MENTAL HEALTH AS A PUBLIC HEALTH ISSUE:

Book List on Interactions Between Poverty and Mental Health

This list of books focuses on the multi-faceted connections between mental health and poverty for individuals and families domestically and abroad. *This list is offered as a supplemental resource to the video located at* **z.umn.edu/cmhpbh**

CONTEXT OF DEVELOPMENT

Citation: Cooper, C. L., & Landry, S. H. (Eds.). (2014). *Wellbeing in children and families*. Malden, MA: John Wiley & Sons Ltd.
Summary: This edited volume is focused on factors that both positively and negatively impact children's and families' wellbeing. The book is divided into four parts: development of early social and cognitive skills important for child wellbeing; parenting and children's development; child care and school as settings impacting wellbeing and children and families; and, stress and child and family wellbeing. Of these sections, the last focuses most explicitly on the impact of poverty on children's wellbeing.

Citation: Looff, D. H. (2009). *Appalachia's children: The challenge of mental health*. Lexington, KY. University of Kentucky Press.
Summary: This book was originally printed in 1971. It considers influences of Southern Appalachian children's context on development of mental disorders as well as identifying individual and family strengths that are posited as sources of hope. He presents ways to help these children bridge the gap between mainstream culture and their own subculture.

Citation: Luthar, S. (1999). *Poverty and children's adjustment*. Thousand Oaks, CA: SAGE Publications, Inc.
Summary: This book uses an interdisciplinary perspective to explore the effects of negative socioeconomic forces (e.g., lack of education, poverty) on children's development. Literature is reviewed about childhood psychopathology in those experiencing sociodemographic disadvantage. It also makes suggestions for future areas to develop research in.

Citation: Maholmes,V. (2014). *Fostering resilience and well-being in children and families in poverty: Why hope still matters*. Oxford: Oxford University Press.
Summary: This book explores the mechanisms and process that enable children and families to be resilient despite facing adversity. A variety of dimensions are explored, such as family strengths and assets, the power of relationships, and educational opportunities. Such buffers are presented as protecting children from negative academic outcomes and social and behavioral problems.

Citation: Poole, R., Higgo, R., & Robinson, C. A. (2014). *Mental health and poverty*. Cambridge: Cambridge University Press.
Summary: This book brings social science and biomedical research together in exploration of the links between poverty and mental illness. A wide variety of topics are addressed such as stigma, the recovery model, and the role of childhood adversity. The book is targeted as social scientists, mental health professionals, and students studying related fields.

HOMELESSNESS

Citation: Breakey, W. R., & Thompson, J. W. (Eds). (2013). *Mentally ill and homeless: Special programs for special needs.* Florence, KY: Psychology Press.
Summary: This edited volume is intended to be a practical guide for people who want to start programs to address the needs of homeless people with mental illness. Six research demonstration projects in the field are presented and discussion of the problems and successes of these initiatives is included.

Citation: Downer, R. T. (2001). *Homelessness and its consequences: The impact on children's psychological well-being.* New York: Routledge.
Summary: This book focuses on the dynamics of shelter living and related financial costs when compared to the psychological costs of children and families residing in shelter contexts. It provides both historical and contemporary views of homelessness as well as talking about the multidiminsional effects of homelessness on parents and children. It then presents a research study exploring the impact of homelessness on children and families.

Citation: Hanrahan, P., Matters, M. D., & Conrad, K. J. (Eds). (1999). *Homelessness prevention in treatment of substance abuse and mental illness: Logic models and implementation of eight American projects.* Bringhamton, NY: The Haworth Press.
Summary: This edited volume follows eight three-year-long developmental projects implemented to prevent high-risk populations (those experiencing alcoholism, drug abuse, and/or mental illness) from becoming homeless. For each of these eight projects, the guiding logic/theory , the literature that supports this logic/theory, the project's history and implementation, lessons learned, and suggestions for the future are presented.

Citation: Huey, L., & Ricciardelli, R. (2016). *Adding insult to injury: (Mis)treating homeless women in our mental health system.* Boulder, CO: Lynne Rienner Publishers.
Summary: This book explores how our systems are not meeting the needs of homeless women and proposes an alternative approach to better meet their needs.

Citation: Okin, R. L. (2014). *Silent voices: People with mental disorders on the streets.* Mill Valley, CA: Golden Pine Press.
Summary: This book focuses on individuals with mental illness who are living on the streets–how they got there, how they survive, and how some beat the odds in improving their situation. This project brings both photography and writing together in share the stories of real people.

Citation: Schutt, R. K., & Goldfinger, S. M. (2011). *Homelessness, housing, and mental illness.* Cambridge, MA: Harvard University Press.
Summary: This book is about a large-scale study looking at the effects of attempts to reduce social isolation and integrate homeless people–many of whom have serious mental illnesses–into the community. The student found that living alone reduced housing retention and cognitive functioning, while housing in group homes had better outcomes in these areas.

Citation: Seager, S. B. (2000). *Street crazy: America's mental health tragedy.* Redondo Beach, CA: Westcom Press.
Summary: This book discusses mental illness, how those with mental illness have been dealt with historically, and how people with chronic mental illness today end up living on the streets. It was written by a psychiatrist who shares his experiences in the field along with broader contexts of the issues involved.

SERVICE DESIGN AND DELIVERY

Citation: Landy, S., & Menna, R. (2006). *Early intervention with multi-risk families: An integrative approach*. Baltimore, MD: Paul H. Brookes Publishing Co.
Summary: This book is geared towards providers who work with families facing multiple risk factors (e.g., poverty, mental illness, domestic violence) and advocates and integrative model for service delivery. Readers are encouraged to engage parents in practical ways to do such things as learn to regulate their own and their children's emotions, deal with unresolved trauma and loss, and strengthen their sense of social support and competence. Extended case studies are included along with demonstration of ways to plan and set up systems for service delivery.

Citation: Markward, M. J., & Yegidis, B. L. (2010). *Evidence-based practice with women: Toward effective social work practice with low-income women*. Thousand Oaks, CA: SAGE Publications, Inc.
Summary: This book describes evidence-based assessment and treatment of common mental health disorders (e.g., depression, PTSD, generalized anxiety disorder) in low-income women. Case examples and assessment instruments are provided along with recommendations for treatment.

Citation: Smith, L. (2010). *Psychology, poverty, and the end of social exclusion*. New York: Teachers College Press.
Summary: This book is geared towards those working in the "helping professions." Both a historical views of the psychology of poverty as well as more promising approaches to working with those coming from communities in poverty are discussed. Considerations of poverty and social class are discussed as applicable within mental health practice and theory.

Citation: Thomas-Presswood, T., & Presswood, D. (2007). *Meeting the needs of students and families from poverty: A handbook for school and mental health professionals*. Baltimore, MD: Paul H. Brookes Publishing Co.
Summary: This book presents research-based educational and clinical methods for effective work with children and families living in poverty. The focus is on effective assessments, intervention design, and school-wide methods (e.g., social skills training, positive behavioral supports). Multi-disciplinary (e.g., epidemiological, psychological, cultural, biological) perspectives are presented.

GLOBAL CONTEXT

Citation: Carr, S. C., & Sloan, T. S. (2003). *Poverty and psychology: From global perspective to local practice*. New York: Kluwer Academic/Plenum Publishers.
Summary: This edited volume uses a social psychological lense to explore global dynamics of poverty and wealth. Areas of insecurity (e.g., poverty's interplay with psychopathology and power), empowerment (e.g., poverty's role in discourse and community), and opportunity (e.g., the potentials of youth and enterprise) are discussed.

Citation: Cohen, A., Kleinman, A., & Saraceno, B. (Eds). (2002). *World mental health casebook: Social and mental health programs in low-income countries*. New York: Kluwer Academic/Plenum Publishers.
Summary: This edited volume presents case studies of successful community-based mental health interventions in the South Pacific, Asia, South and Latin America, and Europe. These interventions have done family and community outreach to find those in need, provided for adequate and reliable drug supplies, delivered successful treatment interventions, and worked to create healthy psychosocial environments.

Citation: Patel, V., Chisholm, D., Dua, T., Laxminarayan, R., & Medina-Mora, M. E. (2016). *Disease control priorities: Mental, neurological, and substance use disorders (3rd Ed., Vol 4)*. Washington, DC: The World Bank.
Summary: This edited volume is focused on addressing the inequity in prevention and treatment strategies, especially within in low- and middle-income countries. The volume is divided into four

parts: burden of mental, neurological, and substance use disorders; interventions for such disorders in adults and children; policies and platforms for interventions; and economic evaluation of prevention and treatment. It argues for prioritization of such programs in resource-constrained contexts.

OTHER

Citation: Biglan, A. (2015). *The nurture effect: How the science of human behavior can improve our lives and our world*. Oakland, CA: New Harbringer Publications, Inc.
Summary: This book looks at behavioral sciences research in discussing how evidence-based interventions can prevent many of the behavioral and psychological problems that our society currently deals with. It discusses both factors that help people thrive (e.g., nurturing families and schools) and that negatively impact well-being (e.g., poverty, economic inequality, corporate marketing practices).

Citation: Boat, T. F., & We, J. T. (Eds.), and the Committee to Evaluate the Supplemental Security Income Disability Program for Children with Mental Disorders. (2015). *Mental disorders and disabilities among low-income children*. Washington, DC: The National Academies Press.
Summary: This book was originally a report commissioned by the Social Security Administration. It compares national trends in the number of children who receive SSI disability benefits with trends in the number of children with mental disorders and addresses possible factors contributing to any differences in the two groups. The diagnosis, level of impairment, and treatment of mental disorders (e.g., mood disorders, ADHD, autism, conduct disorder) represented within the SSI disability program.

Citation: Raz, M. (2013). *What's wrong with the poor? Psychiatry, race, and the war on poverty*. Chapel Hill: University of North Carolina Press.
Summary: This book is an interdisciplinary history of how social policy and psychiatric theory have interacted across time. It questions use of deprivation-based theory in mental health, education, and policy making circles and the practical impact on children coming from culturally/linguistically diverse and low-income family contexts.

Citation: Scheid, T. L., & Brown, T. N. (Eds). (2009). *A handbook for the study of mental health: Social contexts, theories, and systems*. Cambridge: Cambridge University Press.
Summary: This edited volume focuses on the sociology of mental health. It is divided into three sections: the first is focused on different approaches to mental health and illness (e.g., prevalence, biological approaches, psychological approaches); the second considers the social context of mental health and illness (e.g., social support, socio-economic stratification, work and unemployment); and the third takes a look at mental health policy and systems (e.g., treatment, criminal justice, labeling and stigma).

Check out more resource lists on our website as: extension.umn.edu/family/cyfc/

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