NEW RESOURCES on pages 4-7!

Training of Trainers
RCYCP|MAB|BCMT
Residential Child and Youth Care Professional
Managing Aggressive Behavior | Behavior Crisis Management
ANSELL CASEY LIFE SKILLS

Curriculum|Books|DVD’s/Videos|CD’s|Games
Independent Living/Life Skills • Adolescent Issues • Adventure, Games & Experiential Activities • Child Welfare/Permanency • Conflict Resolution/Youth Violence Prevention • Cultural Competence • Dating Relationships, Sexuality & Marriage Education • Dating Violence Prevention • Education & Employment • Foster and Adoptive Parenting • Peer Helping/Mediation • Pregnancy & Parenting • Residential & Youth Care Work • Spirituality • Youth Advocacy, Development & Leadership

BEST SELLERS & PACKAGES!

Shop our on-line catalog at www.nrcys.ou.edu/catalog
On-line Registration for all Training of Trainers Courses
In Oklahoma and nationally we have served over 26,000 human services professionals in the past year. Our trainer/consultants have direct care experience and are on the cutting edge of current and best practices. The issues we deal with are as varied as the experiences of the individuals we serve. At NRCYS we integrate youth development philosophy into all we do. We can help you provide support and services for youth who are making the difficult transition to adulthood. We have trained personnel available for consultation. Our trainers are skilled in team building and strategic planning. We can assist your organization in the areas of program assessment and evaluation. Recognized as experts in coordination and conference planning, we are available to assist with speakers and conference presenters. You can rely on our firm for technical assistance with planning and executing conferences. Since 1973, we have focused on providing quality training, services and publications.

Oklahoma operates the National Child Welfare Resource Center for Youth Development (NCWRCYD). The Center is part of the Children's Bureau National Training and Technical Assistance Initiative along with other federally funded resource centers.

Through a cooperative agreement with the U.S. Department of Health and Human Services, Children's Bureau, The University of Oklahoma OUTREACH Schusterman Center • 4502 E 41st St. Bldg 4W • Tulsa, OK 74135-2512 • (800) 274-2687 • FAX (918) 660-3737 • www.nrcys.ou.edu/nrcyd

The NCWRCYD increases the capacity and resources of States and Tribes to help youth in care meet the goals of safety, permanence, and well-being. The Center bases its technical assistance and training around four core principles: youth development, collaboration, cultural competence, and permanent connections.

The NCWRCYD’s information and referral services are available to you 24 hours a day, seven days a week. You can reach us by phone, fax, email or through our website at www.nrcys.ou.edu/nrcyd. We provide support to child welfare professionals and systems to help address the unique needs of youth ages 12-21.

Our full service catalog is available online at www.nrcys.ou.edu for your convenience. Purchase items 3 ways: online, fax, phone.

Publications including books, videos and training for the human service professionals.

NRCYS’ information and referral services.

Our trainer/consultants are available to assist with speakers and conference presenters. You can rely on our firm for technical assistance with planning and executing conferences. Since 1973, we have focused on providing quality training, services and publications.
Announcing New Resources from the National Resource Center for Youth Services!

My Life Story
A Fun, Interactive Way of Writing a Life Story
By Jared LeGere, M.Ed.
This book provides a vital dose of real world wisdom through powerful, true stories about teens and young adults who have faced financial hardships-some incredibly tragic. Help students help themselves with the financial skills and knowledge that will save them time, money, and heartache as they enter the world of personal finance.
2005, Teen Guide, 128pp, 6” x 9”, soft cover
$26.95

408 Each $11.00
408B Teacher’s Guide $25.00
408C DVD $30.00

Cool, Confident & Strong
52 Power Moves for Girls
By Cassandra Mark
This empowerment and self-esteem building guide will help adolescent girls tackle the many issues they’ll face as they journey towards womanhood. Issues tackled are: body image and self-worth, making dating and relationships choices that respect their values and boundaries to surviving cheaps and dealing with painful secrets. A mother and daughter discussion guide and tips for starting your own cool, confident and strong reading group are also included.
2003, 368pp, 8.5” x 11”, soft cover
$59.00

407 Each $26.95
407B Leader’s Guide $12.95

Financial Literacy for Teens
By Cassandra and John Glick
2003, 104 pp., 8.5” x 11”, soft cover
$26.95

406 Each $12.95
406B Leader’s Guide $24.95

Make a World of Difference
10 Asset-Building Activities to Help Teens Explore Diversity
By Danu C. Openh
This fun, insightful activity book helps educators and caring adults meet the challenge of teaching young people to be aware of cultural differences. It focuses on Cultural Competence which is defined as the positive experiences and qualities essential to raising successful young people. These assets have the power to influence choices you make during critical adolescent years and to help them become healthy, caring, and responsible adults. 2003, 112pp, 8.5” x 11”, soft cover
Fin 29.00

405A Teen Book $13.95
405B Leader’s Guide $24.95

My Life Story
A Fun, Interactive Way of Writing a Life Story
By Jared LeGere, M.Ed.
This book provides a vital dose of real world wisdom through powerful, true stories about teens and young adults who have faced financial hardships-some incredibly tragic. Help students help themselves with the financial skills and knowledge that will save them time, money, and heartache as they enter the world of personal finance.
2005, Teen Guide, 128pp, 6” x 9”, soft cover
$26.95

408 Each $11.00
408B Teacher’s Guide $25.00
408C DVD $30.00

Beyond the 7th Generation: Faces Yet to Come
Fetal Alcohol Spectrum Disorders Prevention Curriculum
For Middle School Age Youth
The 7th Generation Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) prevention curriculum is designed for American Indian students in the 6th through 8th grades. The curriculum is designed to be utilized in conjunction with the 7th Generation video “Faces Yet To Come.”
2004, Instructor Binder and CD-rom with Video, PowerPoint, Handouts
$89.95

402 Each

Beyond the 7th Generation: remembering What We Know
Fetal Alcohol Spectrum Disorders (FASD) Prevention Curriculum
For High School and Young Adult Age Groups
The 7th Generation Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) prevention curriculum is designed for American Indian high school students and young adults. The curriculum is designed to be utilized in conjunction with the 7th Generation video “Remembering What We Know”.
2004, Instructor Binder and CD-rom with Video, PowerPoint, Handouts
$89.95

402 Each
This book encourages young people to fine-tune their “inner voice” to better make decisions that are honest and right for them. With positive explorations of all things teen, this book will help young men and women create good communication skills and provide a helpful “conflict resolution tool kit.”

Guided discussions are proven ways to reach out to young people and address their social and emotional needs. Teens gain self-awareness and self-esteem, practice problem-solving and goal-setting, feel more in control of their lives, and learn they have much in common with each other—they are not alone. Each session is self-contained and step-by-step with reproducible handouts.

Do You Have What It Takes? A Comprehensive Guide to Success After Foster Care By Teens Who Have Been There Edited by Kendra Hotley

The young adults of Boycott magazine have written about charging off to their own apartments only to learn how lonely they are and losing first jobs due to conflicts with bosses. These stories engage teens and prepare them not only for the practical challenges they will face as they transition to adulthood, but also the emotional ones. Workshetks and exercises will help you plan for your future. Activity pages at the end of each chapter will help your social workers, independent living instructors, and other leaders use the stories with you or in groups.

Facilitator’s Guide

Researcher’s Author’s Student Workbook

Each $ 22.95

Each $ 9.95

Each $ 20.00

Best Ways to Find a Job, and Why Should I Hire You? workbook. This edition has increased coverage of the use of the Internet and more content devoted to job retention topics. 2006, 224pp., 8.5” x 11”, soft cover

Quick Job Success Guide Seven Steps to Getting Ahead on the Job JIST Edition, Contributions from Michael Farr Many inexperienced workers get a job and then lose it before the 90 day probationary period is up simply because they do not understand and do not have the skills required to retain a job. This guide gives the seven most important steps to keeping a job. It covers how to get a job, adjust to it, and plan for success. 2006, 64pp., 6” x 9”, soft cover

Quick Job Success Guide Seven Steps to Getting Ahead on the Job JIST Edition, Contributions from Michael Farr Many inexperienced workers get a job and then lose it before the 90 day probationary period is up simply because they do not understand and do not have the skills required to retain a job. This guide gives the seven most important steps to keeping a job. It covers how to get a job, adjust to it, and plan for success. 2006, 64pp., 6” x 9”, soft cover

Each $16.95

Packages of 10

Each $ 9.95

Teen’s Guide to Personal Safety and Parents

This easy-to-use guide presents information on personal safety issues that young teens face. It also includes a quick test to measure self-esteem while sharing teens personal experiences with abuse. This is an effective handbook to help teens both prevent potential problems and gain the courage to report sexual abuse.

2005, 48pp., 6” x 9”, soft cover

418 Packages of 10

1-5 pkgs Each $46.95

6-15 pkgs Each $41.95

Quantity Discounts

Parent’s Guide to Prevent Child Sexual Abuse

Tips to Keep Your Kids and Teens Safe Catania Henrich, MSW, PhD This revised booklet provides practical tips parents need to keep their children safe from sexual abuse. It provides tips on how to discuss personal safety with young children and adolescents. This booklet also suggests ways to safeguard children against incidents and places to get help if trouble occurs.

2003, 32pp., 5.5” x 8.5”, soft cover

419 Package of 10

1-5 pkgs Each $37.95

Quantity Discounts

6-15 pkgs Each $32.95

True Independence Jason H. Hill, Don Doshett True Independence is a user-friendly guide designed to prepare foster youth ages 15-21 for four-year universities, junior colleges, and technical schools beginning with their high-school sophomore year. The guide includes detailed “how to” information about financial aid, foster care scholarships, tuition waivers, college admissions and housing. Additional resources in True Independence include a calendar for high school sophomores, juniors, and seniors and over 30 websites where foster youth can apply for financial aid, download paperwork for foster care scholarships, and register for standardized tests.

2007, 24pp., 5.5” x 8.5”, soft cover

Each $16.95

Each $ 9.95

Packages of 10

Each $ 20.00

Each $ 34.95

Packages of 10

Each $31.95

Each $27.95

Each $7.95

Quantity Discounts

Each $ 6.95

Quantity Discounts

Each $5.95

Each $11.95

Each $ 19.95

Each $25.95

Each $ 20.00

Each $25.95

Each $30.00

Each $13.95

Packages of 10

Each $ 32.95

Each $29.95

Each $ 9.95

Each $ 30.00

Each $20.00

Each $22.95

Each $ 19.95

Each $37.95

Each $ 19.95

Each $32.95
Residential Child and Youth Care Professional Training and Curriculum

A 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 independence. The curriculum includes skill development and youth-focused activities that promote social-emotional skills. (Formerly called “The Basic Course for Residential Child Care Workers.”)

This curriculum makes a good introduction to current best practice components that incorporate work in diversity and independent living/life skills. (Formerly called “The Basic Course for Residential Child Care Workers.”)

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.

Ansell-Casey Life Skills Training

For those who wish to train professionals, volunteers or youth within their own organization to use the complete Ansell Casey Life Skills Assessment (ACLSA) suite of resources. ACLSA’s 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, care planning, and practical skill development for each youth.

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

Contract Training tailored to fit your needs.

Your agency’s lifeblood is a well-trained staff. Help them to face challenges with confidence. By contract NRCYS will provide direct, on-site training. NRCYS’ experienced trainers personally train your staff at your facility. Established courses can be revised or combined, and other courses can be developed specifically for your agency.

Creative Life Skills (CLS) Training

CLS training is a natural successor to the Ansell-Casey Life Skills Trainer Certification and provides additional tools and techniques to teach youth life skills. This course will help you make the Casey Learning Plan come alive by using a variety of teaching strategies that appeal to all learning styles. Regardless of whether you are working one-on-one or in groups, this workshop is for you. Plus, you will receive a Creative Resource Package featuring reusable tools to assist in facilitating your group, debriefing activities, and creating a fun learning environment.

CLS Competencies
• Understand the basic structure of CLS training.
• Learn how to utilize various teaching methods for different learning styles.
• Learn how to create a motivating climate of learning.
• Design creative life skills learning sessions.
• Learn new teaching methods.
• Learn how to tap into your own creativity.

Contract Training tailored to fit your needs.

Your agency’s lifeblood is a well-trained staff. Help them to face challenges with confidence. By contract NRCYS will provide direct, on-site training. NRCYS’ experienced trainers personally train your staff at your facility. Established courses can be revised or combined, and other courses can be developed specifically for your agency.

Call for a information packet...
(800) 274-2687
www.nrcys.ou.edu

Me At My Best: Ideas for Staying True to Yourself Every Day
Lois J. Zachary
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.

Me At My Best:
2002, 128 pp., 4.25" x 5.5", soft cover
Packet of 20
$9.95

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, 124 pp., 6.5" x 10.5", hard cover, spiral bound, 2nd 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 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.

2002, 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 for teenagers to learn about the laws that affect them and consider their rights and responsibilities. Especially useful for kids to use in their 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, 108pp., 6” x 9”, soft cover

341 Each $14.95

Quantity Discounts
100+ Each $12.50

How to Survive Teaching Health Games, Activities and Worksheets for Grades 4-12

Kenneth Tollman; 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

Quantity Discounts
100+ Each $25.00

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 workshops to teach students how to apply skills at home, at school, at work, among peers, and in the community.

1996, 272pp., 8.5” x 11”, soft cover, spiral bound

280 Each $29.95

Quantity Discounts
100+ Each $25.00

I Can Do It!

A Micropedia of Living on Your Own

Brenda M. Lattke

Moving away from home or care and setting up a household is exhilarating but also intimidating. There are groceries to buy, clothes to clean, meals to prepare—all of responsibilities is endless. Perhaps most intimidating of all is your 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 people struggling to make it on their own.

1996, 128pp., 8.5” x 11”, soft cover

208 Each $18.00

Quantity Discounts
200+ Each $16.00

A Future Near Me

Questions to Guide a Young Adult Toward Self-Sufficiency

Mark J. Konner, M.S.W.

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 discussions. Written by Mark Konner, 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

Quantity Discounts
100+ Each $5.50

Creative Life Skill Activities

Dorothea L. Avello; Joan M. More

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, 144pp., 8.5” x 11”, soft cover, spiral bound

238 Each $25.00

The New Making It On Your Own

Dorothea L. Avello

The New Making It On Your own text teaches youth’s knowledge and challenges them to seek out new information. Workbook covers employment, apartments, home management, health, leisure time, and money management.

1996, 128pp., 8.5” x 11”, soft cover, spiral bound, Second Edition

237 Each $6.95

Quantity Discounts
100+ Each $6.45

How to Survive Teaching Health Games, Activities and Worksheets for Grades 4-12

Kenneth Tollman; 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

Quantity Discounts
100+ Each $25.00

A Future Near Me

Questions to Guide a Young Adult Toward Self-Sufficiency

Mark J. Konner, M.S.W.

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 discussions. Written by Mark Konner, 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

Quantity Discounts
100+ Each $5.50

I Can Do It!

A Micropedia of Living on Your Own

Brenda M. Lattke

Moving away from home or care and setting up a household is exhilarating but also intimidating. There are groceries to buy, clothes to clean, meals to prepare—all of responsibilities is endless. Perhaps most intimidating of all is your 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 people struggling to make it on their own.

1996, 128pp., 8.5” x 11”, soft cover

208 Each $18.00

Quantity Discounts
200+ Each $16.00

A Future Near Me

Questions to Guide a Young Adult Toward Self-Sufficiency

Mark J. Konner, M.S.W.

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 discussions. Written by Mark Konner, 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

Quantity Discounts
100+ Each $5.50

I Can Do It!

A Micropedia of Living on Your Own

Brenda M. Lattke

Moving away from home or care and setting up a household is exhilarating but also intimidating. There are groceries to buy, clothes to clean, meals to prepare—all of responsibilities is endless. Perhaps most intimidating of all is your 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 people struggling to make it on their own.

1996, 128pp., 8.5” x 11”, soft cover

208 Each $18.00

Quantity Discounts
200+ Each $16.00
Independent Living/Life Skills Resources for Individuals or Groups

Order #291
Independent Living Skills Library
7 video Enhanced Curricula
$1,175

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

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.

Improving Outcomes for Older Youth:

What judges and attorneys need to know
Kalena McNally, J.D.
and Lauren Okole, J.D.
Produced by The University of Oklahoma

Children’s Law Center
1997, 60 min.; VHS
$169.00

Operation: Independence

Mark J. Kown, MSW
Dandy L. Amell
Operation: Independence uses familiar activities such as matches, quizzes, sorts, jumbles, searches, puzzles, and stories to help youth become better thinkers and planners.
Youth will have fun finding all the mistakes that teenagers and adults make when buying their first car. This unique collection of activities can be used in both group and one-to-one settings. Each activ-
ity is fully reusable for use within your program.

1998, 54 pp., 8.5” x 11”, soft cover; spiral bound
$25.00

Independent Living/Life Skills Instruction Tools
for Use with Individuals or Groups

Order by mail: NRCYS, Schusterman Center, 492 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 A. Kowalagh
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, where and why to help youth answer questions about why.

1996, 50 min.; VHS
$169.00

Effectively teaching skills that pro-
mote social and emotional competence, Connecting With Others uses a variety of instructional strategies such as storytelling, relaxation, creative expression, cooperative learning and self-instruction. It takes into considera-
tion cultural, ethnic, and gender diversity and contains activities with step-
by-step instructions and teacher/leader scripts. Covers Content of Self and Others, Socialization, Problem Solving, Conflict Resolution, Communication, Sharing, Empathy, and Caring – also includes sec-

(Grades 9-12)

Order by mail: NRCYS, Schusterman Center, 492 E. 41st St., Bldg. 4W, Tulsa OK 74135-2512 • By phone: 1 (800) 274-2687 • www.nrcys.ou.edu

Quantity Discounts
100+ Each $5.50

311 Each $39.95

Connecting With Others:
Lessons for Teaching Social and Emotional Competence

Dr. Chantal Moignier

Like a Faster Near Me, but written specifi-
cally for American Youth, this pocket book
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. It use to stimulate discus-
sion with families, schools, youth groups, life skills classes, sharing circles, elders and wherever young people gather.

2002, 112 pp., 4.25” x 5.5”, soft cover; spiral bound

$6.00

Independent Living/Life Skills Resources for individuals or groups

Order #291
Independent Living Skills Library
7 video Enhanced Curricula
$1,175

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

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.

Improving Outcomes for Older Youth:

What judges and attorneys need to know
Kalena McNally, J.D.
and Lauren Okole, J.D.
Produced by The University of Oklahoma

Children’s Law Center
1997, 60 min.; VHS
$169.00

Operation: Independence

Mark J. Kown, MSW
Dandy L. Amell
Operation: Independence uses familiar activities such as matches, quizzes, sorts, jumbles, searches, puzzles, and stories to help youth become better thinkers and planners.
Youth will have fun finding all the mistakes that teenagers and adults make when buying their first car. This unique collection of activities can be used in both group and one-to-one settings. Each activ-
ity is fully reusable for use within your program.

1998, 54 pp., 8.5” x 11”, soft cover; spiral bound
$25.00

Independent Living/Life Skills Instruction Tools
for Use with Individuals or Groups

Order by mail: NRCYS, Schusterman Center, 492 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 A. Kowalagh
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, where and why to help youth answer questions about why.

1996, 50 min.; VHS
$169.00

Effectively teaching skills that pro-
mote social and emotional competence, Connecting With Others uses a variety of instructional strategies such as storytelling, relaxation, creative expression, cooperative learning and self-instruction. It takes into considera-
tion cultural, ethnic, and gender diversity and contains activities with step-
by-step instructions and teacher/leader scripts. Covers Content of Self and Others, Socialization, Problem Solving, Conflict Resolution, Communication, Sharing, Empathy, and Caring – also includes sec-

(Grades 9-12)

Order by mail: NRCYS, Schusterman Center, 492 E. 41st St., Bldg. 4W, Tulsa OK 74135-2512 • By phone: 1 (800) 274-2687 • www.nrcys.ou.edu

Quantity Discounts
100+ Each $5.50

311 Each $39.95

Connecting With Others:
Lessons for Teaching Social and Emotional Competence

Dr. Chantal Moignier

Like a Faster Near Me, but written specifi-
cally for American Youth, this pocket book
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. It use to stimulate discus-
sion with families, schools, youth groups, life skills classes, sharing circles, elders and wherever young people gather.

2002, 112 pp., 4.25” x 5.5”, soft cover; spiral bound

$6.00

Mark J. Kroner, MSW

The Path Before Me

Questions to Guide American Indian Youth Toward Responsible Living

Matthew J. Kown, MSW

Like a Faster Near Me, but written specifi-
cally for American Youth, this pocket book
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. It use to stimulate discus-
sion with families, schools, youth groups, life skills classes, sharing circles, elders and wherever young people gather.

2002, 112 pp., 4.25” x 5.5”, soft cover; spiral bound

$6.00

Quantity Discounts
100+ Each $5.50

13
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.

2002, CD-Rom
358 Each $59.95

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 $59.95

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 it all out. All the teen has to do is point, click and buy a used car. Erik, the Car Dude, lays everything out.

2002, CD-Rom
313 Each $59.95

S.E.A.L.S. + PLUS
Self-Esteem and Life Skills: Reproducible, Activity-Based Handouts Created for Teachers and Counselors
Kathy L. Korh-Khalsa, Stacey D. Aziz; Estelle A. Lautenberg
A user-friendly reference of more than 75 activity-based, reproducible handouts for use with youth ages 12–18. Organized in 15 logical units that encourage youth involvement. Topics covered include: Anger management • Communication skills • Coping skills • Goal setting • Problem solving • Values clarification. Facilitator’s bonus section contains supplemental roleplays, glossary, and more.

1992, 86pp., 8.5” x 11”, plastic-coated, soft cover, spiral bound, plus CD-ROM
196 Each $59.95

S.E.A.L.S. II
Self-Esteem and Life Skills Too: Reproducible Activity-Based Handouts Created for Teachers and Counselors
Kathy L. Korh-Khalsa, Stacey D. Aziz; Estelle A. Lautenberg
Created with teachers and counselors in mind, this collection of over 80 reproducible handouts for middle schools and high school-age youth addresses critical areas affecting youth today. Body image • Conflict resolution • Relapse prevention • Sexual health • Suicide issues. Bonus section includes supplemental handouts, roleplays, and glossary.

1996, 86pp., 8.5” x 11”, plastic-coated, soft cover, spiral bound, plus CD-ROM
196 Each $59.95

S.E.A.L.S. III
Self-Esteem and Life Skills
Kathy L. Korh-Khalsa; Estelle A. Lautenberg
SEALS III includes fun and creative activities that inspire self-exploration. Some of the new topics include: Grief • Making changes • Positive outlook • Recovery • Spirituality • Fear. This collection of over 80 reproducible handouts for middle school and high school-age youth addresses issues affecting youth today.

2000, 80pp., 8.5” x 11”, plastic-coated, soft cover, spiral bound, plus CD-ROM
264 Each $59.95

Moving In
Ten Successful Independent/Transitional Living Programs
Mark J. Konen, 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. 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 tell 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, 170pp., 5.5” x 8.5”, soft cover
294 Each $19.95

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, 350pp., 6” x 9”, soft cover
221 Each $19.95

Teenagers Preparing for the Real World
A Formula for Success
Chad Foster
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, pursuing 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

Teenagers Preparing for the Real World Live on Video
Larry Eckert
If Anybody Asks Me... provides over 1,000 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, 140pp., 4.5” x 6”, soft cover
249 Each $9.95

If Anybody Asks Me...
Adolescent Issues

Through My Eyes
A Journal for Teens
Linda Kranz

Teenagers are faced with a vast array of changes and challenges that give rise to new thoughts, feelings, and concerns regarding themselves and the world around them. Writing about these sentiments can be very helpful, but where to start? Through My Eyes, Linda Kranz’s third journal for young people, offers teens a place to express themselves and the inspiration to begin.

1998, 120pp., 7” x 9”, soft cover

250 Each $9.95

The Me I See
Answering Life’s Questions
Wood ‘N’ Barnes

Publishing Staff

The Me I See is an empowering, challenging fun-to-own 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 recongize and come to value their own personal power, wisdom and insight.

1998, 114pp., 8.5” x 11”, soft cover

1998, 122pp., 7” x 9”, soft cover

225 Each $24.95

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, 324pp., 8.5” x 11”, soft cover, spiral bound

207 Each $34.95

319 Each $19.95

100 Interactive Activities
For Mental Health and Substance Abuse Recovery
Carol A. Hafle, M.S.
Ell, RN, C.G., Illustrated by Amy Lentzberg Brodky

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 address: 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

2001 IA Each $49.95

The How Rude! Handbook of Friendship and Dating
Surviving the Social Scene
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?

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.

2004, 120pp., 5” x 7”, illustrated, soft cover

2004 Each $9.95

The How Rude! Handbook of School Manners
Civility in the Hallowed Halls
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?

Here’s sound advice (touched with humor) for teens who want to make school more bearable.

2004, 120pp., 5” x 7”, illustrated, soft cover

2004 Each $9.95

Conversations On The Go
Clever Questions to Keep Teens and Grow-ups Talking
Mary Alice Ackerman

These 48 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, 96pp., 5.5” x 8.5”, soft cover

383 Each $9.95

GAMES
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

Adventures, Games & Experiential Activities
If you work with groups, you can never have too many games and activities at your fingertips. Explore all these titles and videos for activities that are fresh and new.

Games That Teach Teams
21 Activities to Super-Charge Your Group!
Steve Sugar, George Takis

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 your 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

Games That Teach
20 Experiential Activities for Facilitating Training
Steve Sugar

You can incorporate more games and activities into your curriculum and watch them in action first. Two videos portray 15 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 Teams


Volume One: 347 Each $79.00

Volume Two: 347-1 Each $49.00

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; uses 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 $16.00

© 2008 NRCYS, Schusterman Center, 4502 E. 41st St., Bldg. 4W, Tulsa OK 74135-2512 - By phone: 1 (800) 274-2687 • www.nrcys.ou.edu

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

NRCYS Books, Videos & Training for The Human Service Professional

16

17

Adventures, Games & Experiential Activities

17

17
## More Team-Building Activities for Every Group

<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team-Building Activities for Every Group</td>
<td>Alanna Jones</td>
<td>This easy-to-use book contains 107 games and activities in four chapters that will help every group “Mix It Up,” “Get 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.</td>
</tr>
</tbody>
</table>

### Team-Building Activities for Every Group

- **Each**: $16.00

## Child Welfare & Adolescent Permanency

### Families for Teens

- **A Toolkit for Focusing, Educating and Motivating Staff**
  - Robert G. Lewis
  - Maureen S. Heffernan

For this book the title says it all. Before the system can really change for youth, staff need to:

- This easy-to-use curriculum contains case studies and discussion questions for 40+ topics organized into the following units: Believing that teens really need and can have families; Understanding the process of making permanence happen for teens; Working with teens’ feelings; Exploring shared parenting; Talking with teens about permanence; Finding families for teens.

- **2001**: $24.95
- **2001**: $19.00
- **2001**: soft cover, spiral bound

### Adolescents & Families for Life

- **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-meeting length teachable units. Includes a CD-ROM, plus a PowerPoint presentation of the complete Toolkit, unit-by-unit and section-by-section.**

- **2002**: Each $59.95
- **2002**: soft cover, spiral bound, CD-ROM

### The Family Bound Program

- **A Toolkit 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.

- **2002**: $237.00
- **2002**: 8.5” x 11”, soft cover, spiral bound

### 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.

- **2002**: Each $250.00
- **2002**: VHS with discussion guide, 56 minutes

## Conflict Resolution/Youth Violence Prevention

### 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. Simple stuff? It’s not, but we all 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.

- **2006**: Each $13.95
- **2006**: 7” x 9”, soft cover

### Working Out Conflicts

- **The Leader’s Guide to the Kid’s Guide to Working Out Conflicts**
  - Naomi Drew, MA

Grade 5-8


- **2005**: Each $21.95
- **2005**: 8.5” x 11”, soft cover

### 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.

- **2002**: Each $250.00
- **2002**: VHS with discussion guide, 56 minutes

## In Control

- **A Skill Building Program for Teaching Youth to Manage Anger**
  - Dr. Millington Holden

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**: Each $24.95
- **2001**: 8.5” x 11”, soft cover

---

**Order by mail: NRCYS, Schusterman Center, 402 E. 41st St., Bldg. 40, Tulsa OK 74135-2512. By phone: 1 (800) 274-2687. www.nrcys.org**
Conflict Resolution/Youth Violence Prevention

Strategies for Anger Management
Kerry Miles, CSW

Divided into three sections:
• Understanding Anger
• Interventions for Anger Management
• The Differences Between Anger and Abuse

This book can be used by professionals to help teens and adults learn how to cope with anger in healthier ways. There are 34 topics covered. Each topic has one or more reproducible workshetts, and a Facilitator’s Information Sheet with creative suggestions for use in group or individual sessions. Spiral binding for easy photocopying.

2003, 100pp., 6” x 9”, soft cover $9.95

368 Each $39.95

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.

In The System and in The Life

A Guide for Teens and Staff to the Gay Experience in Foster Care

Edited by Al D’Amato – 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 $16.95

382 Each $16.95

Student Activity Book

1973, Set of 10 $19.95

1978 Each $2.49

GLBTQ: The Survival Guide for Queer and Questioning Teens

Kathy Haug

Frank and helpful book “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, and life at school, building community, planning for the future and much more.

2003, 276pp., 6” x 9”, soft cover

340 Each $15.95

PeaceTalks

Michael Pritchard

Comedian and ten counselor Michael Pritchard opens hearts and minds with his disarming humor and meaningful insight in this 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 Conflict
3. Managing Your Anger
4. Dealing with Bulies, Troublemakers and Dangerous Situations
5. Respecting Yourself and Others
6. Handling Dating Pressures and Heartbreak
7. Bridging Racial Divisions
8. Handling Per Precious and Gage
9. Drugs, Alcohol and Guns
10. Decision Making: 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 $59.00

197 Each $69.95

Complete Set $599.00

Student Activity Book

1973, Set of 10 $19.95

1978 Each $2.49

GLBTQ: The Survival Guide for Queer and Questioning Teens

Kathy Haug

Frank and helpful book “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, and life at school, building community, planning for the future and much more.

2003, 276pp., 6” x 9”, soft cover

340 Each $15.95

Building Cultural Bridges

Leader’s Guide and Student Workbook

Jody S. Stuffed Robinson; Robert P. Bowman; Ted Eiring; Janice Hannah; Ana Lopez-De Pelle

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 cultural barriers
• Expand listening skills, and
• Recognize and understand prejudice.

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.

1993, Leader’s Guide Revised Edition, 26pp., 8.5” x 11”, soft cover

2003, Student Workbook, 173pp., 8.5” x 11”, soft cover $14.00

218 Set of 2 books $28.00

Power Through Choices

Sexuality Education for Youth in Foster Care

Martha Miller, MPH, Richard D. Barth, MSW, PhD; Helen Il Cagayong, MPH, 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 included in the curriculum and to creatively introduce role-play scenarios.

2001, Workbook, 8.5” x 11”, 69pp., reproducible handouts and overheads, reproducible handouts and overheads $49.95

284 Each $49.95

Cultural Diversity and Social Skills Instruction

Understanding Ethnic and Gender Differences

Dr. Guendolen Cartledge

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 make and female students. A good resource for supervisors, trainers, and program development specialists.

1996, 345pp., 6” x 9”, soft cover

323 Each $24.95

Connections: 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 games, Keyterm Temperament Sorter; everything you need to implement 15-one hour lessons.

1999, Instructor’s Manual, 78pp., 3-ring, loose-leaf, Student Workbooks, 8pp., 8.5” x 11”, soft cover $199.00

346 Each $199.00

Instructor’s Manual & Workbook

346B Set of 10 $55.00

Connections + Pre-Pub

Pre-Pub: 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’s Manual, 5pp., 3-ring, loose-leaf, Student Workbooks, 8pp., 8.5” x 11”, soft cover $199.00

345 Each $199.00

Instructor’s Manual & Workbook

345B Set of 10 $55.00

Power Through Choices

Sexuality Education for Youth in Foster Care

Martha Miller, MPH, Richard D. Barth, MSW, PhD; Helen Il Cagayong, MPH, 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 included in the curriculum and to creatively introduce role-play scenarios.

2001, Workbook, 8.5” x 11”, 69pp., reproducible handouts and overheads $49.95

284 Each $49.95

The Teen Relationship Workbook and Skill-Building Card Game

For Professionals Helping Teens to Develop Healthy Relationships and Prevent Domestic Violence

Kerry Mole, 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 30 activities are appropriate for males and females, ages 12-20, in groups and individual sessions. Included are 68 reproducible workSheets and 60 facilitator information sheets organized into 6 sections.

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

2001, Workbook, 110pp., 8.5” x 11”, soft cover, spiral bound; Card Games, 72 cards, 1.5” x 3.5”, laminated, single box $15.95

1 Each $15.95

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.

2001, with study guide, 21 minutes $149.00

251 Each $149.00

Connections Series

Cherene B. 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 a variety of engaging activities to build the awareness and skills they need for healthy models of dating, love and marriage.

Order by mail: NRCYS, Schusterman Center, 492 E. 41st St., Bldg. 4W, Tulsa OK 74132-1512 • By phone: 1 (800) 274-2687 • www.nrcys.ou.edu

This page can include:
• 5 Banners
• 4 Tables
• 2 Images
• 1 Video
• 3 Link Buttons
• 6 Link Texts
• 40 Text Elements
• 0 Icons
• 2 Headers
• 0 Footers

20 NRCYS Books, Videos & Training for The Human Service Professional

21
Dating Violence Prevention

These resources will help you show your youth the differences between healthy and unhealthy relationships. What is worth it 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 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 during 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, 20 minutes

369 Each $79.00

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

Eight Easy Ways to Lose a Job

…and How to Head in the Right Direction

This video highlights eight “easy” mistakes workers make that can often be avoided just as easily. It presents an analysis of what went wrong and what might have been done to change the situation. This is a good adjunct to discussion for groups or individual youth just getting into the job market or who may need some extra help keeping a job.

1998, 20 minutes, VHS or DVD

386 Each $129.00

Career Discovery

Informational Interviews with Various Professionals

This video shows teens visiting professionals on the job site and asking questions about work, compensation, experience, skills, money, and success. Interviews blend with the-joob footage to describe eight careers. 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

Your 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 audio/ video activities – visualization and a rap tune – energize the job search.

1999, E10pp., “7 x 9”, soft cover

343 Each $15.95

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 curricu- lum activities.

1999, Leader's Guide, 82pp.; VHS, 30 minutes; two audio/visuals, 10 student workbooks, Card Deck

291A Each $189.00

Quick Job Success Guide

Seven Steps to Getting Ahead on the Job

JIST Editors, Contributions from Michael Ferr

Many inexperienced workers get a job and then lose it before the 90-day probationary period is up simply because they do not understand the skills required to retain a job.

This guide shows the seven most important steps to keeping a job. It covers how to get a job, adjust to it, and plan for success.

2006, 8pp., 6” x 9”, soft cover

414 Packages of 10 Quantity Discount

1-9 packages $34.95

10+ packages $31.95

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

Three Great Books from JIST!

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 workbooks, 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 workbooks.

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 Knaier 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 workbooks, 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, 149pp., 8.5” x 11”, soft cover

353 Each $8.95

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

Christina C. Brouette, Kathryn Knaier 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 80 transparency masters for you to copy and use.

2003, 112pp., 8.5” x 11”, soft cover

354 Each $14.95
<table>
<thead>
<tr>
<th>Behavior Management Series</th>
<th>Parenting Strategies Series</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADD, ADHD, ODD</strong></td>
<td>ADHD: Symptoms, diagnosis, medication, power struggles, keeping things positive, and becoming advocates for children.</td>
</tr>
<tr>
<td>427 Each $99.00</td>
<td>427 Each $99.00</td>
</tr>
<tr>
<td><strong>Anger Outbursts</strong></td>
<td>Anger Outbursts: Temper tantrums, assaultive behavior, rage towards mother, unpredictable rage.</td>
</tr>
<tr>
<td>371 Each $99.00</td>
<td>371 Each $99.00</td>
</tr>
<tr>
<td><strong>Eating Disorders</strong></td>
<td>Eating Disorders: Stealing and hoarding, gorging, refusing, anorexia.</td>
</tr>
<tr>
<td>373 Each $99.00</td>
<td>373 Each $99.00</td>
</tr>
<tr>
<td><strong>Fire Setting</strong></td>
<td>Fire Setting: Silent but deadly, impulsive, disturbed, accidental/careless.</td>
</tr>
<tr>
<td>374 Each $99.00</td>
<td>374 Each $99.00</td>
</tr>
<tr>
<td><strong>Lying</strong></td>
<td>Lying: Getting out of trouble, gaining attention, pathological, getting others in trouble.</td>
</tr>
<tr>
<td>363 Each $99.00</td>
<td>363 Each $99.00</td>
</tr>
<tr>
<td><strong>Reactive Attachment Disorder</strong></td>
<td>Reactive Attachment Disorder: Healthy vs unhealthy attachment, emotionally-poor, anxious, hyperactive, RAD, understanding diagnoses.</td>
</tr>
<tr>
<td>428 Each $99.00</td>
<td>428 Each $99.00</td>
</tr>
<tr>
<td><strong>Running Away</strong></td>
<td>Running Away: Searching for roots, running from rules, running from love, wanting to be wanted, running to street crime.</td>
</tr>
<tr>
<td>429 Each $99.00</td>
<td>429 Each $99.00</td>
</tr>
<tr>
<td><strong>Self Harm</strong></td>
<td>Self Harm: Self-injury, high-risk behavior, suicidal behavior, reckless accidents, hair pulling.</td>
</tr>
<tr>
<td>430 Each $99.00</td>
<td>430 Each $99.00</td>
</tr>
<tr>
<td><strong>Sexualized Behavior</strong></td>
<td>Sexualized Behavior: Obsessive, sexual behavior with siblings, seductive behavior toward adults, public masturbation.</td>
</tr>
<tr>
<td>431 Each $99.00</td>
<td>431 Each $99.00</td>
</tr>
<tr>
<td><strong>Sleep Problems</strong></td>
<td>Sleep Problems: Roaming, nightmares and night terrors, sleeping alone, depression.</td>
</tr>
<tr>
<td>435 Each $99.00</td>
<td>435 Each $99.00</td>
</tr>
<tr>
<td><strong>Stealing</strong></td>
<td>Stealing: Shoplifting, stealing based on envy or revenge, kleptomania, stealing from loved ones.</td>
</tr>
<tr>
<td>436 Each $99.00</td>
<td>436 Each $99.00</td>
</tr>
<tr>
<td><strong>Wetting &amp; Soiling</strong></td>
<td>Wetting &amp; Soiling: Emotional outlet, self-defense, classic daytime or nighttime wetting, soiling and smearing, constipation withholding.</td>
</tr>
<tr>
<td>437 Each $99.00</td>
<td>437 Each $99.00</td>
</tr>
<tr>
<td><strong>FPC Complete Collection</strong></td>
<td>FPC Complete Collection: All 17 Titles $1,495.00</td>
</tr>
<tr>
<td>438 Each $99.00</td>
<td>438 Each $99.00</td>
</tr>
</tbody>
</table>

**Foster Parent College** Interactive multimedia training courses for adoptive, kinship, and foster parents

**Buy All 17 Titles for $1,495.00**

**Parenting Strategies Series**

**Kinship Care** Challenges and benefits for kinship placement, family feuds, allegiance to both parents, uniting the family, understanding roles of family members. | Each $99.00 |
| 433 Each $99.00 | 433 Each $99.00 |
| **Positive Parenting I** | Positive Parenting I: Cooperation, tracking behavior, encouragement. |
| 434 Each $99.00 | 434 Each $99.00 |
| **Positive Parenting II** | Positive Parenting II: Setting limits, behavior contracts. |
| 435 Each $99.00 | 435 Each $99.00 |
| **Positive Parenting III** | Positive Parenting III: Time out, privilege removal, extra chores. |
| 436 Each $99.00 | 436 Each $99.00 |

**Foster Care** Foster Parent College

**Interactive multimedia training courses for adoptive, kinship and foster parents**

**Order by mail:** NRCYS, Schusterman Center, 4921 E. 41st St., Bldg. 45W, Tulsa OK 74135-2512 • By phone: 1 (800) 274-2687 • www.nrcys.ou.edu

**Foster & Adoptive Parenting**

**Foster Parent College** Interactive multimedia training courses for adoptive, kinship and foster parents

**Buy All 17 Titles for $1,495.00**

**Behavior Management Series**

**ADHD, ADD, ODD** Symptoms, diagnosis, medication, power struggles, keeping things positive, and becoming advocates for children. | Each $99.00 |
| 427 Each $99.00 | 427 Each $99.00 |
| **Anger Outbursts** Temper tantrums, assaultive behavior, rage towards mother, unpredictable rage. |
| 371 Each $99.00 | 371 Each $99.00 |
| **Eating Disorders** Stealing and hoarding, gorging, refusing, anorexia. |
| 373 Each $99.00 | 373 Each $99.00 |
| **Fire Setting** Silent but deadly, impulsive, disturbed, accidental/careless. |
| 374 Each $99.00 | 374 Each $99.00 |
| **Lying** Getting out of trouble, gaining attention, pathological, getting others in trouble. |
| 363 Each $99.00 | 363 Each $99.00 |
| **Reactive Attachment Disorder** Healthy vs unhealthy attachment, emotionally-poor, anxious, hyperactive, RAD, understanding diagnoses. |
| 428 Each $99.00 | 428 Each $99.00 |
| **Running Away** Searching for roots, running from rules, running from love, wanting to be wanted, running to street crime. |
| 429 Each $99.00 | 429 Each $99.00 |
| **Self Harm** Self-injury, high-risk behavior, suicidal behavior, reckless accidents, hair pulling. |
| 430 Each $99.00 | 430 Each $99.00 |
| **Sexualized Behavior** Obsessive, sexual behavior with siblings, seductive behavior toward adults, public masturbation. |
| 431 Each $99.00 | 431 Each $99.00 |
| **Sleep Problems** Roaming, nightmares and night terrors, sleeping alone, depression. |
| 435 Each $99.00 | 435 Each $99.00 |
| **Stealing** Shoplifting, stealing based on envy or revenge, kleptomania, stealing from loved ones. |
| 436 Each $99.00 | 436 Each $99.00 |
| **Wetting & Soiling** Emotional outlet, self-defense, classic daytime or nighttime wetting, soiling and smearing, constipation withholding. |
| 437 Each $99.00 | 437 Each $99.00 |

**FPC Complete Collection** All 17 Titles $1,495.00 |

**Behavior Management DVD Library**

**Behavioral Management DVD Library**

**All 17 Titles** $1,495.00 |

**Behavior Management DVD Library**

**All 17 Titles** $1,495.00 |

**Safe Parenting** Treatment plans, state regulations, development vs actual age, trauma history, more. | Each $99.00 |
| 438 Each $99.00 | 438 Each $99.00 |
| **Behavioral Management DVD Library** $1,185.00 |
| 439A Set of 12 | 439A Set of 12 |
| **Parenting Strategies DVD Library** $495.00 |
| 438B Set of 5 | 438B Set of 5 |

**Peer Helping/Mediation**

**The Asset Builder's Guide to Training Peer Helpers**

Communication, Assertiveness, and Decision Making Skills For Mentors and Youth

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 parent relationship skills.

2002, 179pp., 8.5” x 11”, soft cover |

**364 Each $39.95**
Discipline with Dignity for Challenging Youth
Alton 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. Mendler and Curwin, co-creators of the acclaimed Discipline with Dignity program, present dozens of new strategies gathered from successful schools and great programs, present dozens of new strategies that will help educators work more effectively with their toughest students.

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.

Skillstreaming the Adolescent
New Strategies and Perspectives for Teaching Prosocial Skills
Dr. Arnold P. Goldstein; Dr. Ellen McGinnis
This book will help youth care workers handle crises and staffing and give accurate assessments. Focuses on the strengths and abilities of youth people from the assessment phase of treatment through discharge and 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 progression 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.

Spirituality

Hello God, Are You There? Teen Write About Spirituality and Faith
Youth Communication
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.

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.

Practice Unbound
A Study of Secular Spiritual and Religious Activities in Work with Adolescents
Melone Hillan
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 20 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 reach the lives of teens.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.

Tag You’re It
50 Simple Ways to Connect With Your Book
Kathleen Knott-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.
Youth Advocacy, Development & Leadership

Creating Change enable communities to
Momentum and Sustainability and
Turning Vision into Action, Building
Facilitating and Creating a Shared Vision,
the Core Principles to Build Readiness,
such as Youth–Adult Partnerships, Using
ations, examples and case studies. Topics
An inclusive asset-based approach to creat-
istrengthening youth-adult partnerships.

The Kid’s Guide To Social Action
Barbara Lewis
Brought back to our catalog by request, this book was first published in 1991, winning awards from the American Library Association and Parenting Magazine. Even better now, this kid’s guide contains step-by-step instruction on writing letters, doing interviews making speeches, tak-
ing surveys, raising funds, getting media coverage and more. Reproducible forms make it easy to circulate petitions, and prepare news releases. Real stories serve as examples. Designed for kids to use on their own, resources point the way toward government offices, groups, organizations, web sites and books. Includes 25 repro-
ducible handouts.
2003, 212pp., 6.5” x 11”, soft cover
327 Each $18.95

Step By Step!
A Young Persons’ Guide to Positive Community Change
The Model Youth Center Board members with
Jennifer Griffin-Wiener
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, 234pp., 6” x 9”, spiral bound
324 Each $19.95

Visit our website (www.nrcys.ou.edu) or call for information on these and other NRCYS Services

Order by mail: NRCYS, Schusterman Center, 4921 E. 41st St., Bldg. 4W, Tulsa OK 74135-2512 • By phone: 1 (800) 274-2687 • www.nrcys.ou.edu

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.

Youth Advocacy, Development & Leadership
These resources will help you understand how to incorporate youth development philosophy into all aspects of your programs and services.

Designing Student Leadership Programs
Transforming the Leadership Potential of Youth
Mariam G. MacGregor
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 estab-
ishes 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 leader-
ners. 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, 150pp., 6.5” x 11”, soft cover
272 Each $25.00

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, Transgender, and Questioning Youth
Independent Living/Life Skills
Building Positive Connections • Creative Life Skills Training • Group Process and Independent Living • Creating Positive Futures • Ansell Casei Life Skills Assessment
Residential Services
Developing the Therapeutic Milieu • Getting the Most From the Milieu: Using the Living Environment to Assist the Treat-
ment Process • Residential Child and Youth Care Professional
• Understanding Separation and Loss
Youth Development/Leadership
Youth as Partners: Enhancing Your Program Through Youth De-
velopment • 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 capa-
Bilities 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 Casei 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 page 8 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 posi-
tive 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.

Visit our website (www.nrcys.ou.edu) or call for information on these and other NRCYS Services

NRCYS Books, Videos & Training for The Human Service Professional

28

29
True Independence
A Must Have For Young People

Jason H. Hill; Don Douthitt

True Independence is a user-friendly guide designed to prepare foster youth ages 15-21 for four-year universities, junior colleges, and technical schools beginning with their high-school sophomore year. The guide includes detailed “how to” information about financial aid, foster care scholarships, tuition waivers, college admissions and housing. Additional resources in True Independence include a calendar for high school sophomores, juniors, and seniors and over 30 websites where foster youth can apply for financial aid, download paperwork for foster care scholarships, and register for standardized tests. See page 7 for pricing.