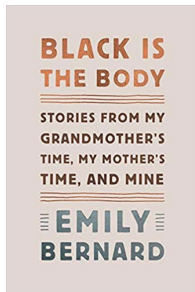




Diversity & Social Justice Committee Suggested Resources

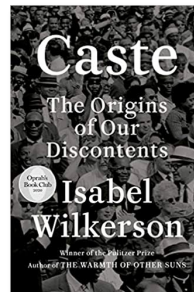
RACISM

BOOKS



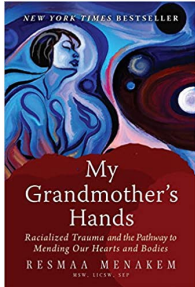
Black Is the Body: Stories from My Grandmother's Time, My Mother's Time, and Mine
Emily Bernard, Ph.D.

Available at:
[Amazon](#)
[Target](#)



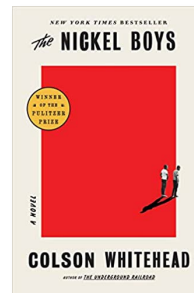
Caste: The Origins of Our Discontents
Isabel Wilkerson

Available at:
[Amazon](#)
[Penguin Random House](#) (with list of other sellers)



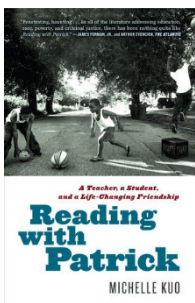
My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies
Resmaa Menakem

Available at:
[Amazon](#)
[From the author](#)
[Barnes & Noble](#)



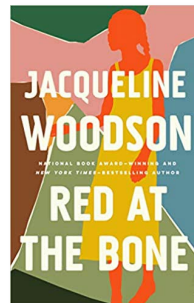
The Nickel Boys
Colson Whitehead

Available at:
[Amazon](#)
[Penguin Random House](#) (with links to other sellers)



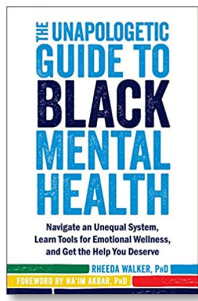
Reading with Patrick
Michelle Kuo

Available at:
[Amazon](#)
[Penguin Random House](#) (with links to other sellers)



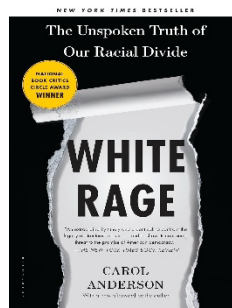
Red at the Bone
Jacqueline Woodson

Available at:
[Amazon](#)
[Barnes & Noble](#)



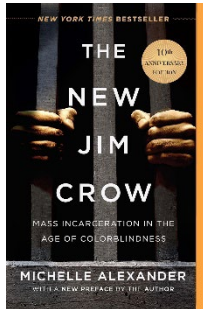
The Unapologetic Guide to Black Mental Health
Rheeda Walker, Ph.D

Available at:
[Amazon](#)
[Barnes & Noble](#)
[Target](#)



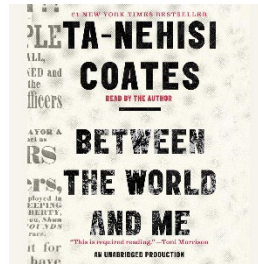
White Rage: The Unspoken Truth of Our Racial Divide
Carol Anderson

Available at:
[Amazon](#)
[Walmart](#)



The New Jim Crow: Mass Incarceration in the Age of Colorblindness
Michelle Alexander

Available at:
[Amazon](#)
[Books-a-Million](#)



Between the World and Me
Ta-Nehisi Coates

Available at:
[Amazon](#)

PICTURE BOOKS

A Big Mooncake for Little Star by Grace Lin

A Boy Like You by Frank Murphy, illustrated by Kayla Harren

A Chair for My Mother by Vera B. Williams

A is for Activist by Innosanto Nagara

A Little Bit of Everything by Meghana Narayan, illustrated by Michelle Carlos

A Pocket for Corduroy by Don Freeman

A Summery Saturday Morning by Selina Young

Abuela's Weave by Omar S. Castaneda, illustrated by Enrique O. Sanchez

And Tango Makes Three by Justin Richardson and Peter Parnell, illustrated by Henry Cole

Baby's First Kind Words by Hsinping Pan

Berry Song by Michaela Goade

Black is Brown is Tan by Arnold Adoff, illustrated by Emily Arnold McCully

Carry Me by Starbright Books

Change Sings by Amanda Gorman, illustrated by Loren Long

Child of the Universe by Ray Jayawardhana, illustrated by Raul Colon

Daisy and the Doll by Michael Medearis and Angela Shelf Medearis, illustrated by Larry Johnson

Days With Frog and Toad by Arnold Lobel

Dragon's First Taco by Adam Rubin and Daniel Salmieri

Everybody Cooks Rice by Notah Dooley, illustrated by Peter J. Thornton

Everywhere Babies by Susan Meyers, illustrated by Marla Frazee

Feast for 10 by Cathryn Falwell

Follow the Drinking Gourd by Jeanette Winter

Frog and Toad All Year by Arnold Lobel

Frog and Toad are Friends by Arnold Lobel

Girls Hold Up This World by Jada Pinkett Smith, photographs by Donyell Kennedy-McCullough

Giving Thanks by Chief Jake Swamp, illustrated by Erwin Printup, Jr.

Global Babies by The Global Fund for Children

Global Baby Bedtimes developed by Maya Ajmera

Global Baby Playtime by Maya Ajmera

Hats off to Hair! By Virginia Kroll, illustrated by Kay Life

Heather Has Two Mommies by Leslea Newman, illustrated by Laura Cornell

Home at Last by Vera B. Williams and Chris Raschka

How Sweet It Is by B. Holland, L. Dozier, E. Holland, photos by Charles R. Smith Jr.

I Am Enough by Grace Byers, illustrated by Keturah A. Bobo

I Believe I Can by Grace Byers, Illustrated by Keturah A. Bobo

If the World Were a Village by David J. Smith, illustrated by Shelagh Armstrong

It's Ok to be Different by Sharon Purtill, illustrated by Sujata Saha

Jabar Jumps by Gaia Cornwall

Julian is a Mermaid by Jessica Love

Just Ask by Sonia Sotomayor, illustrated by Rafael Lopez

Just Us Women by Jeannette Caines, illustrated by Pat Cummings

Last Stop on Market Street by Matt De La Pena, illustrated by Christian Robinson

Like by Annie Barrows, illustrated by Leo Epinosa

Like So by Ruth by Forman, illustrated by Raissa Figueroa

Little Leonardo's Fascinating World of Astronomy by Sarafina Nance, illustrated by Greg Paprocki

Little You by Richard Van Camp, illustrated by Julie Flett

Love Makes a Family by Sophie Beer

Mae Among the Stars by Roda Ahmed, illustrated by Stasia Burrington

Mama Do You Love Me by Barbara M. Joose, illustrated by Barbara Lavallee

My Heart is Filled With Happiness by Monique Gray Smith, illustrated by Julie Flett

My Nana's Garden by Dawn Casey, illustrated by Jessica Courtney-Tickle

On Mother's Lap by Amy Herbert Scott, illustrated by Glo Coalson

Peeny Butter Fudge by Toni Morrison and Slade Morrison, illustrated by Joe Cepeda

Queen of the Scene by Queen Latifah, illustrated by Frank Morrison

Same, Same but Different by Jenny Sue Kostecki-Shaw

Say Goodnight by Helen Oxenbury

Shades of Black by Sandra L. Pinkney, photos by Myles C. Pinkney

Snow Globe Wishes by Erin Dealey, illustrated by Claire Shorrock

Some Dads by Fifi Abu

Some Moms by Fifi Abu

Someone New by Anne Sibley O'Brien

Something Happened in Our Town by M. Celano, M. Collins, Ann Hazzard, illustrated by Jennifer Zivoin

Stacey's Extraordinary Words by Stacy Abrams, illustrated by Kitt Thomas

Still This Love Goes On by Buffy Sainte-Marie, illustrated by Julie Flett

Sweet Grass by Suzanne Greenlaw and Gabriel Frey, illustrated by Nancy Baker

Sweetest Kulu by Celina Kalluk, illustrated by Alexandria Neonakis

Talia and the Rude Vegetables by Linda Elovitz Marshall, illustrated by Francesca Assirelli

Ten Nine Eight by Molly Bang

The Colors of Us by Karen Katz

The Day You Begin by Jacqueline Woodson, illustrated by Rafael Lopez

The Great Big Book of Families by Mary Hoffman, illustrated by Ros Asquith

The Legend of the Indian Paintbrush by retold by Tomie dePaola

The Pronoun Book by Chris Ayala-Kronos and Melita Tirado

The Proudest Blue by Ibtihaj Muhammad and S.K. Ali, illustrated by Hatem Aly

The Skin You Live In by Michael Tyler, illustrated by David Lee Csicsko

The Story of Colors by Subcomandante Marcos, illustrated by Domitila Dominguez

The Sweater by Larissa Theule, illustrated by Teagan White

The Talk by Alicia Williams, illustrated by Briana Mukodiri Uchendu

The Wildest Thing by Emily Winfield Martin

Those Shoes by Maribeth Boelts, illustrated by Noah Z. Jones

Tickle Tickle by Helen Oxenbury

Toddler's Book of Fun Things to Do by Sheila Hanly, photos by Steve Shott

We Are Together by Britta Teckentrup

What Does it Mean to be Kind? by Rana DiOrio, illustrated by Stephane Jorisch

What Love Looks Like by Laura Obuobi, illustrated by Anna Cunha

When Aidan Became a Brother by Kyle Lukoff, illustrated by Kaylani Juanita

When I Am Old with You by Angela Johnson, illustrated by David Soman

Whoever You Are by Mem Fox, illustrated by Leslie Staub

Wild Wild Sunflower Child Anna by Nancy White Carlstrom, illustrated by Jerry Pinkney

William's Doll by Charlotte Zolotow, illustrated by William Pene Du Bois

FILMS



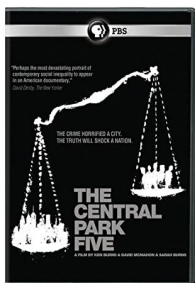
13th

Ava DuVernay, Director
Watch on [Netflix](#)



Black Panther

Ryan Coogler, Director
Available at [Amazon](#)



The Central Park Five Ken Burns, Director

Available on:
[Amazon](#)



Cultural Humility

- Part 1: People, Principles & Practices*
- Part 2: History, Poetry, Power and Privilege*
- Part 3: Cultural Humility in Community-Based Participatory Research & Education*
- Part 4: Closing Reflections*

Produced by Vivian Chavez, Dr. PH
Watch them on YouTube [here](#).



The Hate U Give George Tillman, Jr., Director

Available at:
[Amazon](#)
[Walmart](#)
[Target](#)

Book by Angie Thomas,
available at [Amazon](#)



I Am from Here (with Discussion Guide) Bess O'Brien, Director

Produced by Vermont NEA as
educational resource for teachers.

Watch it [here](#).



Just Mercy Destin Daniel Cretton, Director

Available at:
[Amazon](#)
[Walmart](#)
[Target](#)

Book by Bryan Stevenson,
available at [Amazon](#)

SPEAKERS & LEADERS

Maria Mercedes Avila, Ph.D.	Assistant Professor of Pediatrics, Adjunct Assistant Professor of Nursing, UVM College of Medicine https://www.uvm.edu/cnhs/csd/profiles/maria_mercedes_avila_phd
Xusana Davis	Executive Director of Racial Equity, Vermont Governor's Racial Equity Task Force
April Dinwoodie, B.A.	Transracial adoption thought leader Chief Executive, Donaldson Adoption Institute, NY https://aprildinwoodie.com/
Nikkia Young, Ph.D.	Director of Counseling, Lick-Wilmerding High School, CA nyoung@lwhs.org
Kenneth Hardy, Ph.D.	President, Eikenberg Academy for Social Justice, NY Director, Eikenberg Institute for Relationships, NY Professor of Family Therapy, Drexel University https://www.educationforracialequity.com/dr-ken-hardy
Sha'an Mouliert	Vermont community organizer, educator, and artist
Nnamdi Pole Ph.D.	Professor of Psychology, Smith College https://www.smith.edu/academics/faculty/nnamdi-pole

OTHER

"APA Calls for True Systemic Change in US Culture," *APA Monitor* at <https://www.apa.org/monitor/2020/09/systemic-change> (Includes references to several other resources)

"Racial Trauma: Theory, Research, and Healing," *Amer Psychologist* 2019 January; 74(1). Hard copy of this special issue available by calling APA Order Department at 1-800-374-2721

"Making Cross-Racial Therapy Work: A Phenomenological Study of Clients' Experiences of Cross-Racial Therapy," *J Couns. Psychol.* 2009 October 1; 56(4): 521-536. DOI: 10.1037/a0016905

"Multicultural Complexity: an Intersectional Lens for Clinical Supervision," *Int J Adv Counselling* 2017 March 7; DOI 10.1007/s10447-017-9290-2

"Examining White Counselor Trainees' Reactions to Racial Issues in Counseling and Supervision Dyads," *The Couns. Psychologist* 2005 July; 33(4); 449-478. DOI: 10.1177/0011000004269058

[EmbraceRace.org](https://embraceRace.org) (Website for parents, but provides excellent information for therapists and others working with children of color)

<https://creatingafamily.org/blog/a-white-parents-guide-to-raising-anti-racist-kids/>

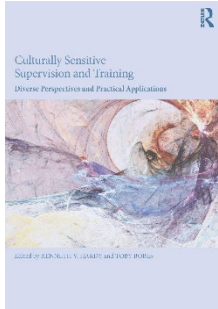
bit.ly/antiracismresources

Self-Guided Training: Anti-AAPI Racism in the US:

https://docs.google.com/presentation/d/1I2BZ6JVRTg1DIZvE_tHakJpgNXSb5JWucvrQawO_9lw/edit#slide=id.gae62c4496e_0_43

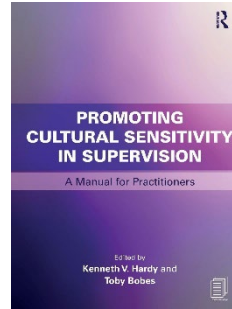
MULTICULTURALISM

BOOKS



Culturally Sensitive Supervision and Training: Diverse Perspectives and Practical Applications
Kenneth Hardy & Toby Bobes, eds.

Available at:
[Amazon](#)
[Routledge](#)



Promoting Cultural Sensitivity in Supervision: A Manual for Practitioners
Kenneth V. Hardy & Toby Bobes, eds.

Available at:
[Amazon](#)
[Routledge](#)

PICTURE BOOKS

The Great Big Book of Families by Mary Hoffman, illustrated by Ros Asquith

The Skin You Live In by Michael Tyler, illustrated by David Lee Csicsko

A Big Mooncake for Little Star by Grace Lin

Just Ask: Be Different, Be Brave, Be You by Sonia Sotomayor, J.D., illustrated by Rafael Lopez.

Julian is a Mermaid by Jessica Love

I am Enough by Grace Byers, illustrated by Keturah A. Bobo

And Tango Makes Three by Justin Richardson and Peter Parnell, illustrated by Henry Cole

The Color of Us by Karen Katz.

Same, Same but Different by Jenny Sue Kostecki-Shaw

The Proudest Blue, a Story of Hijab and Family by Ibtihaj Muhammad, illustrated by Hatem Aly

SPEAKERS

Amanda Colon, M.A. Acolon59@gmail.com She is from the Northeast Kingdom and provides workshops on racial and cultural identity for therapists and can provide CE's.

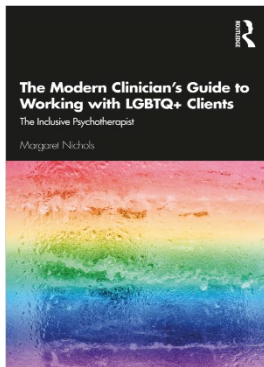
OTHER RESOURCES

The *American Psychologist* often has articles and research about diversity and so does the *APA Monitor*.

Multicultural Complexity: An Intersectional Lens for Clinical Supervision, *Int J Adv Counselling* 2017 March 7; DOI 10.1007/s10447-017-9290-2

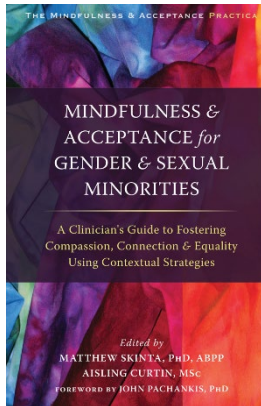
Sexual and Gender Minorities

BOOKS



The Modern Clinician's Guide to Working with LGBTQ+ Clients
Margaret Nichols, PhD

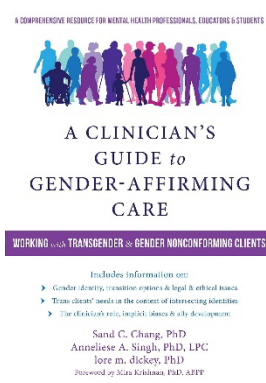
Available at:
[Amazon](#)
[Walmart](#)



Mindfulness & Acceptance for Gender & Sexual Minorities

Matthew Skinta, PhD
Aisling Curtin, MSc

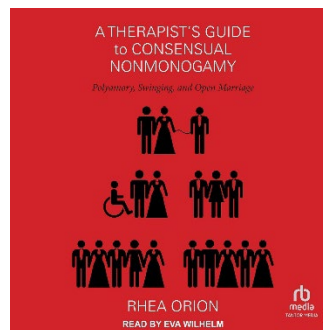
Available at:
[Amazon](#)



A Clinician's Guide to Gender Affirming Care

Sand C. Shang, PhD
Anneliese Singh, PhD
Lore M. Dickey, PhD

Available at:
[Amazon](#)
[Walmart](#)



A Therapist's Guide to Ethical Nonmonogamy

Rhea Orion

Available at:
[Amazon](#)

PICTURE BOOKS

A is for Activist by Innosanto Nagara

And Tango Makes Three by Justin Peterson and Peter Parnell, illustrated by Henry Cole

Everywhere Babies by Susan Myers, illustrated by Marla Frazee

Free to Be You and Me by Margo Thomas and friends

Heather Has Two Mommies by Leslea Newman, illustrated by Laura Cornell

Home at Last by Vera Williams and Chris Radschka

It's OK to Be Different by Sharon Purtill, illustrated by Sujata Saha

Julian is a Mermaid by Jessica Love

Love Makes a Family by Sophie Beer

Some Dads by Fifi Abu

Some Moms by Fifi Abu

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The Pronoun Book by Chris Ayala-Kronos and Melita Tirado

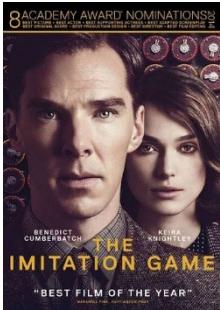
We Are Together by Brita Techentrup

When Aidan Became a Brother by Kyle Lukoff, illustrated by Kaylani Juanita

Whoever You Are by Mem Fox, illustrated by Leslie Stub

William's Doll by Charlotte Zolotow, illustrated by William Pene Du Bois

FILMS



The Imitation Game
Morton Tyldum, Director

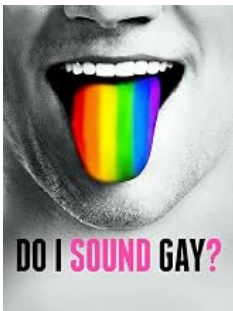
Available at:
[Amazon](#)

Check your favorite streaming service as well.



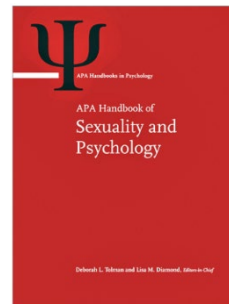
Disclosure
Sam Feder, Director

Check Netflix or other streaming services



Do I Sound Gay
David Thorpe, Director

Available at
[Amazon](#)



APA Handbook of Sexuality & Psychology
(2 Volumes)
Deborah L. Tolman, Lisa M. Diamond, eds.

Available at:
[APA Publications](#)

SPEAKERS

Lisa Diamond, Ph.D.

Distinguished Professor of Psychology and Gender Studies
<https://psych.utah.edu/people/faculty/diamond-lisa.php>

ARTICLES

Meyer, I. H. (2003). **Prejudice, social stress, and mental health in lesbian, gay, and bisexual populations: Conceptual issues and research evidence.** *Psychological Bulletin*, 129(5), 674–697.
<https://doi.org/10.1037/0033-2909.129.5.674>

Pinciotti, C. M., Wadsworth, L. P., Miron, L. R., Riemann, B. C., & Leonard, R. C. (2022). **Transgender and Gender Diverse Patients in Intensive Mood Disorder Treatment: A Comparative Examination of Clinical Presentation and Treatment Outcomes.** *Behavior Therapy*, 53(5), 1062–1076.
<https://doi.org/10.1016/j.beth.2022.05.004>

Shields, J. P., Cohen, R., Glassman, J. R., Whitaker, K., Franks, H., & Bertolini, I. (2013). **Estimating Population Size and Demographic Characteristics of Lesbian, Gay, Bisexual, and Transgender Youth in Middle School.** *Journal of Adolescent Health*, 52(2), 248–250.
<https://doi.org/10.1016/j.jadohealth.2012.06.016>

Herman, J. L., Flores, A. R., & O'Neill, K. K. (2022). **How Many Adults and Youth Identify as Transgender in the United States?** The Williams Institute, UCLA School of Law.

Dhejne, C., Van Vlerken, R., Heylens, G., & Arcelus, J. (2016). **Mental health and gender dysphoria: A review of the literature.** *International Review of Psychiatry (Abingdon, England)*, 28(1), 44–57.
<https://doi.org/10.3109/09540261.2015.1115753>

OTHER RESOURCES

PFLAG LGBTQ+ Glossary

<https://pflag.org/glossary/>

Philadelphia Trans Wellness Conference

VERMONT RESOURCES

Peace and Justice Center: <https://www.pjcv.org>

Clemens Family Farm: <https://www.clemmonsfamilyfarm.org>

Vermont Workers Center: <https://workerscenter.org>

MINORITY STRESS MODEL:

