

This month's list is divided into print and video resources.

ALCOHOL AND OTHER DRUG INFORMATION

Need information to share with your customers?

Currently the AFM Publications Committee is working on developing a new series of up-to-date, evidence-based drug information fact sheets. They are being developed using a standard format and will be printed on a professional looking colour template. They will be economical to produce and easy to update. The first phase of the series will be called:

AFM THE BASICS

Topics covered in this series will include:

- Alcohol
- Cocaine and Crack
- Methamphetamine
- Ecstasy
- LSD
- Drugs & Sports
- Caffeine
- Binge Drinking
- Inhalants
- Cannabis
- Magic Mushrooms
- Tobacco
- Rohypnol
- Opiates
- Over-the-Counter
- Tranquillizers & Sleeping Pills

Stay Tuned! Most of The Basics topics should be ready for distribution by January 2006 - in the interim please use the Manitoba Addictions Awareness Week Fact Sheets included in this year's Resource Kit (these have been researched and written by AFM Staff).

The next phases of the information series will include:

- Foundation Series - on topics such as: Drugs & Your Body, Signs & Symptoms of Use, etc.
- Beyond The Basics - this will be a series providing more in-depth information for professionals, care-givers, student research, etc.

To borrow any of the resources on this Acquisitions list, please fill out the order form provided and Fax or email to Jackie - jmassey@afm.mb.ca or Sheila - sduprey@afm.mb.ca.

ACQUISITIONS LIST OCTOBER 2005 ORDER FORM

Please circle the numbers corresponding to the Acquisition List items you would like to receive, and Fax, mail, phone, or e-mail your request to the Library.

THE NORMAL BORROWING PERIOD FOR STAFF IS 30 DAYS FOR BOOKS AND 7 DAYS FOR VIDEOS or KITS (THERE IS FLEXIBILITY AROUND THESE BORROWING PERIODS IN ORDER TO ACCOMMODATE PROGRAM NEEDS AND SHIPPING TO RURAL OFFICES).

If the item(s) you have requested is (are) not available at this time, a reserve will be placed on the resource and it will be sent to you as soon as possible.

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BOOKS

ABORIGINAL PEOPLES--MANITOBA--DIRECTORY

1. Aboriginal organizations in Manitoba : 2005/2007

Corp. Author: Fort Garry United Church. Aboriginal Awareness
Committee
Call number: RFD/E 78/.M3/A267/2005

ANGER

2. Anger is not an emotion

Author: Kasper, Jeanette
Call number: BF 575/.A5/K37/2001

CHILDREN--MANITOBA

3. Investir dans le développement du jeune enfant : rapport d'étape aux Manitobains

Call number: RJ 103/.I5/2002

CO-MORBID DISORDERS - PTSD AND SUBSTANCE ABUSE

4. Trauma and substance abuse : causes, consequences, and treatment of comorbid disorders [armo]

Call Number: RC 489/.C63/T72/2003

CO-OCCURRING DISORDERS

5. The Primer : fact sheets on mental health and addictions issues

Corp. Author: BC Partners for Mental Health and Addictions
Information
Call number: RC 564.68/.P75/2004

6. Substance abuse treatment for persons with co-occurring disorders : a treatment improvement protocol : TIP 42 [arlq]

Call Number: RC 564.68/.S83/2005

DRIVING WHILE IMPAIRED

7. Best practices : treatment and rehabilitation for driving while impaired offenders

Author: Strasbourg, Gilles
Corp. Author: Canada. Health Canada
Call number: HE 5620/.D7/B494/2004

8. The Relationship of alcohol safety laws to drinking drivers in fatal crashes

Author: Voas, Robert B.
Corp. Author: United States. Department of Transportation.
National Highway Traffic Safety Administration.
Call number: HE 5620/.R4/V63/1999

9. We care! : "Tears are the proof of life..."

Corp. Author: MADD Canada
Call number: HV 6250.3/.W43/2003

DRUG ABUSE

10. Addiction from biology to drug policy

Author: Goldstein, Avram
Call number: RC 564/.G66/2001

FETAL ALCOHOL SPECTRUM DISORDER--MANITOBA

11. Finding perspective... raising successful children affected by fetal alcohol spectrum disorder [arsd]

Call Number: RG 629/.F45/L39/2005

12. Manitoba FAS community mobilization project evaluation

Author: La Berge, Corey
Corp. Author: Association for Community Living - Manitoba
Call number: RG 629/.F45/L33/2004

GAMBLING--PUBLIC POLICY

13. Applying responsible gambling concepts to new casino development - public policy case study

Author: Stephenson, Elizabeth
Corp. Author: Responsible Gambling Council (Ontario)
Call number: RC 569.5/.G35/S84/2002

HEALTH INFORMATION

14. Privacy and confidentiality of health information at CIHI : principles and policies for the protection of personal health information and policies for institution-identifiable information

Corp. Author: Canadian Institute for Health Information
Call number: R 118.4/.P7/2002

HIV/AIDS

15. Young eagles' challenge : a peer education training manual for First Nations Youth on HIV/AIDS and related issues

Call number: RA 644/.A25/Y68/2004

LAW--YOUTH--CANADA

16. The Young Offenders Act

Author: Rosen, Philip
Corp. Author: Canada. Library of Parliament. Research Branch
Call number: REF/KE 9445/.R67/2000

MENTAL HEALTH

17. The Angry heart : overcoming borderline and addictive disorders
arsk]

Call Number: RC 569.5/.B67/A54/1997

18. Can I catch it like a cold? a story to help children understand a parent's depression

Author: Kelbaugh, Gretchen
Corp. Author: Centre for Addiction and Mental Health
(Ontario)
Call number: RC 537/.K447/2002

19. Iceberg on the horizon : mental health among older adults : social, intellectual, spiritual

Corp. Author: Canadian Mental Health Association in
Saskatchewan
Call number: HQ 1064/.I3/2004

20. Talking about mental illness

Corp. Author: Centre for Addiction and Mental Health
(Ontario)
Call number: RC 459.5/.C34/T348/2001

NEUROPSYCHOLOGY

21. Synaptic self : how our brains become who we are [arsp]

Call Number: RC 402/.L43/2002

SIGN LANGUAGE

22. The Canadian dictionary of ASL [arse]

Call Number: REF/HV 2475/.B34/2002

SPIRITUALITY

23. Further along the road less traveled. [the unending journey towards spiritual growth] [arrf]

Call Number: BF 637/.S4/P435/1993

SUBSTANCE MISUSE

24. Problems of drug dependence 2004 : proceedings of the 66th annual scientific meeting : the College on Problems of Drug Dependence, Inc.

Corp. Author: National Institute on Drug Abuse
Conference: College on Problems of Drug Dependence, Inc.
Call number: RC 563/.P75/2005

SUBSTANCE MISUSE--PREVENTION

25. Preventing harmful substance use : the evidence base for policy and practice [arsj]

Call Number: HV 4998/.P73/2005

SUBSTANCE MISUSE--TREATMENT--WOMEN

26. Substance abuse treatment and care for women : case studies and lessons learned

Corp. Author: United Nations Office on Drugs and Crime
Call number: HV 5824/.W6/2004

SUBSTANCE MISUSE--YOUTH

27. **Monitoring the future : national results on adolescent drug use : overview of key findings, 2004**

Author: Johnston, Lloyd D.
Corp. Author: National Institute on Drug Abuse
Call number: HV 5824/.Y68/J62/2005

WORKFORCE TRENDS--NURSES

28. **Workforce trends of registered psychiatric nurses in Canada, 2002**

Corp. Author: Canadian Institute for Health Information
Call number: RT 86.75/.W8/2003

VIDEOS

ALCOHOL--PHYSICAL EFFECTS

29. **Don't drain your brain : how alcohol damages the brain [Kit]**

Call number: KIT/QP 801/.A3/D6/2003
Grades 2- 6; 15 minutes
Human Relations Media

This powerful video gives viewers a chance to witness how normal brain functioning is short-circuited by alcohol. Emphasizes that alcohol is particularly dangerous to the developing brain.

DRIVING WHILE IMPAIRED

30. **Low level BAC Impairment goggles [kit] [arrrr]**

Call Number: KIT/HE 5620/.D7/I5/2005

Junior High Red goggle frame with clear lens.

These goggles demonstrate effects of impairment, including reduced alertness, slowed reaction time, confusion, visual distortion, alteration of depth & distance perception, reduction of peripheral vision, poor judgement and decision making, double vision, and lack of muscular coordination. These goggles simulate a BAC of .04 to .06. Can be used for peer education and mentoring programs as well as at shopping malls and fairs or to supplement alcohol and drug abuse prevention and awareness programs.

FETAL ALCOHOL SPECTRUM DISORDER

31. **Can't, not won't : a Christian response to fetal alcohol spectrum disorder (FASD) [VIDEORECORDING] [arsa]**

Call Number: VTR/RG 629/.F45/.C3/2005
Adult, 45 minutes. Close captioned.

Two families share their stories in the hope that they will help congregations in their effort to understand and include families living with FASD.

- 32. Fetal alcohol spectrum disorder - Dan Dubovsky** [Videorecording]
[arrs]
Call Number: VTR/RG 629/.F45/F483/2005
Adult

Dan presents issues regularly faced by service providers in an accessible, hands-on way, with insights provided from his professional and personal experience. The information has broad applicability for any front-line service provider working with adults living with FASD, and will provide staff with a better understanding of the links between mental health conditions, organic brain injury and challenging behaviours. The tape also delineates alternate approaches that address the underlying reasons for many challenging behaviours.

The tape includes the following issue-specific sections:

1. Co-occurring Disorders & FASD

Why do people "fail in treatment?"

Possible misdiagnoses with an FASD

Practical approaches for addressing co-occurring disorders

2. Socialization Coaching

What impedes socialization?

Methods to improve socialization

Job coaching

Supporting continued socialization

FASD is a human issue

- 33. National : FAS Schools** [Videorecording]
Call number: VTR/RG 629/.F45/N3/2002
Adult; 10 minutes; VHS
CBC Enterprises

This video features one public school in Winnipeg that is making a difference in the lives of children who have Fetal Alcohol Syndrome. Eight years ago, three women decided to challenge the stereotype and started two special classrooms for FAS students. The first thing to go was an over-stimulating classroom. They brought in soothing music, calming toys and weighted blankets to give students a better sense of their bodies. Teaching methods were changed so that directions were brief, clear and repetitive. The classes have made a world of difference; students are reading at grade level and gaining social acceptance for the first time in their lives. In this environment, teachers learn as much as the students, about being flexible, creative and finding new ways of teaching.

- 34. Parenting with FASD : challenges, strategies and supports**
[Videorecording]
Call number: DVD/RG 629/.F45/P3/2005
Adult; 28 minutes; VHS
FAS/E Support Network of BC

Featuring four adults living and parenting with Fetal Alcohol Spectrum Disorder, this video focuses on some of the parenting-related experiences and challenges faced by people with FASD. Highlighted as well are strategies, suggestions and resources found to promote positive parenting.

GAMBLING—OLDER ADULTS

35. **Betting on older adults : a problem gambling awareness kit**
[kit]
Call number: KIT/RC 569.5/.G35/B4/2005
Adult; 16 minutes
Responsible Gambling Council

Includes a video featuring individuals who have experienced problem gambling first hand. Also included are a Facilitator's Guide, interactive Bingo game and Gamble Scramble.

MENTAL ILLNESS

36. **Tearing away the myths of mental illness [KIT]** [arsb]
Call Number: KIT/RC 455.4/.A86/T4/2002
Adult, 24 minutes. Includes a discussion guide.

Provides tools and information on mental illness to individuals working with adolescents. It is hoped that this video will assist adolescents to develop an awareness, provide information on resources and increase skills to cope with mental illness.

METHAMPHETAMINE

37. **Tweaked : Part 1** [Videorecording]
Call number: VTR/RM 316/.T8/2000/Part 1
Adult; 20 minutes; VHS
Escapemeth.com

CONTAINS GRAPHIC CONTENT. VIEWER DISCRETION IS ADVISED. NOT RECOMMENDED FOR YOUNGER VIEWERS.

A shocking and hard to watch film designed to expose the truth about Methamphetamine. The video closely examines the allure, popularity and destructive influence of Methamphetamine in the lives of several youth. It presents the hopeless road to death and destruction that comes with Meth abuse. Designed for the rehab center, it's a "Scared Straight" presentation which delivers a wake up call to the addict or potential user; "there is little room for escape".

38. **Tweaked : part 2** [Videorecording]
Call number: VTR/RM 316/.T8/2000/Part 2
Adult; 50 minutes; VHS
Escapemeth.com

CONTAINS GRAPHIC CONTENT. VIEWER DISCRETION IS ADVISED. NOT RECOMMENDED FOR YOUNGER VIEWERS.

A shocking and hard to watch film designed to expose the truth about Methamphetamine. The video closely examines the allure, popularity and destructive influence of Methamphetamine in the lives of several youth. It includes all of the graphic sequences in part one plus the story of a family of four girls who recovered from meth addiction. Both videos weave through intense and graphic interviews with: kids on the street in Venice Beach, California, a street wise narcotics officer, a drug abuse counselor, and two D.A.'s who reveal the grizzly aftermath of meth-induced crimes typical of those sweeping the country.

39. **What's wrong with methamphetamine** [Videorecording]
Call number: VTR/RM 316/.W4/2005
Senior 1 - Adult; 28 minutes; VHS
Canadian Learning Company

The nightmare of methamphetamine abuse becomes "crystal" clear, as a former addict tells of the serious physical, emotional and social consequences he suffered from using the drugs. Medical and law enforcement personnel graphically outline the future of the "crystal" abuser - a downward spiral that can include irreversible brain damage, a criminal lifestyle and prison.

SUBSTANCE MISUSE-INTERVENTION--YOUTH

40. **Spotting substance abuse in teens : a video guide for parents & teachers** [Videorecording] [arrt]
Call Number: VTR/HV 5824/.A33/S6/2005
Adult, 29 minutes.

For parents, educators or bosses, this video presents things to watch for that indicate drug and alcohol use in teenagers. Viewers learn to recognize the signs and are shown what decisions have to be made and what their next step should be.

SUBSTANCE MISUSE-TREATMENT--FAMILY RELATIONSHIPS

41. **The Family unit : a 12-session alcohol & drug education program for patients and families : the Matrix Model** [Guide]
Call number: KIT/HV 5132/.M3/Guide/2005
Adult; 125 page guide
Hazelden

The Matrix Model

In this program, patients and their families meet as a group once weekly. The program consists of twelve one and one-half hour group sessions for the first three months. All patients and family members attend the Family Education group for twelve weeks. Because this is the one element of the program that regularly involves family members, the sessions are designed to be interactive, allowing the group leader to include the most pressing issues for both patients and family members. Three lecture videos accompany this program.

42. **Triggers and cravings : the Matrix Model** [Videorecording]

Call number: KIT/HV 5132/.M3/**Part 1**/2005
Adult; 56 minutes
Hazelden

The Matrix Model

This video explains how triggers and cravings affect the client during the process of addiction. Clinical concepts and biological processes are compared to familiar events and examples, resulting in the "aha" moments for the client.

43. Road map for recovery : the Matrix Model [Videorecording]

Call number: KIT/HV 5132/.M3/**Part 2**/2005
Adult; 52 minutes
Hazelden

The Matrix Model

This video helps clients understand how they'll feel at every stage of recovery, why they'll feel that way, and how they can feel better.

44. Families in recovery : the Matrix Model [Videorecording]

Call number: KIT/HV 5132/.M3/**Part 3**/2005
Adult; 60 minutes
Hazelden

The Matrix Model

This video reinforces the concepts discussed in Triggers and Cravings and Road Map for Recovery. It then explains how the phases of addiction and recovery affect family members - and why involvement helps the entire family.

45. Stages of family recovery [Videorecording]

Call number: VTR/HV 5132/.S8/2005
Adult; 36 minutes
Hazelden

This video lets families know they're not alone - and that recovery is possible. Teens, parents, and grandparents share stories of despair and hope, helplessness and optimism. Clinical insights help families progress through the stages of recovery.

SUBSTANCE MISUSE—PREVENTION

46. Prevention television : alcohol and other drug prevention for grades 3 - 5 [Videorecording]

Call number: VTR/HV 5824/.C45/2005
Grades 2- 6; 15 minutes
Hazelden

Equips elementary students with the age-appropriate information they need to make healthy choices, including : what alcohol and other drugs do to a young person's body and brain, how friends can protect each other, and why it's important to talk with

parents or other adults about alcohol and other drugs. Includes a facilitator's guide containing background information, a session outline and a reproducible parent newsletter.

47. The Real true & false about alcohol, marijuana & inhalants

[Videorecording]

Call number: VTR/HV 5824/.Y68/R4358/200?

Grades 6 - Senior 4; 15 minutes

Canadian Learning Company

The impression many middle school students have about drugs is that "everybody does it". This misinformation may influence students to take their first step through the gateway provided by alcohol, marijuana or inhalants. Hosted by a multi-ethnic group of high school students, this engaging, fact-filled program uses a lively "pop quiz" to hear that the social norm for the vast majority of teens is that when it comes to alcohol and other drugs, they "don't need 'em, don't want 'em, and don't use 'em.

48. The Real true & false about drugs [Videorecording]

Call number: VTR/HV 5824/.Y68/R435/200?

Grades 6 - Senior 4; 17 minutes

Canadian Learning Company

With high school students as their guides, middle schoolers gain a better understanding of the truth and the myths surrounding these lethal drugs. The program exposes the serious consequences of using club drugs, prescription drugs and street drugs such as cocaine and heroin. Drug-free high school students, medical and law enforcement experts, add their insight and support for choosing a lifestyle that doesn't include drugs. Presented in an engaging way, the social norms message comes through loud and clear: the vast majority of teens don't use drugs - not now, not ever.

TOBACCO USE—PREVENTION

49. Where there's smoke [DVD] [arru]

Call Number: DVD/HV 5748/.W4/2005

Grades 7-Senior4, Includes a study guide.

Looks at one of Canada's most contentious public health issues. The voices come from the heart of tobacco country, in southern Ontario. Once a prosperous crop for the region, the "golden leaf" is known to cause the death of some of 45,000 Canadians every year, and health groups cite the alarming increase in cancer and teen smoking.

The powerful anti-tobacco lobby has set its sights on the town council of Norfolk County, which is pushing for a ban on smoking in public facilities. As decision day approaches, all eyes are on the feisty mayor to break a tie vote. Woven throughout is the poignant story of Heather Crowe, a non-smoking waitress diagnosed

with lung cancer caused by second-hand smoke. As the war over tobacco regulation heats up, this insightful documentary provides a report from the front lines.