

ADDICTIONS FOUNDATION OF MANITOBA AUDIOVISUAL RESOURCES

SUBJECT HEADINGS

RELAPSE PREVENTION

Another chance to change (aiww)
Senior 1- Senior 4, Adult; 30 minutes
VHS; 1991
VTR/RC 564/.A55/1991

A sequel to "Choices and Consequences", this tape demonstrates relapse. By dramatizing relapse risk factors and warning signs, the video teaches concerned adult and teenage viewers what behaviours to look for and what to do when they see them.

BEAT THE STREET SERIES

Sunburst Communications

Street smarts : learning to avoid relapse (akph)
Senior 1 Senior 4; 38 minutes
VHS; 1996
VTR/RC 564/.B43/1996/v.1

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging living environments. This video offers eight specific skills vital to urban relapse prevention.

Back on the block : early recovery (akpi)
Senior 1-Senior 4; 39 minutes
VHS; 1996
VTR/RC 564/.B43/1996/v.2

Provides recovering addicts with relapse prevention skills and strategies that can help them stay clean and sober in challenging living environments. This video deals with how to handle housing, old friends and triggers during the first weeks home.

Recovering relationships : families, partners and kids (amp)
Senior 1-Senior 4; 38 minutes

VHS; 1996
VTR/RC 564/.B43/1996/v.3

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging environments. This video provides skills for coping with the relapse traps that occur in relationships.

Catchin' feelings : a new way to cope with emotions (akpk)
Senior 1-Senior 4; 40 minutes
VHS; 1996
VTR/RC 564/.B43/1996/v.4

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging living environments. This video demonstrates techniques for handling anger, shame and pity.

Making it happen : work, money, school and good times (akpl)

Senior 1-Senior 4; 38 minutes
VHS; 1996
VTR/RC 564/.B43/1996/v.5

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging environments. This video helps viewers look to the future and set goals.

Beat the street : counselor's guide (alma)

Senior 1-Senior 4; Kit includes counselor's guide and client worksheets
KIT; 1996
KIT/RC 564/.B43/1996

Counselor's guide and client worksheets for 4 use with the video series – a 5-part relapse prevention series for urban recovering addicts.

Chemical dependency : a disease of denial (ajek)

Adult; 20 minutes
VHS; 1990
Hazelden
VTR/HV 5275/.C44/1990

Shared stories of recovering alcoholics and other drug addicts will help individuals understand the signs and symptoms of chemical dependency such as loss of control, denial, justification of use despite adverse consequences, powerlessness, depression, and guilt. Offers insight that encourages surrender and genuine healing to begin in the initial stages of recovery.

Cocaine in the 90's (ajew) *STAFF ONLY*

Adult; 31 minutes
VHS; 199-
Kinetic
VTR/HV 5810/.C63/199-

Dr. David Olhms describes the latest neurological and psychological information on the impact of cocaine on the mind and body. He also discusses the dynamics of cocaine addiction, withdrawal, treatment and relapse prevention.

Continuing recovery skills (ajzx)

Adult; 45 minutes
VHS; 1994
Hazelden
VTR/RC 564/.65/1994

Helps clients focus on specific skills and strategies throughout their ongoing recovery process.

Cross addiction : the back door to relapse (amig)

Adult; 40 minutes, Closed Captioned
VHS; 1999
Hazelden
VTR/RC 564/.C7/1999

Cross addiction is the single greatest relapse factor. Those who seek treatment generally have an honest desire to remain abstinent from alcohol or another drug of choice. Yet most can also name a drug they've tried that they consider "safe" for themselves, one they believe they can control. Firsthand testimony from recovering alcoholics and addicts, chemical dependency professionals, and a medical doctor dispel the myth

that there is any such thing as a "safe" substance for people in recovery.

Dealing with denial (ajuk)

Adult; 30 minutes

VHS; 1991

Kinetic

VTR/RC 564/.D43/1991

Series : High level recovery

This video explores the importance of dealing with life issues that remain for the addict after the addiction has been arrested such as; every addict is always co-dependent; denial of these co-dependent issues invites relapse; denial easily leads to switched addictions in recovery.

Food for recovery (ajxp)

Adult; 36 minutes

VHS; 1992

Kinetic

VTR/RA 784/.F66/1992

Dr. Jeffrey Fortuna speaks to the importance of healthy nutrition in the recovery process. He discusses in detail the foods that are beneficial to recovering people, foods that work to restore brain chemistry that has been depleted through alcohol and drug use, and those foods which should be avoided because of their adverse effect on recovering people. He explains why many people feel tired and sluggish at times when they most need to be alert and focused, and why "when you are what you eat" is a factor.

How to sabotage your treatment (aivi)

Adult; 24 minutes

VHS; 1982

Kinetic

VTR/HV 5276/.H68/1982

An examination of the devices commonly used by patients to interfere with their alcoholism/substance abuse treatment. This film examines several examples to "sabotage" in a caring, realistic manner: eg. self-pity, playing naïve, defocusing, etc.

Planning for success : preventing relapse (akaa)

Adult; Kit includes video, training manual and pamphlets

KIT; 1987

KIT/RC 564/.P58/1987

Provides counsellors with a strategy for helping clients maintain abstinence. The kit stresses the development of personal resources and prepares clients to handle high-risk situations, reduce stress and develop a balanced lifestyle.

Recovery & prevention of relapse (ajtl)

Adult; 21 minutes

VHS; 199-

Concept Media

VTR/RC 564/.S83/199-/.4

Series : Substance abuse : assessment and intervention

Although the outcome of treatment cannot be predicted with a high percentage of certainty, it is known that certain behaviours will promote recovery while other behaviours and risk factors will increase the chance of relapse. This program demonstrates counselling techniques for helping a client recognize and circumvent

these negative patterns. It reviews the challenges of avoiding relapse and illustrates how a client can be helped to return to recovery.

Refusal skills (ajzw)

Adult; 20 minutes, includes facilitators guide
VHS; 1993
Hazelden
VTR/RC 564/.R45/1993

Video focuses on how clients can identify potential alcohol or other drug-using situations and use refusal skills to maintain their sobriety.

Relapse (almd)

Adult; 30 minutes
VHS; 1993
Kinetic
VTR/RC 564/.R453/1993

Dr. Ohlms explains how relapse begins when the addict loses conscious contact with the memory of the pain of their addiction. He then details the signs of relapse in overconfidence, resentments, and cross drug-dependency.

Relapse

Adult; 2 tapes – 2 hours each
VHS; 1995
(ajcv)
VTR/RC 564/.R45/1995/v.1
(ajcw)
VTR/RC 564/.R45/1995/v.2

A lecture by Dr. Art Herscovitch on relapse. Issues discussed include:

- what is relapse?
- how relapse is built into addiction
- physiological factors contributing to relapse
- psychological factors
- obstacles to recovery
- relapse prevention

Relapse and recovery (alct)

Senior 1-Senior 4, Adult; 36 minutes
VHS; 1999
VTR/RC 564/.H3/R3/1999/v.3

Series : Healing the addicted brain

Avoiding relapse means being prepared, creating strategies for coping with triggers. Recovery requires finding new, healthy ways to feel good, to stimulate the natural chemicals that give us a feeling of well being. Over time, the brain begins to restore its natural balance. Free of addictive behaviours, doors can open to a whole new life. **(NON-CIRCULATING – IN-HOUSE USE ONLY)**

Relapse prevention (aixn)

Adult; 24 minutes
VHS; 1992
NCADI
VTR/RC 564/.R45/1992

What do we really know about relapse, and how can we help clients avoid it? This videotape addresses these questions by providing information on the phenomenon of relapse and its often chronic appearance in the lives of alcohol and other drug abusers. The accompanying user's guide gives information on the components of relapse prevention.

Relapse toolbox (allq)

Adult; includes 27 minute video, 50 minute CD and booklet of 38 modules
KIT; 2000
Kinetic
KIT/RC 564/.R45/2000

Video: Relapse: The Illusion of Immunity – 20 minutes

Anyone in recovery is prone to relapse. To assume and simply hope it will not occur is denial. You must take a proactive stance. Dr. Claudia Black brings a new insight and overview to the issues of relapse using stories and electronic graphics to underline key points that deal with understanding and preventing relapse.

Relapse Toolkit: 38 modules – for use with all addictions

Toolkit contains 38 modules, each with pertinent didactic handouts, and a “paint by numbers” format for an individual or group session. Session titles include Overconfidence, Control, Feelings, Relationships, Multi-addictions, Secrets, plus many more.

Letting Go Imageries CD: 50 minutes

Claudia Black's Imageries are a form of structured meditations. These specific imageries are used in assisting one to relax; to become more centred; to let go of hurtful processes and pain; to focus on a specific issue; and/or develop insight.

Restless, irritable and discontented : the basics of relapse (alsg)

Adult; 18 minutes
VHS; 2000
Hazelden
VTR/RC 564/R47/2000

Relapse is the single threat that looms over recovering people, capable of reclaiming lives even after years of sobriety. Through personal stories, the viewer learns how to identify and minimize high-risk situations, how to cope with cravings, and the importance of staying connected to the community of other recovering addicts and alcoholics.

The rules of recovery (aqfn)

Adult; 45 minutes
VHS; 200?
Canadian Learning Company
VTR/RC 564/.H3/R85

The program emphasizes that getting dry is an event and sobriety is a process. Hear about the “rules of recovery” that assist the addict in focusing on his or her physical and safety needs.

Viewers are urged to take small steps toward their goal and to focus on making today just a little bit better than yesterday.

Staying off cocaine : avoiding relapse (ajbu)

Adult; 38 minutes
VHS; 1988
VTR/HV 5810/.S72/1988

Dr. Arnold Washton and recovering cocaine abusers describe how to stay off cocaine. Addicts must take personal responsibility for their recovery, abstain from all drug use and change their lifestyle. Discussion also includes relapse and how to deal with same.

Staying sober/keeping straight (aizz)

Adult; 35 minutes
VHS; 1988
Kinetic
VTR/HV 5275/.S72/1988

Addresses important issues related to relapse prevention and relapse management through dramatic presentation of three recovering clients. Through watching these people interact with others in their lives and share their private thoughts, we see the recovery and relapse processes.

Stop the chaos (alsh)

Adult; 46 minutes
VHS; 1999
Hazelden
VTR/RC 564/.S76/1999

This video treats motivation as a skill, and shows those in recovery how they can learn to become – and stay – motivated through the challenges of recovery. Realistic vignettes describe recovery pitfalls, such as high-risk situations and urges to use. The suggestions and techniques shown here for making lifestyle changes to strengthen recovery are easy to understand and can be applied immediately.

Structured relapse prevention : an outpatient approach to group treatment (akhf)

Adult; 53 minutes
VHS; 1996
ARF
VTR/RC 564/.S78/1996

A training video for experienced clinicians who wish to learn more about cognitive-behavioural group treatment of people with alcohol and other drug problems. The video shows practical applications of Structured Relapse Prevention (SRP), a type of out patient counselling developed at the Addiction Research Foundation of Ontario.

Three headed dragon (ajam)

Adult; 26 minutes
VHS; 1979
Canadian Learning
VTR/HV 5275/.T57/1979

This film exposes the three-fold barrier to recovery from alcoholism; drinking, thinking, feelings. Simply, with plain language and symbols that people can easily understand, Chuck Brissette shows us in a straightforward approach how the Three Headed Dragon concept motivates the alcoholic to want to stop drinking and change self rather than people, places, things and circumstances as a means of recovery.

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.

Values & personal responsibility : living skills (ajbh)

Adult; 23 minutes
VHS; 1994
Hazelden
VTR/BF 778/.V35/1994

Examines the importance of taking responsibility for your life and illustrates how you can get in touch with your values to make good decisions for solving problems in your recovery, relationships and job.