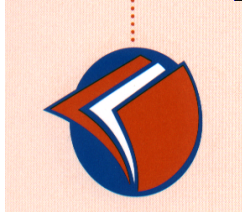


The Addictions Foundation of Manitoba
Library



WILLIAM POTOROKA
MEMORIAL LIBRARY
ADDICTIONS FOUNDATION
OF MANITOBA

**AFM LIBRARY
BIBLIOGRAPHY OF
BOOK & VIDEO RESOURCES ON:**

**Co-occurring Disorders: Substance
Use and Mental Health Disorders**

**To borrow any of the resources on this list please
contact the AFM Library at 944-6233.**

**Membership is free and available to
residents of Manitoba. Register as a
borrower using the form provided.**



Leading the Way to an Addiction Free

www.afm.mb.ca

The Addictions Foundation of Manitoba
Library

Addictions Foundation of Manitoba

William Potoroka Memorial Library
1031 Portage Avenue
Winnipeg, Manitoba R3G 0R8

Tel: 204-944-6279
Fax: 204-772-0225
Email: library@afm.mb.ca
Website: www.afm.mb.ca

If you are a resident of Manitoba, please fill out the registration below, complete with I.D. (Driver's Licence, or Manitoba Health Card #), sign, and return to the library by mail or fax.

| LIBRARY REGISTRATION | Date |
|---|---------------------------|
| Name: | |
| Home Address (full mailing): | Postal Code: |
| Business Address (full mailing): | Postal Code: |
| Phone #'s: Home: | Business: |
| Fax: | E-mail: |
| ID: Driver's License/MB Medical: | |
| The undersigned agrees to accept the responsibility of making restitution due to loss of damage to AFM Library materials while in his/her possession. The Borrower is responsible for round trip shipping Charges. | _____ Signature |

**The Addictions Foundation of Manitoba
Library**

BOOKS

50 strategies for substance abuse treatment

Publisher: U.S. Department of Health and Human Services
Year: 1997
Call number: RC 564/.F54/1997

Alcohol, street drugs, and emotional problems : what you need to know

Author: Pepper, Bert
Year: c1994
Call number: RC 564.68/.P46/1994

Anger management for substance abuse and mental health clients : a cognitive behavioural therapy manual

Author: Reilly, Patrick
Publisher: U.S. Department of Health and Human Services
Year: c2002
Call number: RC 569.5/.A53/R44/2002

Anger management for substance abuse and mental health clients : participant workbook

Author: Reilly, Patrick
Publisher: U.S. Department of Health and Human Services
Year: c2002
Call number: RC 569.5/.A53/R44/2002

Anxiety disorders : future directions for research and treatment : a discussion paper

Author: Martin, Anthony M.
Publisher: Canada. Health Canada. Health Promotion and Programs
Year: c1996
Call number: RC 531/.A573/1996

Anxiety disorders and their treatment : a critical review of the evidence-based literature

Author: Swinson, Richard P.
Publisher: Canada. Health Canada. Health Promotion and Programs
Year: c1996

**The Addictions Foundation of Manitoba
Library**

Call number: RC 531/.A57/1996

Approaches to drug abuse counseling

Publisher: National Institutes of Health (U.S.)
Year: 2000
Call number: RC 564/.A66/2000

**Assessment and treatment of patients with coexisting mental illness
and alcohol and other drug abuse**

Author: Ries, Richard
Publisher: United States. Department of Health and Human
Services
Year: 1994
Call number: RC 564.68/.A85/1994

Beating the blues : recovery from depression

Author: Howell, Joseph R.
Year: c1991
Call number: RC 537/.H68/1991

**Behavioral health recovery management service planning guidelines : co-
occurring psychiatric and substance disorders**

Author: Minkoff, Kenneth
Year: 2001
Call number: RC 564.68/.B4/2001

**Best practices : concurrent mental health and substance use
disorders**

Corp. Author: Centre for Addiction and Mental Health
Year: 2001
Call number: RC 564.68/.B48/2001

Bipolar disorder : an information guide

Author: Parikh, Sagar
Corp. Author: Centre for Addiction and Mental Health
Year: 2000
Call number: RC 516/.B54/2000

**The Addictions Foundation of Manitoba
Library**

**Building the bridge : one of four national conferences on the
integration of mental health and substance abuse services**

Corp. Author: Foundations Associates
Conference: Building The Bridge. National Conferences
on the Integration of Mental Health and Substance
Abuse Services
Year: 2002
Call Number: RC 564.68/.N37/2002

**Co-occurring mental disorders and addictions : scientific evidence
on epidemiology & treatment outcomes, implications for services in
Ontario**

Publisher: Addiction Research Foundation of Ontario
Year: 1997
Call number: RC 564.68/.C66/1997

**Comorbid mental disorders and substance use disorders : epidemiology,
prevention and treatment**

Corp. Author: National Drug and Alcohol Research Centre
Call number: RC 564.68/.C656/2003

**Co-occurring mental health and substance use disorders initiative : Winnipeg
region co-occurring disorders initiative : Core Documents Package II**

Access Key: auym
Call Number: RC 564.68/.C663/2007
Abstract:

Project overview:
System Change Model
Provincial and Regional Leadership Structures
Participating Regional Stakeholders

Provincial CODI Policy (2007)
Winnipeg Region CODI Project Progress Report, 2007
Information Sharing Guidelines (Revised 2007)
Best Practice Principles Overview (2004)
Training Needs Assessment Tools (2005)
Service Array Map for Winnipeg Region (2007)

**Comorbidity of mental disorders and substance use : a brief guide for the
primary care clinician**

Author: Holmwood, Chris
Corp. Author: Commonwealth Department of Health and Ageing
Call number: RC 564.68/.H65/2003

**The Addictions Foundation of Manitoba
Library**

Comorbidity of mental disorders and substance use in general practice

Author: McCabe, Damian
Corp. Author: Commonwealth Department of Health and Aging
Call number: RC 564.68/.M33/2003

A Comprehensive guide for integrated treatment of people with co-occurring disorders

Corp. Author: Center for Psychiatric Rehabilitation
Year: 2002
Call number: RC 564.68/.C65/2002

Concurrent substance use and mental health disorders : an information guide

Author: Skinner, W.J. Wayne
O'Grady, Caroline P.
Year: 2004
Call number: RC 564.68/.S55/2004

Co-occurring mental and substance abuse disorders : a guide for mental health planning + advisory councils

Corp. Author: U.S. Department of Health and Human Services
Year: 2003
Call number: RC 564.68/.C65/2003

Co-occurring psychiatric and substance disorders

Corp. Author: Arizona Department of Health Services
Year: 2003
Call number: RC 564.68/.C66/2003

Coping with dual disorders : chemical dependency and mental illness

Author: Daley, Dennis
Year: c1989
Call number: HV 5045/.D35/1989

Dare to live : a guide to the understanding and prevention of Teenage suicide and depression

Author: Miller, Michael
Year: c1991
Call number: HV 6546/.M54/1991

**The Addictions Foundation of Manitoba
Library**

De l'ombre a la lumiere : la transformation des services concernant la sante mentale, la maladie mentale et la toxicomanie au Canada

Author: Kirby, Michael
Corp. Author: Canada. Parliament, Senate, Standing Committee on Social Affairs, Science and Technology
Year: c2006
Call number: RC 447/.D4/2006

De l'ombre a la lumiere : resume et recommandations

Author: Kirby, Michael
Corp. Author: Canada. Parliament, Senate, Standing Committee on Social Affairs, Science and Technology
Year: c2006
Call number: RC 447/.D45/2006

Depression (Degrassi talks)

Year: c1992
Call number: RJ 506/.D4/D4/1992

Depression : an overview of the literature

Publisher: Canadian Mental Health Association.
Year: c1995
Call number: RC 537/.D56/1995

Depressive illness : an information guide : a guide for people with depression and their families

Author: Bartha, Christina
Corp. Author: Centre for Addiction and Mental Health (Ontario)
Year: c1999
Call number: RC 537/.D453/1999

Developing integrated services for women with co-occurring disorders and trauma histories : lessons from the SAMHSA women with alcohol, drug abuse and mental health disorders who have histories of violence study

Author: Moses, Dawn Jahn
Corp. Author: SAMHSA
Call number: RC 564.68/.D484/2004

**The Addictions Foundation of Manitoba
Library**

Discover your personal power to change

Year: 1992
Call number: RC 489/.R3/D57/1992

Double duty : dual dynamics within the chemically dependent home

Author: Black, Claudia
Year: c1990
Call number: HV 5132/.B53/1990

Drug-use behavior and correlates in people with schizophrenia.

Author: Gearon, Jean S.
Year: 2001
Call number: Addic. Behav. 2001 26 (1) : 51-6

Dual and multiple addictions : substance abuse, eating disorders and self-injurious behaviors : treatment manual

Author: Edmonson, Karen
Year: c1994
Call Number: RC 564.68/.E35/1994

Dual diagnosis : counseling the mentally ill substance abuser

Author: Evans, Katie
Year: c1990
Call number: RC 564.68/.E95/2001

Dual diagnosis in substance abuse

Year: c1991
Call number: RC 564/.D79/1991

Dual diagnosis of major mental illness and substance disorder

Year: 1991
Call number: RC 564/.D834/1991

Dual diagnosis [bibliography/abstracts]

Publisher: United States. Office of Substance Abuse
Prevention
Year: 199-?
Call number: RC 564/.D822/199-

**The Addictions Foundation of Manitoba
Library**

Dual disorders : alcoholism, drug dependence and mental health

Year: c1993
Call number: RC 564/.D83/1993

**Dual disorders : counseling clients with chemical dependency and
mental illness**

Author: Daley, Dennis C.
Year: 1987
Call number: HV 5045/.D347/2002

**EMDR : the breakthrough therapy for overcoming anxiety, stress,
and trauma**

Author: Shapiro, Francine
Year: c1997
Call number: RC 489/.E98/S53/1997

**Emotions : what they are and how they affect us, from the basic
Hates & fears of childhood to more sophisticated feelings that later
govern our adult lives**

Author: Callwood, June
Year: c1986
Call number: BF 531/.C33/1986

Escape from anxiety & stress

Author: McLellan, Tom
Year: 1992
Call number: RM 301/.E528/1992/V.9

**Estimating the cost of preventive services in mental health and substance
abuse under managed care**

Author: Broskowski, Anthony
Corp. Author: United States. Department of Health and
Human Services
Year: 2001
Call number: RA 790.5/.B755/2001

**Exploring the links between substance use and mental health : an
annotated bibliography : a detailed analysis**

Author: Hood, Colleen

**The Addictions Foundation of Manitoba
Library**

Publisher: Canada. Dept. of National Health and Welfare
Year: [1996]
Call number: RC 564/.H66/1996

**First episode psychosis : an information guide : a guide for people
with psychosis and their families**

Author: Czuchta, Donna
Corp. author: Centre for Addiction and Mental Health (Ontario)
Year: c1999
Call number: RC 512/.C98/1999

**The Good news about depression : cures and treatments in the new age
of psychiatry**

Author: Gold, Mark S.
Year: c1995
Call number: RC 537/.G64/1995

**Hand-me-down genes and second-hand emotions : you can overcome the
genetic and family factors that can lead to depression, alcoholism,
obesity, and suicide**

Author: Arterburn, Stephen, 1953-
Year: c1992
Call number: BV 4598.7/.A77/1992

Handbook of stress and anxiety

Author: Kutash, Irwin L.
Year: 1980
Edition: 1st ed.
Call number: BF 575/.S75/H36/1980

**Health services utilization by individuals with substance abuse and mental
disorders**

Corp. Author: Substance Abuse and Mental Health Services
Administration. Office of Applied Studies
Call number: RA 790.6/.H43/2004

Here comes the sun : dealing with depression

Author: Rosellini, Gayle
Year: 1987
Call number: BF 531/.H22/1987

**The Addictions Foundation of Manitoba
Library**

Homelessness prevention in treatment of substance abuse and mental illness : logic models and implementation of eight American projects

Year: 1999
Call number: A-T-Q/Vol.17/1+2/1999

National expenditures for mental health and substance abuse treatment, 1993-2003

Access Key: auyu
Call Number: HV 5825/.M37/2007

National program inventory : concurrent mental health and substance use Disorders

Corp. Author: Centre for Addictions and Mental Health
Year: 2001
Call number: RC 564.68/.N37/2001

No one saw my pain : why teens kill themselves

Author: Slaby, Andrew E.
Year: c1994
Call number: RJ 506/.S9/G37/1994

Out of the shadows at last : transforming mental health, mental illness and addiction services in Canada

Author: Kirby, Michael
Corp. Author: Canada. Parliament. Senate, Standing Committee on Social Affairs, Science and Technology
Year: c2006
Call number: RC 447/.C326/2006

Out of the shadows at last : highlights and recommendations

Author: Kirby, Michael
Corp. Author: Canada. Parliament. Senate, Standing Committee on Social Affairs, Science and Technology
Year: c2006
Call number: RC 447/.C3263/2006

Overarching principles to address the needs of persons with co-occurring disorders : overview paper number 3

Year: 2005

**The Addictions Foundation of Manitoba
Library**

Call number: RC 564.68/.O8/2005

Overcoming anxiety and worry

Author: Glanz, Lawrence
Year: c1991
Call number: BF 575/.A6/G53/1991

The Primer : fact sheets on mental health and addictions issues

Corp. Author: BC Partners for Mental Health and Addictions
Information
Author: Geppert, Cynthia M. A.
Corp. Author: Hazelden Foundation
Call number: RC 564/.P78/2003

Readings in dual diagnosis

Author: International Association of Psychosocial
Rehabilitation
Year: c1998
Call number: RC 564.68/.R42/1997

Rebuilding trust for couples committed to recovery

Author: Schneider, Jennifer P.
Year: c1989
Call number: RC 556/.S34/1989

A Report on mental illnesses in Canada

Corp. Author: Canadian Institutes of Health Research
Call number: RC 447/.R46/2002

[SAMHSA's Co-Occurring Center for Excellence overview papers]

Access Key: auwm
Call Number: RC 564.68/.S36/2006

Paper 1 : Definitions and Terms Relating to Co-Occurring Disorders

Paper 2 : Screening, Assessment, and Treatment Planning for Persons with
Co-Occurring Disorders

Paper 3 : Overarching Principles to Address the Needs of Persons with Co-
Occurring Disorder

Paper 5 : Treatment, Volume 2 : Addressing Co-Occurring Disorders in Non-
Traditional Service Settings

**The Addictions Foundation of Manitoba
Library**

**Paper 6 : Treatment, Volume 1 : Understanding Evidence-Based Practices
for Co-Occurring Disorders**

**Schizophrenia : an information guide : a guide for people with
schizophrenia and their families**

Author: Patterson, Jane
Corp. Author: Centre for Addiction and Mental Health (Ontario)
Year: c1999
Call number: RC 514/.S333/1999

Screening and assessment of co-occurring disorders in the justice system

Author: Peters, Roger H.
Year: 1997
Call number: RC 564.68/.P3/1997

**Screening for mental illness in nursing facility applicants : understanding
federal requirements**

Corp. Author: U.S. Department of Health and Human Services
Year: 2002
Call number: RC 480.8/.S37/2001

**Serious mental illness and its co-occurrence with
substance use disorders, 2002**

Author: Epstein, Joan
Corp. Author: U.S. Department of Health and Human
Services
Call number: RC 564.68/.E67/2004

Social skills training for schizophrenia : a step-by-step guide

Author: Bellack, Alan S.
Year: c1997
Call number: RC 514/.S875/1997

Step study counseling with the dual disordered client

Author: Evans, Katie
Year: c1990
Call number: HV 5045/.E82/1990

**The Addictions Foundation of Manitoba
Library**

Strategies for developing treatment programs for people with co-occurring substance abuse and mental disorders

Corp. author: SAMHSA
Year: 2003
Call number:

Substance abuse and panic-related anxiety : a critical review

Author: Cox, Brian J.
Year: [1989]
Call number: RC 531/.S92/1989

Substance abuse treatment for people with severe mental disorders : a program manager's guide

Author: Mercer-McFadden, Carolyn
Year: c1998
Call number: RC 564.68/.M47/1998

Substance abuse treatment for persons with co-occurring disorders : a treatment improvement protocol : TIP 42

Corp. Author: Substance Abuse and Mental Health Services
Administration
Center for Substance Abuse Treatment
Call number: RC 564.68/.S83/2005

Supporting families affected by concurrent disorders: facilitators' guide

Call Number: RC 564.68/.S86/2007

Teenage depression and drugs

Author: Chiles, John
Year: 1992
Call number: RM 301/.E528/1992/V.23

Treating anger, anxiety, and depression in children and adolescents : a cognitive-behavioral perspective

Author: Wilde, Jerry
Year: c1996
Call number: RJ 505/.R33/W553/1996

Treating concurrent disorders : a guide for counsellors

Corp. Author: Centre for Addiction and Mental Health (Ontario)
Call number: RC 564.68/.T74/2005

**The Addictions Foundation of Manitoba
Library**

Treating mental illness

Author: Byck, Robert
Year: 1992
Edition: Updated
Call number: RM 301/.E528/1992/V.24

Treatment of drug-dependent individuals with comorbid mental disorders

Publisher: National Institute on Drug Abuse
Year: 1997
Call number: RC 564.68/.T74/1997

Winnipeg region co-occurring disorders initiative : core documents package

Corp. Author: Winnipeg Regional Health Authority
Year: 2003
Call number: RC 564.68/.W5/2003

Women, anger & depression : strategies for self-empowerment

Author: Frankel, Lois P.
Year: c1992
Call number: RC 537/.F675/1992

VIDEOS

Adolescents and co-occurring disorders [videorecording]

Year: 2003
Call number: VTR/RC 564.68/A3/2003
Grade 9 – Adult; 24 minutes

Teens in recovery from co-occurring disorders share their true experiences: the bad drug interactions, the cravings for self-medication, the dangers of relapse. But with ongoing therapy and the support of family, friends, and the Twelve Step groups, adolescents can regain control of their co-occurring disorders and their lives. Hope for recovery is reinforced by therapist, Janice Gabe, noted for her work with adolescents.

Adults and co-occurring disorders [DVD]

Year: 2003
Call number: DVD/RC 564.68/.A3/2003
Adult; 28 minutes

**The Addictions Foundation of Manitoba
Library**

Speaks directly to adults who experience a mental disorder and addiction, not only to alcohol or other drugs but also to gambling, compulsive eating, or sex. Men and women speak frankly about how addiction and mental disorders fuel each other, the benefits of therapy, the importance of psychiatric medication taken regularly, and the challenges and rewards of seeking support through a Twelve Step group. Hope for recovery is reinforced by psychiatrist Kenneth Minkoff, noted for his integrated treatment model of co-occurring disorders.

The facilitator's guide features supporting information and includes reproducible client material.

Depression [videorecording]

Year: 1992
Call number: VTR/RJ 506/.D4/D46/1992
Series: Degrassi Talks

Kids talk to kids . . about feeling alone and unloved . . about feeling depressed enough to take an overdose of pills . . about learning to talk and share their feelings.

Depression and substance abuse [Videorecording]

Call number: VTR/RC 564.68/.D4/2004
Adult; 19 minutes
National Health Video

This new videotape defines depression and substance abuse and shows how depression can lead to substance abuse through self-medication and how substance abuse can lead to depression through its effects on the brain and on a person's life. The section on treatment shows how integrated treatment: medication, cognitive-behavioral therapy and 12-step programs can help both conditions.

Depression and suicide [videorecording]

Year: 1991
Call number: VTR/HV 6545.8/.D46/1988
Series: The Power of Choice

Michael Pritchard and teens identify the signs frequently exhibited by people who are at risk for suicide and discuss the recommended procedures for intervening. They also examine ways of coping with the depression and stress that often lead to suicide, and encourage people to ask for help when they feel themselves at risk.

**The Addictions Foundation of Manitoba
Library**

The Doctor is in : addictions and mental illness [videorecording]

Year: 1994
Call number: VTR/RC 564.68/.D63/1994

These two disorders often go hand-in-hand and health professionals now recognize that treatment needs to be different. The video profiles two people, one with manic depression and alcoholism, the other with schizophrenia and alcoholism.

Double trouble : recovering from chemical dependency and mental Health disorders [videorecording]

Year: [1990]
Call number: VTR/RC 564.68/.D83/1990

Program includes video discussion guide and four workbooks.

Part 1 – Portrays chemical dependency in combination with mood or anxiety disorders. Story one shows an alcoholic, sober for almost one year, who develops a severe episode of Major Depressive Illness. Story two portrays a woman with anxiety and panic symptoms who relies on pills and alcohol to manage them.

Part 2 – Portrays chemical dependency in combination with two of the more common personality disorders: antisocial and borderline. Story three follows a man with chemical dependency and an antisocial personality disorder. In story four, we follow a woman with alcoholism and a borderline personality.

Driven to Distraction: Recognizing and Coping with Attention-Deficit Disorder

Year: 2003
Call Number: VTR/RC 394.A85/D7/1995
Audience: Adult
Duration: 45 minutes

This video weaves personal case histories with professional commentary about ADD and its relationship with chemical dependency.

Dual Diagnosis : An Integrated Model for the Treatment of People with Co-occurring Psychiatric and Substance Disorders

Year: 2002
Call Number: VTR/RC 564.68/.D83
Audience: Adult
Duration: 2 hours

**The Addictions Foundation of Manitoba
Library**

In this thoughtful lecture, Dr. Minkoff outlines how each system can learn from the other and how care can be linked despite differences in treatment philosophy. What emerges is a set of key principles for an integrated model of care that promotes both hope and recovery.

Dual diagnosis : the message of hope [videorecording]

Year: 1989
Call number: 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.

Dual diagnosis : video one [videorecording]

Year: 1994
Call number: VTR/RC 564.68/.D83/1994/v.1

Dual diagnosis : video two [videorecording]

Year: 1994
Call number: VTR/RC 564.68/.D83/1994/v.2

The mentally ill person with substance use disorders frequently appears in both mental health and chemical dependency service systems. The issues involved in assisting clients with a range of problems, from anxiety disorders to long-term mental illness, are complex and varied.

Out of the Tunnel and into the Light

Year: 2003
Call Number: VTR/RC 564.68/O8/2003
Audience: Adult
Duration: 25 minutes

This video offers information, support and hope to clients who have recently been diagnosed with both chemical dependency and a co-occurring emotional or psychiatric disorder.

Recovery Stories: A Training Video on Co-Occurring Mental Health and Substance Use Recovery

Year: 2002
Call Number: VTR/RC 564.68/R4/2002

**The Addictions Foundation of Manitoba
Library**

Audience: Adult
Duration: 30 minutes
Closed captioned

Through candid discussion, this video documents the lives and experiences of five individuals. We learn who they are, what has helped, as well as what has hindered their recovery from mental illness and substance abuse. We also learn what brings meaning to their lives and recovery. These stories provide an opportunity for reflection on what providers of services can do to support people in recovery and provides practical advice for providers from those in recovery.

The Secret life of the brain [videorecording]

Year: 2002
Call number: VTR/RC 564.68/.S43/2002-10-07

As the brain matures, teenagers face special risks from addictive drugs and alcohol that can hijack the brain into the chaos of schizophrenia which strikes most often during adolescence. Dr. Nancy Andersen at the University of Iowa is studying young schizophrenics, searching to find which areas of the brain are affected and how to treat the debilitating symptoms. One teen responds to new medications that do not cure the disease but allow him to function on a daily basis. Other teenagers however, have a more resistant form of the disease. One fourteen-year-old girl experienced her first psychotic break at age twelve and has been unable to find a medication that will control her symptoms.

**Trauma and substance abuse I : therapeutic approaches
[videorecording]**

Year: 1998
Call number: VTR/RC 564.68/.T7/1998/v.1
Series: Trauma and Substance Abuse

This video discusses the incidence of substance abuse trauma survivors, and the associated life problems they experience. Therapeutic principles for working with this population are outlined, and new treatment models are described.

**Trauma and substance abuse II : special treatment issues
[videorecording]**

Year: 1998
Call number: VTR/RC 564.68/.T7/1998/v.2

**The Addictions Foundation of Manitoba
Library**

Series: Trauma and Substance Abuse

Working with substance abusing trauma survivors presents particular challenges to the therapist. This program examines such issues as counter

transference and co-dependence, crises and relapses, twelve step programs and dedications. The importance of clinical cross training is emphasized.

Understanding bipolar disorder and addiction [videorecording]

Year: 1995

Call number: VTR/RC 564.68/.U53/1995

Reinforces key concepts such as medication, abstinence, and spirituality throughout the recovery process.

Understanding depression and addiction [videorecording]

Year: 1994

Call number: VTR/RC 564.68/.U53/1994

This video deals with the dual diagnosis of depression and addiction. It explores ways to cope with behaviours associated with depression and provides support for recovery from depression and addiction.

Understanding Dissociative Disorders and Addiction

Year: 2002

Call Number: VTR/RC 564.68/U5/2003

Audience: Adult

Duration: 24 minutes

Includes a facilitator's guide and workbook.

Explains the different types, causes, and symptoms of Dissociative Disorders, and it explores how to navigate the stages of recovery. Helps clients to understand the importance of medication, abstinence, support and a new integrated alliance with themselves.

Understanding Major Anxiety Disorders and Addiction

Year: 2003

Call Number: VTR/RC 564.68/U53/2003

Audience: Adult

Duration: 24 minutes

**The Addictions Foundation of Manitoba
Library**

Includes a facilitator's guide and workbook.

Provides a step-by-step process to identify anxiety triggers and ways to change thoughts and reactions.

Understanding Personality Problems and Addiction

Year: 2003
Call Number: VTR/RC 564.68/U53477/2003
Audience: Adult
Duration: 24 minutes

Illustrates the connection between chronic personality problems and chemical dependency. Clear definitions and examples help viewers understand the importance of dealing with their problematic personality traits to achieve and maintain psychiatric stability and sobriety.

Understanding Post-traumatic Stress Disorder and Addiction

Year: 2003
Call Number: VTR/RC 564.68/U5347/2003
Audience: Adult
Duration: 28 minutes

Post-traumatic stress disorder (PTSD) and addiction are two diseases that often go hand-in-hand. This video suggests plans for dual recovery and relapse prevention, along with ways to handle the emotional pain and flashbacks due to trauma.

Understanding Schizophrenia and Addiction

Year: 2003
Call Number: VTR/RC 564.68/U534/2003
Audience: Adult
Duration: 23 minutes

Includes a facilitator's guide and workbook.

First person testimonials let clients know that they're not alone, that recovery is possible, and that a positive, productive life is in their future.