

ADDICTIONS FOUNDATION OF MANITOBA

AUDIOVISUAL RESOURCES

SUBJECT HEADINGS

FAMILY

Addiction in the family : the domino effect (amhv)

Adult; 28 minutes

VHS; 1998

Hazelden

VTR/HV 5132/.A4/1998

In this video, Claudia Black presents three particular areas that greatly impact the family: Powerlessness, recognizing that they are powerless over the disease; Unmanageability, that their lives have become unmanageable as a result of the addiction and their co-dependency; and Tough Love, to recognize their enabling and to commit to non-enabling behaviors. Claudia uses pictures drawn by young family members to illustrate how the addiction has impacted the family and interactive graphics that underline specific points of her presentation.

BRADSHAW ON: FAMILY SECRETS SERIES

Kinetic Video

Adult; Consists of 3 videos; 6, 60 minute parts

VHS; 1995

This series takes us into the heart of the family's mysterious power to impact our lives. It explores how secrets are created, how they influence us (even if we don't know they are there) and the risks we take in exploring them.

Part 1 Healthy family secrets

Part 2 Dangerous family secrets

(ajqw)

VTR/HV 5132/.B73/1995/v.1

Part 3 The Most dangerous family secrets

Part 4 Tools for deciphering family secrets

(ajqx)

VTR/HV 5132/.B73/1995/v.2

Part 5 Breaking free from the secrets

Part 6 Staying connected to the family

(ajqy)

VTR/HV 5132/.B73/1995/v.3

Breaking of the bottle (aiux)

Adult; 25 minutes

VHS; 1990

VTR/HV 5132/.B74/1990

Demonstrates how alcoholism affects each family member in different ways. Shows how the son begins to emulate his father's drinking habits, and the consequences of the son's drinking. (In Punjabi with English subtitles.)

BRADSHAW ON : THE FAMILY SERIES

Kinetic

The Family in crisis (ajog)

Adult; 57:40 minutes

VHS; 1986

VTR/HV 5132/.B73/1986/v.1

An overview of what constitutes a family in crisis.

The Healthy family (ajoh)

Adult; 57:46 minutes

VHS; 1986

VTR/HV 5132/.B73/1986/ v.2

How a healthy, functional family operates.

The Unhealthy family (ajoi)

Adult; 58 minutes

VHS; 1986

VTR/HV 5132/.B73/1986/v.3

Analyzes the characteristics of the dysfunctional family and how the cycle of emotional disease is passed from generation to generation.

The Compulsive family (ajoj)

Adult; 57:48 minutes

VHS; 1986

VTR/HV 5132/.B73/1986/v.4

Explores how incorrect belief about the self leads to compulsive behaviour, the core of all addictions.

The Persecuted (ajok)

Adult; 57:56 minutes

VHS; 1986

VTR/HV 5132/.B73/1986/v.5

Emphasizes that the problem of incest and violence within the family affects the lives of 50 million Americans – at a price all of society must pay.

The Bad child (ajol)

Adult; 57:56 minutes

VHS; 1986

VTR/HV 5132/.B73/1986/v.6

Looks at the moral and emotional abuse children suffer from parents who are uninformed about the role of shame and guilt in growing up.

The Most common family illness (ajpl)

Adult; 57:50 minutes

VHS; 1986

VTR/HV 5132/.B73/1986/v.7

Reveals America's most common and unrecognized addiction – co-dependency, the giving up of one's own wants and needs to live for others' wants and needs.

Help for the family (ajom)

Adult; 57:52 minutes
VHS; 1986
VTR/HV 5132/.B73/1986/v.8

Details the positive community resources available for helping families heal their wounds.

Health for the family (ajon)

Adult; 57:58 minutes
VHS; 1986
VTR/HV 5132/.B73/1986/v.9

Shows how to overcome denial of problems, and how to intervene successfully to lead a family member to help and health.

Hope for the family (ajoo)

Adult; 57:50 minutes
VHS; 1986
VTR/HV 5132/.B73/1986/v.10

Outlines the dynamics of specialty groups that create "them vs. us" attitudes which negate the human healing process. Bradshaw defines hope as the power to heal ourselves, therefore the world.

BREAKING THE CYCLE OF THE DYSFUNCTIONAL FAMILY SERIES

New Vision

As the tree is bent, it shall grow (aizo)

Adult; 25 minutes
VHS; 1990
VTR/HV 5132/.A8/1990

This program examines the consequences of co-dependency by exploring how growing up in a dysfunctional family affects learning, socialization, self-esteem and relationships. Interviews within a focus group give viewers a deeper insight into the profound effects of growing up with co-dependency. Viewers will also learn what resources are available in the community, and how to incorporate prevention strategies into the classroom without a budget.

Bridging the gap with self-esteem (aizl)

Adult; 25 minutes
VHS; 1990
VTR/HV 5132/.B75/1990

Children from dysfunctional families often suffer poor self-esteem. This program shows how one school district developed a self-esteem team to help children cope with the stress and the hardship of living in a dysfunctional family. Viewers will witness a session of the Esteem Team as it discusses strategies and techniques to help one particular child. Ideas and techniques from these sessions can be employed to help schools and organizations start their own esteem teams.

Co-dependency : who, what, where (aizn)

Adult; 25 minutes

VHS; 1990

VTR/HV 5132/.C63/1990

This program breaks new ground in understanding co-dependency. A major emphasis of this presentation is educating viewers on how to recognize behavioural characteristics stemming from growing up in a family where alcoholism or drug abuse exists. Viewers will learn how some children become the family hero, the scapegoat, the loner, or the mascot, and identify strategies on how to cope with each. Interviews with adults who grew up in dysfunctional families vividly illustrate major points of this program.

Functional curriculum for the dysfunctional child (aizp)

Adult; 25 minutes

VHS; 1990

VTR/HV 5808.5/.F85/1990

This program demonstrates how two schools developed unique prevention programs based on their community's needs. Some of the ideas generated from these case studies include how to involve parents in the schools, establishing opportunities for student success, the importance of a positive environment, and where to find role models. Viewers will also learn how to incorporate activities from a teacher's esteem club into any classroom or organization.

Caring for ourselves : hope for healthy relationships (ajef)

Adult; 50 minutes

VHS; 1989

Hazelden

VTR/RC 569.5/.C63/C37/1989

Finding a balance between caring for others and caring for yourself is the key to healthy relationships. In this video, Melodie Beattie and others discuss how you can improve your life by offering yourself the same compassion you willingly give others, and suggestions for learning how to affirm and nurture yourself.

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.

CO-DEPENDENCY SERIES

New Vision

The What & why of co-dependency (ajtz)

Adult; 23 minutes

VHS; 1990

VTR/RC 569.5/.C63/1990/v.1

Using a combination of mimes and family vignettes, gives an overview of the history of co-dependency. Describes current thinking regarding the disorder and discusses its origins, including family traits such as faulty communication, inadequate boundaries and abuse.

Characteristics of co-dependents (ajtp)

Adult; 26 minutes

VHS; 1990

VTR/RC 569.5/.C63/1990/v.2

Using vignettes of three individuals – a nurse whose life is centred on an overweight daughter, a recovering alcoholic who is experiencing little satisfaction from life, and a woman who is enmeshed in an unhealthy relationship – discusses common characteristics of co-dependents, including being externally focused, overly responsible, controlling, rigid and engaging in compulsive behaviour.

The Path to recovery (ajtm)

Adult; 21 minutes

VHS; 1990

VTR/RC 569.5/.C63/1990/v.3

Discusses common concerns of co-dependents entering treatment: effects of treatment on significant others, spiritual issues, and use of will power and analytic thinking in overcoming co-dependency. Discusses common treatment modalities: the importance of groups, letter writing to parents, a personal "bill of rights" to establish boundaries and personal affirmations.

Healing the family within (ajto)

Adult; 30 minutes

VHS; 1990

VTR/RC 569.5/.C63/C63/1990/v.4

Author and lecturer Robert Subby states that the program is about "learning to get along with the inner parent, adult or child of our spirit. Together these three dimensions provide us with the intellectual, moral and emotional understanding necessary to help reach our full potential".

Pieces of silence (ajtn)

Adult; 56 minutes

VHS; 1990

VTR/RC 569.5/.C63/C63/1990/v.5

Tells the story of author and psychologist Robert Subby who not only narrates, discussing addiction and co-dependency, but gives his own perspective on being part of such a family. Interviews with family members illustrate the pain, guilt and frustration of life in a dysfunctional family.

Communicating with parents (ajve)

Senior 1-Senior 4; 30 minutes

VHS; 1991

McInyre

VTR/HQ 755.85/.C65/1991

Series : The power of choice

High school students and Michael Pritchard examine some of the ways in which family communication gets blocked, and consider what kinds of choices they can make to improve the situation.

The Compulsive family (ajoi)

Adult; 57:48 minutes

VHS; 1986

VTR/HV 5132/.B73/1986/v.4

Series : [#4 of 10]

Bradshaw on : The family

Explores how incorrect belief about the self leads to compulsive behaviour, the core of all addictions.

Criss cross (ajfd)

Gr. 7-Senior 4, Adult; 40 minutes
VHS; 1987
VTR/HV 5808/.C75/1987

Designed to be viewed by parents and their teenagers together. Through the use of role-play the stages of drug/alcohol usage by teenagers are explored and subsequent response from the parental viewpoint is explained.

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.

Different like me (ajfi)

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.

Drinking apart : families under the influence (armf)

Adult; 71 minutes
DVD; 2004
Films for the Humanities & Sciences
DVD/HV 5132/.D7/2004

This program tracks the progress of a husband and wife, a mother and teenage daughter, and a young couple over a three-year period as they fight their way to recovery. Candidly filmed at Ackerman, at Addicts Rehabilitation Center in New York City, at Cassadaga Job Corps Center in upstate New York, and even in the subjects' homes, the documentary provides valuable insights into both the devastating effects of drug and alcohol dependence on different types of relationships and the methods being used to assist in breaking addictions.

Drug dialogue (ajfq)

Adult; 20 minutes
VHS; 1989
MC Productions
VTR/HQ 755.85/.D78/1989

A home video that suggests ways parents can talk to their kids before drugs become a problem. It also suggests what parents can do if kids have begun to experiment with drugs.

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.

Family and alcohol dependence, The (ajrd)

Adult; 10 minutes
VHS; 1991
Medical Audio Visual
VTR/HV 5132/.F53/1991

Series : Alcohol dependence

This program describes the impact of alcohol abuse on the drinker's relationships, including relationships between spouses, and between parents and children. It outlines types of therapy that expose and solve family problems that can underlie drinking behaviours.

Family and peer factors (ajft)

Senior 1-Senior 4; 28 minutes
Adult; 1979
Hazelden
VTR/HF 5827/.F35/1979

Pins down the basic truths of peer pressure as they relate to the use of alcohol and other drugs. Dealt with are commercial advertising and the need to be accepted by one's friends; where the use and/or abuse of drugs and alcohol is a basic fact in the lifestyle of adults and young adults today.

Family business (ajgr)

Adult; 20 minutes
VHS; 1985
VTR/HV 5132/.F35/1985

About adult children of alcoholics discussing the effects of living in a family where one parent had a drinking problem, suppressing their feelings, denying the problems, living in a fantasy world, and the deep depression that continues into adulthood.

Family in crisis, The (ajog)

Adult; 57:40 minutes
VHS; 1986
VTR/HV 5132/.B73/1986/v.1

Series: (#1 of 10)

Bradshaw On : The Family

An overview of what constitutes a family in crisis.

Family secret (ajiz)

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

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

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.

Feelin' no pain (ajgu)

Senior 1-Senior 4, Adult; 30 minutes

VHS; 1978

Kinetic

VTR/HV 5135/.F44/1978

This film presents a profile of a teenage alcoholic. It dramatizes how adults tend to take teen drinking lightly and how they often disregard obvious symptoms of alcoholism until they are so blatant they can no longer be ignored.

For John (auce)

Senior 1 – Senior 4; Adult; 58 minutes

DVD; 2003

National Film Board of Canada

DVD/E 98/.D7/F6/2003

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

For parents too! Family ties (ajvs)

Adult; 25 minutes

VHS; 1992

VTR/HQ 755.5/.J8/A992/v.3

Series : Just for me

Family bonding means doing things that bring families closer together, eg: playing together, working together, talking about your thoughts together. The family helps provide an anchor, a safe and secure environment from which the child can approach the outside world and resist outside pressure to use drugs.

For parents too! Healthy choices (ajvt)

Adult; 25 minutes

VHS; 1992

VTR/HQ 755.5/.J8/1992/v.2

Series : Just for me

Narrated by Katheryn Nelson, parent educator. This video deals with "risk factors", conditions that are associated with drug use. In other words, kids who use drugs often have certain things in common. This program identifies some risk factors and explores ways in which your children can protect themselves against these risks.

For parents too! Self-concept (ajvu)

Adult; 25 minutes
VHS; 1992
VTR/HQ 755.5/.J8/1992/v.1

Series : Just for me

Katheryn Nelson, parent educator, narrates this video which explains what self-concept is, how thoughts and feelings affect it and how children can develop a positive self-concept.

For the sake of the children (apqs)

Adult; 35 minutes
VHS; 2004
VTR/HQ 834/.F67/2004

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

From grief to action (arlz) 

Adult; 58 minutes
VHS; 200?
Filmwest Associates
VTR/HV 5132/.F7/200?

Chronicles 17 turbulent months in the lives of four middle class families whose children have become addicted to hard drugs. Over the course of the filming, two of the children relapse badly, one ends up using again and working on the streets to support her drug habit; while a prosecutor's son ends up serving time for a robbery. It is the courageous and chilling story of parents who are struggling to keep their children alive and in treatment, while at the same time trying to change to change public policy to end the futile war against drugs.

Getting them sober (apno)

Adult; 67 minutes
VHS; 2003
VTR/HV 5132/.G4/2003

Designed for graduate and professional schools in nursing, medicine, law and social work.

Shows the true nature of alcoholism that the rest of the world does not see or understand – and provides practical solutions to help these families.

**HOPE AND HELP FOR CHEMICALLY DEPENDENT DEAF
PEOPLE AND THEIR FAMILIES SERIES**

Adult; Set of five VHS tapes of varying lengths.
VHS; 1985

(aixi) Tape 1 (14:45) For chemically dependent deaf people

VTR/HV 4999/.D43/H66/1985/v.1

(aixj) Tape 2 (12:49) For chemically dependent deaf people

VTR/HV 4999/.D43/H66/1985/v.2

(aixk) Tape 3 (16:00) Alcoholics Anonymous

VTR/HV 4999/.D43/H66/1985/v.3

(aixl) **Tape 4 (12:19) For deaf family members of chemically dependent people.**
VTR/HV 4999/.D43/H66/1985/v.4

(aixm) **Tape 5 (28:40) For hearing and deaf counsellors, social workers and others who work with chemically dependent deaf people.**
VTR/HV 4999/.D43/H66/1985/v.5

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 you loved me (ajjx)

Adult; 60 minutes
VHS; 1978
VTR/HV 5132/.I48/1978

Centres around what appears to be a happy family. As the film unfolds, the husband's drinking problem surfaces with the accompanying family problems and arguments. Through talking about her problem with others, the wife finds out her problems are not unique.

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.

Intervention, The (ajdg)

Adult; 25 minutes
VHS; 1978
Johnson
VTR/HV 5132/.I57/1978

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

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.

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.

Keeping the family well

Adult; 3 programs on one video, 2 hours, 41 minutes total
VHS; 1994
(ajip)
VTR/HV 5132/.K44/1994/v.1
(ajiq)
VTR/HV 5132/.K44/1994/v.2

Making and keeping the family well is the topic of this workshop video. Interventions for individuals and the family as a whole, during periods of dysfunction is discussed. Suitable for parents wishing to maintain and enhance family well being, dysfunctional families requiring specific services, as well as professional and community leaders who wish to support individuals and their families.

Keeping your kids tobacco, alcohol, and drug free : what can parents do? (alcw)

Adult; 30 minutes
VHS; 199-
SAMHSA
VTR/HQ 755.85/.K3/199-

In this video, parents gain expert advice on how to keep their children free from substance abuse. Host Mark Hamill guides viewers through this film that describes resources for parents, gives tips from health care professionals, offers testimonials from teenagers and adults, and features recording artist/musician and parent Richard Marx, who shares his concern about his children's futures. The program is rich in up-to-date facts and practical information about communicating and being involved with children.

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.

MATRIX MODEL SERIES

Families in recovery : the Matrix Model (arom)

Adult; 60 minutes

VHS; 2005

Hazelden

KIT/HV 5132/.M3/Part 3/2005

The Matrix Model

This video reinforces the concepts discussed in Triggers and Cravings and Road Map for Recovery. It then explains how the phases of addiction and recovery affect family members – and why involvement helps the entire family.

Family unit : a 12-session alcohol & drug education program for patients and families : the Matrix Model, The (aron)

Adult; 125 pages

Guide; 2005

Hazelden

KIT/HV 5132/.M3/Guide/2005

The Matrix Model

In this program, patients and their families meet as a group once weekly. The program consists of twelve one and one-half hour group sessions for the first three months. All patients and family members attend the Family Education group for twelve weeks. Because this is the one element of the program that regularly involves family members, the sessions are designed to be interactive, allowing the group leader to include the most pressing issues for both patients and family members. Three lecture videos accompany this program.

Road map for recovery : the Matrix Model (arol)

Adult; 52 minutes

KIT; 2005

Hazelden

KIT/HV 5132/.M3/Part 2/2005

The Matrix Model

This video helps clients understand how they'll feel at every stage of recovery, why they'll feel that way, and how they can feel better.

Triggers and cravings : the Matrix Model (arok)

Adult; 56 minutes

KIT; 2005

Hazelden

KIT/HV 5132/.M3/Part 1/2005

The Matrix Model

This video explains how triggers and craving affect the client during the process of addiction. Clinical concepts and biological processes are compared to familiar events and examples, resulting in the "aha" moments for the client.

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.

My choice (ajvz)

Gr. K-3; 15 minutes (Closed captioned)

VHS; 1992

VTR/RA 776.95/.M8/1992

Series : Just for me

Randy is having a difficult time dealing with his mother's remarriage. When a group of older boys encourages him to experiment with cigarettes and alcohol, he and his family attempt to work things out in a positive way.

My family, myself (ajvy)

Gr. K-3; 15 minutes (Closed captioned)

VHS; 1992

VTR/HQ 775.85/.M8/1992

Series : Just for me

Anton realizes he wants a closer relationship with his father, after he meets new friends and participates in their family activities.

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

Grades 9 – Adult; 53 minutes

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.

Next STEP, The : effective parenting through problem solving (akgf)

Adult; Kit includes leader's guide, participant's book, two charts, publicity package, 3 audiocassettes

KIT; 1987

KIT/HQ 755.85/.N487/1987

"The Next STEP" is based on the concepts and skills presented in STEP and STEP/teen. In this program, parents refine their understanding of the material in the basic programs and learn to use their STEP skills more effectively. They also learn new concepts and skills designed to increase their self-awareness and help them further improve their relationships with their children.

Next STEP, The : effective parenting through problem solving (aivk)

Adult; 68 minutes

VHS; 1987

VTR/HQ 755.85/.N48/1987

Part 1: Parenting with STEP – 26 minutes

A review of the major skills and principles found in the original STEP Program.

Part 2: The problem Solving group – 23 minutes

Presents steps in group problem solving and models an effective problem-solving group in action.

Part 3: The Family meeting, making it work – 19 minutes

Focuses on the kinds of challenges that arise in family meetings and the role parents can play in addressing them.

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.

Pandora's bottle (aiwd)

Adult; 40 minutes

VHS; 1981

Hazelden

VTR/HV 5137/.P35/1981

Explores the question "Is alcoholism different for women than for men?" Issues raised include: the public image of women drinkers as expressed by professional women; alcoholism; dating and marriage; and the hidden aspects of women's alcoholism.

PARENTING FOR PREVENTION SERIES

Parenting for prevention : how to stop enabling and start empowering kids (auxe)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.1

Includes a book and facilitator's guide.

You'll learn:

- What parental enabling is and how it can hurt your child
- How to identify some common parental behaviours that lead to enabling
- Whether you might be enabling your child
- How to empower your child

Parenting for prevention : how to set limits for kids (auxa)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.2

Includes a book and facilitator's guide.

You'll learn:

- How to set clear limits
- How to set reasonable limits according to age, trust level, and basic needs
- Why limits should be set in advance and checked for compliance
- How to respond when your child tests the limits

Parenting for prevention : how to enforce consequences when kids violate limits (auxc)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.3

Includes a book and facilitator's guide.

You'll learn:

- How to enforce consequences that are reasonable and related to the violation
- How to enforce consequences calmly, respectfully, and without anger
- What to avoid when enforcing consequence

Parenting for prevention : communicating : how to confront kids when they're doing wrong, how to encourage kids when they're doing right (auwz)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.4

Includes a book and a facilitator's guide.

You'll learn:

- To identify some ineffective communication styles of parents
- How to communicate effectively with your child through active listening
- How to confront your child's negative behaviour
- How to encourage your child's positive behaviour

Parenting for prevention : how to teach kids to handle anger (auxd)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.5

Includes a book and facilitator's guide.

You'll learn how to teach your child to use the A-B-C-D method to handle anger.

- Be AWARE of angry feelings
- BACK OFF and sort out what is really happening
- CHECK OUT CHOICES and the CONSEQUENCES of each choice
- DECIDE AND DO the safest thing

Parenting for prevention : how to teach kids to resolve conflicts without anger (auxb)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.6

Includes a book and facilitator's guide.

You'll learn how to teach your child to use the 3 T's method for resolving conflicts.

- THINK about the conflict
- TALK about the conflict
- TRY to work it out

Raising your parents (ajvd)

Senior 1-Senior 4; 30 minutes

VHS; 1991

McIntyre Media

VTR/HQ 755.85/.R35/1991

Series : The power of choice

In this program Michael Pritchard and high school students take on the age old question of how to make their relationship with their parents work better. By defining what they want in their relationship with their parents, and examining how their own actions affect that relationship, these teenagers uncover some of the keys to getting what they want in the teen/parent alliance.

Real people : Teens, family and stress (aupj)

Grades 7 – Adult; 21 minutes

KIT; 2003

Sunburst Visual Media

KIT/BF 724.3/.S86/R4/2003

Real People Series

Includes a video and a teacher's guide.

In this documentary-style program, real teens reveal how they meet the challenge of coping with stress in their family. Viewers learn to recognize the physical cues that indicate they are under stress, define the issues that cause them the most stress, and understand the difference between negative and positive coping strategies for dealing with stress.

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.

Roles (ajuj)

Adult; 48 minutes

VHS; 1987

Kinetic

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

Series : Children of alcoholics

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.

Romance to recovery (akps)

Adult; 35 minutes

VHS; 1979

FMS Productions

VTR/HV 5132/.R65/1979

Dr. Joseph Pursch narrates this Alco drama in five acts, making a definite statement about alcoholism, the family disease. A careful, though entertaining look at the habits, lifestyles, traumas and confusion of those touched by the alcoholic.

Say no! to drugs (aixz)

Adult; 45 minutes

VHS; 1986

VTR/HQ 755.85/.S29/1986

A parents' guide to teaching your kids how to grow up without drugs and alcohol. This easy-to-follow, low approach for parents and families combines interviews and dramatic vignettes to create this instructional program. Don't let drugs destroy your family . . . teach your children to “say no to drugs”.

Shattered – if your kid's on drugs (aiyq)

Adult; 60 minutes

VHS; 1986

VTR/HV 5824/.768/S52/1986

Living with a drug-abusing teenager shatters a family emotionally, physically and spiritually. This portrayal of teenage addiction underscores the dynamics of denial, enabling and manipulating behaviours and helps to break through the barriers to treatment.

Silence condones (ajwf)

Senior 1-Senior 4, Adult; 19 minutes

VHS; 1988

VTR/HQ 755.5/.S5/1988

Series : Father Martin

Father Martin tells parents that they shouldn't be afraid of their children – speak up.

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.

Sons & daughters / drugs and booze (arqt)

Adult; 29 minutes

VHS; 1984

Gerald T. Rogers Productions

VTR/HQ 755.85/.S66/1984

One of the most difficult things parents might ever have to face is drug use by their children. Using examples, children's drug use is explored within family contexts. Illustrates what parents might do if they suspect drug use and how to confront their children about the problem.

Stages of family recovery (arqv)

Adult; 36 minutes
VHS; 2005
Hazelden
VTR/HV 5132/.S8/2005

This video lets families know they're not alone – and that recovery is possible. Teens, parents, and grandparents share stories of despair and hope, helplessness and optimism. Clinical insights help families progress through the stages of recovery.

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.

Tell someone (akpz)

Adult; 4:37 minutes
VHS; 1987
VTR/HV 5132/.T4/1987

An introductory or discussion starter film for professionals, teachers, or for use with youth in a safe, therapeutic environment. Deals with alcoholism in the family.

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

Adult; 20 minutes
DVD; 2005
Hazelden
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 not 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, and 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.

Together : families in recovery (ajar)

Adult; 30 minutes
VHS; 1989
Kinetic
VTR/HV 5275/.T64/1989

Designed for the entire family, this program dramatically depicts necessary relapse prevention techniques for addicted and non-addicted family members.

Touchstones : a family drug education course (ajat)

Adult; Kit contains 12-minute video, two guides designed for five weekly sessions of two to five hours each or as a two-day workshop using five two-hour sessions.

KIT; 1988

KIT/HV 5824/.Y68/T68/1988

The purpose of the course is to introduce the concepts of drug education and drug abuse prevention, identify necessary communication skills, describe adolescent development stages, identify methods of building self-esteem.

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.

What do I say to my kids? (atzx)

Adult; 26 minutes

DVD; 2005

Kinetic

DVD/HV 5132/.B533/2005

In this warm and highly instructional video, Claudia Black offers mothers and fathers a language in which to talk with their kids of any age about drugs and alcohol. Based on her most recent book, *Straight talk : what recovering parents should tell their kids about drugs and alcohol*, Claudia addresses the value of talking openly about addiction as a disease, multiple addictive disorders and recovery practices.

Recognizing that "walking the walk" is vital to parents, Claudia presents strategies for reconnecting with even the very skeptical, non-trusting child as well as an adult child. For parents with children still at home, she identifies protective factors that lesson the risk factors and she offers hope and direction.

Throughout this presentation are five young people, ages seven to twenty-two, expressing common thoughts and attitudes relating to being in an addictive family system.

When a man loves a woman (apne)

Adult;

VHS; 1994

VTR/HV 5132/.W44/1994

Alice and Michael are a passionate couple whose once-stable marriage is rocked by her increasing dependence on alcohol. As they strive to overcome this challenge, they discover a renewed sense of love and commitment.

Where are you father? (ajby)

Adult; 90 minutes

VHS; 1990

VTR/BF 723/.P33/W44/1990

The absence of physical or emotional fathering during childhood affects each person differently. John offers an index to measure this loss, along with a positive focus on what can be done to heal the wounds of father loss.

Working it out : A family discusses drinking (ajc)

Gr. 7-Senior 1, Adult; 26 minutes Closed captioned

VHS; 1993

VTR/HQ 755.85/.W67/1993

A look at an average Canadian family that confronts some of the problems between parents and their children when discussing the issues of drinking. Like any family, they are not perfect, and as the parents find out, planned discussions about the responsibilities associated with drinking do not always happen at the most opportune time.