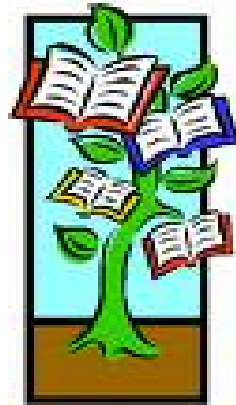


The Addictions Foundation of Manitoba  
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New acquisitions  
June 2009

This month's list consists of print and video resources



# **NEW LIBRARY ACQUISITIONS JUNE 2009**

# *Library Services - Contact Numbers*

*Who to contact for your Library Information needs:*

## CIRCULATION

To borrow books, videos or equipment, contact:

Melissa Phone: 944-6279  
Email: [mmaskus@afm.mb.ca](mailto:mmaskus@afm.mb.ca) or  
[libraryvideo@afm.mb.ca](mailto:libraryvideo@afm.mb.ca)

## JOURNAL ARTICLE REQUESTS

To obtain copies of articles the Library subscribes to.

Jackie Phone: 944- 6367  
Email: [jmassey@afm.mb.ca](mailto:jmassey@afm.mb.ca)  
Alina Phone: 944-6275  
Email: [atrocaru@afm.mb.ca](mailto:atrocaru@afm.mb.ca)  
Melissa Phone: 944-6279  
Email: [mmaskus@afm.mb.ca](mailto:mmaskus@afm.mb.ca)

## INTERLIBRARY LOANS

To request an Interlibrary Loan:

Alina Phone: 944-6275  
Email: [atrocaru@afm.mb.ca](mailto:atrocaru@afm.mb.ca)

## REFERENCE QUESTIONS

To obtain information on a specific topic or request a literature

Jackie Phone: 944-6367  
Email: [jmassey@afm.mb.ca](mailto:jmassey@afm.mb.ca)  
Alina Phone: 944-6275  
Email: [atrocaru@afm.mb.ca](mailto:atrocaru@afm.mb.ca)  
Melissa Phone: 944-6279  
Email: [mmaskus@afm.mb.ca](mailto:mmaskus@afm.mb.ca)

## VIDEO PREVIEW

To order videos or request a video preview

Alina Phone: 944-6275  
Email: [atrocaru@afm.mb.ca](mailto:atrocaru@afm.mb.ca)

## LIBRARY OUTREACH

To arrange for library orientations and presentations

Jackie Phone: 944-6367  
Email: [jmassey@afm.mb.ca](mailto:jmassey@afm.mb.ca)

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**BOOKS**

**ALCOHOLISM - TREATMENT**

**The alcoholism and addiction cure: a holistic approach to total recovery/** Chris Prentiss

Access Key: avsd

Call Number: HV 5276/.A43/2007

Abstract:

The Alcoholism and Addiction Cure contains the three-step holistic program to total recovery that is the basis of the miraculous success of Passages. In this revolutionary book, you will learn: The three steps to permanent sobriety, The four causes of dependency, How to create a personalized, holistic treatment program to completely cure your dependency, How your thoughts, emotions, and beliefs are key factors in your recovery, How to stimulate your body's self-healing potential to be forever free of dependency

**COMMUNICATION IN THE FAMILY/ ADOLESCENT PSYCHOLOGY**

**How to keep your teenager out of trouble and what to do if you can't /** Dr. Neil Bernstein

Access Key: avse

Call Number: HQ 799.15/.B48/2001

Abstract:

The teenage years are tough-for kids, and for parents. Many teenagers are grappling with a slew of overwhelming emotions, and the results can range from not wanting to be seen with a parent in public to reckless and destructive behavior that can destroy a family. Parents despair as a child becomes a sullen, defiant stranger. A clinical psychologist who's spent more than two decades bringing families back from the brink, Dr. Neil I. Bernstein knows how to help parents and teens successfully navigate these difficult and trying years. Thoughtful, clear-eyed, comprehensive, and refreshingly free of jargon, HOW TO KEEP YOUR TEENAGER OUT OF TROUBLE AND WHAT TO DO IF YOU CAN'T helps parents identify whether their teens are exhibiting typical behavior-such as locking themselves in their room for hours-or are exhibiting real danger signs, such as being secretive, despondent, or constantly angry. And then he tells what to do about it. The focus, above all else, is effective communication: how to avoid threats and put-downs, offer clear explanations, stick with the issues at hand, negotiate, improve listening skills, ask relevant questions, and stop interrogating or lecturing. Throughout, Bernstein uses examples from his practice to tell specifically what to do and say. There is sample dialogue to keep discussions from becoming arguments; signals that parental efforts are actually working; and Skill Builders that give parents the tools they need to ensure their teenagers leave home as responsible, moral adults.

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**COMPULSIVE GAMBLING--MANITOBA--PREVENTION**

**It's your Lucky Day: Gambling Education and Awareness Program - Facilitator's Manual - 2007**

Access Key: avrg

Call Number: RC 569.5/.G35/I88/2007

Abstract:

"It's Your Lucky Day" was developed for the middle years students (grade 7 and 8) and is delivered in the classroom by AFM Prevention and Education Consultants. The goals of the program are to provide factual and reliable information to students and to prevent possible harms from gambling. (CD included)

**CRIME PREVENTION**

**The social reintegration of offenders and crime prevention/** Curt T. Griffiths, Yvon Dandurand, Danielle Murdoch/ National Crime Prevention Centre (Canada)

Access Key: avsb

Call Number: HV 9279/.G74/2007

Abstract:

Concern with community safety and with assisting offenders has resulted in an increased focus on the reintegration of offenders in the community and the reduction of re-offending. Efforts have focused on specific groups of offenders as well as on specific strategies for providing assistance to ex-offenders. This has included securing legal employment, finding suitable accommodation, addressing substance abuse issues, and identifying family and community assets.

**DRUG ABUSE- REASEACH-MANITOBA**

**Canadian Community Epidemiology Network on Drug Use (CCENDU): Winnipeg 2008 report /** Addictions Foundation of Manitoba

Access Key: avrd

Call Number: MRF/HV 5840/.M35/C35/2008

**GANGS--CANADA**

**Strategies for reducing gun violence: the role of gangs, drugs and firearm accessibility/** Tita E. George

Access Key: avsa

Call Number: HV 7436/.T57/2007

Abstract:

This report on strategies to reduce gun violence begins with a brief overview of recent trends in gun violence with a particular focus on emerging trends and changes in

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Canada. A review of literature covers the linkages between gangs, drug markets and firearm accessibility and firearm violence.

Overall, the report highlights the prevalence and patterns of homicide and gun violence in North America, Britain, Mexico, Canada and other countries. Particular attention is paid to the role of gangs and drug markets in facilitating violence. In addition, research findings and program evaluations aimed at reducing gun violence are also included.

**GENDER IDENTITY DISORDERS- PATIENTS- COUNSELING OF- CASE STUDIES**

**Gender loving care: a guide to counseling gender-variant clients/** Randi Ettner

Access Key: avsc

Call Number: RC 560/.G45/E88/1999

Abstract:

This book addresses the fact that transsexuals, cross-dressers, and other gender-variant individuals are frequently misunderstood and inappropriately treated by therapists. Using stories of her own practice in Evanston, Illinois, Ettner, president of the New Health Foundation, provides an overview of gender identity disorders and advice on counseling of interest to clinicians as well as transgendered individuals and their families and friends.

**MANIC-DEPRESSIVE ILLNESS IN CHILDREN – JUVENILE LITERATURE**

**Storm in my brain: kids and mood disorders (Bipolar disorder and depression)**

Access Key: avsp

Call Number: RC 516/.S7/2003

Abstract:

The Storm in my Brain is an easy to understand, colorful booklet that speaks to children about how it feels to have a mood disorder.

**METHADONE MAINTENANCE**

**Methadone & the Corrections System: Self- Guided Education for Winnipeg Remand Staff - 2008**

Access Key: avrh

Call Number: PD/RC 564/.M4/S45/2008

Table of contents:

1. Introduction; 2. Best Practice Principles. Methadone Maintenance in a Corrections Setting; 3. What is Methadone?; 4. Working with Inmates on Methadone Treatment; 5. Bibliography

**PARENTING**

**Remarried with children: ten secrets for successfully blending and extending your family /** Barbara LeBey

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Access Key: avsg

Call Number: HQ 759.92/.L43/2005

Abstract:

Filled with the hard-won advice of psychologists, family counselors, and parents on the front lines, *Remarried with Children* provides you with support and sanity when you need it most. Drawing on extensive interviews and new research, Barbara LeBey shows how to navigate the stresses, anticipate the pitfalls, and build on the successes of your growing family.

<b>SUBSTANCE ABUSE</b>
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**High society: how substance abuse ravages America and what to do about it /**

Joseph A. Califano, Jr

Access Key: avsf

Call Number: HV 4999.2/.C35/2007

Abstract:

In *High Society*, Joseph Califano points out that a child who reaches twenty-one without smoking, using illegal drugs, or abusing alcohol is virtually certain never to do so - and chronicles the fearful cost in personal pain and public dollars of our nation's failure to act on this truth. Califano shows how substance abuse is the culprit in violent and property crime, soaring Medicare and Medicaid costs, family breakup, domestic violence, the spread of AIDS, teen pregnancy, poverty, and low productivity. He takes on alcohol and tobacco interests that buy political protection with campaign contributions and seed a culture of substance abuse among our nation's children and teens. He explains the importance of parent power, proposes revolutionary changes in prevention, treatment, and criminal justice, and calls upon every individual and institution to confront this plague that has maimed and killed more Americans than all our wars, natural catastrophes, and traffic accidents combined. Includes information on alcohol abuse, alcohol addiction, alcohol industry, binge drinking, amphetamines, children, cigarette advertising, cocaine, college students, depression, ecstasy, heroin, lobbying and lobbyists, LSD, marijuana, methamphetamine, nicotine, OxyContin, prescription drugs, Ritalin, secondhand (passive) smoke, smoking, teens, tobacco industry, treatment, Valium, Vicodin, women, etc.

**A System Approach to Substance Use in Canada: Recommendations for a National Treatment Strategy**

Access Key: avrw

Call Number: RC 564/.S97/2008

Abstract:

It is describing the key ingredients to start improving substance use services and supports: comprehensive, integrated care; rigorous system and program evaluation; effective research and knowledge exchange; and improved understanding.

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**TELEVISION COMEDY WRITERS- UNITED STATES- BIOGRAPHY**

**Spilled gravy: advice on love, life, and acceptance from a man uniquely unqualified to give it/ Ed Driscoll.**

Access Key: avsk

Call Number: PN 1992.4/.D75/A3/2006

Abstract:

A witty take on recovery, romance, and showbiz from a gifted comedian. Driscoll spins everyday annoyances and mishaps into amusing escapades--even managing to find the lighter side of one of the great tragedies of his life: alcoholism. This book is his running commentary about the entertainment business, personal ads, and how the "career gravy" began flowing again once he became sober. A highly sought "punch up" writer, Driscoll has contributed to television shows such as The Drew Carey Show, television specials such as The Academy Awards, and feature films such as Scooby-Doo.--From publisher description.

**NEW VIDEOS**

**ALCOHOL USE**

**Alcohol & Its Effects [DVD] / CNS Productions**

Access Key: avrk

Call Number: DVD/HV 5135/.A4364/2001

Abstract:

Listen to the voices of recovering users, top alcohol researchers, and treatment professionals as they explore the emotional and physical reasons for drinking, the craving, the role genetics and environment plays, as well as strategies for treatment and recovery. This two-part video describes alcohol's effects based on blood alcohol levels and length of use; the neurochemistry of tolerance and withdrawal; the social and legal consequences of drinking, and its toxic effect on a developing fetus.

**Alcoholics Anonymous (Ojibway) [Compact Disc]/ 7discs**

Access Key: avqv

Call Number: CD/HV 5275/.A42/2008

**HARD TRUTHS ABOUT ALCOHOL [DVD] / NATIONAL**

Access Key: avrq

Call Number: SDVD/HV 5132/.H37/2008

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**Abstract:**

The documentaries from The National examine drinking habits and their consequences. The first segment follows three university students who candidly discuss their alcohol consumption, part of a growing trend in binge drinking among young women. The second segment sifts through the sometimes conflicting information about whether light or moderate drinking is good or bad for you. The National goes straight to the experts to discuss research findings, including the positives for your heart but also a very likely cancer connection.

<b>COMPULSIVE GAMBLING</b>
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**Andy's Story [VHS]**

Access Key: avqw

Call Number: VTR/RC 569.5/.G35/A5/1995

**Abstract:**

In this educational 14-minute video, nineteen-year old Andy answers questions about his gambling addiction and recovery. Aimed at youth, but good for all ages.

**Compulsive gambling: signs & symptoms [DVD] / CNS Productions**

Access Key: avri

Call Number: DVD/RC 569.5/.G35/C6/2001

**Abstract:**

This title is designed to help spouses, relatives, friends and the individual who may have a problem, recognize the signs of compulsive and problem gambling.

Topics address behaviors effecting a person's financial situation, work and home life, and gambling habits. Suggestions for dealing with the problem are also offered. Time coded to allow for easy stop and start in a group setting.

<b>CO-OCCURRING DISORDERS</b>
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**Co-Occurring Disorders: Mental Health & Drugs [DVD] / CNS Productions**

Access Key: avro

Call Number: DVD/RC 564.68/.C66/2005

**Abstract:**

This DVD provides clients and treatment professionals with a deeper understanding of the mental illnesses that are a significant element of a dual diagnosis and of how psychoactive drug use can aggravate these conditions.

The video addresses the difficulty of giving an accurate diagnosis, the consequences of self-medication with street drugs, and the problems of relapse. Interview segments with groups, individuals and medical experts focus on the complexity of managing a dual diagnosis as well as illustrate how clients can function in society and gain hope through effective treatment.

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**HEROIN ABUSE- TREATMENT**

**Getting off heroin with methadone [VHS]** / producer, Petra Valier ; director, Geoff Bowie ; editors, Petra Valier, Geoff Bowie.

Access Key: avry

Call Number: VTR/RC 568/.M4/G48/1995

Abstract:

The video outlines the components of a comprehensive methadone treatment program. Includes information on pre-admission assessment, beginning treatment, determining proper dosage, urinalysis, and counseling. Above all, raises issues about the underlying philosophy behind methadone treatment, providing many openings for productive group discussion about key themes such as harm reduction, HIV prevention, the causes of addiction, and others.

**NEUROCHEMISTRY**

**Neurochemistry of relapse and recovery [DVD]**/ CNS Productions

Access Key: avrn

Call Number: DVD/QP 356.3/.N48/2009

Abstract:

The reasons that people give up their compulsive use of psychoactive drugs vary, but they almost always include survival. This film explores the phases of recovery; detoxification, initial and long term abstinence and recovery. The neurochemistry of the brain's memory function is explored using compelling animation, providing viewers with new insights. Memories are closely tied to relapse and interviews with recovering addicts and treatment professionals provide a window into the most daunting obstacle to any stage of treatment - relapse. The film focuses on understanding the origin of the craving and learning ways to effectively control them.

Recovery is a life-long pursuit and relapse is an insidious specter waiting in the wings to derail the journey. Interviews with people on that journey allow viewers to learn from the real-life stories that are used as a thread throughout the film. The Neurochemistry of Relapse and Recovery presents the "whys" of relapse and the "how's" of remaining clean along with a clear message of hope for those committed to recovery.

**SUBSTANCE ABUSE**

**Medical Consequences of Addiction [DVD]** /CNS Productions

Access Key: avrl

Call Number: DVD/RC 564/.M3/2005

Abstract:

Bronchitis, cirrhosis, emphysema, hepatitis, COPD, dementia, AIDS, diabetes, pancreatitis, lung cancer, heart disease, stroke, heart attack, high blood pressure, fetal alcohol syndrome, gastritis--these are just some of the diseases that can result from "continued use despite adverse consequences" of drugs, including alcohol and tobacco.

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**Roots of addiction: drug & behavioral compulsions [DVD]/ CNS Productions**

Access Key: avrj

Call Number: DVD/HV 4998/.R6/1999

Abstract:

Roots of Addiction: Drug & Behavioral Compulsions is a highly visual video that examines the biological and environmental reasons that people become addicted to substances such as alcohol, tobacco, and prescription medications; illegal drugs like cocaine, heroin, and marijuana; or behaviors such as eating disorders, compulsive sexual activity, and compulsive gambling.

Through the use of animation, live action, and graphics, the conflict between old brain cravings and new brain reasoning, even down to the cellular level, is explored.

Roots of Addiction shows that any addiction is an inherited, learned, and practiced set of behaviors which can be treated and prevented. The video also examines the relationships among addictions and related behaviors, including attention-deficit/hyperactivity disorders.

**Uppers, downers, all arounders drugs & effects [DVD] / CNS Productions**

Access Key: avrm

Call Number: DVD/RM 332/.U67/2001

Abstract:

One of the most complete DVD videos on psychoactive drugs available, this production is divided into 17 time-coded sections covering everything from the history of drug use to the way they affect the body to tolerance, dependence, and withdrawal. Information on both legal (alcohol, caffeine, tobacco) and illegal (marijuana, inhalants, cocaine, etc.) substances are examined and presented with a nonjudgmental tone.

**VIDEOS NOW AVAILABLE IN DVD FORMAT**

<b>ALCOHOL ABUSE- TREATMENT</b>
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**THE HONOUR OF ALL [DVD]**

Access Key: avrz

Call Number: SDVD/E 98/.L7/H656/2006

Abstract:

How a native community overcomes the negative effects of alcohol abuse and begins a recovery program.

"Stripped of their native culture and religion, the Alkali Lake people were left with a void in their lives that begged to be filled. Thus they were ripe for the introduction of the devastating force of alcohol. This story of heartfelt recovery from almost complete cultural and spiritual destruction is true. All the incidents depicted occurred between 1940 and 1985".