

**ADDICTIONS FOUNDATION OF MANITOBA
AUDIOVISUAL RESOURCES**

SUBJECT HEADINGS

ABORIGINAL PEOPLES

Call of the drum (ajdy)

Adult; 27 minutes

VHS; 199-

VTR/E 78/.C2/C35/199-

Shows the impact and positive effects role models and responsible resource persons have had on the Nipissing Band Reserve lifestyle.

For John (auce)

Senior 1 – Senior 4; Adult; 58 minutes

DVD; 2003

National Film Board of Canada

DVD/E 98/.D7/F6/2003

John Diabo was a cherished member of a tight-knit family in the Mohawk community of Kahnawake, near Montreal, Quebec. Nevertheless, John had been tortured by drug addiction for more than a decade. In 1998, he ended his own life at the age of thirty-one. This video is the intimate story of John's battle with drugs and his eventual suicide. The film, directed by Dale Montour, John's aunt, is also a portrait of his family. Four years after his death, they break their silence. Courageously they share their stories of survival in the aftermath of unimaginable loss. In moving testimony and family photographs, the video portrays the stark contrast between John's powerful life force and the force of his addiction.

Man alive : a circle of healing (ajjh)

Adult; 54 minutes

VHS; 1989

VTR/E 98/.D7/M35/1989

In this documentary, Man Alive returns to Alkali Lake, the Indian Reserve that has overcome alcoholism. Now the community is struggling with a secret hidden for generations under the alcoholic haze – child abuse. This documentary follows the process of family healing and reconciliation in this courageous community.

Mi'kmaq family (alsj)

Adult; 33 minutes

VHS; 1995

Health Canada

VTR/E 98/.M55/1995

Shows how the Mi'kmaq People strengthen and explore their traditions.

Real me, The (ajvx)

Gr. 1-3; 15 minutes Closed captioned

VHS; 1992

VTR/HQ 784/.P43/R4/1992

Series : Just for me

A young Native American girl's desire to be popular leads to her becoming friends with students whose behaviour causes her a great deal of discomfort. A chance encounter with her cousin helps her to learn to be proud of herself and to make her own choices.

Red road to sobriety, The : documenting the contemporary Native American sobriety movement
(alav)

Adult; 90 minutes

VHS; 1995

Kinetic

VTR/E 98/.C9/R4/1995

In this spirited and very hopeful documentary, Indian health practitioners and traditional medicine [people reveal the importance of tribal values and spiritual awareness in the recovery process. The driving force of this documentary is the positive spirit emanating from the Indian people interviewed. Continuing in the ancient traditions, these people offer a new sense of hope to all people in recovery.

Rise and shine (aixs)

Senior 1-Senior 4, Adult; 30 minutes

VHS; 1985

VTR/E 98/.C5/R57/1985

A film about Native young people, what they have accomplished and what they're doing with their lives.

Spirit of the forest (aizq)

Gr. K-3; 20 minutes

VHS; 1991

VTR/E 98/.S65/1991

This video centres on friendship and feelings – being friends, wanting to be friends, and being alone, feeling unwanted. The Spirit of the Forest, the Anishinabe, seeks to return the forest and the creatures to the balance and harmony of the sacred circle of life.

Suckerfish (asdy)

Senior 1 - Senior 4; Adult; 8 minutes

DVD; 2004

National Film Board of Canada

DVD/E98/.D7/S8/2004

When she was 8, Lisa Jackson began to suspect that she was part Native. Then her mother told her that their Indian name was Nahmabin, or Suckerfish. When she was 10, Lisa fled Toronto to live with relatives in Vancouver to escape her mother's depression, alcoholism and prescription drug abuse - legacies of the residential school experience. Twenty years later, as she sifts through memories and letters from her mom, Lisa constructs a portrait of a woman whose drive to love her daughter triumphed over her demons of addiction. Animation, childhood photographs, stylized recreations and the young child's whimsical voice add to this moving, at times humorous, look at the director's relationship to her mother and Native identity.

To heal the spirit (ajap)

Adult; 46:35 minutes

VHS; 1990

CBC Educational Sales

VTR/E 98/.W8/T6/1990

A documentary, that focuses on Native women in prison and their search for traditional culture and spirituality. The powerful transition that the women experience is communicated through a powwow celebration, traditional drumming, a sweat lodge ceremony and their day-to-day experiences.

Where we've been and where we're going (ajbz)

Adult; 2 parts, 30 minutes each

VHS; 1984

VTR/E 98/.D7/W44/1984

Part 1: An introduction to the courses of alcohol or drug addiction as Native men and women talk about their experiences and about traditional values.

Part 2: The role Native traditional values can play in overcoming addiction is explored.

AIDS-(DISEASE)

Kecia : words to live by (ajio)

Gr. 7-Senior 4; 24 minutes

VHS; 1991

Gryphen Productions

VTR/RA 64/.A5/K43/1991

A documentary about a young Indian girl from a small community on Vancouver Island and the events, which led her to become infected with the HIV (AIDS) virus.

ALCOHOL USE

Alkali Lake Series

The Honor of all : part1 (ajun)

Adult; 58 minutes

VHS; 1985

VTR/E 98/.L7/H65/1985

How a native community overcomes the negative effects of alcohol abuse and begins a recovery program.

The Honor of all : part 2 (arqi)

Adult; 57 minutes

VHS; 1985

VTR/E 98/.L7/H6567/1985

The people of Alkali Lake tell their personal stories about alcoholism.

The Honor of all : Alcohol forum : part 3 (akrt)

Adult; 25 minutes

VHS; 1986

VTR/E 98/.H65676/1986

The third part of the Alkali Lake Series takes place in Fort Resolution among the Dene people. Members from the Alkali Lake Band try to help the Dene People overcome problems associated with alcohol abuse.

Bad dream, The (ajji)

Senior 1-Senior 4, Adult; 15 minutes

VHS; 1985

VTR/HE 5620/.D7/B33/1985

A native drama portraying the tragic results of drinking and driving.

The Circle moving (ajes)

Sr. 1- Adult; 30 minutes
VHS; 1985
VTR/E 98/.D7/C57/1985

For a general audience. Native communities across Canada show how they conquered alcohol and drug abuse.

Donna's story (amjo)

Adult; 50 minutes
VHS; 2001
National Film Board
VTR/HV 5137/.D6/2001

An intimate portrait of a fiercely determined survivor, "Donna's Story" profiles a Cree woman who left behind a bleak existence on the streets. She has re-emerged as a powerful voice counselling Aboriginal adults and youth about abuse and addiction.

Family secret (ajiz)

Adult; 30 minutes
VHS; 1989
Kinetic
VTR/HV 5132/.F35/1989

Portrays the roles that other family members play as a result of having an alcoholic in the family.

Friends don't let friends (ajha)

Senior 1-Senior 4, Adult; 30 minutes
VHS; 1988
VTR/HV 5824/.Y68/F75/1988

A video about drinking and driving in northern communities. People who have experienced the loss of a close friend or family member urge others to think before drinking and driving.

Homecoming (ajht)

Senior 1-Senior 4, Adult; 27 minutes
VHS; 1985
VTR/E 98/.D7/H65/1985

Story of a young Inuit writer who comes home to Pond Inlet and faces problems in his community caused by alcohol abuse.

New day, new horizon (aivg)

Adult; 14 minutes
VHS; 1985
VTR/HF 5549.6/.E42/N48/1985

For a general audience. A young Native finds out about the problems of alcohol in the workplace – drama.

Red road to sobriety, The : documenting the contemporary Native American sobriety movement (alav)

Adult; 90 minutes
VHS; 1995
Kinetic
VTR/E 98/.C9/R4/1995

In this spirited and very hopeful documentary, Indian health practitioners and traditional medicine [people reveal the importance of tribal values and spiritual awareness in the recovery process. The driving force of this documentary is the positive spirit emanating from the Indian people interviewed. Continuing in the ancient traditions, these people offer a new sense of hope to all people in recovery.

FAMILY VIOLENCE

All our business (ajdo)

Adult; 30 minutes

VHS; 1986

VTR/HV 6626/.A44/1986

A NNADAP film about family violence, a subject often brushed under the rug by relatives and friends who are hesitant to interfere. The film's message: if you care about someone, you owe it to him or her to help the person escape from a violent living arrangement.

Children of the eagle (aiwg)

Adult; 30 minutes

VHS; Includes video and resource handbook; 1990

VTR/E 98/.C5/P55/1990

This resource was developed to provide support to child sexual abuse victims and their families of the Peigan Band. For victims of child sexual abuse, the healing process is paramount if they are to grow into healthy adults.

Hollow water (alqn)

Adult; 44 minutes

VHS; 2000

National Film Board

VTR/E 98/.L7/H65/2000

Hollow Water, in central Manitoba, is home to 450 people – many of them victims of sexual abuse. The offenders have left a legacy of pain and denial, addiction and suicide. The film documents the moving journey of one family, torn apart by years of abuse, struggling to confront their past. **(NOT RECOMMENDED FOR CHILDREN)**

Northwestern Canadian conference on family violence (akpt)

Adult; 60 minutes

VHS; 1996

VTR/HV 6626/.N6/1996

Recorded May 1996, this video deals with violence in families in the Aboriginal community and features Judge Murray Sinclair as speaker.

Summer in the life of Louisa, A (ajaj)

Adult; 30 minutes

VHS; 1985

VTR/HV 6626/.S96/1985

A film in the Inuit Language with English subtitles tells the story of a battered wife who, with the help of a friend, becomes more self-sufficient and is able to help her husband to recognize his angry and frustrated feelings that lead to violence.

To find our way and first steps (ajao)

Adult; 31 minutes
VHS; 1992
Canadian Living
VTR/HV 6626/.T6/1992

Domestic violence not only shatters families but can also destroy entire communities. Two programs on one video present graphic dramatizations that portray the effects of domestic violence on a Native American family. The stress building and explosive battering portions of the cycle of violence are realistically played by Lakota Sioux People. **(FOR USE WITH A FACILITATOR)**

FETUS – EFFECT OF DRUGS ON

Fetal alcohol syndrome (ajdh)

Adult; 13 minutes
VHS; 1992
CAMH
VTR/RG 629/.F45/F473/1992

Mary Atkins, a recovering alcoholic and a mother, drank throughout her pregnancies and fears that this has hurt her kids. Now an alcoholism counsellor on the Six Nation' Reserve, Mary shares her story in this video. The dangers of drinking during pregnancy are examined and Fetal Alcohol Syndrome is explained.

Guarding the unborn spirit : it takes all nations (aqfr)



Adult; 27 minutes
VHS; 2002
Kem Murch Productions
VTR/RG 629/.F45/G8/2002

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 educating families and communities, leaders and social/health professionals.

Healing the broken cord (ajhp)

Adult; Approx. 90 minutes
VHS; 1991
National Organization on Fetal Alcohol Syndrome
VTR/RG 627.6/.D79/H43/1991

This Conference takes place in South Dakota for Native People on the subject of Fetal Alcohol Syndrome. Various speakers deal with issues such as leadership, denial, alcoholism in the community and recovery. Also includes a youth forum. Kids discuss alcoholism, family life, FAS, etc.

Mother's choice, A (aiwb)

Adult; 26:25 minutes
VHS; 1995
Gryphon Productions
VTR/RG 629/.F45/M67/1995

Aboriginal women discuss their feelings about drinking, drugging, and smoking during pregnancy. Also discusses the consequences and complications on the fetus and on the child at various levels of development. Touches upon the man's role in parenting a FAS child. Emphasizes prevention.

Precious gift (alat)

Adult; 16:48 minutes

VHS; 1997

Saskatchewan Institute on Prevention of Handicaps

VTR/RG 629/.F45/P74/1997

Filmed on the Beardy's and Okemasis Reserves in Saskatchewan, this video deals with the issue of drinking during pregnancy. The role of all members of the community, including family, friends and professionals, in having a healthy baby is emphasized.

Something to celebrate (aizg)

Senior 1-Senior 4, Adult; 23 minutes

VHS; 1985

VTR/RG 629/.F45/S66/1985

Mary and Bill discover that alcohol and pregnancy don't mix – an all-Native drama.

GAMBLING

Balance : problem gambling awareness for Aboriginal communities across BC

(anj)

Adult

VHS; 2002

VTR/RC 569.5/.G35/B3

This video demonstrates that with increased awareness of the risks involved and a return to our traditional values and practices. First Nations communities can enjoy the games of yesterday, today and tomorrow, without the harmful effects of problem gambling.

Playing with fire : Aboriginal adolescent gambling (alix)

Gr. 6-Senior 1; 16 minutes

VHS; 1998

VTR/RC 569.5/.G35/p5/1998

This video is recommended for use with youth ages 12 – 15 to introduce students to a discussion of gambling and problem gambling.

Problem gambling: the healing circle (ajou)

Adult; 12 minutes

VHS; 1995

AADAC

VTR/RC 569.5/.G35/P76/1995

Gambling is becoming more prevalent in Canada's aboriginal population. Native people with a gambling problem talk about their addiction and how the healing circle and spirituality play an important part in their recovery.

SOLVENT ABUSE

Danger! toxic chemicals : an inhalants prevention video (amtc)

Grades 6-Senior 4; 14 minutes

VHS; 1999

VTR/HV 5822/.S65/D3/1999

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".

Hit for Mike, A (ajhs)

Gr. 7-Senior 4, Adult; 23 minutes

VHS; 1985

VTR/HV 5822/.S65/H57/1985

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

Inhalants : the adult primer (alpu)

Adult; 7:30 minutes

VHS; 1992

VTR/HV 5822/.S65/I154/1992

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

Seventy-nine cents high, A (aiyg)

Adult; 20 minutes

VHS; 1985

VTR/HV 5822/.S65/S49/1985

A Native couple learns how to recognize the signs of sniffing in their children and what to do about it.

Sniff'n huff (aiyz)

Gr. 7-Senior 4; 5 minutes

VHS; 1989

VTR/HV 5822/.S65/S64/1989

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

Sniffing stinks (aiza)

Gr. 3-6; 23 minutes

VHS; 1991

VTR/HV 5822/.S65/S65/1991

Young people from the Whitedog Reserve speak frankly about sniffing and its 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.

Solvent abuse : a matter of life and death (aize)

Senior 1-Senior 4, Adult; 25 minutes
VHS; 1988
VTR/HV 5822/.S65/S65/1988

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 (aobm)

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

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.

Up your nose (ajlk)

G. 7-Senior 4; 8 minutes
VHS; 1985
VTR/HV 5822/.S65/U6/1985

Native teenagers go on a sniffing spree, which ends in tragedy.

SUBSTANCE ABUSE – PREVENTION

NASAWAN : A First Nations community smoking education program (ajkj)

Adult; Kit contains a manual with instructions, pamphlets and a video
KIT; 1992
KIT/HV 5740/.N37/1992

This program is designed to help individuals quit smoking as well as develop alternative habits for success in continuing through life as a non-smoker. It consists of 10 topics, which deal with a variety of issues over a ten-week period, and is actually 2 programs in one, a group support program and a self-help program.

New dawn, A (aivh)

Adult; 14 minutes
VHS; 1985
VTR/HV 5137/.N48/1985

For a general audience. Native women (and men) speak up for women's special concerns about alcohol and drug abuse.

Sharing innovations that work (aiyi)

Adult; 25 minutes
VHS; 1985
VTR/E 98/.D7/S52/1985

A conference at Alkali Lake for Native groups across Canada to share ideas to help combat the alcohol problems in their communities.

To say no (ajaq)

Gr. 7-Senior 4; 10 minutes (approx.)
VHS; 198-
VTR/E 98/.D7/T6/198-

Why people drink and how to say no when offered a drink – a Native drama.

Walking in pain (ajbo)

Adult; 50 minutes
VHS; 1989
VTR/HV 5276/.W35/1989

This documentary offers rare insight into an intensive and successful approach to the treatment of alcoholics. Recommended for use in counselor training, for comparison in counseling skills and, most essentially, for inspiration.

SUBSTANCE ABUSE – RECOVERY

Alkali Lake Series

The Honor of all : part1 (ajun)

Adult; 58 minutes
VHS; 1985
VTR/E 98/.L7/H65/1985

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The Circle moving (ajes)

Sr. 1- Adult; 30 minutes
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For a general audience. Native communities across Canada show how they conquered alcohol and drug abuse.

Hollow water (alqn)

Adult; 44 minutes

VHS; 2000

National Film Board

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O'Chiese – on the road to recovery (aivv)

Adult; 28 minutes

VHS; 199-

VTR/E 98/.D7/O23/199-

Shows how the people of the O'Chiese Community start to recover from alcoholism and drug abuse. The development of a mobile treatment program for alcohol and drug abuse is featured.

Red road to sobriety, The : documenting the contemporary Native American sobriety movement (alav)

Adult; 90 minutes

VHS; 1995

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SUICIDE

Healing journey (alsi)

Adult; 24 minutes

VHS; 1995

VTR/HV 6546/.H4/1995

When youth at risk of suicide are internalizing past harmful experiences, therapeutic drama or role-playing techniques are often used to help the youth express strong negative emotions. This video follows the experiences of a group of young people as they get in touch with their feelings and emotions in trying to deal with past suicide attempts.

Hollow water (alqn)

Adult; 44 minutes

VHS; 2000

National Film Board

VTR/E 98/.L7/H65/2000

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Patrick's story (amjp)

Senior 1-Senior 4, Adult; 24 minutes
VHS; 1999
National Film Board of Canada
VTR/HV 6545.8/.P3/1999

This film explores what brought a young man to attempt suicide and what turned his life around. With the help of friends and his loving adoptive mother, Patrick begins the search for his identity and spirituality as a Cree man, while discovering his talents in music and acting.

TREATMENT

Poundmaker's lodge : a healing place (ajjk)

Adult; 29 minutes
VHS; 1988
VTR/E 98/.D7/P68/1988

The stories of Native people from all tribes and backgrounds who pass through Poundmaker's Lodge are captured in this film by Native filmmaker, Alanis Obomsawin. With the help of their people, they are struggling to break the bonds of alcohol and drug addiction that are causing a nightmare existence of degradation and despair.

Walking in pain (ajbo)

Adult; 50 minutes
VHS; 1989
VTR/HV 5276/.W35/1989

This documentary offers rare insight into an intensive and successful approach to the treatment of alcoholics. Recommended for use in counselor training, for comparison in counseling skills and, most essentially, for inspiration.

YOUTH

Balance : healing through helping (akgi)

Gr. 7-8; 44 minutes
VHS; 1997
VTR/E 98/.Y68/B3/1997

This video is a look into the lives of many of our First Nations, Inuit and Metis youth in Canada. They talk frankly about issues that affect their everyday lives and how they feel about the situations that they are faced with. The youth talk about peer pressure, family values, physical fitness, goals, personal health and other topics. The video was filmed on location throughout the country and includes excerpts from Toronto's cosmopolitan to Canada's far north.

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