

**ADDICTIONS FOUNDATION OF MANITOBA
AUDIOVISUAL RESOURCES**

SUBJECT HEADINGS

RECOVERY

Alcohol & nutrition (asdv)

Grades 9 – 12; Adult; 15 minutes
DVD; 2005
Kinetic Inc.
DVD/RA784/.A43/2005

Presents information on how alcohol affects nutritional status and general health; male-female differences; effects on elderly; pregnancy and abstinence; health issues such as benefit-risk ratio; food guide pyramid tailored to alcohol recovery.

Clean and sober (asam)

Adult; 124 minutes
DVD; 1988
Warner Brothers
DVD/RC 568/.C6/C5/1988

Michael Keaton plays real-estate broker Daryl Poynter, whose cocaine habit nearly consumes him until he enters a local detox program promising discretion and privacy. It also guarantees one thing more: the toughest battle of his life. Powerfully directed by Glenn Gordon Caron and boasting other great work from Kathy Baker, Morgan Freeman and M. Emmet Walsh, Clean and Sober is a hard hitting study of besting personal demons.....one day at a time.

Issues of Recovery (asdz)

Adult; 35 minutes
DVD; 2005
Kinetic Inc.
DVD/RC 564/.B558/2005

Control, rage, victimization, depression, perfectionism, procrastination, and addictive disorders are pervasive issues that sabotage recovery - be it recovery from family issues or addiction. The thread that connects these issues is trauma - physical or emotional.

Claudia Black, in her dynamic speaking style of relating stories and using a color floor graphic, provides the viewer with an understanding of the faulty beliefs connected to these issues and the relationship to unhealthy shame stemming from trauma.

In closing she reminds viewers of "First Things First" and walks through a step-by-step process wherein one can say "No" to shame based beliefs and "Yes" to recovery.

Methamphetamine : neurochemistry & recovery (asap)

Senior 1-Sr. 4, Adult; 31 minutes
VHS; 2006
C.N.S. Productions
DVD/HV 5822/.A5/M48/2006

Examines the way methamphetamine changes the brain both chemically & structurally. The video also explains how these changes interfere with the recovery process and what a person seeking recovery can do to improve their situation.

Methamphetamine : new knowledge, new treatments (aspy)

Adult; DVD; 1:04 minutes
DVD; 2006
Hazelton Educational Materials
DVD/HV 5822/.A5/M484/2006

Provides convincing information to debunk the myth of methamphetamine addicts as being hopeless and untreatable. Richard A. Rawson, Ph.D., who is a world-renowned methamphetamine researcher and associate director of the UCLA Integrated Substance Abuse Programs, shares his extensive knowledge about meth, modes of effective treatment, and the unique struggles that meth addicts encounter in treatment. In this video workshop, Rawson will help you:

- learn more about meth, its history, and why it is such a distressing epidemic
- discover the devastating physical and psychological effects of meth use
- explore research that proves meth's destruction on the human brain
- meet clinical challenges in treating meth addicts
- learn how and why treatment for meth addicts works

Recovery talks by Father Joseph C. Martin (audu)

Adult
DVD; 2006
Kinetic Video
DVD/HV 5276/.R4/2006

Includes 3 videos:
Chalk Talk on Alcohol - Revised
Recovery and the Family
Recovery and Forgiveness

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.

Stages of recovery (alcs)

Senior 1-Senior 4, Adult; 34 minutes
VHS; 1999
VTR/RC 564/.H3/S3/1999/v.2

Series : Healing the addicted brain

When a brain holds deeply embedded memories and habits – when it is trained for years to depend on drugs – it's not likely we can recover without help from others. Stories reveal the challenge of each stage: wanting to stop, deciding to stop, overcoming the barriers to asking for help and accepting help. Restoring the brain's natural chemistry requires effort over time – building a new way of life. **(NON-CIRCULATING – IN-HOUSE USE ONLY)**

Understanding women's substance misuse : creating solutions (arzt)

Adult; 20 minutes
VHS; 2001
K-One Video Productions
VTR/RG 629/.F45/C74/2001

Examines how women recover from substance misuse and thus prevent Fetal Alcohol Syndrome (FAS). The women that have been interviewed explore the process of their own recovery and empowerment. Prevention of childhood traumas that lead to "loss of self" is advocated.

Women in recovery (aqqm)

Adult; 22 minutes

VHS; 2002

Hazelden Educational Materials

VTR/HV 5137/.W6/2002

Women talk about how they keep their recovery strong – and what they are learning about trust, faith, action, and friendship along the way. Some of the discussion points include : How have other women in recovery helped you? How could you help others? What issues and triggers do you relate to? How do you deal with them? What's out of balance in your recovery today, and what are you doing about it?