

# California Association of Social Rehabilitation Agencies (Publication List)

## Books

### **Psychiatric Rehabilitation**

**Carlos W. Pratt, Kenneth J. Gill, Nora M. Barrett, Melissa M. Roberts**

This book provides a comprehensive overview of the field of psychiatric rehabilitation. A discussion of major psychiatric disorders, the philosophy and principles of psychiatric rehabilitation and community based service approaches are included. Recommended as a resource for the CPRP exam.

### **Consumers as Providers in Psychiatric Rehabilitation**

**Edited by Carol T. Mowbray, David P. Moxley, Colleen A. Jasper, Lisa L. Howell**

This anthology published by IAPSRs contains timely articles on consumer role innovation, the struggle for identity as a professional, employment roles for consumers, and organizational issues among others.

### **Mad in America**

**Robert Whitaker**

Based on exhaustive research, *Mad in America* gives a voice to generations of persons with mental illness, demonstrating how the “cures” have served to deepen their suffering and impair their hope of recovery.

### **Supported Education and Psychiatric Rehabilitation: Models and Methods**

**Carol T. Mowbray, Karen Strauch Brown, Kathleen Furlong-Norman, Anne Sullivan Soydan**

This book contains information on campus-based and off-campus models of supported education, the role of mental health and vocational rehabilitation, and supported ed. within the context of rehabilitation and recovery.

### **Positive Partnerships: How Consumers and Non-consumers Can Work Together as Service Providers**

**Mardi I. Soloman, Jessica A. Jonicas, Judith A. Cook, Joseph Kerouac**

This manual, written for both consumers and non-consumers, addresses issues that arise when working together to provide mentalhealth services

### **Developing Systems & Services that Support People in Wellness & Recovery: A Primer for Holding Informed Discussions**

**written by CASRA**

This primer is about transforming the public mental health system from treating symptoms to enhancing the quality of life of persons living with serious mental health issues.

### **Psychological and Social Aspects of Disability**

**Edited by LeRoy Spaniel, Cheryl Gagne and Martin Koehler**

This collection of articles bridges scholarly research, professional practice and the human experience of people living with mental illness.

## **Workbooks**

### **Pathways to Recovery: A Strengths Recovery Self-Help Workbook**

**Priscilla Ridgeway, Diane McDiarmid, Lori Davidson, Julie Bayes and Others**

*Pathways to Recovery* uses the metaphor of a journey to take the reader through a series of exercises which identify and use personal strengths for engaging in the recovery process.

### **Recuperando la Esperanza Libro Practico**

**LeRoy Saniol, Martin Koehler, Dori Hutchinson**

This Spanish language workbook includes information and exercises to guide the Spanish speaking person on their journey of recovery.

### **Psychiatric Rehabilitation Skills in Practice: A CPRP Preparation and Skills Workbook**

**Edited by Mark S. Salzer, PhD, LCP**

This is "The Skills Book" for psychiatric rehabilitation practitioners. Written by some of the most credible and experienced psychiatric rehabilitation practitioners, this workbook can also be used to prepare for the CPRP exam. It includes realistic scenarios with follow up discussions, a series of challenging activities, review questions, and CPRP exam preparation techniques. Recommended as a resource for the CPRP exam.

## **DVDs**

### **Inside Outside: Building a Meaningful Life After the Hospital**

**Patricia E. Deegan and Terry Strecker**

This film depicts the lives of eight people as they transition from nursing homes and psychiatric hospitals into the community carries the message that recovery and life in the community are possibilities for everyone. Spanish edition available!

### **The Journey From Patient to Student**

This is the story of a group of people with severe psychiatric disabilities and the challenges they face when they decide to become college students.

### **Pathways to Wellness**

This moving video features individual' stories of recovery. An excellent introduction to recovery from psychiatric disabilities

### **Mark Ragins: Taking Transformation Personally**

This video, filmed after the passage of the MHSA, features Mark Ragins discussing the role of consumers, families, providers, administrators and the community in transforming the mental health system. Also available in VHS.

### **Psychosis, Early Intervention and Recovery (NEW!)**

**Vancouver Island Health Authority MHA**

What if there was nothing to recover? This video addresses the importance of early intervention on a young person's recovery. It includes information on effective strategies as well as personal stories.

### **Understanding Stigma**

**Otto Wall**

George Mason University Professor Otto Wall is a nationally acclaimed researcher and scholar on the need to confront disparaging attitudes towards persons diagnosed with mental illness. This powerful presentation was video-taped and produced by the California State University at Hayward (now East Bay) in 2001.

## CDs

### **Voices of Hope and Recovery**

#### **Our Stories, Our Lives: Series I and II**

These stories – honest, gut-wrenching and triumphant are told by people who, through darkness, have found wellness and healing, meaning and purpose. They teach us about finding love in a world that is often harsh and cruel. With courage and insight, they reveal how to reclaim mental health in a culture that often misunderstands the healing process.

Series I: Sally Zinman, Daniel Fisher, Dorothy Washburn Dundas, Pat Risser,  
Linda Corey, Mary Blake

Series II: Leah Harris, George Badillo, Sharon Wise, Chaya Grossberg,  
Aubrey Shomo, Melody Riefer

## Past Presenters

### **Creating a Healing Society: The Impact of Human Emotional Pain and Trauma on Society and the World**

**Susan Lawrence, MD**

We are accustomed to thinking about the impact of trauma on the individual, but rarely notice the dramatic effect that trauma has on our society. In this book Dr. Lawrence describes her work with alcoholics, AIDS patients, prisoners, and others dying of "the delayed effects of child abuse." Through concrete examples, she shows that people can turn their lives around, and by doing so, change the quality of our entire society.

### **Beyond Twilight**

**Judy A. Cooperberg**

Ten turbulent years fighting depression, compulsions and suicide are candidly chronicled in Judy's poetry. The unique format of this book in which the poems are dated, chronologically ordered and introduced, enables the reader to understand and follow the tumultuous journey of a teenager's plunge into insanity, to a young woman's victorious emergence into a productive and fulfilling life.

### **Mental Illness: A Guide to Recovery**

**Bob Bennett**

In this book, Bob uses his own recovery journey to highlight this discussion of mental illness, the far-reaching impact of the disorder, traditional and alternative approaches to treatment and the promise of recovery.

### **Pirates**

### **Train of Tears**

### **Waitin' for a Train**

**Michael Skinner** is a nationally known musician and speaker. A victim of childhood abuse, he uses his story of healing and hope to inspire and motivate audiences. Each CD contains original material inspired by his recovery journey.

### **Hope at Work: Creating Positive, Resilient Organizations**

**Bruce Anderson**

In this 2 disk CD, Bruce translates and combines the most recent science on how humans create and sustain hope, along with community sustainability research into a compelling action model that can be used by any group to create a culture of hope in demanding work environments.