

# ADDICTIONS FOUNDATION OF MANITOBA AUDIOVISUAL RESOURCES

## SUBJECT HEADINGS

### ADDICTION

- **Addiction**

**Addicted brain, The** (armb)

Senior 1 – Senior 4; Adult; 26 minutes

DVD; 2003

Films for the Humanities & Sciences

DVD/QP 356/.A3/2003

This documentary takes viewers on a tour of the world's most prolific manufacturer and user of drugs – the human brain. The bio-chemistry of the brain is responsible for joggers' highs, for the compulsion of some people to seek thrills, for certain kinds of obsessive-compulsive behavior, even for the drive to achieve power and dominance. The program explores developments in the biochemistry of addiction and addictive behavior.

**Addictions : chemical and behavioral** (aqwo)

Adult; 21 minutes

VHS; 2004

National Health Video

VTR/HV 5045/.A3/2004

Overview of the basic principles of addiction. As well as covering the traditional addictions to drugs and alcohol, it also shows how gambling and certain eating habits also represent addiction.

## **THE ADDICTIVE RELATIONSHIP SERIES**

**Compulsive relationships : the players and the personalities** (ajsy)

Adult; 36 minutes

VHS; 1989

Kinetic

VTR/HQ 1075/.C65/1989/v.1

Guides the viewer to an understanding of compulsive relationships. Claudia Black and Terry Gorski describe two particular players in the addictive relationship – the counter-dependent and the Co-dependent – and they list the characteristics of each through the use of role-play and stories.

**Relationship building : achieving**

**intimacy** (ajto)

Adult; 33 minutes

VHS; 1989

Kinetic

VTR/HQ 1075/.R453/1989/v.3

In this video Claudia Black and Terry Gorski explain to the viewer what constitutes a healthy relationship and what steps are involved in the building of one.

**Relationship styles : compulsive, apathetic and healthy (ajsz)**

Adult; 31 minutes  
VHS; 1989  
Kinetic  
VTR/HQ 1075/.R45/1989/v.2

Three types of addictive relationships are examined by Claudia Black and Terry Gorski. Through the use of the Relationship Score Board, they explain the differences applied to the three types of relationships.

**Alcohol and cocaine : the secret of addiction**

Senior 1–Senior 4, Adult  
VHS; 1987  
Canadian Learning  
(aius)VTR/HV 5810/.A425/1987 – 52 minutes  
(aiur)VTR/HV 5810/.A42/1987 – 36 minutes

A documentary, reported by ABC News correspondent Bill Blakemore, examining the devastation caused by addiction, its sources – whether societal or genetic – and the latest medical findings concerning its effects on the mind and body.

**Alcohol/drug abuse profile (aiwj)**

Senior 1-Senior 4, Adult; 15 minutes  
VHS; 1988  
Broadcast Copyright  
VTR/HV 4998/1988

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.

**Alcoholic capers (ajjy)**

Senior 1- Senior 4, Adult  
KIT; Includes game sheet , dice, markers and cards.  
KIT/HV 5275/.A42/1978

Addiction recovery chart. To learn process of alcoholism in the lifestyle of a problem drinker in an enjoyable and interesting manner.

**Alternatives to addiction (aqwk)**

Grades 7 – Senior 4; 27 minutes  
VHS; 1999  
Marlin Motion Pictures Ltd.  
VTR/HV 5824/.Y68/A5/1999

Hooked : the addiction trap series

A model for change, which includes advice on getting help, recognizing warning signs, dealing with feelings, understanding that feeling pain is a part of living, urge surfing, and not giving up, and is presented for youth who may already have developed negative patterns which could lead to addiction.

**Are you addicted? (aiwx)**

Gr. 7-8; 29 minutes  
VHS; 1993  
McIntyre Media  
VTR/HV 5824/.Y68/A74/1993

Challenges young people to examine their own behaviour patterns to determine whether or not they may be

at risk for addictions of all kinds. The program gives us the current definition of addiction and walks students step-by-step through the signs and symptoms that can lead individuals toward destructive addictive behaviours.

## **BACK TO REALITY SERIES**

### **Back to reality (ajtc)**

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

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

### **Enabling : masking reality (ajtd)**

Adult; 22 minutes  
VHS; 1988  
VTR/RC 564/.E54/1988

Audiences will discover how our normal, healthy social instincts become distorted by chemical dependence. They see how attempts to be helpful often enable chemical dependents to escape the consequences of their problems.

### **Intervention : facing reality (ajte)**

Adult; 30 minutes  
VHS; 1990  
VTR/RC 564/.I57/1988

Shows how intervention helps everyone involved face the impact of one man's addiction on their lives.

### **Challenge to care, A (ajei)**

Adult; 38 minutes  
VHS; 1991  
Canadian Learning  
VTR/RG 627.6/.D79/C43/1991

This program sheds new light on the problems of substance abuse in pregnancy. It was created to define addiction, humanize the substance abusing woman, and offer specific strategies to health providers and social workers who care for pregnant and newly parenting women with chemical dependencies.

### **Consequences of addiction, The (aqws)**

Grades 7 – Senior 4; 28 minutes  
VHS; 1999  
Marlin Motion Pictures Ltd.  
VTR/HV 5824/.Y68/C657/1999

### **Hooked : the addiction trap series**

Participants in the module, including those with substance abuse and smoking problems as well as gambling, Internet pornography, and other addictions discuss the heavy toll addiction has taken on their health, relationships with family and friends, school life, finances, and freedom.

**Cross addiction : the back door to relapse (amig)**

Adult; 40 minutes, Closed Captioned  
VHS; 1999  
Hazelden  
VTR/RC 564/.C7/1999

Cross addiction is the single greatest relapse factor. Those who seek treatment generally have an honest desire to remain abstinent from alcohol or another drug of choice. Yet most can also name a drug they've tried that they consider "safe" for themselves, one they believe they can control. Firsthand testimony from recovering alcoholics and addicts, chemical dependency professionals, and a medical doctor dispel the myth that there is any such thing as a "safe" substance for people in recovery.

**Early warning : recognizing the signs of addiction (agyv)**

Adult; 21 minutes  
VHS; 1991  
Magic Lantern  
VTR/HV 5824/.Y68/E27/1991

This program offers valuable information and practical advice to recognize early warning signs of drug addiction and realize that parents and friends often overlook the early warning signs of drug and alcohol addiction. Drug rehabilitation is readily available and important in treating drug addiction.

**First dose of addiction : teens and alcohol (aobq)**

Senior 1-Senior 4; 20 minutes  
VHS; 2002  
Canadian Learning Company  
VTR/HV 5824/.Y68/F57/2002

An informative presentation clearly stating how alcohol wreaks havoc both physically and psychologically in teens. A teenager shares how alcohol abuse led to a friend dying in a drunk driving accident, making this presentation both effective and moving.

**Flipping the world : drugs through a blue lens (alqr)**

Senior 1-Senior 4; 30 minutes  
VHS; 2000  
National Film Board of Canada  
VTR/HV 5824/.Y68/F55/2000

A culturally diverse group of seven high school students meets with members of the Odd Squad – Vancouver police officers who, since 1998, have been filming people addicted to drugs. But this is no ordinary school anti-drug presentation. The students talk to the cops, then meet young people who are in recovery, and others still struggling with drug addiction. In the process, their views on drugs and the people who use them undergo important shifts. The students become more understanding and empathetic – and they reveal their own drug experiences. (MATURE THEME)

**Gambling : it's not about money (aloh)**

Adult; 35 minutes  
VHS; 2000  
Hazelden  
VTR/ RC 569.5/.G35/G35/2000

Gambling is a primary addiction for a growing number of individuals and a potential cross-addiction for alcohol and drug addicts; this video provides crucial information for all in the recovering community. Firsthand testimonials from a diverse group of recovering compulsive gamblers help viewers identify the symptoms of gambling addiction and offer hope for long-term recovery from this debilitating disorder.

## **HEALING THE ADDICTED BRAIN SERIES**

### **Addiction : out of control (alcr)**

Senior 1-Senior 4; 30 minutes  
VHS; 1999  
FMS Productions  
VTR/RC 564/.H3/A3/1999/v.1

Why does addiction reach a stage that is out of control, causing addicts to neglect friends, family, children and their lives? Etched deeply into the cells of the brain are memories of using drugs as a way to cope – memories that can trigger intense craving. Yet there is genuine reason for hope; an altered brain can become increasingly healthy – when addicts learn new ways to think – and to live.

### **Stages of recovery (alcs)**

Senior 1-Senior 4; 34 minutes  
VHS; 1999  
FMS Productions  
VTR/RC 564/.H3/A3/1999/v.2

When a brain holds deeply embedded memories and habits – when it is trained for years to depend on drugs – it's not likely we can recover without help from others. Emotional stories reveal the challenge of each stage; wanting to stop, deciding to stop, overcoming the barriers to asking for help and accepting help. Restoring the brain's natural chemistry requires effort over time – building a new way of life.

### **Relapse and recovery (alct)**

Senior 1-Senior 4; 36 minutes  
VHS; 1999  
FMS Productions  
VTR/RC 564/.H3/A3/1999/v.3

Avoiding relapse means being prepared, creating strategies for coping with triggers. Recovery requires finding new, healthy ways to feel good, to stimulate the natural chemicals that give us a feeling of well-being. Over time, the brain begins to restore its natural balance. Free of addictive behaviours, doors can open to a whole new life.

### **Healing the addicted brain : leader's guide and workbook (aicx)**

Adult; Workbook and leader's guide – includes handouts and 6 overheads  
KIT; 1999  
KIT/RC 564/.H3/1999

Fifteen interactive sessions include summary of video content, issues for discussion before and after viewing videos, a step-by-step plan for leading each session, how to make connections and transitions from session to session, reference to personal quotations on addiction and recovery and cues for observation and management of group needs.

### **"I don't have a problem" : the path to addiction (alme)**

Gr. 5-Senior 1; 33 minutes  
VHS; 2000  
VTR/HV 5824/.Y68/I3/2000

Teenagers typically believe they are immune to the problem of serious drug abuse. But denial is a necessary element in becoming addicted. Program dramatizes the story of one teenager as he progresses from trying his first joint to snorting cocaine, repeatedly denying along the way that he has any problem. This close-up look at one teen's descent into addiction offers a powerful insight into the nature of the process and helps students begin to understand their own potential vulnerability.

**Innocent addictions, The (ajii)**

Senior 1-Senior 4, Adult; 2 parts  
VHS; 1982  
Sunburst  
VTR/RC 552/.O25/I55/1982

**Part 1: Foods – 14 minutes**

Identifies specific health problems associated with over consumption of junk foods, which often contain two potentially health threatening ingredients, sugar and salt.

**Part 2: Over-the counter drugs – 14 minutes**

Program stresses that while these preparations are usually safe when used as directed, misuse and abuse can lead to getting hooked with serious health consequences.

**Inside the addictive personality (ajih)**

Adult; 35 minutes  
VHS; 1993  
Hazelden  
VTR/RC 564/.I57/1993

Featuring Craig Nakken, this video demonstrates the development of addiction, defines the concept of addiction, leads viewers through the stages of change caused by addiction and describes how clients can rebuild their lives in recovery.

**JACS (Jewish alcoholics, chemically dependent persons and significant others) (ajij)**

Adult; 29 minutes  
VHS; 199-  
JACS  
VTR/HV 5185/.J33/199-

Offers several perspectives of the problem of chemical dependency, including the history of JACS, the professional perspective, rabbinical insights and most importantly, the sharing of experience, strength and hope.

**Mind, The : addiction**

Adult  
VHS; 1988  
(aium)  
VTR/QP 356/.M553/1988 – 60 minutes  
(aiul)  
VTR/QP 356/.M55/1988 – 30 minutes

Examines the addict's experience as a window into the mind. Explores how addictions – to tobacco, alcohol, cocaine, food – arise, and how recovery is governed by factors influencing brain and mind.

## **MOYERS ON ADDICTION SERIES**

**Portrait of addiction (aknm)**

Adult; 57 minutes  
VHS; 1998  
VTR/RC 564/.P67/1998/v.1

In this program nine men and women – all recovering from drug and/or alcohol addiction – tell their stories. This candid testimony from people who have been there leaves little doubt that addiction can happen to anyone and so can recovery.

**The Hijacked brain** (aknn)

Adult; 57 minutes  
VHS; 1998  
VTR/QP 356/.H5/1998/v.2

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".

**Changing lives** (akno)

Adult; 81 minutes  
VHS; 1998  
VTR/RC 564/.C43./1998/v.3

Because recovery is an individual process for different people, changing behaviour is the aim of treatment, but no single treatment program will work for all addicts. This program looks at various treatment approaches.

**The Next generation** (aknp)

Adult; 57 minutes  
VHS; 1998  
VTR/HV 5808/.N48/1998/v.4

Protecting our children from addiction to alcohol, tobacco and other drugs involves everybody: parents, teachers, friends, communities, the media – all the influences that shape a child's life. This documentary looks at two of those efforts, one with parents and the other with schools.

**The Politics of addiction** (aknq)

Adult; 57 minutes  
VHS; 1998  
VTR/RC 564/.P65/1998/v.5

The story of how our society meets the challenge of translating what scientists, doctors, counsellors, and recovering addicts have learned into rational public policy is complex and sometimes contradictory. This program looks at how our public policy can move from a criminal model to a public health model.

**Next door : a documentary about a teenage alcoholic and her family** (aupp)

Grades 9 – 12  
DVD; 2003  
Kinetic  
DVD/HV 5135/.N4/2003

She started drinking at twelve and by fourteen she was disappearing in the middle of the night. Her suburban, professional parents struggle to understand. The family dynamic comes to a head as issues about siblings, parenting and grandparents are revealed. Ultimately the child's insight surpasses the parents' offering us a rich awareness of herself and of her family.

**No quick fix** (alqs)

Adult; 52 minutes  
VHS; 1999  
National Film Board  
VTR/HQ 799.15/.N6/1999

A revealing portrait of two young addicts, their life n the street and their despairing parents who find themselves powerless to save their children from the habit that is consuming them. Cathy's and Laurent's

parents live in a permanent state of bewildered anxiety and guilt. How can they avoid being totally destroyed by grief? How do they manage to carry on with their lives, in spite of everything? And how do they deal with a system that views them with suspicion? The film hopes to alleviate and identify some of the enormous pain endured by parents coping with an addicted child. **(MATURE THEME)**

**Orientation for the medical staff (aiwa)**

Adult; 31 minutes

VHS; 1991

Kinetic

VTR/RC 564.7/.O72/1991

Dr. David Ohlms discusses the complications and problems presented by a hidden chemical dependency condition. He emphasizes the physiological and genetic aspects of addiction disease, common behaviours and histories, laboratory and history red flags, techniques of intervention, referral and successful case management.

**Roots of addiction, The**

Adult; Part 1 – 55 minutes, Part 2 – 58 minutes

VHS; 1990

Edgehill Publications

(aixu)

VTR/HV 5045/.R66/1990/v.1

Part 1: Dr. John Wallace, a leading exponent of the disease model of alcoholism, examines the biopsychosocial nature of the disease.

(aixv)

VTR/HV 5045/.R66/1990/v.2

Part 2: Dr. Wallace discusses genetics and other key components of addiction.

**Sex and drugs : the intimate connection (akdh)**

Adult; 30 minutes

VHS; 1990

FMS Productions

VTR/RC 560/.S43/S48/1990

Compulsive sex as a substitute for intimacy is an issue for over half the men and women in drug and alcohol recovery. In this tape Dr. Arnold Washton and Nannette Stone-Washton, M.S. , along with three recovering sex and drug addicts, discuss this and other related topics.

**Standing on higher ground (aizy)**

Adult; 13 minutes

VHS; 1988

Kinetic

VTR/HV 5132/.S72/1988

Gives an intimate view of addiction, recovery and ACOA issues from the perspective of a young mother. Joan, a recovering alcoholic, recounts the impact of physical abuse and addiction in her family of origin, and expresses concern for the impact of two generations of alcohol problems on her children.

**Technology addiction : step back to reality (amcn)**

Senior 1-Senior 4

VHS; 2000

Kinetic

VTR/RC 569.5/.I54/T4/2000

Teens must make choices that in generations past were reserved for the older, more experienced. They need straightforward, common sense options that simplify their ever-increasing complicated lives. This video deals with the awareness of being addicted to technology.

**Through a blue lens** (alik)

Senior 1-Senior 4, Adult; 52:08 minutes  
VHS; 1999  
National Film Board  
VTR/HV 5824/.H65/T7/1999

Constable Al Arsenault, along with six other policemen, began video-documenting the lives of people on their beat to create a powerful educational tool to help prevent drug use among young people. The result is a gritty documentary that gives addicts a voice to talk openly about who they are, and how they got to the streets. Through their participation on this video, they want to stop others from joining their nightmare.

**(WARNING: CONTAINS COARSE LANGUAGE AND GRAPHIC SCENES. PREVIEW BEFORE USE)**

**Understanding chemical dependency** (ajbf)

Senior 1-Senior 4, Adult; 35 minutes  
VHS; 1985  
VTR/HV 5824/.Y68/U53/1985

Terrie and Eric, two young adults whose abuse of drugs and alcohol during their preteen and teenage years destroyed their relationships with family and friends, destroyed school performances, and nearly destroyed their lives, share their experiences in a high school setting. A counselor also provides facts about alcoholism, describes the treatment process, and urges teens to be part of the solution. Peer pressure, alcoholic personality and behaviour, enabling and denial, children of alcoholics and Alcoholics Anonymous and Al-Anon are discussed.

**Web of addiction : research into addiction & the nature of addiction** (apzj)

Adult; 28 minutes  
VHS; 2000  
Aquarius  
VTR/HV 5045/.W4/2000

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.

**Women and addiction**

Adult  
VHS; 1988

(ajcc)

VTR/HV 5824/.W6/W65/1988/v.1  
Part 1: Disease concept and cross addiction (38 minutes)

(ajcd)

VTR/HV 5824/.W6/W65/1988/v.2  
Part 2: Nutrition and premenstrual syndrome (30 minutes)

(ajce)

VTR/HV 5824/.W6/W65/1988/v.3  
Part 3: Sexuality (41 minutes)

- **Recognition and Referral**

**Alcohol : pink elephant (aiwp)**

Gr. 7-Senior 4; 20 minutes

VHS; 1976

Britannica Learning Material

VTR/HV 5060/.A42/1976

Animated film with two characters, the alcoholic and the pink elephant, discussing alcoholism and most of its effects on the body. The recognition and eventual treatment of the alcoholic are described. This film helps the viewer understand alcoholism and its inherent problems.

**Alcohol abuse : the early warning signs (ajcr)**

Adult; 21 minutes

VHS; 1990

Canadian Learning

VTR/HV 5125/.A42/ 1990

Ten signs indicating a developing dependency are graphically dramatized to show potential victims, their families and friends excuses they use to avoid admitting the problem. Henry Ford narrates.

**Alcoholism and the physician (aiws)**

Adult; 80 minutes

VHS; 1981

Hazelden

VTR/HV 5142/.A42/1981

Tape consists of four teaching films: "Attitudes", "Early Diagnosis", "Confirming the Diagnosis/Initiating Treatment", and "The Physician's Role in Rehabilitation", and was developed to assist in preparing physicians – both in training or active in clinical practice – to more comfortably and effectively deal with alcohol problems and alcohol use among their patients.

## **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.

**Are you addicted?** (aiwx)

Gr. 7-8; 29 minutes

VHS; 1993

McIntyre Media

VTR/HV 5824/.Y68/A74/1993

Challenges young people to examine their own behaviour patterns to determine whether or not they may be at risk for addictions of all kinds. The program gives us the current definition of addiction and walks students step-by-step through the signs and symptoms that can lead individuals toward destructive addictive behaviours.

## **BACK TO REALITY SERIES**

**Back to reality** (ajtc)

Adult; 31 minutes

VHS; 1988

VTR/RC 564/.B33/1988

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

**Enabling : masking reality** (ajtd)

Adult; 22 minutes

VHS; 1988

VTR/RC 564/.E54/1988

Audiences will discover how our normal, healthy social instincts become distorted by chemical dependence. They see how attempts to be helpful often enable chemical dependents to escape the consequences of their problems.

**Intervention : facing reality** (ajte)

Adult; 30 minutes

VHS; 1990

VTR/RC 564/.I57/1988

Shows how intervention helps everyone involved face the impact of one man's addiction on their lives.

**Chemical dependency : a disease of denial** (ajek)

Adult; 20 minutes

VHS; 1990

Hazelden

VTR/HV 5275/.C44/1990

Shared stories of recovering alcoholics and other drug addicts will help individuals understand the signs and symptoms of chemical dependency such as loss of control, denial, justification of use despite adverse consequences, powerlessness, depression, and guilt. Offers insight that encourages surrender and genuine healing to begin in the initial stages of recovery.

**Denial? Not me (ajfg)**

Adult; 30 minutes  
VHS; 1983  
Kinetic  
VTR/HV 5132/.D45/1983

Deals with alcoholism in the family and denial of the problem by the spouse who finally comes to realize that she might need help herself.

**Drug abuse : symptoms of dependency (ajfo)**

Adult; 23 minutes  
VHS; 1991  
Canadian Living  
VTR/RC 564/.D78/1991

Mariette Hartley hosts the program and introduces vignettes that illustrate symptoms drug abusers may manifest indicating they are becoming dependent on their drug of choice.

**Dual diagnosis : the message of hope (ajgg)**

Adult; 20 minutes  
VHS; 1989  
Hazelden  
VTR/RC 564.68/.D83/1989

When psychiatric illness and chemical dependency coexist, the resulting problem is difficult to diagnose and hard to treat. Yet for recovery to occur, proper diagnosis and treatment is essential. This videotape combines lecture and interviews with dual diagnosis patients to deliver a message of hope.

**Early warning : recognizing the signs of addiction (agyv)**

Adult; 21 minutes  
VHS; 1991  
Magic Lantern  
VTR/HV 5824/.Y68/E27/1991

This program offers valuable information and practical advice to recognize early warning signs of drug addiction and realize that parents and friends often overlook the early warning signs of drug and alcohol addiction. Drug rehabilitation is readily available and important in treating drug addiction.

**Enablers, The (ajgm)**

Adult; 23 minutes  
VHS; 1978  
Johnson  
VTR/HV 5132/.E52/1978

This film is for all the protective spouses and friends, all the children who hide a parent's alcoholism, all the parents who try hard not to recognize the symptoms of chemical dependency in their offspring, and for anyone else who wants to understand the family illness of alcoholism/chemical dependency.

**"I don't have a problem" : the path to addiction (alme)**

Gr. 5-Senior 1; 33 minutes  
VHS; 2000  
VTR/HV 5824/.Y68/I3/2000

Teenagers typically believe they are immune to the problem of serious drug abuse. But denial is a necessary element in becoming addicted. Program dramatizes the story of one teenager as he progresses from trying his first joint to snorting cocaine, repeatedly denying along the way that he has any problem.

This close-up look at one teen's descent into addiction offers a powerful insight into the nature of the process and helps students begin to understand their own potential vulnerability.

**I'll quit tomorrow** (ajdi)

Adult; 90 minutes  
VHS; 1975  
Hazelden  
VTR/HV 5275/.155/1975

There are three parts to this film, each part depicting a phase in the disease history of the alcoholic. Part 1 portrays the onset of the problem; part 2, the confrontation and referral; part 3, the treatment. An analytical training film offering an accurate and well-rounded view of an alcoholic's situation.

**Inside the addictive personality** (ajih)

Adult; 35 minutes  
VHS; 1993  
Hazelden  
VTR/RC 564/.157/1993

Featuring Craig Nakken, this video demonstrates the development of addiction, defines the concept of addiction, leads viewers through the stages of change caused by addiction and describes how clients can rebuild their lives in recovery.

**Intervention, The** (ajdg)

Adult; 25 minutes  
VHS; 1978  
Johnson  
VTR/HV 5132/.157/1978

This film realistically considers the problems of intervention, the fears of clients, possible outcomes, and rewards.

**Intervention : facing reality** (ajte)

Adult; 30 minutes  
VHS; 1990  
VTR/RC 564/.157/1988

Series : Back to Reality

Shows how intervention helps everyone involved face the impact of one man's addiction on their lives.

**Intervention : the responsibility of friends** (ajsv)

Adult; 17 minutes  
VHS; 199-  
Hazelden  
VTR/RC 564/.157/199-

This program is designed for any audience, since a sizable portion of the alcohol or other drugs to excess. The video can be used by individuals as a source of information, or it can be used as a presentation tool by anyone addressing a group on the issue of substance abuse.

**Life, death and recovery of an alcoholic, The** (ajcz)

Adult; 28 minutes  
VHS; 1977  
VTR/HV 5045/.L55/1977

A lecture film by Dr. Pursch, expert in the field of alcoholism. He shows the stages that an alcoholic goes through and how therapists can intervene to help the alcoholic.

**Nurses, the web of denial** (aivr)

Adult; 32 minutes  
VHS; 1993  
VTR/HV 5142/.N87/1993

This video explains how professional anxieties, sometimes exacerbated by difficult, personal circumstances, shift work, and lack of positive reinforcement, may combine to leave some nurses caught in a dependency on alcohol or other drugs. (Also available in French – “Les infirmières et les infirmiers: les poids du silence)

**Structured intervention : how to deal with the addict in your life** (ajag)

Adult; 50 minutes  
VHS; 199-  
Hazelden  
VTR/RC 564/.S77/1991

Always stressing that helping an alcoholic or drug addict requires professional help, this video introduces to community audiences how chemical dependency affects addicts and those they're close to. Clear explanations and dramatic vignettes of real-life situations show the way for those who care to really help.

## **SUBSTANCE ABUSE : ASSESSMENT AND INTERVENTION** **SERIES**

**Interview and assessment** (ajtj)

Adult; 22 minutes  
VHS; 199-  
VTR/RC 564/.S83/199-iv.1

The introduction of the four main characters and the significant people in their lives is used as a vehicle to introduce viewers to the various substances abused, as well as the various differences in cultural and socio-economic backgrounds of the abusers. This program delineates situational and genetic factors, which place a client at risk, as well as physical and behavioural signs of chemical dependence. As assessment of each character's personality progresses, the role modelling of appropriate assessment and intervention technique is shown.

**Coping mechanisms** (ajtq)

Adult; 25 minutes  
VHS; 199-  
VTR/RC 564/.S83/199-iv.2

This program illustrates how the main characters introduced in the first program use coping behaviours to maintain their fragile levels of functioning. Also identifies dysfunctional family roles and patterns which tend to support addictive behaviour. The role of the professional in helping the patient and family substitute adaptive coping mechanisms for maladaptive ones is demonstrated.

**Treatment modalities** (ajtk)

Adult; 38 minutes  
VHS; 199-  
VTR/RC 564/.S83/199-iv.3

In this program the challenges of initiating treatment is shown, including selecting the appropriate treatment facility/program and significant variables affecting these important decisions. Illustrates family involvement in counseling and recovery and describes the philosophy and effectiveness of

12-step programs. The importance of aftercare and the acceptance that recovery is a life-long process and not a simple event is illustrated.

**Recovery & prevention of relapse (ajtl)**

Adult; 21 minutes  
VHS; 199-  
VTR/RC 564/.S83/199-/v.4

Although the outcome of treatment cannot be predicted with a high percentage of certainty, it is known that certain behaviours will promote recovery while other behaviours and risk factors will increase the chance of relapse. This program demonstrates counselling techniques for helping a client recognize and circumvent these negative patterns. It reviews the challenges of avoiding relapse and illustrates how a client can be helped to return to recovery.

**Technology addiction : step back to reality (amcn)**

Senior 1-Senior 4  
VHS; 2000  
Kinetic  
VTR/RC 569.5/.I54/T4/2000

Teens must make choices that in generations past were reserved for the older, more experienced. They need straightforward, common sense options that simplify their ever-increasing complicated lives. This video deals with the awareness of being addicted to technology.

**Teen alcohol and other drug use : knowing the signs and what to do about them (asep)**

Adult; 20 minutes  
DVD; 2005  
Hazeldon Educational Materials  
DVD/HV 5824/.A33/T4/2005

Shows parents and teachers how to help prevent teen alcohol and other drug use, recognize the signs of use, and intervene effectively. It also addresses the myths that may keep families from confronting this issue - attitudes such as "Using alcohol is a rite of passage for teens; it's no big deal." Parents are also encouraged to seek help in the community if their child is struggling with substance abuse.

The video comes with an informative facilitator's guide, an outline for a parent education session, and three reproducible handouts, including a guide to substance-use symptoms - from experimentation to dependence - and how parents can respond at each stage.

**Twenty questions (ajbc)**

Adult; 30 minutes  
VHS; 1979  
Canadian Learning  
VTR/HV 5275/.T84/1979

Using the Johns Hopkins Medical Centre Twenty Questions, this program is specifically designed to overcome the denial syndrome and to identify the problem as alcoholism, drug abuse, or both.

**Understanding a need : alcohol and other drug prevention for people with disabilities (ajbe)**

Adult; 15 minutes  
VHS; 1993  
VTR/HV 5824/.H3/U53/1993

Filmed at Maryland Rehabilitation Center, the video provides first person accounts of the need for alcohol and other drug prevention for people with disabilities. It features factors, which place a person at risk for alcohol and other drug abuse, prevention strategies and resources for more information.

**Understanding women's substance misuse : creating solutions (arzt)**

Adult; 20 minutes

VHS; 2001

K-One Video Productions

VTR/RG 629/.F45/C74/2001

Examines how women recover from substance misuse and thus prevent Fetal Alcohol Syndrome (FAS). The women that have been interviewed explore the process of their own recovery and empowerment. Prevention of childhood traumas that lead to "loss of self" is advocated.

**Why do people drink? (ajrb)**

Adult; 10 minutes

VHS; 1991

Medical Audio Visual

VTR/HV 5045/.W48/1991

Series : Alcohol dependence

This program describes common reasons why people abuse alcohol, such as low self-esteem, boredom, stress, shyness and peer pressure. Also outlines some of the stages a person may go through in coming to accept there is a problem that requires treatment.

- **Recovery**

**The Aftercare film (aiuo)**

Adult; 44 minutes

VHS; 1986

Hazelden

VTR/HV 5276/.A38/1986

The critical need for an ongoing aftercare program and the importance of support groups and family support is stressed. Also described are some possible psychological effects that the recovering alcoholic or other drug addict might experience.

**Alcoholic capers (ajjy)**

Senior 1- Senior 4, Adult

KIT; Includes game sheet , dice, markers and cards.

KIT/HV 5275/.A42/1978

Addiction recovery chart. To learn process of alcoholism in the lifestyle of a problem drinker in an enjoyable and interesting manner.

## **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.

**Animals and angels : spirituality in recovery** (aiwv)  
Adult; 30 minutes  
VHS; 1988  
Hazelden  
VTR/HV 5275/.A53/1988

Dr. Twerski's lecture topic is the idea that addiction is a spiritual disease and recovery is spiritual healing. He suggests that addiction develops to fill an inner emptiness and lays out the method to replace addiction with self-understanding and a connection to a higher power.

## **BEAT THE STREET SERIES**

Sunburst Communications

**Street smarts : learning to avoid relapse** (akph)  
Senior 1- Senior 4; 38 minutes  
VHS; 1996  
VTR/RC 564/.B43/1996/v.1

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging living environments. This video offers eight specific skills vital to urban relapse prevention.

**Back on the block : early recovery** (akpi)  
Senior 1-Senior 4; 39 minutes  
VHS; 1996  
VTR/RC 564/.B43/1996/v.2

Provides recovering addicts with relapse prevention skills and strategies that can help them stay clean and sober in challenging living environments. This video deals with how to handle housing, old friends and triggers during the first weeks home.

**Recovering relationships : families, partners and kids** (amp)  
Senior 1-Senior 4; 38 minutes  
VHS; 1996  
VTR/RC 564/.B43/1996/v.3

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging environments. This video provides skills for coping with the relapse traps that occur in relationships.

**Catchin' feelings : a new way to cope with emotions** (akpk)

Senior 1-Senior 4; 40 minutes

VHS; 1996

VTR/RC 564/.B43/1996/v.4

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging living environments. This video demonstrates techniques for handling anger, shame and pity.

**Making it happen : work, money, school and good times** (akpl)

Senior 1-Senior 4; 38 minutes

VHS; 1996

VTR/RC 564/.B43/1996/v.5

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging environments. This video helps viewers look to the future and set goals.

**Beat the street : counselor's guide** (alma)

Senior 1-Senior 4; Kit includes counselor's guide and client worksheets

KIT; 1996

KIT/RC 564/.B43/1996

Counselor's guide and client worksheets for use with the video series – a 5-part relapse prevention series for urban recovering addicts.

**Chemical dependency : a disease of denial** (ajek)

Adult; 20 minutes

VHS; 1990

Hazelden

VTR/HV 5275/.C44/1990

Shared stories of recovering alcoholics and other drug addicts will help individuals understand the signs and symptoms of chemical dependency such as loss of control, denial, justification of use despite adverse consequences, powerlessness, depression, and guilt. Offers insight that encourages surrender and genuine healing to begin in the initial stages of recovery.

## **CHILDREN OF ALCOHOLICS SERIES**

**Children of denial** (ajug)

Adult; 28 minutes

VHS; 1982

VTR/HV 5132/.C45/1982/v.1

This video shares some of the experiences of children of alcoholics, explains the process of what happens and what can be done to prevent and handle their problems.

**Roles** (ajuj)

Adult; 48 minutes

VHS; 1987

VTR/HV 5132/.C45/1987/ v.2

Children growing up in alcoholic homes seldom learn the combination of roles, which mould healthy personalities. Instead, they become locked into roles based on their perception of what they need to do to "survive" and to bring some stability to their lives. The four different roles are explored in this video.

**The Process of recovery (ajui)**

Adult; 40 minutes

VHS; 1987

VTR/HV 5132/.C45/1987/ v.3

Dr. Black takes the viewer through areas of recovery that are most difficult to self-identify and express. Key points covered: recovery is a process, not an event; willingness to give up some control; it is important to feel; fears are more threatening than reality; setting limits; your needs are important; you are good enough.

**Child's view (ajuh)**

Adult; 29 minutes

VHS; 1987

VTR/HV 5132/.C45/1987/v.4

From the Book, "My Dad Loves Me, My Dad has a Disease", Dr. Claudia Black explains alcoholism viewed through a child's eyes. The disease concept, blackouts, personality changes, anger, verbal and physical abuse, relapse recovery and other important topics are discussed and explained.

**Co-dependent woman, The (ajet)**

Adult; 45 minutes

VHS; 1989

Canadian Learning

VTR/RC 569.5/.C63/C63/1989

A major thrust of this video is for the co-dependent woman to "put away the magnifying glass and pick up the mirror" in order to get on with her own recovery as soon as possible.

**Continuing recovery skills (ajzx)**

Adult; 45 minutes

VHS; 1994

Hazelden

VTR/RC 564/.65/1994

Helps clients focus on specific skills and strategies throughout their ongoing recovery process.

**Cross addiction : the back door to relapse (amig)**

Adult; 40 minutes, Closed Captioned

VHS; 1999

Hazelden

VTR/RC 564/.C7/1999

Cross addiction is the single greatest relapse factor. Those who seek treatment generally have an honest desire to remain abstinent from alcohol or another drug of choice. Yet most can also name a drug they've tried that they consider "safe" for themselves, one they believe they can control. Firsthand testimony from recovering alcoholics and addicts, chemical dependency professionals, and a medical doctor dispel the myth that there is any such thing as a "safe" substance for people in recovery.

**Dealing with denial (ajuk)**

Adult; 30 minutes  
VHS; 1991  
Kinetic  
VTR/RC 564/.D43/1991

Series : High level recovery

This video explores the importance of dealing with life issues that remain for the addict after the addiction has been arrested such as; every addict is always co-dependent; denial of these co-dependent issues invites relapse; denial easily leads to switched addictions in recovery.

**Dependent woman, The (ajfh)**

Adult; 45 minutes  
VHS; 1989  
Canadian Learning  
VTR/HV 5137/.D46/1989

Explores the concepts of "supermom", shame, guilt, and women's self-hatred as recovery issues, proposing that the recovering woman deserves the same quality of treatment that men receive.

**Detox : your first days in recovery (akpg)**

Adult; 20 minutes  
VHS; 1995  
Kinetic  
VTR/RC 564/.D4/1995

During the first days of recovery, people in withdrawal from alcohol and drugs are often obnoxious and bothersome. Dr. David Olhms explains the physiological reasons behind this discomfort .

**Early recovery issues for older adults : clinician's guide (akpe)**

Adult; 21 minutes  
VHS; 1996  
Kinetic  
VTR/HV 5824/.A33/E3/1996

Examines pertinent issues of chemically dependent older adults, including physical and mental health, social and economic resources and living conditions. Addresses key issues such as family relations, medication, support groups and relapse.

**Falling back : the dry drunk syndrome (adxh)**

Adult; 30 minutes  
VHS; 1984  
VTR/HV 5045/.F35/1984

What happens to a person who exhibits drinking-related behaviour without the drink? This film dramatizes the common behaviour problems associated with the dry-drunk syndrome.

**Five myths that sabotage recovery (ajul)**

Adult; 29 minutes  
VHS; 1991  
Kinetic  
VTR/RC 564/.F58/1991

Series : High level recovery

In this video we learn five mental mistakes that threaten high-level recovery: what “myths” are, what the five mistakes are; what healthy “shoulds” are.

**Food for recovery (ajxp)**

Adult; 36 minutes

VHS; 1992

Kinetic

VTR/RA 784/.F66/1992

Dr. Jeffrey Fortuna speaks to the importance of healthy nutrition in the recovery process. He discusses in detail the foods that are beneficial to recovering people, foods that work to restore brain chemistry that has been depleted through alcohol and drug use, and those foods which should be avoided because of their adverse effect on recovering people. He explains why many people feel tired and sluggish at times when they most need to be alert and focused, and why “when you are what you eat” is a factor.

## **HEALING THE ADDICTED BRAIN SERIES**

**Addiction : out of control (alcr)**

Senior 1-Senior 4; 30 minutes

VHS; 1999

FMS Productions

VTR/RC 564/.H3/A3/1999/v.1

Why does addiction reach a stage that is out of control, causing addicts to neglect friends, family, children and their lives? Etched deeply into the cells of the brain are memories of using drugs as a way to cope – memories that can trigger intense craving. Yet there is genuine reason for hope; an altered brain can become increasingly healthy – when addicts learn new ways to think – and to live.

**Stages of recovery (alcs)**

Senior 1-Senior 4; 34 minutes

VHS; 1999

FMS Productions

VTR/RC 564/.H3/A3/1999/v.2

When a brain holds deeply embedded memories and habits – when it is trained for years to depend on drugs – it’s not likely we can recover without help from others. Emotional stories reveal the challenge of each stage; wanting to stop, deciding to stop, overcoming the barriers to asking for help and accepting help. Restoring the brain’s natural chemistry requires effort over time – building a new way of life.

**Relapse and recovery (alct)**

Senior 1-Senior 4; 36 minutes

VHS; 1999

FMS Productions

VTR/RC 564/.H3/A3/1999/v.3

Avoiding relapse means being prepared, creating strategies for coping with triggers. Recovery requires finding new, healthy ways to feel good, to stimulate the natural chemicals that give us a feeling of well-being. Over time, the brain begins to restore its natural balance. Free of addictive behaviours, doors can open to a whole new life.

**Healing the addicted brain : leader’s guide and workbook (aicx)**

Adult; Workbook and leader’s guide – includes handouts and 6 overheads

KIT; 1999

KIT/RC 564/.H3/1999

Fifteen interactive sessions include summary of video content, issues for discussion before and after viewing videos, a step-by-step plan for leading each session, how to make connections and transitions from session to session, reference to personal quotations on addiction and recovery and cues for observation and management of group needs.

**How to sabotage your treatment (aivi)**

Adult; 24 minutes

VHS; 1982

Kinetic

VTR/HV 5276/.H68/1982

An examination of the devices commonly used by patients to interfere with their alcoholism/substance abuse treatment. This film examines several examples to "sabotage" in a caring, realistic manner: eg. self-pity, playing naïve, defocusing, etc.

**Humour in recovery (alay)**

Adult; 60 minutes

VHS; 1988

Kinetic

VTR/RC 564/.H8/1988

Father Joseph C. Martin uses humour as a way of helping people in recovery.

**I'll quit tomorrow (ajdi)**

Adult; 90 minutes

VHS; 1975

Hazelden

VTR/HV 5275/.I55/1975

There are three parts to this film, each part depicting a phase in the disease history of the alcoholic. Part 1 portrays the onset of the problem; part 2, the confrontation and referral; part 3, the treatment. An analytical training film offering an accurate and well-rounded view of an alcoholic's situation.

**Inside the addictive personality (ajih)**

Adult; 35 minutes

VHS; 1993

Hazelden

VTR/RC 564/.I57/1993

Featuring Craig Nakken, this video demonstrates the development of addiction, defines the concept of addiction, leads viewers through the stages of change caused by addiction and describes how clients can rebuild their lives in recovery.

**Introduction to overcomers outreach, An (ajmf)**

Adult; 63 minutes

VHS; 1996

VTR/HV 5275/.I58/1996

This video takes a look at an Overcomers Outreach meeting and follows the group through an evening of prayers, scriptures and readings. Overcomers is a fellowship of men and women who have been affected either directly or indirectly by alcohol or drug abuse.

## **ISSUES IN RECOVERY SERIES**

### **Focus on women : childhood legacy (ajvj)**

Adult; 30 minutes  
VHS; 1992  
Concept Media  
VTR/HV 5824/.W6/I7/1992/v.1

Discusses special factors in a woman's past, especially the influence of the childhood environment and the relationship with parents. Issues include being placed in adult roles as children, sexual abuse, and family and societal factors which make it difficult to identify and express feelings.

### **Focus on women : reluctant heiress (ajvk)**

Adult; 28 minutes  
VHS; 1992  
Concept Media  
VTR/HV 5824/.W6/I7/1992/v.2

Discusses the powerful influence of the family as contributing to problems in a woman's adult life. Emphasizes current issues such as: being other-centred, having a negative body image, relationship addiction, and depression.

### **Achieving intimacy : overcoming co-dependency, parts 1 & 2**

Adult; 38 minutes  
VHS; 1992  
Concept Media  
(ajvl) VTR/HV 5824/.W6/I7/1992/v.3  
(ajvm)VTR/HV 5824/.W6/I7/1992/v.4

These two programs define and illustrate the struggle for intimacy within the recovery process. They present aspects of personality, development of identity, and patterns of interaction that have implications for success in achieving intimacy. Features Robert Subby and personal accounts from two recovering couples.

### **Issues of Recovery (asdz)**

Adult; 35 minutes  
DVD; 2005  
Kinetic Inc.  
DVD/RC 564/.B558/2005

Control, rage, victimization, depression, perfectionism, procrastination, and addictive disorders are pervasive issues that sabotage recovery - be it recovery from family issues or addiction. The thread that connects these issues is trauma - physical or emotional.

Claudia Black, in her dynamic speaking style of relating stories and using a color floor graphic, provides the viewer with an understanding of the faulty beliefs connected to these issues and the relationship to unhealthy shame stemming from trauma.

In closing she reminds viewers of "First Things First" and walks through a step-by-step process wherein one can say "No" to shame based beliefs and "Yes" to recovery.

### **It's not my problem (ajdc)**

Adult; 32 minutes  
VHS; 1987  
Kinetic  
VTR/HV 5132/.I77/1987

Hosted by John Bradshaw, a recovering co-dependent, this film shows the problem of co-dependence, pierces the denial of the family system and shows the family the way to their own recovery.

**JACS (Jewish alcoholics, chemically dependent persons and significant others) (ajjj)**

Adult; 29 minutes

VHS; 199-

JACS

VTR/HV 5185/.J33/199-

Offers several perspectives of the problem of chemical dependency, including the history of JACS, the professional perspective, rabbinical insights and most importantly, the sharing of experience, strength and hope.

**Kissing guilt and shame goodbye (ajum)**

Adult; 29 minutes

VHS; 1991

Kinetic

VTR/BF 575/.S75/K55/1991

Series : High level recovery

In this video we learn the nature and power of guilt to limit the quality of recovery: what guilt is and is not; how to recognize guilt when a shame attack strikes; sure fire methods of avoiding falling prey to guilt.

**Life, death and recovery of an alcoholic, The (ajcz)**

Adult; 28 minutes

VHS; 1977

VTR/HV 5045/.L55/1977

A lecture film by Dr. Pursch, expert in the field of alcoholism. He shows the stages that an alcoholic goes through and how therapists can intervene to help the alcoholic.

**Motivating adolescents to recover**

Adult

VHS; 1990

SADAC

Series of two videos. This video series will be of interest to professionals and volunteers who work with adolescents. The series consists of four programs as follows:

(aiud)

VTR/HV 5823/.M67/1990/v.1

**Program 1: 59 minutes: The pre-treatment process:**

Strategies for motivating involuntary or resistive adolescent clients.

(ajue)

VTR/HV 5824/.M67/1990/v.2

**Program 2: 59 minutes: Motivational structures:**

Techniques to motivate the adolescent.

**Program 3: 58 minutes: Adolescent perception:**

An understanding of the dynamics of pre-treatment.

**Program 4: 48 minutes: Pre-treatment program development:**

Strategies for resolving the pre-treatment tasks.

**New beginnings : women, alcohol and recovery (aivf)**

Adult; 20 minutes  
VHS; 1977  
Canadian Learning  
VTR/HV 5137/.N48/1977

Follows recovery of three women of varying ages and backgrounds: a career woman and grandmother, a young single woman, and the author of "I'm Black and I'm Sober".

**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.

**Partners in recovery : an introduction to the AADAC business and industry clinic (aoha)**

Adult; 11 minutes  
VHS; 2001  
VTR/RC 564.73/.P3/2003

The AADAC Business & Industry Clinic treats alcoholism and other addictions by addressing the underlying causes of addictive behaviour. Treatment incorporates an examination of client functioning pertaining to physical, intellectual, emotional, and spiritual well-being. The recognized and effective 12-Step recovery model is utilized throughout the treatment process and during follow-up.

**Planning for success : preventing relapse (akaa)**

Adult; Kit includes video, training manual and pamphlets  
KIT; 1987  
KIT/RC 564/.P58/1987

Provides counsellors with a strategy for helping clients maintain abstinence. The kit stresses the development of personal resources and prepares clients to handle high-risk situations, reduce stress and develop a balanced lifestyle.

**Recovery talks by Father Joseph C. Martin (audu)**

Adult  
DVD; 2006  
Kinetic Video  
DVD/HV 5276/.R4/2006

Includes 3 videos:  
Chalk Talk on Alcohol - Revised  
Recovery and the Family  
Recovery and Forgiveness

**Refusal skills (ajzw)**

Adult; 20 minutes, includes facilitators guide  
VHS; 1993  
Hazelden  
VTR/RC 564/.R45/1993

Video focuses on how clients can identify potential alcohol or other drug-using situations and use refusal skills to maintain their sobriety.

**Relapse (almd)**

Adult; 30 minutes

VHS; 1993

Kinetic

VTR/RC 564/.R453/1993

Dr. Ohlms explains how relapse begins when the addict loses conscious contact with the memory of the pain of their addiction. He then details the signs of relapse in overconfidence, resentments, and cross drug-dependency.

**Relapse**

Adult; 2 tapes – 2 hours each

VHS; 1995

(ajcv)

VTR/RC 564/.R45/1995/v.1

(ajcw)

VTR/RC 564/.R45/1995/v.2

A lecture by Dr. Art Herscovitch on relapse. Issues discussed include:

- what is relapse?
- how relapse is built into addiction
- physiological factors contributing to relapse
- psychological factors
- obstacles to recovery
- relapse prevention

**Relapse toolbox (allq)**

Adult; includes 27 minute video, 50 minute CD and booklet of 38 modules

KIT; 2000

Kinetic

KIT/RC 564/.R45/2000

Video: Relapse: The Illusion of Immunity – 20 minutes

Anyone in recovery is prone to relapse. To assume and simply hope it will not occur is denial. You must take a proactive stance. Dr. Claudia Black brings a new insight and overview to the issues of relapse using stories and electronic graphics to underline key points that deal with understanding and preventing relapse.

Relapse Toolkit: 38 modules – for use with all addictions

Toolkit contains 38 modules, each with pertinent didactic handouts, and a “paint by numbers” format for an individual or group session. Session titles include Overconfidence, Control, Feelings, Relationships, Multi-addictions, Secrets, plus many more.

Letting Go Imageries CD: 50 minutes

Claudia Black’s Imageries are a form of structured meditations. These specific imageries are used in assisting one to relax; to become more centred; to let go of hurtful processes and pain; to focus on a specific issue; and/or develop insight.

**Restless, irritable and discontented : the basics of relapse (alsg)**

Adult; 18 minutes

VHS; 2000

Hazelden

VTR/RC 564/R47/2000

Relapse is the single threat that looms over recovering people, capable of reclaiming lives even after years of sobriety. Through personal stories, the viewer learns how to identify and minimize high-risk situations, how to cope with cravings, and the importance of staying connected to the community of other recovering addicts and alcoholics.

**Road to recovery, The : women and alcohol (altz)**

Adult; 48 minutes

VHS; 1997

Kinetic

VTR/HV 5137/.R63/1997

This video observes a group of women who have turned their lives away from drugs and alcohol. Several of the women explain how consuming large quantities of alcohol and drugs during pregnancy led to complications such as premature births and seizures suffered by their newborns. Each woman describes the different avenues she took to recovery as well as what drove her to want to get and feel better. **(NOT RECOMMENDED FOR CHILDREN)**

**Sex and drugs : the intimate connection (akdh)**

Adult; 30 minutes

VHS; 1990

FMS Productions

VTR/RC 560/.S43/S48/1990

Compulsive sex as a substitute for intimacy is an issue for over half the men and women in drug and alcohol recovery. In this tape Dr. Arnold Washton and Nannette Stone-Washton, M.S. , along with three recovering sex and drug addicts, discuss this and other related topics.

**Staying off cocaine : avoiding relapse (ajbu)**

Adult; 38 minutes

VHS; 1988

VTR/HV 5810/.S72/1988

Dr. Arnold Washton and recovering cocaine abusers describe how to stay off cocaine. Addicts must take personal responsibility for their recovery, abstain from all drug use and change their lifestyle. Discussion also includes relapse and how to deal with same.

**Staying sober/keeping straight (aizz)**

Adult; 35 minutes

VHS; 1988

Kinetic

VTR/HV 5275/.S72/1988

Addresses important issues related to relapse prevention and relapse management through dramatic presentation of three recovering clients. Through watching these people interact with others in their lives and share their private thoughts, we see the recovery and relapse processes.

**Stop the chaos (alsh)**

Adult; 46 minutes

VHS; 1999

Hazelden

VTR/RC 564/.S76/1999

This video treats motivation as a skill, and shows those in recovery how they can learn to become – and stay – motivated through the challenges of recovery. Realistic vignettes describe recovery pitfalls, such as high-risk situations and urges to use. The suggestions and techniques shown here for making lifestyle changes to strengthen recovery are easy to understand and can be applied immediately.

## **SUBSTANCE ABUSE : ASSESSMENT AND INTERVENTION SERIES**

### **Interview and assessment (ajtj)**

Adult; 22 minutes  
VHS; 199-  
VTR/RC 564/.S83/199-/v.1

The introduction of the four main characters and the significant people in their lives is used as a vehicle to introduce viewers to the various substances abused, as well as the various differences in cultural and socio-economic backgrounds of the abusers. This program delineates situational and genetic factors, which place a client at risk, as well as physical and behavioural signs of chemical dependence. As assessment of each character's personality progresses, the role modelling of appropriate assessment and intervention technique is shown.

### **Coping mechanisms (ajtq)**

Adult; 25 minutes  
VHS; 199-  
VTR/RC 564/.S83/199-/v.2

This program illustrates how the main characters introduced in the first program use coping behaviours to maintain their fragile levels of functioning. Also identifies dysfunctional family roles and patterns which tend to support addictive behaviour. The role of the professional in helping the patient and family substitute adaptive coping mechanisms for maladaptive ones is demonstrated.

### **Treatment modalities (ajtk)**

Adult; 38 minutes  
VHS; 199-  
VTR/RC 564/.S83/199-/v.3

In this program the challenges of initiating treatment is shown, including selecting the appropriate treatment facility/program and significant variables affecting these important decisions. Illustrates family involvement in counseling and recovery and describes the philosophy and effectiveness of 12-step programs. The importance of aftercare and the acceptance that recovery is a life-long process and not a simple event is illustrated.

### **Recovery & prevention of relapse (ajtl)**

Adult; 21 minutes  
VHS; 199-  
VTR/RC 564/.S83/199-/v.4

Although the outcome of treatment cannot be predicted with a high percentage of certainty, it is known that certain behaviours will promote recovery while other behaviours and risk factors will increase the chance of relapse. This program demonstrates counselling techniques for helping a client recognize and circumvent these negative patterns. It reviews the challenges of avoiding relapse and illustrates how a client can be helped to return to recovery.

### **Three weeks of hope : the River House story (ajll)**

Adult; 10 minutes  
VHS; 1989  
VTR/HV 5137/.T47/1989

An overview of River House, the Alcoholism Foundation's (now The Addictions Foundation of Manitoba) treatment centre for women in Winnipeg, Manitoba. Focuses on one woman's experiences while enrolled in the program.

**Treatment issues for women (ajaw)**

Adult; 22 minutes

VHS; 1992

NCADI

VTR/HV 5824/.W6/T74/1992

Specific issues, methods and techniques are presented to help viewers understand the multifaceted dimensions of treating women who use drugs. This videotape examines the challenges that women bring to treatment, along with ways to deal with relationship building, sexual and physical abuse, anger, and role confusion. Scenes from several innovative treatment services have been enhanced to serve women. The user's guide lists resources for clinicians.

**Treatment of alcohol dependence (ajre)**

Adult; 10 minutes

VHS; 1991

Medical Audio Visual

VTR/HV 5275/.T77/1991

Series : Alcohol dependence

Alcohol abuse can be treated successfully in a variety of settings including clinics, individual and group therapy, and self-help groups. This tape describes common treatments such as counseling, and the value of peer support groups like Alcoholics Anonymous.

**Understanding chemical dependency (ajbf)**

Senior 1-Senior 4, Adult; 35 minutes

VHS; 1985

VTR/HV 5824/.Y68/U53/1985

Terrie and Eric, two young adults whose abuse of drugs and alcohol during their preteen and teenage years destroyed their relationships with family and friends, destroyed school performances, and nearly destroyed their lives, share their experiences in a high school setting. A counselor also provides facts about alcoholism, describes the treatment process, and urges teens to be part of the solution. Peer pressure, alcoholic personality and behaviour, enabling and denial, children of alcoholics and Alcoholics Anonymous and Al-Anon are discussed.

**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.