



Metuchen CARES Book List

Formerly the Metuchen Municipal Alliance, the newly organized committee **Metuchen CARES** continues the work of prevention and education concerning substance use disorders. Metuchen CARES focuses on prevention and **recovery**. They provide education, community support, and resources for substance use disorders and other behavioral addictions, promote mental wellness across the community to children, teens, adults, and seniors, and sponsor programs and activities that better meet the particular needs and interests of the Borough's population in the areas of substance use, behavioral addictions, and mental health.

The books on this list are thanks to Metuchen CARES's generous sponsorship, and supplement our materials in the Young Adult section on topics such as teen mental and physical health, body image, substance use disorder, sexual education and gender identity, neurodivergency, and more. Please find a list of titles in the collection below, as well as a list of subject terms and the materials that fall within that category. With any questions regarding the Metuchen CARES collection, further reading material, or further resources, please reach out to Youth Services Librarian Jules Richards at jrichards@metuchenlibrary.org.

Fiction

A Place For Vanishing by Ann Fraistat | YA FIC Fraistat

Being Ace: An Anthology of Queer, Trans, Femme, and Disabled Stories of Asexual Love and Connection edited by Madeline Dyer | YA FIC Dyer

Challenger Deep by Neal Shusterman | YA FIC Shusterman

Ever Since by Alena Bruzas | YA FIC Bruzas

Girl on Trial by Kathleen Fine | YA FIC Fine

Here Lies Olive by Kate Anderson | YA FIC Anderson

In the Ring by Sierra Isley | YA FIC Isley

Say Yes and Keep Smiling by Laurence Beaudoin-Masse | YA FIC Beaudoin-Masse

The Immeasurable Depth of You by Maria Ingrande Mora | YA FIC Mora

The Only Girl in Town by Ally Condie | YA FIC Condie

The Words We Keep by Erin Stewart | YA FIC Stewart

To Shape A Dragon's Breath by Moniquill Blackgoose | YA FIC Blackgoose

Unexpected by Jen Bailey | YA FIC BAILEY

*Please check the content warnings at the front of the book for details on potentially triggering subject matter

Nonfiction

Anxiety Relief for Teens: Essential CBT Skills & Mindfulness Practices to Overcome Anxiety & Stress by Regine Galanti, PhD | 616.85 GAL

Attention Deficit: How Technology Has Hijacked Our Ability to Concentrate by Stuart A. Kallen | 616.85 KAL

Beneath the Surface: A Teen's Guide to Reaching Out When You or Your Friend Is in Crisis by Kristi Hugstad | 616.890 HUG

Beyond Sex Ed: Understanding Sexually Transmitted Infections by Diane Yancey and Tabitha Moriarty | 616.95 YAN

Body Neutral: A Revolutionary Guide to Overcoming Body Image Issues by Jessi Kneeland | 306.4 KNE

Body Talk: 37 Voices Explore Our Radical Autonomy edited by Kelly Jensen | 616.89 JEN

Crisis: Teen Mental Health at Risk by Leanne Currie-McGhee | 616.890

Digital Literacy: What Is It and Why Does It Matter? By Stephen Currie | 004 CUR

(Don't) Call Me Crazy: 33 Voices Start the Conversation About Mental Health edited by Kelly Jensen | 306.4 JEN

Eat Well and Feel Great: The Teenager's Guide to Nutrition and Health by Tina Lond-Caulk | 613 LON

Fatal Doses: Fentanyl and Other Synthetic Opioids by Andrea C. Nakaya | 362.29 NAK

Free From Panic: A Teen's Guide to Coping with Panic Attacks and Panic Symptoms by Monika Parkinson, Kerstin Thirlwall & Lucy Willetts | 616.85

Goodnight Mind For Teens: Skills to Help You Quiet Noisy Thoughts & Get the Sleep You Need by Colleen E. Carney, PhD | 616.8 CAR

Healthy Living For Teens: Inspiring Advice on Diet, Exercise, and Handling Stress edited by Al Desetta | 646.70 DES

Ikigai For Teens: Finding Your Reason for Being by Hector Garcia and Francesc Miralles | 613 GAR

In My Mind: A Teen Guide to Discovering What You Feel So You Can Decide What to Do by Vidal Annan Jr. | 155.5 ANN

Life Inside My Mind: 31 Authors Share Their Personal Struggles edited by Jessica Burkhart | 616.89 BUR

More Than Stress: Understanding Anxiety Disorders by Cherry Pedrick, RN, Bruce M. Hyman, PhD, and Tabitha Moriarty | 616.85 PED

Not Just About Food: Understanding Eating Disorders by Carol Sonenklar and Tabitha Moriarty | 616.85 SON

Project You: More Than 50 Ways to Calm Down, De-stress, & Feel Great by Aubre Andrus, with Karen Bluth, PhD | 155.5 AND

Real Talk About Sex & Consent: What Every Teen Needs to Know by Cheryl M. Bradshaw, MA | 613.90 BRA

Roads to Family: All The Ways We Come To Be by Rachel HS Ginocchio | 612.6 GIN

Screen Addiction: A Teen Epidemic by Bradley Steffens | 616.85 STE

Smashing Stigma: Dismantling Stereotypes, Prejudice, and Discrimination by Connie Goldsmith | 305 GOL

Suicide: When It Happens to Someone You Know by Bonnie Szumski | 362.28 SZU

Teen Guide to Managing Mental Health by James Roland | 616.890 ROL

The DBT Skills Workbook for Teen Self-Harm: Practical tools to help you manage emotions & overcome self-harming behaviors by Sheri Van Dijk, MSW | 616.858 DIJ

The Emotionally Intelligent Teen: Skills to help you deal with what you feel, build stronger relationships & boost self-confidence by Melanie McNally, PsyD | 155.5 MCN

The Surge In Teen Eating Disorders by Katie Sharp | 616.85 SHA

Weed: Cannabis Culture in the Americas by Caitlin Donohue | 362.29 DON

What's the Big Deal About Addictions? By James J. Crist, PH.D, C.S.A.C. | 613.80 CRI

When A Friend Dies: A Book For Teens About Grieving & Healing by Marilyn E. Gootman, Ed.D. | 155.9 GOO

What's Eating Us: Women, Food, and the Epidemic of Body Anxiety by Cole Kazdin | 616.85 KAZ

You Don't Have to Be Everything: Poems for Girls Becoming Themselves edited by Diana Whitney | 811.008 WHI

Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches by Rae Earl | 616.85 EAR

Biographies

A Face For Picasso: A Memoir by Ariel Henley | B Henley

Brave Face: How I Survived Growing Up, Coming Out, and Depression, a Memoir by Shaun David Hutchinson | B Hutchinson

Obsessed: A Memoir of my life with OCD by Allison Britz | B Britz

Phoebe's Diary: An Almost True Teenage Journal by Phoebe Wahl | B Wahl

Graphic Fiction

A Silent Voice Vol. 1 by Yoshitoki Oima | YA-Manga Silent Voice

Sensory: Life on the Spectrum, An Autistic Comics Anthology edited by Bex Ollerton | YA-GN Ollerton

Yaqui Delgado Wants to Kick Your Ass by Meg Medina, illustrated by Mel Valentine Vargas | YA-GN Medina

Graphic Nonfiction

Improve: How I Discovered Improv and Conquered My Social Anxiety by Alex Graudins | YA-GB B Graudins

One In A Million: A Graphic Memoir by Claire Lordon | YA-GN B Lordon

By Subject Terms:

Addictions and Substance Use Disorders

A Place for Vanishing

Fatal Doses: Fentanyl and Other Synthetic Opioids

What's the Big Deal About Addictions?

Anxiety and Mental Health

Brave Face: How I Survived Growing Up, Coming Out, and Depression, a Memoir

Challenger Deep

Free From Panic: A Teen's Guide to Coping with Panic Attacks and Panic Symptoms

In The Ring

More Than Stress: Understanding Anxiety Disorders

Teen Guide to Managing Mental Health

The Emotionally Intelligent Teen: Skills to help you deal with what you feel, build stronger relationships & boost self-confidence

Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches

Bipolar Disorder

A Place for Vanishing

Gender/Sexual Identity

Ab(solutely) Normal Short Stories That Smash Mental Health Stereotypes

Being Ace: An Anthology of Queer, Trans, Femme, and Disabled Stories of Asexual Love and Connection

Grief and Suicide

A Place for Vanishing

Ever Since

The Immeasurable Depth of You

Suicide: When It Happens to Someone You Know

When A Friend Dies: A Book For Teens About Grieving & Healing

Nutrition, Body Image, & Disordered Eating

Body Neutral: A Revolutionary Guide to Overcoming Body Image Issues

Body Talk: 37 Voices Explore Our Radical Autonomy

Eat Well and Feel Great: The Teenager's Guide to Nutrition and Health

Healthy Living For Teens: Inspiring Advice on Diet, Exercise, and Handling Stress

Not Just About Food: Understanding Eating Disorders

The Surge In Teen Eating Disorders

What's Eating Us: Women, Food, and the Epidemic of Body Anxiety

OCD

Ab(solutely) Normal Short Stories That Smash Mental Health Stereotypes

Obsessed: A Memoir of my life with OCD

The Words We Keep

Self-Harming Behaviors

Ab(solutely) Normal Short Stories That Smash Mental Health Stereotypes

The DBT Skills Workbook for Teen Self-Harm: Practical tools to help you manage emotions & overcome self-harming behaviors

The Words We Keep

Sexual and Physical Health

A Face For Picasso: A Memoir

Beyond Sex Ed: Understanding Sexually Transmitted Infections

Eat Well and Feel Great: The Teenager's Guide to Nutrition and Health

Ever Since (*includes content on SA)

Healthy Living For Teens: Inspiring Advice on Diet, Exercise, and Handling Stress

One In A Million: A Graphic Memoir

Real Talk About Sex & Consent: What Every Teen Needs to Know

