

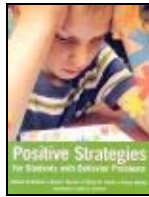
# Dealing with Destructive Behaviors

Virginia Beall Ball Library - Indiana Youth Institute



[Stopping the pain: a workbook for teens who cut & self-injure](#)

Lawrence E. Shapiro  
RJ506 .S44 S53 2008



[Positive strategies for students with behavior problems.](#)

LB3013 .P647 2007



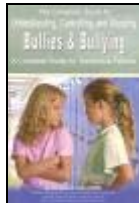
[141 creative strategies for reaching adolescents with anger problems](#)

Tom Carr  
BF724.3 .A55 C367 2007



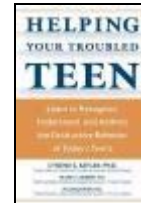
[I'm, like, SO fat!: helping your teen make healthy choices about eating and exercise in a weight-obsessed world](#)

Dianne Neumark-Sztainer  
RJ506 .E18 N48 2005



[The complete guide to understanding, controlling, and stopping bullies & bullying](#)

Margaret R. Kohut  
LB3013.3 .K627 2007



[Helping your troubled teen: learn to recognize, understand, and address the destructive behavior of today's teens.](#)

HQ796 .H3963 2007

## OTHER BOOKS:

[The ADD/ADHD checklist.](#) By Sandra F. Rief. (RJ506 .H9 R54 2008)

[Beyond the blues: a workbook to help teens overcome depression.](#) By Lisa M. Schab (RJ506 .D4 S33 2008)

[The bipolar handbook for children, teens, and families: real-life questions with up-to-date answers.](#)  
By Wes Burgess. (RJ506 .D4 B865 2008)

[Core competencies to prevent problem behaviors and promote positive youth development.](#)  
(RJ506 .B44 C67 2008)

[Creating effective programs for students with emotional and behavior disorders: interdisciplinary approaches for adding meaning and hope to behavior.](#) By Vernon F. Jones. (LC4801 .J66 2004)

[Cyber bullying: bullying in the digital age.](#) By Robin M. Kowalski. (HV6773 .K69 2008)

[Helping teens handle tough experiences: strategies to foster resilience.](#) By Jill Nelson, Ph.D. (HV1421 .N44 2008)

[Helping teens who cut: understanding and ending self-injury.](#) By Michael Hollander. (RJ506 .S44 H635 2008)

[Mad: how to deal with your anger and get respect.](#) By James J. Crist. (BF724.3 .A55 C75 2008)

[Managing teen anger and violence: a Pathways to Peace program.](#) By William Fleeman.  
(HQ799.2 .V56 F595 2008)

[Mean girls: 101 ½ creative strategies and activities for working with relational aggression.](#) By Kaye Randall.  
(LB3013.3 .R36 2008)

[No more meltdowns: positive strategies for managing and preventing out-of-control behavior.](#) By Jed Baker.  
(RJ506 .C65 B34 2008)

[The power to prevent suicide: a guide for teens helping teens.](#) By Richard E. Nelson. (HV6546 .N45 2006)

[Safe school ambassadors: harnessing student power to stop bullying and violence.](#) By Rick Phillips.  
(LB3013.32 .P49 2008)

**Skills training for children with behavior problems: a parent and practitioner guidebook.**

By Michael L. Bloomquist. (RJ506 .B44 B59 2006)

**Transforming anger to personal power: an anger management curriculum for grades 6-12.**

By Susan Gingras Fizzell. (LB3013.3 .F58 2007)

**Understanding your child's puzzling behavior: a guide for parents of children with behavioral, social, and learning challenges.** By Steven E. Curtis. (HQ773 .C87 2008)

**Violence-proof your kids now: how to recognize the 8 warning signs and what to do about them.**

By Erika V. Shearin Karres. (HQ784 .V55 K375 2000)

**What's eating you?: a workbook for teens with anorexia, bulimia & other eating disorders.** By Tammy Nelson. (RJ506 .E18 N45 2008)

**The youth worker's guide to helping teenagers in crisis.** By Rich Van Pelt. (BV4446 .V365 2007)

**DVDs AND VIDEOS:**

**Eternal high: a teenager's experience with depression and suicide that will change your life.** Aquarius Health Care Videos (DVD RJ506 .D4 E84 2006)

**Gateway.** CWK Network. (DVD HV5824 .Y68 G37 2005)

**Huffing-- the latest facts about inhalant abuse.** Human Relations Media. (DVD HV5822 .S65 H84 2007)

**The hurting cutting for relief.** Outreach Arts, Inc. (DVD RJ506 .S44 H87 2006)

**In the face of bullying and taunting.** Sunburst Visual Media. (DVD BF637 .B85 I5 2006)

**Invisible weapons.** CWK Network. (DVD BF637 .B85 I58 2007)

**Real life teens.** TMW Media Group, 2001-2004

*Series of 20 DVDs – topics include: [Bullies & harassment on campus](#), [Drugs](#), [Eating Disorders](#), [Smoking](#), [Teen anger](#), [Teen depression & self-destruction](#), [Teens & the law](#), [Weapons & violence](#)*

**Teens at risk.** TMW Media Group, 2005.

*Series of 5 DVDs – topics include: [Addiction and depression](#), [Teenage depression](#), [Wasting away](#), [Youth and drugs](#), [Youth and guns](#).*

**This place.** FACE. (DVD HV5135 .T7 2005)

**Weighing the risks.** Discovery Communications. (DVD HV5824 .Y68 W44 2006)

**IYI ISSUE ALERT:**

**When Push Comes to Shove: How to Help Bullies and Their Targets (April 2009)**

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IYT's **Virginia Beall Ball Library** is a collection of books, journals, reports, video/audio tapes, curriculum guides and other materials of use to youth workers, policymakers and nonprofit managers. Our materials are available for free loan to anyone working on behalf of children and youth in Indiana. The librarian is on hand to assist you with customized reference work and will recommend materials that can provide the valuable information you need.

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