Dedication

To: Kevin and Keith Capuzzi

Your supportiveness and quick wit made this book possible.
You are wonderful role models, each in your own way,
for other young people.

To: Lola Gross

With love all is possible.
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Youth at Risk: A Prevention Resource for Counselors, Teachers, and Parents is a revision of the 2004 fourth edition. In this fifth edition, major emphasis has again been placed on prevention efforts with at-risk populations as well as practical guidelines for successful intervention with behaviors most often identified as placing youth at risk. Selected chapters include case studies that explore prevention efforts from individual, family, school, and community perspectives. Every effort has been made to address the complexities of working with vulnerable youths in a way that provides professionals, as well as parents, with an information base and guidelines for working within the parameters of the prevention–intervention paradigm. This text differs from similar texts because of the attention placed on counseling and systems applications with youth at risk.

The text is developmental in orientation. Part One presents information dealing with population identification, definition, and behaviors and causal factors descriptive of youth at risk. Information is also included that serves as a foundation for understanding the prevention–intervention paradigm. Part One also addresses prevention from the point of view of identification and promotion of resilience in our youth.

Part Two of the text deals with parameters that often serve as causal factors for the development of at-risk behaviors. Included in this section are chapters dealing with the effects of a dysfunctional family, low self-esteem, depression, mood disorders, and stress and trauma. Each chapter in this section not only identifies various aspects of the causal factors but also presents information related to prevention strategies designed to deal with these factors and adaptations for diversity.

Part Three of the text deals with issues and behaviors most often identified as placing youth at risk. A new chapter, “I’ll Cry Tomorrow”: Diverse Youth and the Scars That Don’t Show, has been added to deal with such issues as racial and ethnic identity and acculturation and diversity, as these affect not only at-risk youth but also those who work with them. The behaviors in Part Three include those that lead to eating disorders, suicide, gang membership, counseling queer youth, violence on campus, substance abuse, homelessness, and the school dropout. New in
this edition is a combining of two former chapters into one titled “A Future in Jeopardy: Sexuality Issues in Adolescence,” covering such topics as teen pregnancy, sexually transmitted diseases, rape and date rape, and sexual predation. Each chapter in Part Three provides definitive information related to the specific issue or behavior, includes a case study to illustrate the information presented, and provides approaches to prevention and intervention from individual, family, school, and community perspectives. Adaptations for diversity are also addressed because prevention and intervention efforts usually need to be modified to meet the needs of minority and disenfranchised youth served by the schools, communities, and mental health practitioners.

Every effort has been made by the editors and contributors to provide the reader with current and relevant information in each of the 17 areas of focus. We hope that this new edition of *Youth At Risk: A Prevention Resource for Counselors, Teachers, and Parents* will prove to be an invaluable resource for individuals committed to assisting young people in the often difficult transition between adolescence and adulthood.
Acknowledgments

We would like to thank the 25 authors who contributed their expertise, knowledge, and experience in the development of this text. We would also like to thank our families, who provided the freedom and encouragement to make this endeavor possible. Our thanks are also directed to staff at the American Counseling Association for their encouragement and assistance with copyediting and ultimately the production of the book.
Meet the Editors

David Capuzzi, PhD, NCC, LPC, is affiliate professor in the Department of Counselor Education, Counseling Psychology, and Rehabilitation Services at The Pennsylvania State University. He is professor emeritus at Portland State University. He is a past president of the American Counseling Association (ACA; formerly the American Association for Counseling and Development). Prior to his affiliation with The Pennsylvania State University, he served as scholar in residence at Johns Hopkins University.


A frequent speaker and keynoter at professional conferences and institutes, Dr. Capuzzi has also consulted with a variety of school districts and community agencies interested in initiating prevention and intervention strategies for adolescents at risk for suicide. He has facilitated the development of suicide prevention, crisis management, and postvention programs in communities throughout the United States; provides training on the topics of youth at risk, grief and loss, group work, and using meditation and mindfulness to increase therapeutic presence in coun-
Douglas R. Gross, PhD, NCC, is professor emeritus at Arizona State University, Tempe, where he served as a faculty member in counselor education for 29 years. His professional work history includes public school teaching, counseling, and administration. He is currently retired and living in Michigan. He has been president of the Arizona Counselors Association, president of the Western Association for Counselor Education and Supervision, chairperson of the Western Regional Branch Assembly of the ACA, president of the Association for Humanistic Education and Development, and treasurer and parliamentarian of the ACA.


For the past 13 years, Dr. Gross has provided national training in the areas of bereavement, grief, and loss.
Meet the Authors

Lisa Langfuss Aasheim, PhD, is the coordinator of the school counseling master’s program at Portland State University and the director of the community counseling clinic at Portland State. She specializes in clinical supervision and enjoys teaching courses in clinical supervision, addictions counseling, couples and family counseling, and practicum and internship. Her research interests focus primarily on clinical supervision in agency settings, counselor education and skill development, and the therapeutic alliance. She especially enjoys being surrounded by her knowledgeable colleagues and eager, delightful counseling students who share in her passion and profound belief in the change process.

Elva E. Blanks, PhD, is a recent graduate of the counseling psychology program at Arizona State University. She is currently working as a counselor at the Counseling and Consultation Center within Arizona State University. She has focused both her clinical work and research attention on areas of disordered eating and other risky behaviors of gifted/talented young women.

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Cass Dykeman, PhD, is an associate professor of counselor education at Oregon State University. He is a national certified counselor, master addictions counselor, and national certified school counselor. Dr. Dykeman received a master’s in counseling from the University of Washington and a doctorate in counselor education from the University of Virginia. He served as principal investigator for
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