

IDEA Newsletter Recommendation List (General)

✚ Books

- **Non-Fiction**
 - Better Allies – Karen Catlin
 - From the Ashes – Jesse Thistle
 - Disability Visibility – Alice Wong
 - Demystifying Disability – Emily Ladau
 - White Tears/Brown Scars – Ruby Hamad
- **Fiction**
 - The Hate U Give – Angie Thomas
 - Their Eyes Were Watching God – Zora Hurston
 - Five Little Indians – Michelle Good
 - The House of the Spirits – Isabel Allende
 - The Color Purple – Alice Walker
 - Bellies – Nicola Dinan

✚ Movies

- **Documentaries**
 - Transhood (HBO Max)
 - Muxes (HBO Max)
 - Changing the Game (Hulu)
 - I am Not Your Negro (HBO Max)
 - Rising Phoenix (Netflix)
 - Keep Talking (YouTube)
- **Films**
 - Hidden Figures (Amazon Prime, Hulu)
 - Wonder (Amazon Prime)
 - The Imitation Game (Netflix, Amazon Prime)
 - Coco (Disney +)
 - Real Women Have Curves (HBO Max)
 - Smoke Signals (Amazon Prime)

✚ Podcasts

- UDL in 15 – Loui Lorde Nelson
- Inclusive Design – Sabrina Meherally
- The Light – Michelle Obama
- Boundaries + – Portia Noir
- Out of the Shadows – Erick Galindo & Patty Rodriguez
- Speaking Our Truth, Podcast for Change – Patsy Whitefoot

✚ Videos

- **YouTube**
 - Jessica Kellgren – Fozard (@jessicaoutofthecloset)
 - Rikki Poynter – (@rikkipoynter)
 - Kat Blaque – (@KatBlaque)
 - Navajo Traditional Teachings – (@NavajoTraditionalTeachings)
- **Series**
 - Equal (HBO Max Docuseries)
 - Rise (TubiTV)
 - Tuesdays with Liz: Disability Policy for All (YouTube @aucdnetwork)

IDEA Newsletter Recommendation List (Code-switching)

✚ Books

- **Non-Fiction**
 - White Fragility – Robin Diangelo
 - Killers of the Flower Moon: The Osage Murders and the Birth of the FBI – David Grann
 - All You Can Ever Know – Nicole Chung
 - Barracoon – Zora Neale Hurston
- **Fiction**
 - The Hate U Give – Angie Thomas
 - Where the Dead Sit Talking – Brandon Hobson
 - Ghost Boys – Jewel Parker Rhodes
- **Poetry/Prose**
 - Cane – Jean Toomer

✚ Articles/Blogs

- [NPR Article from 2013 “Five reasons Why People Code-Switch”](#)
- [Associated Blog](#) to NPR Article

✚ Movies/Tv Shows

- **Films**
 - Everything Everywhere All At Once
 - Spanglish
 - Coco
 - Luca

- **Shows**
 - The Expanse
 - The Fresh Prince of Belair

✚ Videos

- **YouTube**
 - [Key & Peele with Obama's Anger Translator](#)

IDEA Newsletter Recommendation List (Wellbeing and Prison Education Programs Newsletter)

✚ Books

- **Non-Fiction**
 - The Color of Law by Richard Rothstein
 - How the Word is Passed: A Reckoning with the History of Slavery Across America by Clint Smith
 - Minor Feelings: An Asian American Reckoning by Cathy Park Hong
 - One Drop: Shifting the Lens on Race by Yaba Blay
 - Savage Inequalities by Jonathan Kozol
 - Something Must be Done About Prince Edward County by Kristen Green
 - The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together by Heather McGhee
 - Toxic Inequality: How America's Wealth Gap Destroys Mobility, Deepens the Racial Divide, & Threatens Our Future by Thomas Shapiro
 - Uneasy Peace by Patrick Sharkey

✚ Articles/Blogs

- [What is diversity?](#) From the National Library of Medicine
- [What is equity?](#) From the National Association of Colleges and Employers
- [What is inclusion?](#) From verywell mind
- [How is Wellbeing Impacted by Diversity, Equity & Inclusion?](#) From Hintsa
- [Inclusive Cultures Have Healthier and Happier Workers](#) From the Boston Consulting Group
- [Diversity and Inclusiveness is Good for Your Wellbeing](#) From Psychology Today
- [Mental Health and Diversity: Creating a More Inclusive and Supportive Work Environment for All Employees](#) From wellics
- [The Legal System and Brain Injury](#) From Brain Injury Alliance Colorado
- [Overlooked: Stories of Mental Illness and the Criminal Justice System](#) National Alliance on Mental Illness