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**Addictions Foundation of Manitoba Library  
Bibliography – INHALANTS**

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**BOOKS**

**Aboriginal substance use : research issues**

Corp. author: Canadian Centre on Substance Abuse

Call number: E98/.D7/A25/1992

**Addiction treatment a strengths perspective**

Author: van Wormer, Katherine

Call number: RC 564/.A33/2003

**Adolescent inhalant abuse : facilitator's manual and workshop guide**

Corp. author: Saskatchewan Alcohol and Drug Abuse Commission

Call number: HV 5822/.S65/A35/1993

**Adolescent inhalant abuse : participant's handbook and workshop guide**

Corp. author: Saskatchewan Health. Alcohol and Drug Services

Call number: HV 5822/.S65/A354/1993

**Aggression, family violence and chemical dependency**

Call number: RC 564/.A33/1989

**Anger : how to handle it during recovery**

Author: Sisco, Becky

Call number: HV 4998/.S57/1991

**Be a prevention player : a resource for inhalant abuse prevention education**

Corp. author: The Indian-Metis Friendship Centre of Winnipeg, Inc.

Call number: HV 5822/.S65/153/1996

**Before it's too late : working with substance abuse in the family**

Author: Treadway, David C.

Call number: RC 488.5/.T715/1989

**Brief report on solvent abuse**

Author: Garrioch, Sydney

Corp. author: Cross Lake First Nation

Call number: HV 5822/.S65/G37/1993

**Concepts of chemical dependency**

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Author: Doweiko, Harold E.  
Edition: 5th ed.  
Call number: RC 564/.D68/2001

**Elementary Comprehensive Drug Education Kit**

Call number: HV 5824/.Y68/E43/2002

**Epidemiology of inhalant abuse : an international perspective**

Corp. author: National Institute on Drug Abuse  
Call number: HV 5822/.S65/E636/1995

**Epidemiology of inhalant abuse : an update**

Corp. author: National Institute on Drug Abuse  
Call number: HV 5822/.S65/E64/1988

**Excessive appetites : a psychological view of addictions**

Author: Orford, Jim  
Edition: 2nd ed.  
Call number: RC 564/.O76/2001

**First Nations and Inuit community solvent abuse survey**

Corp. author: Kaweionnehta Human Resource Group  
Edition: 103  
Call number: HV 5822/.S65/F47/1994

**First Nations and Inuit community youth solvent abuse and study**

Corp. author: Kaweionnehta Human Resource Group  
Call number: HV 5822/.S65/F47/1993

**First Nations freedom : a curriculum of choice : (alcohol, drug and substance abuse prevention) : kindergarten to grade 8 : teacher's guide : grade one**

Author: Zaharia, Flora  
Corp. author: Mokakit Education Research Association  
Call number: E 97/.M65/1992/v.2

**First Nations freedom : a curriculum of choice : (alcohol, drug and substance abuse prevention) : kindergarten to grade 8 : teacher's guide : grade two**

Author: Zaharia, Flora  
Corp. author: Mokakit Education Research Association  
Call number: E 97/.M65/1992/v.2

**First Nations freedom : a curriculum of choice : (alcohol, drug and substance abuse prevention) : kindergarten to grade 8 : teacher's guide : grade three**

Author: Zaharia, Flora  
Corp. author: Mokakit Education Research Association  
Call number: E 97/.M65/1992/v.4

**First Nations freedom : a curriculum of choice : (alcohol, drug and substance abuse prevention) : kindergarten to grade 8 : teacher's guide : grade four**

Author: Zaharia, Flora  
Corp. author: Mokakit Education Research Association  
Call number: E 97/.M65/1992/v.5

**First Nations freedom : a curriculum of choice : (alcohol, drug and substance abuse prevention) : kindergarten to grade 8 : teacher's guide : grade five**

Author: Zaharia, Flora  
Corp. author: Mokakit Education Research Association  
Call number: E 97/.M65/1992/v.6

**First Nations freedom : a curriculum of choice : (alcohol, drug and substance abuse prevention) : kindergarten to grade 8 : teacher's guide : grade six**

Author: Zaharia, Flora  
Corp. author: Mokakit Education Research Association  
Call number: E 97/.M65/1992/v.7

**First Nations freedom : a curriculum of choice : (alcohol, drug and substance abuse prevention) : kindergarten to grade 8 : teacher's guide : grade seven**

Author: Zaharia, Flora  
Corp. author: Mokakit Education Research Association  
Call number: E 97/.M65/1992/v.8

**First Nations freedom : a curriculum of choice : (alcohol, drug and substance abuse prevention) : kindergarten to grade 8 : teacher's guide : grade eight**

Author: Zaharia, Flora  
Corp. author: Mokakit Education Research Association  
Call number: E 97/.M65/1992/v.9

**First Nations freedom : a curriculum of choice : (alcohol, drug and substance abuse prevention) : kindergarten to grade 8 : teacher's guide : kindergarten**

Author: Zaharia, Flora  
Corp. author: Mokakit Education Research Association  
Call number: E 97/.M65/1992/v.1

**A Guide to the use of the computerized lifestyle assessment instrument for substance abuse CLAI**

Corp. author: Canada. Correctional Service of Canada. Research an  
Call number: RC 564/.C43/1992

**Health hazards of nitrite inhalants**

Corp. author: National Institute on Drug Abuse  
Call number: BA 1231/.N46/H32/1988

**How drugs can affect your life : the effects of drugs on safety and well-being : with special emphasis on prevention of drug use**

Author: Allen, William Austin, 1916-  
Call number: RC 564/.A46/1992

**Inhalant abuse : a discussion paper**

Corp. author: Addictions Foundation of Manitoba  
Call number: HV 5822/.S65/I53/1998

**Inhalant abuse : a volatile research agenda**

Corp. author: National Institute on Drug Abuse  
Call number: HV 5822/.S65/I532/1992

**Inhalant prevention resource guide**

Author: Burk, Isabel  
Corp. author: United States. Virginia Department of Education. Division  
Call number: HV 5822/.S65/I53/2001

**Inhalants & poisons : they're right under your nose**

Corp. author: Texas Prevention Partnership  
Call number: HV 5822/.S65/I54/1995

**Inhalants : the silent epidemic**

Corp. author: Texas Prevention Partnership  
Call number: HV 5822/.S65/I544/1995

**Inhalants : the toxic fumes**

Author: Glowa, John R.  
Call number: RC 564/.G55/1992

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**Inhalants [ Drug-free by the Year 2000 ]**

Corp. author: United States. Center for Substance Abuse Prevention  
Call number: HV 5822/.S65/I54/1994

**The International handbook of addiction behaviour**

Call number: RC 564/.I585/1991

**Manual of drug and alcohol abuse : guidelines for teaching in medical and health institutions**

Call number: RC 564/.M26/1988

**The Mind**

Author: Restak, Richard M., 1942-  
Call number: P 356/.R47/1988

**The Next generation solvent abuse community intervention and resource project : a demonstration project to test a community based solvent abuse intervention model**

Author: Rowe, Wendy  
Corp. author: Cambie Consulting Group, Inc.  
Call number: HV 5822/.S65/N48/1994

**Overcoming negative thinking**

Author: Daley, Dennis C.  
Call number: BF 632/.D27/1991

**Pharmacokinetics, metabolism, and pharmaceuticals of drugs of abuse**

Author: Rapaka, Rao  
Corp. author: National Institute on Drug Abuse : Division of Clinical  
Call number: RM 316/.P47/1997

**Research on native adolescents and substance abuse**

Call number: E 98/.C5/R432/1992

**The Selfish brain : learning from addiction**

Author: DuPont, Robert L.  
Call number: RC 564.29/.D87/1997

**"Sniffing and huffing" : a comprehensive guide for the prevention and treatment of childrens' inhalant abuse**

Author: Groves, Mark  
Call number: HV 5822/.S65/G76/1996

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**'Sniffing' : inhalant abuse and indigenous youth in Canada ; a review and annotated selection of current professional literature prepared for the non-specialist**

Author: Torrie, Jill  
Call number: HV 5822/.S65/T67/1990

**Solvent abuse : a guide for the carer**

Author: Cameron, John S.  
Call number: HV 5822/.S65/C35/1988

**Solvent abuse treatment outcome : evaluation study**

Corp. author: Glen Murray Ltd.  
Call number: HV 5822/.S65/S65/1996

**Solvents : a parents's guide**

Call number: HV 5822/.S65/S64/1992

**Substance abuse : a comprehensive textbook**

Edition: 2nd ed.  
Call number: RC 564/.S826/1992

**Substance abuse in the workforce : a guide to managing substance abuse problems in the workplace**

Author: Heller, David  
Corp. author: Canadian Centre on Substance Abuse  
Call number: HF 5549.5/.D7/H45/1992

**Syllabus for the review course in addiction medicine**

Call number: RC 564/.S95/1990

**Teacher's guidebook to inhalant abuse prevention**

Author: Green, Michele  
Call number: HV 5822/.S65/G74/1992

**Thompson anti-sniff group information package for teachers**

Corp. author: National Native Alcohol and Drug Abuse Program.  
Call number: HV 5822/.S65/T74/1988

**The Truth heals : notes from a national consultation with youth and service providers on aboriginal solvent abuse**

Corp. author: Canada. Health and Welfare Canada. Canada's Drug  
Call number: HV 5822/.S65/T78/1993

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**Understanding inhalant users : an overview for parents, educators, and clinicians**

Corp. author: Texas Commission on Alcohol and Drug Abuse  
Call number: HV 5831/.U53/1997

**Unresolved anger : the cause and the cure**

Call number: HV 4998/.L37/1989

**Visions of addiction**

Call number: RC 564/.V57/1988

**Westman solvent abuse committee : resource summary**

Corp. author: Westman Solvent Abuse Committee  
Call number: HV 5822/.S65/W47/1994

**Your community! our future! : community action against solvent abuse**

Author: McTimoney, David C.  
Call number: HV 5822/.S65/Y68/1990

**VIDEOS**

**Alcohol/drug abuse profile [videorecording]**

Call number: VTR/HV 4998/.A42/1988  
Senior 1-Senior 4; 15 minutes; VHS

Explores alcoholism and addiction through interviews with adolescents, parents, teachers, and medical authorities and what happens when you recover, as well as when you use.

**Back to reality [videorecording]**

Call number: VTR/RC 564/.B33/1988  
Adult; 31 minutes; VHS

Presents real people struggling with the problems of chemical dependence, enabling, denial and delusion, and provide the basics people need to understand about how to deal effectively with addiction.

**Bibliography – INHALANTS**

**Be a prevention player: a resource for inhalant abuse prevention education [kit]**

Call number: KIT/HV 5822/.S65/B43/1997  
Gr. 4-7; 4:30 minutes; KIT

Dealing with inhalant abuse is a huge challenge. Treatment programs for chronic or long-term abusers are generally expensive and much less successful than programs for other drug problems. Many researchers believe that prevention, started in the early school years, is the best way to deal with the problem. "Be a Prevention Player" was developed with this strategy in mind.

**Breathing easy - inhalant abuse [videorecording]**

Call number: VTR/HV 5822/.S65/B7/1993  
Adult; 24 minutes; VHS

Examines the problems of inhalant abuse, focusing on its causes and prevention. It looks at the psychological and physiological aspects of addiction, the environmental factors that lead children to inhalant abuse, and the terrible consequences of their actions.

**Danger! toxic chemicals : an inhalants prevention video [videorecording]**

Call number: HV 5822/.S65/D3/1999  
Gr.6-Senior 4; 14 minutes; VHS

Introduces students to the truth about inhalants with energy and a cutting-edge visual style. Students will learn the straight facts about sniffing and huffing and how these actions can cause permanent injury or even death. Most important, this video dispels the myth among kids that common household products must be safe "because they're all around us".

**Educate : creating inhalant abuse awareness together [videorecording]**

Call number: VTR/HV 5822/.S65/E38/1998  
Adult; 15 minutes; VHS

Education is the key to preventing a child's deadly mistake. Educate yourself. Educate your kids. Talk to your children about the dangers of inhalant abuse. Be alert for symptoms of inhalant abuse. If you suspect there is a problem, you should consider seeking professional help.

**The Fragile [videorecording]**

Call number: VTR/HV 5822/.S65/F4/2000  
Gr. 6-8; 15 minutes; VHS

This video targets the 10 – 14 year old age group and depicts many of the very

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serious problems facing our youth today. In this video, young people are confronted with prostitution, sniffing, vandalism, racial prejudice, death, problems at home and peer influence.

**Goldtooth [videorecording]**

Call number: VTR/HV 5822/.S65/G65/1995  
Gr. 7-Senior 1; 27 minutes, VHS

This is a story about children who are on the streets where drugs, alcohol and solvents are used every day. The story includes violence, because violence is a core issue of street life. Substance abuse by girls is very often associated with sexual abuse, and this link is made in the cartoon when Nina goes to work for Gold tooth. The cartoon can help young people face their reality, to reconstruct it in their minds, to gain some new perspective through Karate's story and see themselves.

**BECAUSE OF SUBJECT MATTER – USE ONLY WITH A FACILITATOR**

**Health and drug education poster series [inhalants] [kit]**

Call number: KIT/HV 5822/.I6/2003  
Gr. 7 – Adult; KIT

Shows the harmful effect of inhalants listed with colourful and graphic diagrams and easy to read descriptions.

**The Hijacked brain [videorecording]**

Call number: VTR/QP 356/.H5/1998/v.2  
Adult; 15 minutes; VHS

Series : Moyers on Addiction : Close to Home

Aided by powerful new diagnostic tools, scientists are making dramatic discoveries about how addiction affects the brain. In this program, Moyers goes into the laboratory to follow researchers engaged in charting an "image of desire in the brain".

**A Hit for Mike [videorecording]**

Call number: VTR/HV 5822/.S65/H57/1985  
Gr. 7 – Senior 4, Adult; 23 minutes; VHS

The community gets together to help Mike and his mother overcome their addiction problem – an all-Native drama.

**Bibliography – INHALANTS**

**Inhalant abuse : kids in danger/adults in the dark [videorecording]**

Call number: VTR/HV 5822/.S65/I54/1990  
Adult: 18 minutes; VHS

Provides an overview of the inhalant abuse problem while suggesting community-based alternatives and peer-to-youth strategies for prevention and intervention.

**Inhalant use - a community focus : video one [videorecording]**

Call number: VTR/HV 5822/.S65/I54/1995/v.1  
Adult; 56 minutes; VHS

Program 1 – Inhalant Abuse Overview

Dr. Milton Tenenbein talks about the world-wide phenomenon of inhalant abuse, prevalence in Canada, causes for the abuse and physical and psychosocial effects of inhalant abuse.

**Inhalant use - a community focus : video two [videorecording]**

Call number: VTR/HV 5822/.S65/I54/1995/v.2  
Adult; VHS

Program 2 – Developmental Stages of Children and Adolescents: 52 minutes

Don Fitzsimmons talks about normal adolescent development and the link with inhalant use and abuse.

Program 3 – A Community Focus: 56 minutes

Presenters describe their inhalant prevention and/or treatment programs in their communities and provide information about the education and social service systems for adolescents.

**Inhalants : don't be fooled by tricky drugs [videorecording]**

Call number: VTR/HV 5822/.S65/I543/1992  
Gr. K – 3; 8 minutes; VHS

This video explains to young children in simple language the harmful effects of breathing poisonous substances. Children learn the benefits of standing up to others and saying “no”.

**Inhalants : the adult primer [videorecording]**

Call number: VTR/HV 5822/.S65/I54/1992  
Adult; 7:30 minutes; VHS

An overview of the problem of inhalant abuse. The video covers such questions

**Bibliography – INHALANTS**

as : What are inhalants? Why would anyone use them? What are the effects of inhaling? What is being done about it? (USE RESTRICTED TO EDUCATORS, PARENTS AND OTHER PROFESSIONALS).

**Inhalants : the silent epidemic [videorecording]**

Call number: VTR/HV 5822/.S65/I544/1992  
Adult; VHS

Video traces the lives of two recently relocated families as they experience firsthand the silent epidemic of inhalant abuse. Developed to assist educators, other professionals and community workers in their efforts to raise the public's awareness of the physical, mental and social damage caused by inhalant abuse.

**Inhalants : Tony's choice [videorecording]**

Call number: VTR/HV 5822/.S65/I54/1991  
Gr. 4 – Senior 1; 18 minutes; VHS

Program shows the effect of inhalants on the mind and body as well as the need to plan to avoid the temptation.

**It's no solution [videorecording]**

Call number: VTR/HV 5822/.S65/I7  
Grades 6 – Senior 4; 15 minutes, VHS

A video on the prevention of solvent abuse, effects on the body and the effect on friends and family.

**Sniff'n huff [videorecording]**

Call number: VTR/HV 5822/.S65/S64/1989  
Gr. 7 – Senior 4; 5 minutes; VHS

A rock video intended to act as a deterrent to youth considering sniffing.

**Sniffing stinks [videorecording]**

Call number: VTR/HV 5822/.S65/S65/1991  
Gr. 3 – 6; 23 minutes; VHS

Young people from the Whitedog Reserve speak frankly about sniffing and its social effects, the reasons for trying it and reasons not to. The excuses given for sniffing are discussed by young people who have done it themselves or those who chose not to. Community leaders and young people point out other ways of dealing with the need to escape, and peer pressure that may lead others to sniff.

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**Solvent abuse: a matter of life and death [videorecording]**

Call number: VTR/HV 5822/.S65/S65/1988  
Senior 1 – Senior 4; Adult; 25 minutes; VHS

A NNADAP film in the Inuit language with English subtitles, explores the symptoms of solvent abuse, describes the effect on different parts of the body and shows how various northern communities are trying to deal with the problem.

**Teens and inhalants: one breath at a time [videorecording]**

Call number: VTR/HV 5824/.Y68/.T4/2002  
Senior 1- Senior 4; 10 minutes, VHS

The misuse of common household substances by adolescents through “huffing” or inhaling is often the first foray into experimental drug use among teens. Young adults learn to dispel peer pressure and learn coping skills for problem solving.