

AFM LIBRARY - SEPTEMBER 2004 ACQUISITIONS LIST

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

HOT OFF THE PRESS!!

The 2004 / 2005 Manitoba Addictions Awareness Week Resource Kit



Available in English and French, this year's Manitoba Addictions Awareness Week Resource Kits are ready to go! The theme for 2004 is "Together We Are Stronger". The new Kit includes:

- a contest and free promotional items,
- new topics (e.g. Magic Mushrooms, LSD, Methamphetamine, Disordered Eating, a Canadian Health Network Information Scavenger Hunt, Mapping Community Resources, Workplace Wellness, etc.),
- updated fact sheets and learning activities,
- a matrix linking the activities to the MB Physical Education/Health Education Curriculum,
- a funding opportunity, lists of Library resources and a new Community/Workplace Section.

Share this Kit and its many ideas for planning and promoting addictions awareness events/activities during Addictions Awareness Week, November 14th - 20th 2004 and throughout the year. The Kits are distributed to all Manitoba schools and various community groups and workplaces. All AFM offices will receive a sample copy of the Kit, please use the attached order form to request additional Kits, for more information contact Sheila at 944-6367 or sduprey@afm.mb.ca.

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

2

To borrow any of the titles on this Acquisitions List, please fax (204-772-0225) or e-mail this order form to Sheila- sduprey@afm.mb.ca or Jackie- jmassey@afm.mb.ca.

ACQUISITIONS LIST SEPTEMBER 2004 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.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70

DATE: _____ TELEPHONE: _____

NAME: _____ OFFICE _____

PLEASE SEND ME _____ COPIES OF THE 2004/05 MANITOBA
ADDICTIONS AWARENESS WEEK RESOURCE KITS.

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

3

BOOKS

ABORIGINAL PEOPLE-HEALTH CARE

1. Aboriginal women with addictions : a discussion paper on triple marginalization in the health care system

Author: Brunen, Lynda
Year: 2000
Call number: E 98/.W8/B7/2000

ABORIGINAL PEOPLE-MANITOBA--STATISTICS

2. First nations community profiles, 2001-02, Manitoba region

Corp. Author: Canada. Department of Indian Affairs and Northern Development
Year: 2001
Call number: E 78/.M3/2001

ALCOHOL USE-YOUTH-UNITED STATES

3. Patterns of alcohol use among adolescents and associations with emotional and behavioral problems.

Author: Greenblat, Janet C.
Corp. Author: Substance Abuse and Mental Health Services Administration (U.S.). Office of Applied Studies.
Year: 2000
Call number: HV 5824/.Y68/G74/2000

CHANGE

4. Shifting sands : a guidebook for crossing the deserts of change

Author: Donahue, Steve
Call number: DT 333/.D66/2003

CO-OCCURRING DISORDERS

5. Integrated treatment for dual disorders : a guide to effective practice

Author: Mueser, Kim T.
Call number: RC 564.68/.I684/2003

COMPULSIVE GAMBLING-CONFERENCE PROCEEDINGS

6. The 16th annual national conference on problem gambling : presenters' PowerPoint presentations

Corp. Author: National Council on Problem Gambling
Conference: The 16th Annual National Conference on Problem Gambling :(Dallas, Texas :(June 13 - 15, 2002)
Year: 2002
Call number: RC 569.5/.G35/N37/2002

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

4

COUNSELLING

7. Counseling the adolescent : individual, family and school interventions

Year: 1998
Call number: HV 5824/.Y68/C68/1998

DRIVING WHILE IMPAIRED

8. Drug-impaired driving : consultation document

Corp. Author: Canada. Department of Justice
Year: 2003
Call number: HE 5620/.D7/D75/2003

DRUGS

9. Fastfacts on Drugs

Corp. Author: Addictions Foundation of Manitoba
Year: 2004
Call number: HV 5840/.C28/F37/2004

GAMBLING--PREVENTION--YOUTH

10. Keeping your spirit strong : keeping your shirt on : gambling awareness sessions for Manitoba secondary school studies : facilitator's guide

Corp. Author: Addictions Foundation of Manitoba
Year: 2000
Call number: RC 569.5/.G35/K44/2000

HARM REDUCTION

11. Alcohol harm reduction strategy for England

Corp. Author: Cabinet Office Prime Minister's Strategy Unit
Year: 2004
Call number: HV 5801/.A42/2004

HEALTH CARE--CANADA

12. Perspectives on complementary and alternative health care : a collection of papers prepared for Health Canada

Author: Achilles, Rona Grace
Corp. Author: Canada. Health Canada
Call number: RA 776.95/.W45/P4/2001

HEALTH INDICATORS--WINNIPEG

13. Indicators of health status and health service use for the Winnipeg Regional Health Authority

Corp. Author: Winnipeg Regional Health Authority
Year: 2001
Call number: RA 407.5/.M3/2001

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

5

HIV/AIDS--CANADA

14. **Canadian HIV/AIDS resources**
Year: 2002
Call number: CD/RA 644/.A25/C3/2002

NATIVE PEOPLES OF NORTH AMERICA--MENTAL HEALTH--CANADA

15. **The Mental health of indigenous peoples**
Corp. Author: Culture & Mental Health Research Unit, McGill University
Year: 2001
Call number: RC 451.5/.A2/M4/2001

PHARMACEUTICALS

16. **Compendium of pharmaceuticals & specialists : CPS electronic library 2003**
Call number: CD/RS 53/.C6/2003
17. **Pain killer : a "wonder" drug's trail of addiction and death**
Author: Meier, Barry
Year: 2003
Call number: HV 5822/.099/M45/2003
18. **Prescription games: money, ego, and power inside the global pharmaceutical industry**
Author: Robinson, Jeffrey
Call number: HD 9665.5/.R62/2001

SEXUAL ABUSE

19. **Once it was the secret, now it's the topic : men's healing stories of childhood sexual abuse**
Corp. Author: Men's Resource Centre
Call number: HQ 72/.U53/O5/2003

SMOKING CESSATION

20. **For smokers who want to quit : one step at a time**
Corp. Author: Canadian Cancer Society
Year: 2002
Call number: HV 5733/.C3/2002

STREET-INVOLVED YOUTH

21. **Voices from the margins : experiences of street-involved youth in Winnipeg**
Author: Higgitt, Nancy
Year: 2003
Call number: HV 5824/.Y68/V65/2003

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

6

SUBSTANCE ABUSE--PREVENTION--CHILDREN

22. **AFM youth community-based services : strengthening families initiative (SFI)program evaluation**

Author: Curt Pankratz
Corp. Author: Addictions Foundation of Manitoba. Research and Quality Monitoring
Year: 2003
Call number: HQ 755.8/.P3/2002

SUBSTANCE ABUSE--FAMILY RELATIONSHIPS

23. **Consumer/survivor/recovering women : a guide for partnerships in collaboration**

Author: Prescott, Laura
Year: 2001
Call number: HV 4999/.W6/C6/2001

SUBSTANCE ABUSE--PREVENTION--UNITED STATES

24. **Center for Substance Abuse Prevention's RADAR network winter 2004 directory**

Corp. Author: United States. Center for Substance Abuse Prevention
Year: 2004
Call number: HV 5801/.R83/2004

SUBSTANCE ABUSE--SURVEYS--UNITED STATES

25. **Epidemiologic trends in drug abuse : proceedings of the community epidemiology work group : June 2003 : volume I : highlights and executive summary**

Corp. Author: National Institute on Drug Abuse. Community Epidemiology Work Group.
Year: 2004
Call number: RC 567.7/.E653/2004/v.1

26. **Epidemiologic trends in drug abuse : proceedings of the community epidemiology work group : June 2003 : volume II**

Corp. Author: National Institute on Drug Abuse. Community Epidemiology Work Group.
Year: 2004
Call number: RC 567.7/.E653/2004/v.2

27. **Risk and protective factors for adolescent drug use : findings from the 1999 national household survey on drug abuse**

Corp. Author: Substance Abuse and Mental Health Services Administration U.S.). Office of Applied Studies.
Year: 2004
Call number: HV 5812/.Y68/L358/2001

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

7

SUBSTANCE ABUSE--TREATMENT--CANADA

28. **Directory of addictions organizations in Canada**
Corp. Author: CCSA
Year: 2004
Call number: HV 5840/.C2/D47/2004
29. **Directory of alcohol and drug recovery services in Saskatchewan Regional Health Authorities**
Corp. Author: Saskatchewan Regional Health Authorities
Year: 2003
Call number: HV 5801/.D57/2003

SUBSTANCE ABUSE--TREATMENT--UNITED STATES

30. **The ADSS cost study : costs of substance abuse treatment in the specialty sector**
Corp. Author: Substance Abuse and Mental Health Services Administration (U.S.). Office of Applied Studies.
Year: 2003
Call number: RC 564.65/.A37/2003
31. **National directory of drug and alcohol abuse treatment programs : 2004**
Corp. Author: United States. Department of Health and Human Services. Public Health Service
Year: 2004
Call number: HV 5825/.N37/2004
32. **Treatment Episode Data Set (TEDS) : 1992-2001 : national admissions to substance abuse treatment services**
Corp. Author: Substance Abuse and Mental Health Services Administration. Office of Applied Studies
Year: 2004
Call number: RC 564/.T74/2004

SUBSTANCE ABUSE--TREATMENT--WOMEN

33. **Women's substance use treatment : celebrating and moving forward .**
Conference: National Conference : Women's Substance Use Treatment : (Sept. 25 & 26, 2003 : Vancouver, BC)
Year: 2003
Call number: HV 5824/.W6/W65/2003

SUBSTANCE ABUSE--YOUTH--JUVENILE LITERATURE

34. **Awareness is your shield**
Author: Resmer, Marie
Call number: PS 8585/.E797/A93/2001

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

8

SUBSTANCE ABUSE--YOUTH--PREVENTION

35. **A Call to action : changing the culture of drinking at U.S. colleges**
Corp. Author: NIAAA
Year: 2002
Call number: HV 5135/.C3/2002
36. **Youth & cannabis conference 2003 : summary report**
Author: Coates, Lesley
Year: 2003
Call number: HV 5822/.C3/2003

VIOLENCE--ABUSE

37. **Assessing violence against women : a statistical profile**
Corp. Author: Federal-Provincial-Territorial Ministers
Responsible for the Status of Women
Year: 2002
Call number: HV 6626.23/.C3/A77/2002
38. **Support groups for older people who have been abused : beyond existing**
Author: Pritchard, Jacki
Call number: HV 6626.3/.P76/2003
39. **Wounded boys, heroic men : a man's guide to recovering from child abuse**
Author: Sonkin, Daniel Jay
Call number: HV 6626.5/.S68/1998

VIDEOS

ADDICTION

40. **Understanding addictions & emotional child abuse [Videorecording]**
Call number: VTR/RC 569.5/.C55/U5/2002
Adult; 24 minutes; VHS; 2002

Psychologist Oliver Tuthill takes viewers into the often misunderstood world of drug and alcohol addiction and explores the link between addictions and how one was treated as a child. Three recovering addicts share their stories while researchers and clinicians offer insights into this often ignored hypothesis. This is an excellent video to use for training with therapists and to share in support groups. It is a great discussion starter.

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

9

41. Web of addiction : research into addiction & the nature of addiction [Videorecording]

Call number: VTR/HV 5045/.W4/2000

Adult; 28 minutes; VHS; 2000

This program analyzes current research regarding chemical use and abuse, and the nature of addiction, as those who are dealing with the problem share the pain of their physiological, psychological, economic, and social bondage. Psycho-biological treatment strategies as well as community and worksite intervention programs that are having success, are examined from professional, patient and family points of view.

AGED-SUBSTANCE ABUSE

42. Substance abuse in the elderly [Videorecording]

Call number: VTR/HV 5824/.A33/S8/2000

Adult; 28 minutes; VHS; 2000

The percentage of Americans living beyond age 70 is increasing, and there's growing concern that these people are also at risk for problems related to drinking alcohol and prescription drug misuse. As the body ages, tolerance to alcohol decreases. At the same time, many people often have multiple prescriptions for medications that, when combined, can cause problems. This program profiles older Americans dealing with these issues, and shows some innovative programs created specifically for the elderly.

ALCOHOL ABUSE-PREVENTION--CHILDREN

43. Ready, set, listen! [Kit]

Call number: KIT/HV 5824/.Y68/R4/2003

Grades 4-6; Adult; KIT; 2003

This game is designed to help parents and young people talk to each other about underage alcohol use, why it's not smart, and how to prevent it.

The game has these goals: to increase the number of conversations about the harms of underage alcohol use that parents and caregivers have with children ages 9 to 13 and to increase the percentage of children 9 to 13 years old and their parents/caregivers who see underage alcohol use as harmful.

ALCOHOL ABUSE-PREVENTION--YOUTH

44. Brain scans : alcohol and the teenage brain [Kit]

Call number: KIT/QP 801/.A3/B7/2001

Sr. 1-Sr.4; Adult 23 minutes; KIT; 2001

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

10

This program takes teenagers on a tour of several labs across the country including one at the University of California at San Diego where doctors are researching the effects of alcohol use in teenage brains.

The young host of the show actually has a scan done on her own brain, and then has the chance to see how it compares with the brains of other teens that drink alcohol regularly. The groundbreaking studies highlighted in the video dramatically connect long-term brain damage to teenage drinking. Includes a teacher's resource guide.

CHANGE

45. Taking charge of change [Videorecording]

Call number: VTR/BF 637/.B4/T3/200?
Adult; VHS; 200?

This video gives clear, concise information about making and managing change, whether business or personal. Viewers are exposed to models that help them as individuals.

DIVORCE

46. For the sake of the children [CD-ROM]

Call number: CD/HQ 834/.F67/2004
Adult; 35 minutes; VHS; 2004

Contains information separating parents need to understand what they are going through, both legally and emotionally and to help them cope and adjust to separation so that they in turn can help their children adjust.

DRIVING WHILE IMPAIRED--PREVENTION

47. Remote control truck impairment kit

Call number: KIT/HE 5620/.D7/R4/2004
Sr. 1-Sr. 4; Adult; KIT; 2004

An interactive kit designed to be used with the impairment goggles. Illustrates what it is like to drive sober and then what it is like to drive while impaired.

DRUGS—

CANNABIS

48. Marijuana and human physiology [Videorecording]

Call number: VTR/QP 801/.M3/199?
Adult; 22 minutes; VHS; 199?

Helps dispel the belief that marijuana is harmless using hard facts especially the drug's chief psychoactive ingredient THC and its effect on the body. Actual medical X-rays of brain and lung biopsies.

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

11

CLUB DRUGS

49. **Party drugs : the in the know series [Videorecording]**
Call number: VTR/RM 316/.P4/200?
Sr. 1-Adult; VHS; 200?

Informs users about the damage that Ecstasy/MDMA, Methamphetamine, GHB, Rohypnol and Ketamine can cause in users' lives. Also contains an in-depth look at the frightening trend of "date rape" drug use and provides advice to viewers on protecting themselves.

The program details the social effects, biological functions and short and long term effects of each of these substances, and concludes with the tragic story of a college freshman who has spent the last three years in a coma due to someone "slipping" GHB to her without her knowledge.

COCAINE/CRACK

50. **Cocaine abuse : the end of the line [Videorecording]**
Call number: VTR/HV 5810/.C633/199?
Sr. 1-Sr. 4; Adult; 25 minutes; VHS; 199?

Richard Dreyfuss narrates, follows lives of 5 people who actually had a cocaine problem exploring why they used it and how it eventually damaged their lives.

51. **Cocaine and crack : the in the know series [Videorecording]**
Call number: VTR/HV 5810/.C6335/200?
Sr. 1-Adult; VHS; 200?
VTR/HV 5810/.C6335/200?

The program first describes the difference between powdered cocaine and crack. It provides information about the social effects, biological functions, and short and long term effects of cocaine, whether it is sniffed, injected or smoked.

HALLUCINOGENS

52. **Hallucinogens : the in the know series [Videorecording]**
Call number: VTR/RM 324.8/.H35/200?
Sr. 1-Adult; VHS; 200?

Exciting graphics, expert testimony and four young narrators work together to educate viewers about the real dangers of using the commonly abused hallucinogens LSD, psilocybin/psilocyn mushrooms and mescaline/peyote. Also discussed is phencyclidine (PCP) an anaesthetic/hallucinogen/stimulant drug that can lead to psychosis. Describes how these drugs can endanger viewer's lives and make lasting impacts on their mental health.

The program details the social effects, biological functions, and short and long term effects of each of these substances.

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

12

METHAMPHETAMINE

53. **Ruined lives : the dangers of methamphetamine [Videorecording]**

Call number: VTR/RM 316/.R8/200?
Sr. 1-Adult; 34 minutes; VHS; 200?

This program includes the dramatic story of a young woman who tries "meth" for the first time, and the tragic, life-altering consequences of that act. Interviews with individuals whose lives have been affected by methamphetamine abuse, lend a peer group reality to the program.

STEROIDS

54. **Bulking up : the dangers of steroids [Videorecording]**

Call number: VTR/RC 1230/.B8/1990
Sr. 1-Sr. 4; Adult; 23 minutes; VHS; 1990

Discusses the dangers of using steroids.

EATING DISORDERS

55. **Understanding eating disorders : teens view their bodies, food, self-esteem and recovery [Videorecording]**

Call number: VTR/RC 552/.C65/U5/1996
Adult; 28 minutes; VHS; 1996

This video explores anorexia, bulimia, compulsive overeating and obesity through the voices of their victims and medical professionals. As a society at large, we are obsessed with the "battle of the bulge," unaware of the environment we are creating that is ripe for eating disorders. From colleges to elementary schools, we see resurgence in teaching individuals about healthy eating habits to either avoid potential health risks, or begin the healing process for those with an eating disorder. Hearing directly from people of all ages in recovery provides insights into the disease, what to look for and avenues for help. A great video for people working with teens, self-esteem and health issues.

EMOTIONS

56. **The Trouble with feelings [Videorecording]**

Call number: VTR/BF 723/.D34/T7/199?
Adult; VHS; 199?

An easy to understand tape on what feelings are, how we learn them, why they can become troublesome, what you can do about it, and lots of how-to tips on feelings and managing them safely.

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

13

FETAL ALCOHOL SPECTRUM DISORDER

57. A Normal life [Videorecording]

Call number: VTR/RG 629/.F45/A5/2001
Adult; 20 minutes; VHS; 2001

Takes a compelling look at the challenges of FAS through the eyes of three young FAS adults; parents of FAS children describe strategies for dealing with difficulties resulting from this condition.

From a successful FAS-conscious policing program in Lethbridge, Alberta, to a young woman graduating from university, this video offers a cross-section of the problems of living with FAS and hope for a better future.

FETAL ALCOHOL SPECTRUM DISORDER--PREVENTION

58. Drug-affected demonstrator doll

Call number: KIT/RG 580/.D76/D78/2003
Adult; KIT; 2003

RESTRICTED USE

Includes a doll, receiving blanket, 4 batteries, and an instructor manual.

An effective in-class demonstration tool that shows how drug abuse during pregnancy can affect an infant. It is a realistic example of the size and behaviour of a drug-affected infant when released from the hospital. This is the point at which parents or caregivers would start to care for a real drug-affected infant—when it goes home, not at birth.

59. Guarding the unborn spirit : it takes all nations [Videorecording]

Call number: VTR/RG 629/.F45/G8/2002
Adult; 27 minutes; VHS; 2002

This video is about the permanent damage done to the unborn fetus of a pregnant woman when she consumes alcohol. It offers clear prevention and intervention information to women, families and all members of aboriginal communities.

Three families share their personal experiences in raising children and grandchildren with Fetal Alcohol Spectrum Disorder.

The physical and behavioural characteristics of FASD are shown and explained during the various stages of life. The emphasis is not on blaming women who consume alcohol during pregnancy, but on prevention, support and education. The video reaches out to all women who are pregnant or having unprotected sex, as well as providing education to families, communities and social/health professionals.

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

14

HARM REDUCTION

60. Fix : the story of an addicted city [Videorecording]

Call number: VTR/HV 8079/.N3/F5/2002
Adult; 92 minutes; VHS; 2002
VTR/HV 8079/.N3/F5/2002

Dean Wilson used to be an IBM salesman. Now, as president of the Vancouver Area Network of Drug Users (VANDU), he is the most politically outspoken drug addict in Canada.

Ann Livingston, a non user, is the charismatic co-founder of VANDU. Dean loves Ann. But he is also a captive of the drugs he uses. Together, Ann and Dean lead an unpredictable crew of street addicts in their fight to open North America's first safe injection site.

They find a curious ally in Phillip Owen, the conservative mayor of Vancouver who rejects the US-style War on Drugs. Instead he champions a controversial European approach called Harm Reduction which includes safe injection sites. Opposed by members of his own party, the Mayor stakes his political career on Harm Reduction. The drug users say they are staking their lives on it.

Fix follows these real life characters for two years as their stories interconnect in a battle for the hearts, minds and streets of a city each one calls home.

MENTAL HEALTH

61. Obsessive compulsive disorder : the hidden epidemic : part 1 : what is OCD? [Videorecording]

Call number: VTR/RC 533/.02/1997
Adult; 38 minutes; VHS; 1997

Through a series of interviews with patients, families and medical professionals this program looks at what Obsessive Compulsive Disorder is. Criteria for identifying OCD along with the subtypes of this disorder are discussed. The use of Pet Scans in identifying OCD is addressed. The co-morbidity that often accompanies this disorder is also examined.

62. Obsessive compulsive disorder : the hidden epidemic : part 2 : treatment options [Videorecording]

Call number: VTR/RC 533/.027/1997
Adult; 33 minutes; VHS; 1997

Presented in this program are options for treating Obsessive Compulsive Disorder (OCD). The use of Behavior Therapy as well as the use of medications is discussed. Dr. John March of Duke University Medical Center gives us an in-depth look into Cognitive Behavioral Psychotherapy (CBPT).

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

15

PRESCRIPTION DRUGS

- 63. Prescription drugs : the in the know series [Videorecording]**
Call number: VTR/RM 146/.P74/200?
Sr. 1-Adult; 15 minutes

Shows the viewer the traumatic damage that unauthorized use of pharmaceutical drugs can do to their social functioning and physical and mental health.

The drug groups discussed are tranquilizers (barbiturates and benzodiazepines), stimulants (amphetamines), and opioid painkillers (Vicodin, OxyContin, and the like). The program details the social effects, biological functions and short and long term effects of each of these substances.

RELATIONSHIPS

- 64. Boundaries, precious boundaries [Videorecording]**
Call number: VTR/HN 132/.B6/199?
Adult; VHS; 199?
VTR/HN 132/.B6/199?

One of the most difficult topics made easy. You'll learn what boundaries are, how we make them, why they become problems, how to identify yours, and what to do to change them.

SMOKING--PREVENTION

- 65. Barb Tarbox : a life cut short by tobacco [videorecording]**
Call number: VTR/HV 5745/.B3/2003
Sr. 1-Sr. 4; Adult; VHS; 2003

After being diagnosed with terminal lung cancer in September 2002, Barb Tarbox devoted the last months of her life to speaking out about the dangers of smoking. She died May 18, 2003 - one of the more than 45,000 Canadians who die each year from tobacco-related diseases. This video contains powerful and emotional material that reinforces the tobacco reduction messages Barb was able to deliver in person.

Previewing of this video and discussion guide before using is recommended as some content may be disturbing for preteens and debriefing after reading or viewing should be undertaken.

- 66. Barb Tarbox : une vie coupée court par le tabac [videorecording]**
Call number: VTR/HV 5745/.B37/2003
Grades 7-Sr.4; Adult; VHS; 2003

Barb Tarbox, une femme de 42 ans d'Edmonton, en Alberta, a été diagnostiquée avec un cancer du poumon en phase terminale après avoir fumé depuis la 7e année à l'école. Ne voulant pas que la cigarette prenne une autre vie, Barb a entrepris une campagne auprès des élèves et

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

16

a fait des présentations partout en Alberta et au Canada, pour les prévenir des dangers du tabagisme. En quelques mois seulement, Barb a communiqué son message à plus de 50 000 élèves.

La vidéo capte l'esprit des présentations de Barb et la passion qui caractérisa les derniers mois de sa vie. **Après avoir visionné la vidéo, il est recommandé d'entamer une discussion avec la classe ou autre groupe pour parler des effets néfastes du tabagisme. Il faut se rappeler que les informations et la communication peuvent contribuer à décourager les gens de fumer et même les aider à arrêter de fumer. La discussion est donc importante.**

SUBSTANCE ABUSE--IDENTIFICATION

67. **Drug dependency : the early warning signs [Videorecording]**
Call number: VTR/RC 564/.D7/199?
Sr. 1-Sr. 4; Adult; 22 minutes; VHS; 199?

Ten vignettes set in the workplace and in homes dramatically illustrate signs of dependent behavior. Points out that abuse is reversible with recognition.

SUBSTANCE ABUSE--RECOVERY

68. **The Rules of recovery [Videorecording]**
Call number: VTR/RC 564/.H3/R85
Adult; 45 minutes; VHS; 200?

The program emphasizes that getting dry is an event and sobriety is a process. Hear about the "rules of recovery" that assist the addict in focusing on his or her physical and safety needs.

Viewers are urged to take small steps toward their goal and to focus on making today just a little bit better than yesterday.

VIOLENCE

69. **Violence prevention : inside out [Videorecording]**
Call number: VTR/BF 723/.I645/V5/200?
Grades 7 - Sr. 4; 20 minutes; VHS; 200?

Through narration, interviews, and dramatization, the video examines the feelings inside oneself leading to and resulting from violence, and violence experienced externally in the home, school, society and environment in general.

Part 1:

Understanding Violence: defines violence, showing the role of feelings in violent behavior, e.g. feelings of frustration, loneliness, sadness and particularly anger.

ADDICTIONS FOUNDATION OF MANITOBA LIBRARY

Acquisitions List September 2004

17

Part 2:

Preventing Violence: discusses prevention of violence, focusing on the consequences of violent behavior, the importance of dealing with anger and other feelings, and the role of alcohol, drugs and guns and gangs in the cycle of violence.

Part 3:

Coping with Violence: is a guide to coping with violence, emphasizing the importance of basic safety strategies and conflict management including mediation skills. It addresses the role of stereotypes - sexual and racial - in the perpetrators of violence.

WORKPLACE-SUBSTANCE ABUSE

70. Drug testing in the workplace [videorecording]

Call number: VTR/5823/.D7/199?

Adult; 24 minutes; VHS; 199?

Covers the how and why of drug testing. Dispels misconceptions and myths surrounding this controversial topic and underscores importance of maintaining a drug-free workplace.