bound to stir lively thinking, discussion, and debate.

1998, 148pp., 4.5” x 6”, soft cover

The Me I See

Answering Life’s Questions

Wood ‘N’ Barnes Publishing Staff

The Me I See is an empowering, challenging and fun-to-use book for teens. With over 400 thought-inducing prompts given for expressing oneself, the teen is set on a journey of self-exploration. The easy-to-use format and insightful questions make this a tool with a lot of potential therapeutic value for counselors, therapists, educators, and youth workers. A tool whereby teens can recognize and come to value their own personal power, wisdom and insight.

1998, 114pp., 8.5” x 11”, soft cover

Crossing the Bridge

A Journey in Self-Esteem, Relationships and Life Balance

Sandra Negley

Crossing the Bridge is a guided journal and unique interactive experience for those who genuinely want to understand who they are and why they make the choices they do. It reviews the basics of developing self-esteem, including childhood messages, inner talk, feelings, and beliefs. Each chapter contains reproducible exercises and practice worksheets. A facilitator’s guide is included as a resource for therapists, facilitators, and group leaders.

1997, 64pp., 8.5” x 11”, soft cover, spiral bound

100 Interactive Activities

For Mental Health and Substance Abuse Recovery

Carol A. Butler, MS, Ed, RN, C

Illustrated by Amy Leutenberg Brodsky, LISW

This easy-to-use book meets all your group activity needs. In this hands-on, comprehensive book for mental health and substance abuse recovery, you will find many different kinds of activities that can be used with group participants, ages 8-80. A variety of instructional techniques addressing: Anger Management • Assertion • Cognitive Changes • Coping • Inspiration • Mental Health • Sobriety • Problem Solving • Recovery • Relationships • Self-Development • Self-Esteem • Self-Help • Self-Knowledge • Stress Management. Great for new and experienced therapists.

2001, 292pp., 9” x 11”, soft cover, spiral bound

A New Beginning: Recovery Workbook

Reproducible Exercises to Help People Overcome Addictive Behaviors

Mildred Duggins Williams, MA, CACII; Illustrated by Amy Leutenberg Brodsky, LISW

Written for professionals who work with youth or adults overcoming addictions, this book is designed to help users lead effective sessions with easy-to-follow, simply designed activities. All activities are appropriate for teens and adults who are involved in any type of 12-step recovery program.

2002, 90pp., 9” x 12”, soft cover, spiral bound

Real Life Teens–Drugs

TMW Media

Real teens (not actors) telling their stories in their own words. This video discusses the physical and mental effects and outcomes of drug use and addiction. It educates teens and adults about the different types and classifications of drugs and after completing the program, students will have a better understanding of drugs, their effect on the body, the long and short-term health risks and the addictive qualities of drugs. Designed for grades 8-12.

2002, VHS, with leader’s guide, 24 minutes
Games That Teach
Experiential Activities for Reinforcing Training
Steve Sugar
How can you tell them what they need to know and get smiles not bored sighs? GAMES can be your answer. Games can help people learn, but they need to suit each occasion and you need to keep them fresh and new.
With Steve Sugar’s frame games, game shells of adaptable design to which you can add your own unique content, you’ll quickly create perfect games for every setting that are both fitting and new. And a simple seven-step game implementation model shows you how to customize the designs for your own use.
1998, 192pp., 8.5” x 11”, soft cover
370A Each $55.00

Games That Teach Teams
21 Activities to Super-Charge Your Group!
Steve Sugar; George Takacs
Building on the material in Games That Teach, Games That Teach Teams tackles team learning through the use of competitive games and interactive learning exercises with facilitator notes to help you customize each game to meet your own needs. It is completely reproducible to save you time and contains sample exercises using game “frames” that allow you to create our own games. These games can give your teams the opportunity to discuss serious team topics in a non-threatening way.
1999, 240pp., 8.5” x 11”, soft cover
370B Each $55.00

Trainer Games In Action
A Guide to Integrating Experiential Learning Into Your Existing Programs: Volumes One & Two
Executive Team Quest
You can incorporate more games and activities into your curriculum and watch them in action first. Two videos portray 13 activities you can use immediately. Each comes with a written guide.
Volume One: Expression Cards, Have You Ever, Group Juggle, Magic Carpet Ride, Mousetraps, Team Mousetraps, Breathlessly Building
Volume Two: Peek-A-Who, Across the Great Divide, Wingtips, Line-Ups, Keypad, Hula Hover
VHS with leader’s guides, approximately 1 hr 45 minutes each
347 Set $299
Volume One
347-1 Each $199
Volume Two
347-2 Each $199

Team-Building Activities for Every Group
Alanna Jones
This easy-to-use book contains 107 games and activities in four chapters that will help every group “Mix It Up,” “Stir It Up,” “Team Up,” and “Open Up.” Each game is fun, unique and requires minimal resources. Discussion questions can be found at the end of each “Team Up” and “Open Up” game to help leaders and participants engage in discussion that creates an enhanced teambuilding experience for all.
1999, 191pp., 6” x 9”, soft cover
259 Each $16.00

More Team-Building Activities for Every Group
Alanna Jones
A sequel to our best selling Team-Building Activities for Every Group, More Team-Building contains 107 more team-building activities that are new, different, experiential, exciting, easy-to-lead and require minimal resources. More Team-Building Activities for Every Group will be another valuable resource for you to turn any group into a team!
2002, 192pp., 6” x 9”, soft cover
305 Each $16.00

104 Activities That Build
Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, and Coping Skills
Alanna Jones
104 Activities That Build can be used to encourage young people to modify their behavior, increase interaction with others, start discussions, address issues, and build relationships—plus give people skills in coping, teamwork, self-esteem, communication, anger management, and self discovery. Use these activities in any setting with minimal resources, on any budget. Interactive and fun for all size groups or one-on-one.
1998, 251pp., 6” x 9”, soft cover
251 Each $24.00

Order by mail: NRCYS, Schusterman Center, 4502 E. 41st St., Bldg. 4W, Tulsa OK 74135-2512 · By phone: 1 (800) 274-2687 · www.nrcys.ou.edu
Games (& other stuff) for Group-Book 1

Chris Cavert & Friends

Practical guide to activity-based counseling for groups seeking new experiences and adventures within traditional small group settings. Included are activities and “What would it be like...” questions to assist you in charging up your group. Each activity is a catalyst for topical discussions.

1999, 122pp., 8.5" x 11", soft cover, Second Edition

222 Each $24.95

Games (& other stuff) for Group-Book 2

More Activities to Initiate Group Discussion

Chris Cavert

Expect to find more of the initiative problems, stories, mind challenges and of course “What would it be like...” questions that have made the first Games for Group both useful and refreshing. Practical and informative, this book provides tools to work with groups in a fun, educational and challenging way.

1998, 110pp., 8.5" x 11", soft cover

245 Each $24.95

Expressions

Card Deck

Developed by Executive Training and Team Quest at The University of Oklahoma

The Expressions Card Deck is an easy, effective and non-intimidating way to encourage group participation. As Icebreaker, Check In or Course Closer; use for the Card Deck are as broad as your own imagination. Participants can choose cards that represent who they are, how they feel about a topic, a group activity or the course, their current thoughts or feelings, or some memorable experience in their lives or during the course. Participants then share their selections and their reasons with the group. The card deck is one more inexpensive trick for your bag of training paraphernalia.

308 Each $15.00

The Family Bound Program

A Tool Kit for Preparing Teens for Permanent Family Connections

Robert G. Lewis

To help teens experience interdependent living. In nine classroom sessions and five weekends with “practice” families, teens learn about families and how to function within one. They learn how to bring their unique values and strengths to the family and how to negotiate and compromise over differences and family rules. They learn also how to come to terms with past mistakes, mourn their losses and ensure better future outcomes. “Practice” families work with agency staff and teens to identify existing family resources or recruit new family connections – for life.


316 Complete Set $89.95

Guide Each $59.95

Teens Handbook Set of 10 $59.95

Parents Handbook Set of 10 $59.95

Adolescents & Families for Life

A Toolkit for Supervisors

Robert G. Lewis; Maureen Heffeman

The Toolkit is a unique workbook for professionals who need to guide, train, and supervise staff to insure permanence for the adolescents on their caseloads. Organized into three sections, “Making the Case for Permanence,” “Choosing, Using and Developing Tools with Teens,” and “Supporting Permanence,” the Toolkit breaks down the issue of permanence for teens into 27 short, staff-mitting length teachable units. Includes a CD-ROM, plus a PowerPoint presentation of the complete Toolkit, unit-by-unit and section-by-section.

2000, 8.5" x 11", soft cover, spiral bound, CD-ROM

258 Each $59.95

Child Abuse: How To Stop It

Useful for anyone, professional or volunteer, who is in frequent contact with children, this basic video explores the four types of child abuse: neglect, physical, sexual and emotional abuse. It describes specific signs that suggest abuse and offers expert advice on the important first step, how to recognize a child who may be abused. The next step, is reporting, and this video offers sound advice on what to do if you suspect child abuse. Current statistics show that child abuse is at epidemic proportions and the actual problem is much larger than statistics suggest; for every case that is called in, three cases are never reported. This video took a first place award from the National Council on Family Relations.

2002, VHS with Leader’s Guide

326 Each $95.00

The Legacy of Childhood Trauma

Not Always Who They Seem

This powerful video focuses on the connection between so-called “delinquent youth” and the experience of childhood trauma such as emotional, sexual, or physical abuse. It inspires viewers to comprehend the emotional betrayal felt by abused children and encourages them to identify strategies for healing. The video features the unique stories of four young adults who are all survivors of various types of childhood trauma. They reveal how with the help of caring adults, they were able to salvage their lives and end the cycle of abuse. Valuable guidelines and insights are offered on working with adolescents who have experienced childhood trauma.

VHS with discussion guide, 56 minutes

267 Each $250.00

Keeping our children and youth safe and secure and helping them achieve permanent life long connections are the challenges of child welfare. Resources in this category address the important issues of safety and permanence.
Conflict Resolution / Youth Violence Prevention

These tools can help you provide the skills youth need to handle the conflicts that are inevitable in their daily lives.

Adventures in Peacemaking
A Conflict Resolution Guide for School-Age Programs
William J. Kreidler, Lisa Furlong

Adventures in Peacemaking includes hundreds of hands-on, engaging activities designed to meet the unique needs of afterschool programs, camps, and recreation centers. The activities teach the skills of creative conflict resolution to school-age children through games, cooperative team challenges, drama, crafts, music, and even cooking. The guide includes easy-to-implement strategies and tips for providers to both reduce conflict in their programs and to intervene effectively when conflict does occur. 1995, 346pp., 8.5” x 11”, soft cover
$25.95

Canceled Lives
Letters from the Inside
A compelling portrait of the criminal justice system as seen through the eyes of those who know it best — young boys and girls who are first experiencing life in juvenile facilities and men and women who are serving hard time in prison. A heart-breaking, emotion-filled prevention video series for at risk, pre-delinquent youth and juvenile offenders. The first two videos focus on youth and adults incarcerated as a result of their involvement with substance abuse, violence and gangs. The third video examines the painful reality of what prison life is really like.

1. Violence/Gangs
2. Substance Abuse
3. Doing Time

1997, VHS with leader’s guides, approximately 20 minutes each
$199.00

In Control
A Skill Building Program for Teaching Young Adolescents to Manage Anger
Dr. Millicent H. Kellner

You can employ this user-friendly manual to teach effective anger management skills to middle school students. Especially beneficial for students with emotional and behavioral disorders, the program is a step-by-step approach that, although designed for use with the entire class, can be readily adapted for small group settings. Includes teaching guidelines, required materials lists, leaders’ scripts, and activities that reinforce and strengthen learning. Can be adapted to fit students’ needs, abilities and interests. 2001, 160pp., 8.5” x 11”, soft cover
$24.95

PeaceTalks
Michael Pritchard
Comedian and teen counselor Michael Pritchard opens hearts and minds with his disarming humor and meaningful insight in this new, ten-video series. Filmed across America, this groundbreaking prevention series grabs and holds kids’ attention because it speaks their language and presents the unvarnished truth about violence on the streets, in school, and at home.

1. Preventing Violence
2. Resolving Conflicts
3. Managing Your Anger
4. Dealing with Bullies, Troublemakers and Dangerous Situations
5. Respecting Yourself and Others
6. Handling Dating Pressures and Harassment
7. Bridging Racial Divisions
8. Handling Peer Pressure and Gangs
9. Drugs, Alcohol and Guns: Triggers to Violence
10. Stepping up to Peace

Also available PeaceTalks Student Activity Book Lessons on Peace and Peacemaking based on the ten-part video series. 1996, VHS with discussion guides, approximately 30 minutes each 1997, Activity Book, 24pp., 8.5” x 11”, soft cover
$599.00

Managing Aggressive Behavior Training of Trainers (See page 4)

Order by mail: NRCYS, Schusterman Center, 4502 E. 41st St., Bldg. 4W, Tulsa OK 74135-2512. By phone: 1 (800) 274-2687 · www.nrcys.ou.edu
Cultural Competence

Build bridges not walls. Explore resources that will help you understand and make cultural differences a positive influence in the service you provide.

GLBTQ

The Survival Guide for Queer and Questioning Teens
Kelly Huegel

“This can’t answer all the questions or counter all the misinformation... but it’s a start.”

For GLBTQ teens and the adults who work with them: you’ll find strategies and advice about coming out, responding to homophobia, dating, staying healthy and safe, life at school, building community, planning for the future and much more.

2003, 223pp., 6” x 9”, soft cover

340 Each $15.95

Racism

Cross Colors
African-American, Hispanic, Caucasian, Asian, and mixed-race kids talk openly about being victimized by racism and having racist feelings themselves. They express thoughts that are probably on the minds of youth like yours. This video can help to open candid discussions about a sensitive subject matter.

1993, VHS with leader’s guide, 14 minutes

176 Each $79.00

Cultural Diversity and Social Skills Instruction

Understanding Ethnic and Gender Differences
Dr. Gwendolyn Cartledge
Contributions by JoAnne Fellows Milburn

Provides information for teaching social skills to students from different racial and ethnic backgrounds. Focuses on working with the four largest minority groups – Hispanic American, African American, Native American and Asian American. Also addresses differences in teaching social skills to male and female students. A good resource for supervisors, trainers, and program development specialists.

1996, 345pp., 6” x 9”, soft cover

323 Each $24.95

Building Cultural Bridges

Leader’s Guide and Student Workbook
Joby S. Stafford Robinson; Robert P. Bowman; Tód Ewing; Janice Hannah; Ana Lopez-De Fede

Designed to increase multi-cultural awareness and sensitivity, this revised edition of an already recognized program comes complete with a leader’s guide and a reproducible student workbook with readings, worksheets, and activities. Students, grades 7-12, will:

• Learn strategies for resolving conflicts across cultures,
• Enhance their communication and listening skills, and
• Rethink and unlearn prejudices.

The more than 50 interactive lesson plans in this revised edition can be used individually and selectively, infused into the existing curriculum, or expanded to provide lessons, activities, and projects.

1999, Leader’s Guide Revised Edition, 285pp., 8.5” x 11”, soft cover; Student Workbook, 193pp., 8.5” x 11”, soft cover, spiral bound

218 Set of 2 books $149.00

The Teen Relationship Workbook and Skill-Building Card Game

For Professionals Helping Teens to Develop Healthy Relationships and Prevent Domestic Violence
Kerry Moles, MSW

Young people enjoy the interactive nature of worksheets and learn and retain the information better when they can practice it. Here’s a tool both informational and activity based. The 50 activities are appropriate for males and females, ages 12-20, in groups and individual sessions. Included are 68 reproducible worksheets and 50 facilitator information sheets organized into 6 sections.

Seventy-two cards, with open-ended questions corresponding to an activity in every page of The Teen Relationship Workbook, can be used alone or with the book.

2001, Workbook, 119pp., 8.5” x 11”, soft cover, spiral bound; Card Game, 72 cards, 1.5” x 3.5”, laminated, single box

Workbook

276 Each $44.95

Card Game

276B Each $15.95

Visit Our Website for Updated Information on Working with Youth:
www.nrcys.org

Dating, Relationships, Sexuality & Marriage Education

Many of these resources can be used in combination with life skills education activities OR can be standalone resources for youth in their personal transition to adulthood.
CONNECTIONS Series
Charlene R. Kamper, MA, CFLE

Utilizing PREP, the most widely researched adult program in the country, this series is appropriate for use in residential and foster care as well as schools, youth groups, and youth organizations. The series offers teens a variety of engaging activities to build the awareness and skills they need for healthy models of dating, love and marriage.

Connections + Prep: Dating and Emotions
For teens 13-17. Topics include relationships, effective ways to communicate, spotting destructive patterns, dealing with emotions and other essential interpersonal skills. Includes game cards, Keirsey Temperament Sorter; everything you need to implement 15 one-hour lessons.

1999, Instructor’s Manual, 67pp., 3-ring, loose-leaf, Student Workbook, 56pp., 8.5” x 11”, soft cover

Instructor’s Manual & Workbook
346 1 Set $199.00
Workbooks
346B Set of 10 $55.00

Connections + Prep: Relationships and Marriage
This curriculum includes 18 lessons. Topics include cohabitation, commitment, expectations, problem solving and communication danger signs and techniques and more. Includes all overheads, reproducible handouts and game cards.

2003, Instructor Manual, 88pp., 3-ring, loose-leaf, Student Workbook, 56pp., 8.5” x 11”, soft cover

Instructor’s Manual & Workbook
345 1 Set $199.00
Workbooks
345B Set of 10 $55.00

Safe Sex
Girl Chat
This documentary about dating and safe sex is geared toward young adults. Interviews with young women talking frankly about their experiences and views are intercut with footage representing sex, dating, risk, chance, and safety. Though intended for young women, the program contains lessons and advice from which audiences of both sexes can learn. Insightful, humorous and entertaining, Safe Sex: Girl Chat aims to heighten awareness about safe sex in this age of potentially high-risk relationships.

VHS with study guide, 21 minutes

261 Each $149.00

STD’s, AIDS, & the Clean Love Solution
Join two teenagers as they embark on a quest for knowledge. They visit doctors, clinics, and STD educators, and they chat with their peers about safe sex. They hear some harsh realities from young people who have been infected with AIDS and other sexually transmitted diseases. Viewers learn how to discuss their sexual feelings in a mature way and to insist that their desires be respected.

1997, VHS with teacher’s guide, 22 minutes

210 Each $79.00

Power Through Choices
Sexuality Education for Youth in Foster and Group Care
Marla G. Becker, MPH; Richard P. Barth, MSW; Helen H. Cagampang, MPP; PhD; Ruth C. White, MSW; MPH

Power Through Choices is a ten-session curriculum for adolescents, ages 14-18, who are in out-of-home care. Designed to help youth prevent pregnancy, HIV, and other sexually transmitted infections (STIs), youth are engaged in a variety of interactive exercises to build self-empowerment and increase their decision-making skills. Real photos of youth are used to personalize the situations introduced in the curriculum and to creatively introduce role-play scenarios.

2001, 185pp., 8.5” x 11”, 3-ring, loose-leaf binder

284 Each $49.95

Dating Violence Prevention
These resources will help you show your youth the differences between healthy and unhealthy relationships. What to watch for and how to get help in abusive situations.

Open Arms?
Open Eyes!

Power Control and Abuse in Teen Relationships
Henrico County Community Corrections Program

Use this award-winning video to raise teens’ awareness about healthy and unhealthy relationships. Three vignettes dramatize specific issues of power and control and can help teens spot the warning signs that signal an abusive relationship. Red Flags serve as metaphors alerting the viewer to problem situations, and the video explores ways to get out of difficult situations. A Teacher Resource Guide and suggested Lesson Plan accompany the video.

VHS with resource guide and suggested lesson plans, 28 minutes

369 Each $79.00

Dating Violence
Intervention & Prevention for Teenagers
Group Leader’s Manual
Sherryl Kraizer, PhD; C. Lyn Larson

Enables teenagers to understand what dating violence is, what its causes are, the relationship of substance abuse to interpersonal violence, and what implications it has for their own lives. Complete with five lesson plans, handouts, and flip chart samples, this easy-to-follow teaching guide helps prevent violence and the development of abusive relationships, and assists young people already involved in them to get help. Developed by Domestic Violence Intervention Services in Tulsa, Oklahoma.

1996, 96pp., 8.5” x 11”, soft cover, Third Edition

154 Each $15.00
Abusive Relationships
Crossing the Line
Gina’s strong feelings toward Paul give way to doubt as the relationship progresses. For reasons Gina can’t understand, Paul gradually becomes more possessive. Keeping Gina away from her friends is bad enough, but Paul begins to abuse her, both physically and mentally. Gina’s reservations turn to fear, and she realizes she has to break off the relationship. Supported by family and friends, Gina summons the courage to end the relationship. Gina’s story is one of courage and awareness, combined with vital information for kids who find themselves in potentially dangerous relationships.

1997, VHS with teacher’s guide, 14 minutes

212 Each $89.00

You’re Smarter Than You Think
A Kid’s Guide to Multiple Intelligences
Thomas Armstrong, PhD
It’s not how smart you are, but how you are smart. An award-winning author and leading expert on multiple intelligences helps kids identify, understand, build and use their own learning strengths. Quick quizzes help identify the many ways kids are smart. Did You Know? boxes entertain with fascinating facts. Easy-to-use lists give fun ways to build smarts, and Resources point toward books, magazines, organizations and websites to learn even more. You may be music smart, people smart, nature smart, or something uniquely you.

2003, 185pp., 7” x 9”, soft cover

343 Each $15.95

Career Discovery
Informational Interviews with Various Professionals
Teenagers explore the job market by interviewing people who like their jobs! This video shows teens visiting professionals on the job site and asking questions about work, education, experience, skills, money, and success. Interviews blend with on-the-job footage to describe eight careers. The professionals talk candidly about what they do, how they like it, and how they started out. Several of the teenagers and professionals in this program are living with disabilities. Disability and minority issues are reviewed.

1997, VHS, 37 minutes

292 Each $179.00

Getting Ready for the Job World
Curriculum
Four 90-minute classes: Teens learn to identify personal qualities and practical skills, uncover the “hidden job market,” contact employers, set up job interviews, make a good first impression, use a résumé and cover letter, and follow up after the interview. Two audiotape activities – visualization and a rap tune – energize the job search.

Video
Virtual reality goggles transport two teens to Job World. A cyber world job counselor helps them develop job-seeking skills and self-confidence. The video sets up curriculum activities.

1996, Leader’s Guide, 82pp.; VHS, 30 minutes; two audiotapes; 10 student workbooks; Card Deck

291A Each $189.00

Download FREE from The National Child Welfare Resource Center for Youth Development

Educating Youth in Care: The First Year of Education and Training Vouchers
This monograph examines the implementation of Education and Training Vouchers, making $5,000 per year available for former foster youth for post secondary education and highlights innovative state programs.

1997, VHS, 37 minutes

292 Each $179.00

Your Promising Future
Career Development Tools for Young Adults—Instructor’s Guide and Student Workbook
Meta Dunn BSW, MUPP
Your Promising Futures Student Workbook teaches youth to create the life they’ve always wanted by finding the career that suits them — no matter how they feel about their life now. A fun-filled, quick and real approach to helping youth figure out who they are and where they want to go with journaling, group activities, scripts, role-playing and more.

The Instructor’s Guide shows you how to engage youth emotionally, intellectually and socially. Includes icebreakers and activities on uncovering your dreams, conducting career searches, investigating post high school education, identifying personal skills, developing positive character traits, exploring methods to find jobs, filling out applications, writing resumes, cover letters and thank-you notes, getting to and through a
job interview and additional activities based on students learning styles.
2004, Instructor’s Guide, 204pp.; Student Workbook, 218pp., both 8.5” x 11”, soft cover

Instructor’s Guide
362 Each $24.95
Student Workbook
351 Each $12.95

Exploring Your Career Options
Use this video to help you open doors and expectations for youth and young adults. Show part or all of this short video to encourage exploration and lead youth to specific activities for self discovery. It prompts youth to investigate their options, to find what they like and what they may have an aptitude for and gives them ideas for their career search.

VHS, 25 minutes
355 Each $129.00

Instructor’s Guide for Creating Your High School Portfolio and Creating Your High School Resume

Christina C. Brunette, Kathryn Kraemer Troutman, JIST Editors
Use the youth workbooks and this instructor’s guide to help youth look at their skills, research job options, and compile data to use in their portfolios and resumes. Individual and group activities are directly related to specific pages in the youth workbooks and will encourage youth to think and talk about themselves, their education and their careers. More than 80 practical activities integrate material from both workbooks. More than 30 transparency masters for you to copy and use.
2003, 112pp., 8.5” x 11”, soft cover
354 Each $14.95

Creating Your High School Portfolio
An Interactive Guide for Documenting and Planning Your Education, Career, and Life
JIST Editors
Give your youth the gift of recording their accomplishments, skills, experience and dreams whether for college or work. This book is a step by step guide to creating that record and developing a portfolio. Designed to be used and not just read, youth can write in this book, use the worksheets, and jot down notes in the margins or anywhere else. They can tear out perforated pages to add to their portfolio, and as their needs change, they can update the activities and worksheets.
2003, 160pp., 8.5” x 11”, soft cover
352 Each $8.95

Creating Your High School Resume
A Step-by-Step Guide to Preparing an Effective Resume for Jobs, College, and Training Programs
Kathryn Kraemer Troutman
Youth are doing many things that can add to their desirability as employees, students or volunteers, and it’s not too early for them to start a resume. This workbook will help them make the most of classes, activities and accomplishments they might never consider and create a resume that gets results. As they fill out the worksheets, they will clarify career goals, explore available resources and make important career, education and life decisions. They can follow the book’s guidelines for putting a resume in an electronic file that can easily be updated and changed.
2003, 144pp., 8.5” x 11”, soft cover
353 Each $8.95

Foster & Adoptive Parenting
Make it easier on your foster and adoptive as well as kinship parents by providing training and resources that support their efforts.

Ready Set Fly!
A Parent’s Guide to Teaching Life Skills
Developed by Casey Family Programs-Tucson Division
Meal Planning and Etiquette; Home Cleaning and Safety; Money Management and Social Development: Created through focus groups with foster parents and alumni youth, Ready Set Fly offers tangible teaching tips that help parents and child welfare professionals teach youth how to reach their life skills goals. Everyday skill-building suggestions are laid out by category. No parent should be without this easy-to-use teaching guide in their home.
2003, 44pp., 8.5” x 11”, soft cover, Revised
299 Each $7.00
Quantity Discounts
50-99 Each $6.00
100+ Each $5.50
Spanish Version
349 Each $7.00
Quantity Discounts
50-99 Each $6.00
100+ Each $5.50

Download FREE Monographs and Other Resources at www.nrcys.ou.edu/nrcyd
Foster Care Solutions
Learning to Problem Solve Two-Part Video

Part One: Foster parents are shown a practical five-step technique for solving difficult child behavior problems. Part Two: A panel of foster parents practice applying the method in situations dealing with stealing, sexual activity, gangs, and running away. Viewers learn to • Identify the problem • List solutions • Weigh the pros and cons of each solution • Choose a solution • Put the solution into practice, and then improve upon it. Viewer’s Manual offers discussion of the problem-solving process and exercises for foster parents.

1995, VHS with viewer’s manual, 56 minutes

289 Each $119.00

Foster and Adoptive Care Situations

This video presents 10 realistic situations that many foster and adoptive parents face. Anger, stealing, bad manners, and inappropriate sexual behavior are just a few of the situations covered in this helpful program. Developed with Patricia Chamberlain, PhD. Trainers have the opportunity to pause the tape and discuss each situation.

VHS with leader’s guide, 15 minutes

364 Each $98.00

Behavior Crisis Management Training of Trainers

(See page 5)

Anger Outbursts

Temper tantrums, assaultive behavior towards other children, rage toward the mother, and unpredictable anger are some of the most prevalent problems for foster parents and staff. This DVD offers the viewer understanding, insights and practical steps on working with children who have these anger problems.

DVD with companion guide, 30-45 minutes

371 Each $99.00

Sexualized Behavior

Dr. Richard Delaney helps foster and adoptive parents understand the forces behind children’s sexual acting out behavior. In this training program, parents learn to pay attention to the warning signs and how to take appropriate actions for obsessive sexual behavior, sexual behavior with siblings, seductive behavior towards adults, and public masturbation.

DVD with companion guide, 30-45 minutes

372 Each $99.00

Eating Disorders

Children in foster care often have very serious issues around food. Parents learn how to identify and better understand the top four problems: stealing and hoarding food, gorging, refusing to eat certain foods, and anorexia-bulimia. Learn creative yet practical solutions to these problems.

DVD with companion guide, 30-45 minutes

373 Each $99.00

Lying

Lying is the single most common child behavior problem reported by foster parents. In this program parents learn to understand and deal with this frustrating issue by looking at four types of lying behavior: lying to save face, lying to gain attention, pathological lying, and lying to get others in trouble.

DVD with companion guide, 30-45 minutes

363 Each $99.00

Fire-Setting

The biggest fear in foster care is firesetting. Yet foster parents receive little training or information about it. Parents gain a clear understanding of children who show distinctly different types of fire-setting behavior: silent but deadly, impulsive, disturbed, and accidental. Find out some unique and effective ways parents can respond, or when they should seek help.

DVD with companion guide, 30-45 minutes

374 Each $99.00

Sleep Problems

Featuring Dr. Richard Delaney

Examines four types of sleep problems in children: fears about sleeping alone, frequent waking and roaming, nightmares and night terrors and sleep problems with depression. Dr. Delaney talks with four families about the sleep problems their children are facing and offers the viewer understanding, insights and practical steps to overcome these problems.

DVD with companion guide, 30-45 minutes

375 Each $99.00

Managing Sexual Acting Out

Describes how to set up a safe environment for children and adolescents. Offers specific techniques for dealing with sexual acting out.

VHS with viewer’s manual, 41 minutes

365 Each $109.00

Understanding and Dealing With Anger

Children who have been abused can carry feelings of violence and rage. Understanding the source of this anger enables parents to communicate and work with foster children.

VHS with viewer’s manual, 40 minutes

366 Each $109.00

A Time & Place for Healing

with Dr. Vena Fahlberg, pediatrician, psychotherapist, and former foster parent

This video examines daily opportunities for healing with the routine of home life that can offer reassurance to a child who has been abused or neglected.

VHS with viewer’s manual, 40 minutes

367 Each $109.00
Peer Helping/Mediation

These resources can help you develop your peer program or provide support to your existing peer helpers.

The Asset Builder' Guide to Training Peer Helpers

Communication, Assertiveness, and Decision Making Skills For Mentors and Youth Serving Professionals.

Barbara Varenhorst, Ph.D.

Young people can make a powerful difference in the lives of their peers. This resource prepares teachers, youth workers, and other adults to train young people for positive interactions. Through a comprehensive 15-session curriculum, this guide allows you to lead a peer-helping program. Full of activities that teach potent relationship skills.

2003, 176pp., 8.5” x 11”, soft cover

356 Each $39.95

The Peer Helper's Pocketbook

Joan Starkie; Valerie Gibson

This easy-to-read guide contains everything students need for effective peer helping: counseling tips, basic skills, referral guide, and review of issues. Written by a peer helper and peer counseling teacher/trainer, this book may cover familiar ground but is a great how-to reference.

1989, 180pp., 4.5” x 7”, soft cover

138 Each $7.95

Quantity Discounts

3-5 Each $7.20
6-10 Each $6.75
11-20 Each $6.20
21+ Each $5.60

Peer Mediation in Action

Peer Mediation in Action is designed to support peer mediation programs. Supplemented with an implementation guide and 25 handouts, this presentation combines peer mediation group discussions on topics ranging from sexual harassment to multi-party conflicts with two role-plays. The first role play focuses on friendship issues, while the second one deals with a student-teacher conflict. Issues of cultural sensitivity, disagreements between mediators, stuck mediations, and physical fighting during mediations are explored. This program is ideal for mediation training and ongoing mediation group meetings or clubs.

1997, VHS with implementation guide (includes background reading, activities, and role plays) and 25 handouts with supplemental articles, 41 minutes

211 Each $79.00

Roleplays for Mediation Training

Available for Middle and High School Levels

The Colorado School Mediation Project

Over 15 different roleplays at each school level can be used in trainings, meetings or classroom lessons. Includes a wide variety of scenarios dealing with such topics as: rumors, friendships, lost/stolen items, harassment, fighting, teacher-student issues, discrimination, values, girlfriend/boyfriend issues, and styles of working together. Culturally diverse.

1997, High School, 76pp.; Middle School, 60pp.; both 8.5” x 11”, soft cover, spiral bound

High School Roleplays

246 Each $19.95

Middle School Roleplays

247 Each $19.95

Pregnancy/Parenting

Helps teens face and overcome the challenges of pregnancy and parenthood. Resources in this category will help you provide education and support to teen parents with whom you work.

Just Do the Opposite...

Perspectives from Teen Parents

Kira Stoll

A powerful 15-minute video and discussion guide on preventing teen pregnancy. Three peer educators who are teen parents themselves share their experiences from both male and female perspectives. Topics include fantasies that teens typically have about having a baby, the reactions of family and friends, problems experienced during pregnancy, and the stark realities of being a young parent. The documentary format is fast-paced and appealing to teens. The cast is multicultural and representative of urban youth in many communities.

1996, VHS with discussion guide, 15 minutes

201 Each $69.95

Teen Moms Talking

Preventing Teen Parenthood

This video is guaranteed to make teens think twice about sex and pregnancy. It’s a frank examination of the challenges that face teen parents with dramatic vignettes offering firsthand messages by teens in their own words. Themes include telling your parents, telling your partner, your friends’ reactions, finances, school and career, responsibility and commitment, and the profound changes that transform young peoples’ lives forever.

1994, VHS with leader’s guide, 30 minutes

227 Each $149.95

Order by mail: NRCYS, Schusterman Center, 4902 E. 41st St., Bldg. 4W, Tulsa OK 74135-2512. By phone: 1 (800) 274-2687. www.nrcys.ou.edu
Beginnings Guides
Developed by Sandra Smith, MPH, CHES
Beginnings Guides are written in easy language a young mother and father can understand with colorful illustrations by Laurel Burch. Each set of guides comes in its own attractive carrying folder.

Beginnings: A Practical Guide Through Your Pregnancy translates prenatal instructions into easy-to-read practical guidance. The six-booklet series is divided by pregnancy stage and the appropriate prenatal care. This series includes a wallet-sized warning symptoms card and an 8”x10” Healthy Baby poster that reinforces key messages linked to outcomes; suitable for posting on a bulletin board or a refrigerator. Easy to read for 6th grade to college educated.

2002, 6” x 9”, soft cover, bound booklets, fold over carrying case

Beginnings Parent’s Guide translates early child development into easy-to-understand practical guidance for parents of children age 0-3. The eight booklet series is divided by the child’s age, 2 weeks to 3 years, and checkup/immunization schedules. Information is timely and relevant. Developed and tested with nurses and clients of New Mexico Families FIRST program agencies.

2002, 6” x 9”, soft cover, bound booklets, fold over carrying case

Complete Set
309 Each $24.95
Pregnancy Guide
309A Each $14.95
Parent Guide
309B Each $14.95

Call for quantity discounts

Tag You’re It
50 Simple Ways to Connect With Youth Book and Card Deck
Kathleen Kimball-Baker
The single most important thing that can make a difference in the life of a young person is the presence of caring adults. This charming book provides 50 simple acts of caring to reach out to those young people who will thrive from the attention of a caring adult.

Ways to connect with youth are now in a card deck. Keep these portable reminders in your pocket or purse and use them everyday as a reminder to connect with the young people you contact. Use them for trainings and events or just pull them apart and give them away.

2003, Book, 148pp., 5.5” x 7.5”, soft cover; Card Deck, 50 Cards, 2.25” x 3.5”

Book
339 Each $7.95
Card Deck
339C Each $7.95

Discipline with Dignity for Challenging Youth
Allen Mendler, Richard Curwin
Discipline with Dignity offers a number of new concepts and classroom-tested techniques that will help educators work more effectively with their toughest students. Drs. Curwin and Mendler, co-creators of the acclaimed Discipline with Dignity® program, present dozens of new strategies gathered from successful schools and great teachers, explaining each in a context so readers will not only know what to do, but also understand why they need to do it.

1999, 80pp., 6” x 9”, soft cover

273 Each $24.95

Smart Moves That Successful Youth Workers Make
Cassandra Mack, MSW
In three parts, The Many Faces of Youth Work, The Eight Most Common Mistakes that Youth Workers Make, and The Eight Smart Moves of Highly Effective Youth Workers, it’s all here for positive youth development and more. You’ll get real value out of asking youth the questions that Mack lays out and adding your own.

2001, 131pp., 5.5” x 9”, soft cover

344 Each $24.95

Rural Youth Outreach
An Introduction and Training Curriculum
The Empire State Coalition of Youth and Family Services
Developed through the Rural Youth Outreach Project, these materials provide professional and lay persons with field-tested concepts and procedures to incorporate a street work component into existing services. The manual provides the framework and process for developing outreach services in rural and suburban communities. The training curriculum builds on the concepts/procedures presented in the introduction and includes materials for in-service training.

1999, Introduction, 32pp.; Training Curriculum, 92pp.; both 8.5” x 11”, soft cover

234 Set of 2 books $29.95
Introduction
234A Each $9.95
Training Curriculum
234B Each $24.95
**The Residential Youth Care Worker in Action**  
*a Collaborative, Competency-Based Approach*  
Bob Bertolino; Kevin Thompson  
This book will help youth care workers handle crises and staffing and give accurate assessments. Focuses on the strengths and abilities of young people from the assessment phase of treatment through discharge. This guidebook helps you take the views and actions of youth into consideration from a change-oriented perspective in order to offer your clients appropriate services. This resourceful book focuses on competency-based as opposed to problem-focused methods. Many of the major concerns that you face as a youth care worker are addressed with easy-to-learn-and-use ideas, approaches, and techniques that are demonstrated through case illustrations. Complete with handouts and diagrams such as a post-crisis debriefing form, a level promotion petition form, and a weekly success chart that can be reproduced, this book will help you create a positive atmosphere for youth and prepare them for a successful future.  
1999, 182pp., 8.5" x 6.5", soft cover  

**NRCYS Curriculum for Residential Child and Youth Care Professionals**  
This valuable curriculum, a four-module self-instructional manual, is one of the most flexible, cost-effective, in-service training tools available. Includes current trends and initiatives, youth development philosophy, strengths-based work, independent living, culture of care, and cultural differences.  
The modules cover four major topic areas which help set the foundation for competent, direct care work and effective residential care programming:  
• Creating a Culture of Care  
• Understanding Child Development  
• Building Relationships  
• Teaching Discipline  
2004, 198pp., 8.5" x 11", soft-cover  

**RCYCP) Residential Child and Youth Care Professional**  
*Three Day Train the Trainer Course*  
$595/per participant • Maximum 12 participants in each class  
This newly updated curriculum and train the trainer program offers your organization:  
• In-service training rooted in youth development and strengths-based philosophies  
• Agency wide skills based on four components: Creating a Culture of Care; Understanding Child Development; Building Relationships; Teaching Discipline  
• The opportunity to train your staff when you need to and at your convenience  
Once a staff member has completed this train the trainer course your organization will have the opportunity to use our national child and youth care professional certification program.  
Staff Certification provides recognizable professional status to your workers and agency. It is a hiring and promotion tool that boosts staff moral, clearly denotes learned skills and is a measure of knowledge and proficiency to placement organizations, licensing and accrediting agencies, funding sources and the community at large. More important it significantly benefits the children and youth in your care.  

For further information call: 1 (918) 660-3700 or email rbaker@ou.edu.  
You may also explore our website at [http://www.nrcys.ou.edu/ccw.htm](http://www.nrcys.ou.edu/ccw.htm) and [http://www.nrcys.ou.edu/ntrain.htm](http://www.nrcys.ou.edu/ntrain.htm)  

**Spirituality**  
Wishing how to incorporate a Spirituality component into your program? These resources tell you what professionals & young people say about this important issue.  

**A Part of You So Deep**  
*What Vulnerable Adolescents Have to Say About Spirituality*  
Melanie Wilson  
This groundbreaking report focuses on teens, using extensive focus group interviews, personal interviews and surveys to uncover their experiences of spirituality and their attitudes toward a variety of spiritual activities, both secular and religious. The findings, full of passion, confusion, disappointment and yearning, illuminate the complicated inner world of our society’s most vulnerable teenagers, and offer crucial insight to counselors, teachers and anyone else committed to nurturing the spiritual lives of young people.  
2004, 45pp., 8.5" x 11", soft cover  

**Practice Unbound**  
*A Study of Secular Spiritual and Religious Activities in Work with Adolescents*  
Melanie Wilson  
As the federal government begins to encourage faith-based interventions, new research from the New England Network (NEN) for Child, Youth and Family Services provides one of the first comprehensive reports of the current use of secular spiritual and religious programming in work with teens. This book, self reported findings from respondents of 200 randomly selected youth-serving agencies, describes how their programs are implemented; how staff and youth have responded; what obstacles they’ve encountered; and how spiritual programs may enrich the lives of teens.  
2002, 74pp., 7.25" x 9.25", soft cover  

*Order by mail: NRCYS, Schusterman Center, 4502 E. 41st St., Bldg. 4W, Tulsa OK 74135-2512. By phone: 1 (800) 274-2687 - www.nrcys.ou.edu*
### Youth Advocacy, Development & Leadership

Youth are instrumental to their own success. These resources will help you understand how to incorporate youth development philosophy into all aspects of your programs and services.

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Description</th>
<th>Price</th>
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<tbody>
<tr>
<td><strong>Building Community</strong></td>
<td><strong>A Tool Kit for Youth and Adults Charting Assets and Creating Change</strong></td>
<td>Created by the Innovation Center for Community and Youth Development; National 4-H Council&lt;br&gt; An inclusive asset based approach to creating positive change in your community! This facilitator’s handbook is filled with detailed information, plans and instructions, examples and case studies. Topics such as Youth—Adult Partnerships, Using the Core Principles to Build Readiness, Facilitating and Creating a Shared Vision, Turning Vision into Action, Building Momentum and Sustainability and Creating Change enable communities to include youth as partners, identify community assets, create a community vision, and devise an action plan to carry out their community goals. 2001, 234pp., 10.5&quot; x 11.5&quot;, 3-ring, loose-leaf binder</td>
<td>$59.99</td>
</tr>
<tr>
<td><strong>The Kid's Guide to Service Projects</strong></td>
<td><strong>Over 500 Service Ideas for Young People Who Want to Make a Difference</strong></td>
<td>Barbara A. Lewis&lt;br&gt; For ages 10 &amp; up&lt;br&gt;This guide has something for everyone, from simple projects to large-scale commitments. Kids can choose from a variety of topics including animals, crime fighting, the environment, friendship, hunger, literacy, politics and government, and transportation. A special section gives step-by-step instructions for creating fliers, petitions, press releases and more. 1996, 184pp., 6&quot; x 9&quot;, soft cover</td>
<td>$12.95</td>
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<tr>
<td><strong>Designing Student Leadership Programs</strong></td>
<td><strong>Transforming the Leadership Potential of Youth</strong></td>
<td>Mariam G. MacGregor&lt;br&gt; Designing Student Leadership Programs arose as a result of an ongoing effort to prepare adults who work with youth leaders. It is set up as a “guidebook” to be used with staff or other groups as a program evaluates or establishes its youth leadership program. It is based on the belief that youth deserve as much attention, preparation, celebration, and resources as are dedicated to preparing business, political, and community leaders. This book will prompt and challenge you to evaluate all aspects of preparing the youth with whom you work, as well as provide you with ample resources and ideas for successful implementation. 1999, 153pp., 8.5&quot; x 11&quot;, soft cover</td>
<td>$25.00</td>
</tr>
<tr>
<td><strong>Leadership 101</strong></td>
<td><strong>Developing Leadership Skills For Resilient Youth</strong></td>
<td>Mariam G. MacGregor&lt;br&gt;A basic skills curriculum for adolescents and young adults, the Leadership 101 Facilitator’s Guide and Student Workbook take instructor and students through leadership concepts and experiential skill-building activities. Hands-on and academic learning components challenge students to explore, practice and understand their own philosophy of leadership within the school and community setting. 2000, Facilitator’s Guide, 135pp., Student Workbook, 81pp., both 8.5&quot; x 11&quot;, soft cover</td>
<td>$30.00</td>
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<tr>
<td><strong>Step By Step!</strong></td>
<td><strong>A Young Person’s Guide to Positive Community Change</strong></td>
<td>The Mosaic Youth Center Board members with Jennifer Friffin-Wiesner&lt;br&gt;Many young people want to contribute, but don’t know how to begin. This jump-in and let’s get going workbook features sections like People Who Can Help, People Who Get in Your Way, Putting Together a Plan and Getting the Resources You Need. 2001, 96pp., 6&quot; x 9&quot;, spiral bound</td>
<td>$19.95</td>
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</tbody>
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When you train with NRCYS you get effective models presented by people who can energize your staff and help them translate what they learn into practice. You get a training organization that relates to you and who knows from experience what direct care is all about. You get skilled trainers who are deeply committed to young people and their families. After training questions? You can call us anytime. You’ll have our attention even after the course is over.

**Direct Training (On-Site)**
By contract, NRCYS’ experienced trainers personally train your staff at your facility. Established courses can be revised or combined, and other courses can be developed with you in mind.

**Child Welfare**
Permanency Planning and the Older Adolescent: Connections for a Lifetime • Strengths/Needs Based Service Planning

**Conflict Resolution/Youth Violence Prevention**
Behavior Crisis Management Training • Managing Aggressive Behavior

**Cultural Competence**
Differences: Building Bridges or Walls • Ethnographic Interviewing • A Hidden Minority: Gay, Lesbian, Bisexual and Transgender Youth

**Independent Living/Life Skills**
Building Positive Connections • Creative Life Skills Training • Group Process and Independent Living • Creating Positive Futures • Ansell Casey Life Skills Assessment

**Residential Services**
Developing the Therapeutic Milieu • Getting the Most From the Milieu: Using the Living Environment to Assist the Treatment Process • Residential Child and Youth Care Professional • Understanding Separation and Loss

**Youth Development/Leadership**
Youth as Partners: Enhancing Your Program Through Youth Development • Youth Development Strategies and Implementation

**Trainer Certification**
Available, on-site or through an annual training schedule, training of trainers courses are cost effective and convenient — providing your organization with in-house training capabilities and a consistently trained staff. You’ll have NRCYS’ proven curricula on hand for review and use, and you’ll learn to train from our seasoned trainers.

**Managing Aggressive Behavior**
Behavior Crisis Management Training

**Residential Child and Youth Care Professional**
Ansell Casey Life Skills Training

These courses are also offered annually in scheduled locations throughout the United States. You may register for one of these courses at any time. See pages 4-5 for detailed descriptions.

**Technical Assistance**
We can help you design a training program, ensure culturally competent service delivery, create or fine tune a program, or develop policies and procedures.

**Strategic Planning**
You and your agency go through the planning stages and into a documented plan of action aided by NRCYS’ master facilitators.

**Program Assessment**
Let us help you review your existing program to make sure it is consistent with promising practices in the field and achieves positive outcomes for the children, youth and families you serve.

**Conference Planning**
You can relax and get as much from your next conference as the participants you invite. NRCYS can lift the details and tasks of conference planning and coordination from your shoulders.
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• Send order to the National Resource Center for Youth Services
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Tulsa, OK 74135-2512
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Shipments are made normally by UPS ground. Addresses with only a PO Box number are sent 3rd class mail. Please allow two to four weeks for normal delivery.

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Catalog prices and shipping charges are subject to change without notice. This catalog supersedes all other catalogs and prices.

International Orders:
Canadian and foreign orders must be prepaid in U.S. dollars by international money order.

International Shipping charges:
Prices are based on zone and weight. Call our order department for correct total.
Supporting Permanence and Families for Teens

Adolescents & Families for Life
A Toolkit for Supervisors
(See page 18 for a full description)

The Family Bound Program
A Toolkit for Preparing Teens for Permanent Family Connections
(See page 18 for a full description)

Families for Teens
A Toolkit for Focusing, Educating and Motivating Staff
(See page 6 for a full description)

Download Free Documents That Relate to Permanency
www.nrcys.ou.edu/nrcyd/publications