

**ADDICTIONS FOUNDATION OF MANITOBA  
AUDIOVISUAL RESOURCES**

**SUBJECT HEADINGS**

**CHILDREN OF ALCOHOLICS**

**Alateen tells it like it is (ajcq)**

Gr. 7-Senior 4; 16 minutes  
VHS; 1987  
Hazelden  
VTR/HV 5275/.A42/1987

This film features a young narrator and two other teenagers who share what growing up in an alcoholic home is like, how they found Alateen and why they stayed.

**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.

**Children of alcohol (ajem)**

Gr. 4-Senior 4; 18 minutes  
VHS; 1984  
National Film Board  
VTR/HV 5132/.C45/1984

Young people from families where alcohol is a problem talk about their struggle to cope with their parents' drinking. The film offers a good starting point for discussions on alcohol abuse and the family.

**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.

**Children's program kit : supportive education for children of addicted parents** (aowg)

Adult: Includes a binder, diskette, 3 videos

KIT; 2003

KIT/HV 5824/.Y68/.C546/2003

This kit provides materials for treating professionals and programs with the tools and resources to help develop support groups for the school-age children of your clients. Through these materials children can hear messages they need to hear: that they are not alone and that they are not to blame for their parent's alcohol or drug abuse. Children can learn skills they need to be safe and resilient – such as problem solving, finding safety, and seeking supportive services. Children can be helped to build on their strengths and to develop resilience to over-come their difficulties. Parents can learn how to better understand their children's needs and how to use supportive services for the entire family.

**Includes 3 videos:**

1. End broken promises, mend broken hearts
2. Pepper and You're not alone
3. Michael's journey

**End broken promises, mend broken hearts** (aowk)

Adult; 23 minutes

VHS; 2003

KIT/HV 5824/.Y68/.C546/2003/c

This video is for adults interested in being helpful to children who have parents with alcoholism or other drug dependencies. It is particularly useful for educators, parents, clergy and other faith community professionals, addiction and mental health clinicians, general health professionals who serve children and persons working in the juvenile justice system.

The video provides information on the needs of children of addicted parents, a rationale for addressing their needs, information about educational support groups, and messages from children and parents who have benefited from these groups.

Can be found in the Children's Program Kit.

**Michael's journey** (aowh)

Grades 4-6; 24 minutes

VHS; 2003

KIT/HV 5824/.Y68/.C546/2003/a

Focuses on family alcohol problems as they affect youth. It follows two African-American boys who exemplify different coping styles of children of alcoholics. The goals are to help young people realize the importance of bonding and the need for trust, and to provide insight into the far-reaching effects of family addiction – through the comments of adult children of alcoholics interspersed throughout the story.

*Can be found in the Children's Program Kit.*

**Pepper** (oawi)

Grades 4-6; 7 minutes

VHS; 2003

KIT/HV 5824/.Y68/.C546/2003/b1

A story about a puppy named Pepper whose beloved owner becomes alcoholic, moody and neglectful. The owner joins Alcoholics Anonymous and begins recovery. The story helps young children understand the circumstances of families faced with addiction and the confusion and feelings of rejection experienced by many children of alcoholics.

*Can be found in the Children's Program Kit.*

**You're not alone** (aowj)

Grades 4-6; 9 minutes

VHS; 2003

KIT/HV 5824/.Y68/.C546/2003/b2

Features Jerry Moe, MA, and the children who have benefited from participating in support groups for children of addicted parents. It speaks to children in families with addiction or other high-stress emotionally painful living environments, but also contains important messages for all children and youth, preparing them to respond more appropriately and comfortably to friends and classmates who are children of alcoholics.

*Can be found in the Children's Program Kit.*

**Different like me** (ajfj)

Senior 1-Senior 4; 32 minutes

VHS; 1989

Canadian Learning

VTR/HV 5132/.D54/1989

The story of Jason, the teenage child of an alcoholic parent, who lives in two worlds, the pleasant world of high school and the confusing world of his home environment. He finds encouragement through the COA support group at school and discovers that others have similar problems.

**Family trap** (ajgs)

Adult; 43 minutes

VHS; 1988

Kinetic

VTR/HV 5132/.F35/1988

Examines the effect of the chemically dependent person on the other members of the family. Sharon Wegscheider uses the lecture approach in presenting an analogy between the family and a mobile, where each member is an integral contributor to the balanced functioning of the unit.

**Focus : children of alcoholics** (ajgz)

Senior 1-Senior 4, Adult; 8 minutes  
VHS; 1988  
COA Foundation  
VTR/HV 5132/.F63/1988

Identifies the most needed research for the general public and professionals. The film, which opens with a young boy lying in bed listening to his parents fight, discusses the numbers, risks, special problems and vulnerabilities of children of alcoholics.

**I live in an alcoholic family** (ajdk)

Gr. 7-Senior 4; 36 minutes  
VHS; 1988  
Sunburst  
VTR/HV 5132/.I55/1988

Three parts:

1. The Family Secret
2. The Three C's
3. The Healing Process

Provides necessary information about parental alcoholism and the dynamics of the alcoholic family such as isolation, secrecy, denial, guilt, etc. Teaches the three C's: the child did not cause, cannot control, and cannot cure his/her parent's drinking.

**If someone in your family drinks** (ajdj)

Gr. 7-Senior 4; 24 minutes  
VHS; 1987  
Sunburst  
VTR/HV 5132/.I47/1987

This is a two-part program designed to help children of alcoholics come to terms with the problem and seek assistance for themselves. The program explains the concept of a family in which one person's drinking problem affects all members. It demonstrates how family members may deny the problem or even play certain roles that subtly allow or protect the alcoholic's drinking habits. The tape also shows how self-awareness and counselling can help children of alcoholics break out of these roles and move on with their own lives.

**If your parents drink – you're not alone** (ajhy)

Gr. 1-3; 15 minutes  
VHS; 1989  
Encyclopedia Britannica  
VTR/HV 5133/.I48/1989

Program features Feena and Spooner, good friends who share a bad problem. Each has an alcoholic parent. Both are feeling guilty and despondent until a strange but wise character called the Big Kahooney comes upon the scene. He tells them that no one can help an alcoholic parent unless he or she wants help. The only thing that children can and should do is shed their guilt, share their feelings, and take care of themselves.

**Joey and me** (ajdd)

Gr. 7-Senior 4; 10 minutes  
VHS; 1976  
VTR/HV 5824/.Y68/J64/1976

Animated story of a young boy provides potent comment on drinking, smoking, drug abuse and other problems of youth.

**Kids talking to kids (ajis)**

Gr. 4-6; 17 minutes  
VHS; 1989  
VTR/HV 5133/.K54/1989

Through interviews and scenes from their lives, five youngsters discuss their experiences in an alcoholic family.

**Living with trouble : crisis in the family (ajjc)**

Senior 1-Senior 4, Adult; 38 minutes  
VHS; 1985  
Sunburst  
VTR/HV 5132/.L58/1985

**Part 1: Jackie's Family**

Focuses on living with an alcoholic parent, how the whole family suffers, and how Jackie comes to grips with the problem.

**Part 2: David's Family**

Shows how David, who lives with quarrelling parents, comes to terms with the fact that he can't change his parents and assumes responsibility for himself.

**Part 3: Eugene's Family**

Focuses on living with abuse. Demonstrates that there are some family crises no one should have to live with and for which help must be sought.

**Lots of kids like us (ajje)**

Gr. 4-6; 28 minutes  
VHS; 1983  
Kinetic  
VTR/HV 5133/.L67/1983

Tells the sensitive story of Ben and his sister Laurie as they try to cope with their father's alcoholism.

**Mirror of a child, The (aiuc)**

Senior 1-Senior 4, Adult; 35 minutes  
VHS; 1989  
Johnson  
VTR/HV 5132/.M37/1989

Dramatizes the effects of being raised by an alcoholic parent. Helps ACOA's see how wounds from the past are currently affecting the quality of their lives. The need for recovery is illustrated by watching the experiences of a young child of an alcoholic who is still caught in the web of a parent's alcoholism.

**Out of the past (aiwc)**

Adult; 52 minutes  
VHS; 1989  
Canadian Learning  
VTR/HV 5132/.O88/1989

A Canadian filmmaker, the daughter of an alcoholic, explores the lives of three other "adult children". All are struggling to understand the effects of their parents' drinking on their lives. They have come to believe that only by confronting and understanding the past can they free themselves from it and have some choice in shaping their futures.

**Poor Jennifer, she's always losing her hat (aiym)**

Adult; 34 minutes  
VHS; 1991  
VTR/HV 5132/.P66/1991

Designed to educate adults about the issues faced by children of alcoholics and to encourage them to respond appropriately to their special needs. It is especially useful for adults in community meetings, teachers and other school staff in in-service settings, and other concerned professionals who work with children and adolescents.

**Reflections from the heart of a child (ajxm)**

Adult; 30 minutes  
VHS; 1996  
VTR/HV 5132/.R45/1996

Portrays the impact of chemical dependency on the family as three young lives are ravaged by a father's alcoholism and a mother's inability to cope.

**Shame (aiyh)**

Adult; 30 minutes  
VHS; 1990  
Hazelden  
VTR/BF 575/.S45/S52/1990

Dr. Claudia Black explains the difference between guilt, embarrassment and shame and how someone comes to feel "defective" or "bad" as a child, and offers people a language to use to describe their experiences.

**Soft is the heart of a child (aizc)**

Gr. 7-Senior 1, Adult; 30 minutes  
VHS; 1978  
Kinetic  
VTR/HV 5132/.S65/S64/1989

A film about alcoholism that focuses on the children rather than the alcoholic. The three children involved are confused and frightened by the father's drinking, by arguments and violence.

**Something wrong at home : the alcoholic family (aizh)**

Gr. 2-4; 14 minutes  
VHS; 1993  
Sunburst  
VTR/HV 5132/.S66/1993

Children who live in an alcoholic family are aware that something is wrong at home, but confused and uncertain of the reasons, they often blame themselves. This program helps young viewers understand that children are never the cause of a parent's drinking.

**Story of hope (ajae)**

Gr. 4-Senior 1, Adults; 14 minutes  
VHS; 1993  
VTR/HV 5132/.S76/1993

A video about how counselling helps children cope with parental addiction. Featuring interviews with recovering alcoholics and children of alcoholics, the film shows children and adults the benefits of seeking assistance. Suitable for viewing by elementary and middle/junior high school-aged children of alcoholics as well as parents, guardians and other caretakers.

## **HERE'S LOOKING AT YOU 2000 SERIES**

### **Tippy's new collar** (ajra)

Gr. K-3; 13 minutes  
VHS; 1988  
VTR/HV 5132/.T56/1988

Children who live with an alcoholic family member can feel a number of confusing emotions, including fear, anger and guilt. The video informs elementary-aged children about the disease of alcoholism and coping strategies.

### **A Tune for Tippy** (ajqz)

Gr. K-3; 10 minutes  
VHS; 1988  
VTR/HV 5132/.T85/1988

For children ages 4 – 8. Animal puppets discuss the sensitive issue of alcoholism in the home.

### **Twee, Fiddle and Huff** (ajba)

Gr. 1-6; 12 minutes  
VHS; 1990  
VTR/HV 5133/.T84/1990

The story of Twee, Fiddle and Huff and their parents' addiction to dancing with a Genie is a charming and non-threatening allegory that offers understanding and hope to young children living with parents affected by alcoholism and other addictions.

### **Understanding addictions & emotional child abuse** (apzk)

Adult; 24 minutes  
VHS; 2002  
Aquarius  
VTR/RC 569.5/.C55/U5/2002

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.

### **Voices and visions : alcoholism in the family** (ajbl)

Adult; 27 minutes  
VHS: 1986  
VTR/HV 5132/.V65/1986

Drawing upon the real-life experiences of COA's in the production group, dramatic vignettes were developed to represent problem situations. These scenes provide an intimate view of the adverse effects of parental alcoholism and elicit powerful emotional responses from viewers.