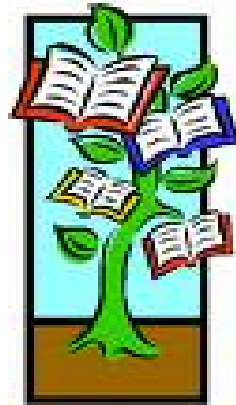


This month's list consists of print and video resources



NEW LIBRARY ACQUISITIONS DECEMBER 2009

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BOOKS

ALCOHOLICS—REHABILITATION / FAMILY RELATIONSHIPS

Everything changes: help for families of newly recovering addicts/ Beverly Conyers

Access Key: avvp

Call Number: BIO/HV 5123/.C647/2009

Abstract:

Everything changes assuages fears and uncertainty by teaching loved ones of newly recovering addicts how to navigate the often-tumultuous early months of recovery.(cover)

1. The journey begins -- 2.The hard realities of early recovery -- 3.Finding place and purpose -- 4.Special challenges in early recovery -- 5.Slips, relapses, and other bumps in the road -- 6.A time for healing.

ADDICTS -- EFFECT OF IMPRISONMENT ON.

The Upside of Fear: how one man broke the cycle of prison, poverty, and addiction / Weldon Long.

Access Key: avus

Call Number: BIO/HV 6248/.L66/A3/2009

Abstract:

In his gut-wrenching memoir of brutal crime, prison time, and ultimate redemption, author Weldon Long tells the true story of how he transformed himself from a drug-addled convict to the CEO of a multimillion-dollar business by discovering the upside of fear. (Book jacket)

BABY BOOM GENERATION -- ALCOHOL USE

A boomer's guide to the 12 steps/ Stephen Roos

Access Key: avvq

Call Number: BIO/HV 4998/.R66/2009

Abstract:

In A Boomer's Guide to the 12 Steps, Stephen Roos examines these challenges in the context of each Step and illustrates his points through the experiences of nine recovering people representative of this generation. Those featured in this book are

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dealing, sometimes struggling with the circumstances, relationships, and feelings that affect everyone who is trying to get sober - or to stay sober -as they age. Through their shared experiences, we learn to approach the Twelve Steps from a whole new angle and to continue to grow and flourish in recovery. (Cover)

DRUG ABUSE

Epidemiologic trends in drug abuse: proceedings of the community epidemiology work group: January 2009

Access Key: avun

Call Number: RC 567.7/.E653/2010

Fallen Angel: the true story of one family's undying effort to save their son from a life of addiction and of homelessness/ Lucinda Esperanza

Access Key: avvn

Call Number: BIO/HV 5824/.H65/E87/2008

Abstract:

Fallen Angel is the uplifting memoir of a loving mother whose troubled son experiences a thirteen-year battle with drug addiction, destructive relationships, and homelessness. Her son addiction to crystal methamphetamine, heroine, and ecstasy propelled him, on a path of self-destruction that included skipping school, running away, living on the streets, and a complete disregard for authority.

In due course, the smart, observant, and street-wise Jason finds the strength to stop the cycle of drug abuse and cleans up his life. Anyone who has lived with or loved someone with an addiction will relate to this mother's retrospective glance back at the challenges she faced as the mother of a son who lost his way.

Out of bounds: coming out of sexual abuse, addiction, and my life of lies in the NFL closet/ Roy Simmons and Damon Dimarco in collaboration with David Fisher and Jimmy Hester.

Access Key: avvc

Call Number: BIO/RC 560/.S44/S5/2006

Abstract:

Out of Bounds tells Roy Simmons story from his rape at age 10 to being plucked from his poor Southern background to join the NFL, from his first taste of pro football fame and sudden enormous wealth to his fast-paced, no holds barred nightlife of heavy drugs and countless sexual encounters with women and men. Simmons roller-coaster life peaked in the late 1980s with his appearance in the Superbowl. Ultimately, reckless living left him penniless, friendless, and on the brink of suicide. Finally in 1992, he tapped the courage to come out as gay on national TV and as HIV-positive 10 years later an act which set him on the path towards sobriety and self-acceptance.

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**Understanding the addicted brain: from science to service/ Manisses
Communications Group**

Access Key: avuk

Call Number: RC 564/.U54/2004

Abstract:

Contents:

Introduction -- Addiction and the brain -- The role of genetics -- Impact of brain scans --
Drugs, alcohol and the brain -- Stress and addiction -- Impact of gender, violence and
comorbidity -- Understanding adolescent addiction.

METHAMPHETAMINE ABUSE

Beautiful boy: a father's journey through his son's addiction/ David Sheff

Access Key: avvd

Call Number: BIO/HV 5831/.C2/S54/2009

Abstract:

From as early as grade school, the world seemed to be on Nic Sheff's string. Bright and athletic, he excelled in any setting and appeared destined for greatness. Yet as childhood exuberance faded into teenage angst, the precocious boy found himself going down a much different path. Seduced by the illicit world of drugs and alcohol, he quickly found himself caught in the clutches of addiction. Beautiful Boy is Nic's story, but from the perspective of his father, David. Achingly honest, it chronicles the betrayal, pain, and terrifying question marks that haunt the loved ones of an addict. Many respond to addiction with a painful oath of silence, but David Sheff opens up personal wounds to reinforce that it is a disease, and must be treated as such. Most importantly, his journey provides those in similar situations with a commodity that they can never lose: hope -- cover

More, now, again: a memoir of addiction/ Elizabeth Wurtzel

Access Key: avvv

Call Number: BIO/RC 568/.A45/W87/2005

Abstract:

More, now, again is the brutally honest, often painful account of Wurtzel's descent into drug addiction. It is also a love story: How Wurtzel managed to break free of her relationship with Ritalin and learned to love life, and herself, is at the heart of this ultimately uplifting memoir that no reader will soon forget.(cover)

NEUROPLASTICITY / BRAIN DAMAGE -- PATIENTS -- REHABILITATION.
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**The brain that changes itself: stories of personal triumph from the frontiers of
brain science/ Norman Doidge**

Access Key: avvs

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Call Number: BIO/QP 363.3/.D65/2007

Abstract:

A new science called neuroplasticity is overthrowing the old notion that the human brain is immutable. Psychoanalyst Doidge traveled the country to meet both the brilliant scientists championing neuroplasticity and the people whose lives they've transformed-- people whose mental limitations or brain damage were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.--From publisher description.

PRESCRIPTION DRUG ADDICTION

**Overcoming prescription drug addiction: a guide to coping and understanding /
Rod Colvin**

Access Key: avvo

Call Number: RM 146.5/.C65/2008

Abstract:

Details the extent of the problem, describes how addicts obtain prescription drugs, looks at the most commonly abused prescription drugs, and suggests methods of prevention and treatment.

CONTENTS:

Part I: Coping with Addiction: 1 Understanding Addiction; 3 Treatment for Addiction
4 Insights on Recovery from Addiction Specialists; 5 Support for Families; 6 Pain

Management and Addiction; 7 Seniors: At Risk for Drug Misuse & Addiction

Part II. Obtaining Fraudulent Prescriptions:8 Diverting Drugs from Doctors;

9 Diverting Drugs from Pharmacies

Part III. Efforts to Curb Drug Abuse: 10 Law Enforcement Efforts;11 Prescription Drug
Monitoring Programs

POST-TRAUMATIC STRESS DISORDER

**A quiet voice: one man's journey from Post Traumatic Stress Disorder through
addiction, prison and homelessness to a dignified life and a successful
career/Eugene Hairston as told to Susan Adger**

Access Key: avvt

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Call Number: BIO/HV 6247/.H35/A3/2009

Abstract:

The year is 1968. Eugene (Tree) Hairston, an eighteen year old from the ghetto in Portsmouth VA, joins the service to get away from his abusive family. Serving in Vietnam, Hairston runs headlong into blatant racial discrimination and angers his superiors by reporting it. A sergeant, who loses a promotion because of the report, has Hairston bound and beaten, takes him up in a helicopter, and shoves him out into Viet Cong territory, to his probable death. Miraculously, Hairston is rescued three days later is given the option to leave the service.

At home, his untreated Post Traumatic Stress Disorder completely overtakes his life; the only way he is able to cope is by using drugs and alcohol. Unable to support his family or his habit, he turns to criminal activity and eventually becomes a successful drug dealer. His many attempts to get clean and sober fail; eventually he serves three prison sentences: for burglary, armed robbery, and drug dealing.

In an effort to change his life, Hairston moves to Tampa, Florida, where he ends up living on the streets for eight long years. This book follows him through his desperate addiction to the moment his life changed.

RECOVERING ADDICTS

**Rising above the influence: a true story about alcohol, drugs and recovery/
Stephen J. Della Valle**

Access Key: avvk

Call Number: BIO/HV 5278/.D45/2008

Abstract:

Rising above the influence is a honest story of the power of addiction and the redemption of recovery.

Undrunk: a skeptic's guide to AA/ A. J. Adams; foreword by Mel B.

Access Key: avve

Call Number: HV 5278/.A33/2009

Abstract:

Contents: A.J. gets to an AA meeting -- Getting it wrong and starting over -- Why AA? -- Some AA basics -- The twelve steps and twelve traditions -- Spin dry : an insider's guide to AA lingo and slogans -- One year -- Other people.

SUBSTANCE ABUSE—TREATMENT / COUNSELING

**Clinical supervision and professional development of the substance abuse
counselor /Center for Substance Abuse Treatment**

Access Key: avvy

Call Number: BF 637/.C6/C55/2009

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Abstract:

TIP 52: Clinical Supervision and Professional Development of the Substance Abuse Counselor Supervision is necessary in the substance abuse treatment field to improve client care, develop the professionalism of clinical personnel, and impart and maintain ethical standards in the field. TIP 52, Clinical Supervision and Professional Development of the Substance Abuse Counselor, presents basic information about clinical supervision. Part 1, for clinical supervisors, covers the central principles of clinical supervision and guidelines for new supervisors, including the functions of a clinical supervisor; developmental levels of counselors and clinical supervisors; cultural competence; ethical and legal issues; monitoring clinical performance of counselors; and practical issues such as balancing one's clinical and administrative duties, finding the time to do clinical supervision, documentation, and structuring clinical supervision sessions. Part 2 helps administrators understand the benefits of and rationale for providing clinical supervision for substance abuse counselors.

WOMEN -- ADDICTION

Taking back your life: women and problem gambling/ Diane Rae Davis

Access Key: avuf

Call Number: RC 569.5/.G35/D34/2009

Abstract:

Today, more than five million women in The United States struggle with problem gambling, and this number continues to increase as casinos, online card rooms, and other venues continue to multiply. In this groundbreaking book, addiction expert Diane Rae Davis, Ph.D., offers women everywhere the support they need to face this debilitating problem and take the necessary steps to regain control of their lives. Offering information on preventing relapse, finding support groups, and healing relationships with loved ones, Davis uses the most up-to-date research and methods for treatment to help women gamblers identify what makes them vulnerable to addiction, recognize the costs and consequences of gambling behaviors, see what it means to "hit bottom," determine how to begin and continue on the road to recovery using a virtual toolbox of techniques. Each section of this user-friendly guide highlights real success stories of women who have gone through the same issues and treatment strategies, and who have discovered the rewards of beating a gambling problem and reclaimed hope for their lives. (Book jacket).

Women, girls, and addiction : celebrating the feminine in counseling treatment and recovery/ Cynthia A Briggs and Jennifer L Pepperell

Access Key: avug

Call Number: HV 4999/.W65/B75/2009

Abstract:

The authors discuss specific research and practice-based treatment and recovery interventions and closely examine the barriers and strengths of women experiencing

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addiction. In addition to substance abuse, process addictions including behaviors such as gambling and sexual activity are also considered.

Contents:

Feminist theory and addiction counseling -- Women, girls, and addiction : a historical perspective -- Biological factors -- Psychological factors -- Social factors -- Counseling considerations for women : an overview -- Adolescents -- Women in late adulthood.

YOUTH WITH SOCIAL DISABILITIES --COUNSELING OF

**AT RISK YOUTH: A COMPREHENSIVE RESPONSE FOR COUNSELORS,
TEACHERS, PSYCHOLOGISTS, AND HUMAN SERVICES PROFESSIONALS / J.
JEFFRIES MCWHIRTER; ET AL. (Staff copy)**

Access Key: avul

Call Number: PD/HV 1421/.A8/2007 9

Abstract:

Contents: An introduction to at-risk issues -- Environmental/societal factors that contribute to risk -- Legal and ethical issues -- Family problems of at-risk children and youth -- School issues that relate to at-risk children and youth -- Individual characteristics of high-risk and low-risk children and youth -- School dropout -- Substance use and addiction -- Teenage pregnancy and risky sexual behavior -- Antisocial behavior, delinquency, and youth gangs -- Youth suicide -- A prevention, early intervention, treatment framework and other environmental considerations -- Core components of programs for prevention and early intervention -- Peer interventions -- Family interventions

New edition of a text that provides up-to-date research and information on at-risk categories. Thirteen chapters discuss factors that contribute to school dropout, substance use, teen pregnancy, delinquency and violence, and youth suicide; interventions appropriate for children and adolescents as well as strategies that focus on the family; and legal concerns important to human service professionals.

NEW VIDEOS

DRUG ADDICTION

Drug Class: Denial [DVD] / directed and edited by Robert Daniel Pytlyk; produced by Lori Kuffner (JrH – Adult)

Access Key: avux

Call Number: DVD/HV 5824/.Y68/D4/2008/V.6

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Abstract:

This episode is about denial and the defense mechanisms that go along with it. Denial keeps us from looking at ourselves and the defense mechanisms are the things that your addiction uses to manipulate you so that you don't have to look at what's going on. Some of the defense mechanisms that Rand talks about are minimizing, "It isn't that bad - I'm not doing coke", or "it is just weed". Justifying is another one. We might say "I'm stressed" or "I'm bored". Defiance is getting mad and angry when somebody tries to talk to you about your drug and alcohol abuse. Blaming is another, "My mom is mean", or "my car is crap." Other people will use withdrawal as a defense mechanism so they will not have to deal with their emotions.

Drug Class: Four Horsemen of the Drug Addiction Apocalypse [DVD] / directed and edited by Robert Daniel Pytlyk; produced by Lori Kuffner (JrH – Adult)

Access Key: avuz

Call Number: DVD/HV 5824/.Y68/F6/2008/V.10

Abstract:

Addiction and substance abuse change us. They change our character, how we deal with people, how we feel about ourselves and they change what is important to us. This episode looks at the parts of our character affected by substance abuse and addiction and the character traits needed to begin recovery. Self centeredness, dishonesty, resentment and fear are the emotions that drive us when we are wrapped up in substance abuse and addiction. They are what Rand calls "The Four Horsemen of the Addiction Apocalypse" Patience, tolerance, kindness and love are the four emotions that we need to start to make us feel better are. Those are the things that fuel our recovery.

Drug Class: Normal? Brain Chemistry [DVD] / directed and edited by Robert Daniel Pytlyk; produced by Lori Kuffner (JrH – Adult)

Access Key: avuy

Call Number: DVD/HV 5824/.Y68/N67/2008/V.8

Abstract:

Drugs and alcohol cause fundamental changes in the way our brains work. When we use drugs and alcohol it affects the normal levels of dopamine and serotonin. Depending on the drug and depending on how long you have been using it, it could take anywhere from a couple of weeks to five or six months for the brain to repair. Some of the current research on marijuana is that recovery from heavy marijuana use, over any kind of extended period of time, can take as much as two years for all of your brain receptors to get back to the way that they are supposed to be. Cocaine and ecstasy can cause permanent brain damage.

Drug Class: Recovery/Relapse [DVD] / directed and edited by Robert Daniel Pytlyk; produced by Lori Kuffner (JrH – Adult)

Access Key: avva

Call Number: DVD/HV 5824/.Y68/R436/2008/V.11

Abstract:

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Recovery is a complicated process that involves changing your thinking, attitude and expectations. If you think that you have to drink to have a fun or smoke weed because you are stressed, then it is your thinking that is causing you trouble. That is what happened to Kirsten. After nine months of being clean and sober, Kirsten slipped into a depression fueled by expectations and dissatisfaction. Hoping for a quick fix, she began snorting Ritalin and antidepressants. Instead, she felt even worse because she knew she was letting herself and her parents down. Although her parents were shocked, they were supportive. This episode will also explore abstinence and the harm reduction method, two possible options for recovery.

Drug Class: What You Don't Know about Marijuana [DVD] / directed and edited by Robert Daniel Pytlyk; produced by Lori Kuffner (JrH – Adult)

Access Key: avuw

Call Number: DVD/HV 5824/.Y68/W43/2008/V.4

Abstract:

Marijuana is a poorly understood drug. In this episode Rand explains that marijuana is not the innocuous drug that it is often portrayed as. He illustrates the chemical changes that take place in the body with different levels of use and we learn that the drug has a definite and negative effect on brain function. Marijuana is a fat-soluble drug that becomes stored in the fat cells of the brain. The brain works by sending messages using neurotransmitters from inside one cell over to another cell. With heavy marijuana use, this process slows down resulting in boredom, memory loss, frustration and anger. It can take up to two years, for the THC to be completely out of your system.

NATIVE PEOPLES OF NORTH AMERICA--CANADA
--

Honouring Our Spirit [DVD] / MADD Canada

Access Key: avuv

Call Number: KIT/HE 5620/.D7/H6/2008

Abstract:

Honouring our Spirit is exploring unresolved trauma and grief in the Aboriginal community. MADD Canada, in partnership with Native Counselling Services of Alberta, traveled across Western Canada to find out how individuals and communities can reach out for support after losing a loved one to impaired driving or suffering life-changing injuries. It opens up the discussion on healthy grieving and a future where all Spirits soar.

Identity [DVD] / Produced by Bearpaw Media Productions

Access Key: avvb

Call Number: DVD/E 98/.D7/I3/2006

Abstract:

Who am I ? Where do I come from? What does it mean to be an Aboriginal person in the 21st Century? Bearpaw Media Productions takes you on a journey across Alberta to

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the Dene, Cree, Blackfoot and Métis communities exploring how the values entrenched in Aboriginal Culture can be transferred to life today. This positive and breathtaking documentary gently shows how Culture, Language and Storytelling are not a thing of the past, but are crucial to positive identity formation for people of all ages. Directed by Murray Jurak and Greg Miller, Identity is a must see for any person from any culture who as ever asked themselves, "Who am I?"

POST-TRAUMATIC STRESS DISORDER

THE ACE STUDY: I. Childhood trauma and adult health & II. Healthcare implications [KIT] / a Cavalcade production (Staff copy)

Access Key: avuu

Call Number: SKIT/RJ 506/.P66/A35/2005

Abstract:

The Adverse Childhood Experiences (ACE) study collected data from over 17,000 patients and documented that adverse childhood experiences are unexpectedly common in the general population, have a profound effect on adult health and well-being half a century later, and are a prime determinant of adult health status in the United States. Recommends that all patients should be screened for adverse childhood experiences, and that a trauma history may be relevant in treatment of both serious illness and vague somatic complaints. (Producer)

Children of trauma: tools to help the helper [DVD] / by Institute for Trauma and Loss in Children; producer, Bill Steele ; director, Robert F. Gothro

Access Key: avut

Call Number: DVD/RJ 506/.P55/C45/1993

Abstract:

Shows adults can detect post-traumatic stress disorder in children which sometimes occurs after a child witnesses a traumatic event.

Children are interviewed, demonstrating specific trauma intervention tasks and questions.