

**ADDICTIONS FOUNDATION OF MANITOBA
AUDIOVISUAL RESOURCES**

SUBJECT HEADINGS

WOMEN

PSYCHOLOGY

Breaking out (ajdw)

Adult; 25 minutes

VHS; 1990

VTR/HV 5132/.B72/1985

Based on interviews with women who have experienced marriage breakdown, this video is composed as a docu/drama with visual dramatization of key situations. The character in the dramatization is of a real single mother, Carol Lalonde, who relives her experience of confronting bureaucratic indifference of state welfare and court institutions. (Also available in French – “S'en sortir”)

Co-dependent woman, The (ajet)

Adult; 45 minutes

VHS; 1989

Canadian Learning

VTR/RC 569.5/.C63/C63/1989

A major thrust of this video is for the co-dependent woman to “put away the magnifying glass and pick up the mirror” in order to get on with her own recovery as soon as possible.

Cry for help : a fetal drug and alcohol crisis (ajff)

Adult; 33 minutes

VHS; 1991

Magic Lantern

VTR/RG 627.5/.D79/C78/1991

In this program, medical, substance abuse, and social service professionals examine the immediate dangers and long-term developmental difficulties that can result in children from their mother's drug and alcohol abuse. Chemically dependent mothers, especially those addicted to cocaine and crack, relate how the all-consuming horror of their addictions placed maintaining the “high” over personal welfare, dignity or even the safety of an unborn child.

Dependent woman, The (ajfh)

Adult; 45 minutes

VHS; 1989

Canadian Learning

VTR/HV 5137/.D46/1989

Explores the concepts of “supermom”, shame, guilt, and women's self-hatred as recovery issues, proposing that the recovering woman deserves the same quality of treatment that men receive.

Donna's story (amjo)

Adult; 50 minutes

VHS; 2001

National Film Board

VTR/HV 5137/.D6/2001

An intimate portrait of a fiercely determined survivor, “Donna's Story” profiles a Cree woman who left behind a bleak existence on the streets. She has re-emerged as a powerful voice counselling Aboriginal adults and

youth about abuse and addiction.

ISSUES IN RECOVERY SERIES

Focus on women : childhood legacy (ajvj)

Adult; 30 minutes
VHS; 1992
Concept Media
VTR/HV 5824/.W6/I7/1992/v.1

Discusses special factors in a woman's past, especially the influence of the childhood environment and the relationship with parents. Issues include being placed in adult roles as children, sexual abuse, and family and societal factors which make it difficult to identify and express feelings.

Focus on women : reluctant heiress (ajvk)

Adult; 28 minutes
VHS; 1992
Concept Media
VTR/HV 5824/.W6/I7/1992/v.2

Discusses the powerful influence of the family as contributing to problems in a woman's adult life. Emphasizes current issues such as: being other-centred, having a negative body image, relationship addiction, and depression.

Achieving intimacy : overcoming co-dependency, parts 1 & 2

Adult; 38 minutes
VHS; 1992
Concept Media
(ajvl) VTR/HV 5824/.W6/I7/1992/v.3
(ajvm)VTR/HV 5824/.W6/I7/1992/v.4

These two programs define and illustrate the struggle for intimacy within the recovery process. They present aspects of personality, development of identity, and patterns of interaction that have implications for success in achieving intimacy. Features Robert Subby and personal accounts from two recovering couples.

New beginnings : women, alcohol and recovery (aivf)

Adult; 20 minutes
VHS; 1977
Canadian Learning
VTR/HV 5137/.N48/1977

Follows recovery of three women of varying ages and backgrounds: a career woman and grandmother, a young single woman, and the author of "I'm Black and I'm Sober".

New dawn, A (aivh)

Adult; 14 minutes
VHS; 1985
VTR/HV 5137/.N48/1985

For a general audience. Native women (and men) speak up for women's special concerns about alcohol and drug abuse.

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.

S'en sortir = [Breaking Out] (aixw)

Adult; 30 minutes
VHS; 1985
VTR/HQ 811/.S46/1985

Ce film présenté, au moyen de fictions et de témoignages, l'ampleur du problème de la violence exercée envers les personnes âgées. Il aborde aussi l'importance des réseaux de soutien comme rempart contre la violence, ainsi que les rôles des partenaires concernés par cette situation.

Suckerfish (asdy)

Senior 1 - Senior 4; Adult; 8 minutes
DVD; 2004
National Film Board of Canada
DVD/E 98/.D7/S8/2004

When she was 8, Lisa Jackson began to suspect that she was part Native. Then her mother told her that their Indian name was Nahmabin, or Suckerfish. When she was 10, Lisa fled Toronto to live with relatives in Vancouver to escape her mother's depression, alcoholism and prescription drug abuse - legacies of the residential school experience. Twenty years later, as she sifts through memories and letters from her mom, Lisa constructs a portrait of a woman whose drive to love her daughter triumphed over her demons of addiction. Animation, childhood photographs, stylized recreations and the young child's whimsical voice add to this moving, at times humorous, look at the director's relationship to her mother and Native identity.

To heal the spirit (ajap)

Adult; 46:35 minutes
VHS; 1990
CBC Educational Sales
VTR/E 98/.W8/T6/1990

A documentary, that focuses on Native women in prison and their search for traditional culture and spirituality. The powerful transition that the women experience is communicated through a powwow celebration, traditional drumming, a sweat lodge ceremony and their day-to-day experiences.

Treating the chemically dependent woman and her child (ajav)

Adult; 27 minutes
VHS; 1987
Omega
VTR/RG 627.6/.D79/T74/1987

Identifies issues the health care provider must be prepared to manage when confronted with a pregnant substance-using patient. Case studies and discussions by leading researchers illustrate the physical and psychological effects of drugs on both mother and child before and after birth.

Women and addiction

Adult
VHS; 1988

(ajcc)
VTR/HV 5824/.W6/W65/1988/v.1
Part 1: Disease concept and cross addiction (38 minutes)

(ajcd)
VTR/HV 5824/.W6/W65/1988/v.2
Part 2: Nutrition and premenstrual syndrome (30 minutes)

(ajce)
VTR/HV 5824/.W6/W65/1988/v.3
Part 3: Sexuality (41 minutes)

Women, drugs and alcohol (ajcg)

Adult; 21 minutes
VHS; 1980
Marlin Motion Pictures
VTR/RM 146/.W65/1980

Narrated by Jessica Walter, this documentary film focuses on women who are having problems with prescription drugs and alcohol. Intimate discussions with actual victims reveal the traumatic nature of their experiences and leave a powerful residual impression with the viewer.

ALCOHOL USE

Alcohol : a women's health issue (aopt)

Adult; 13 minutes
VHS; 2002
VTR/HV 5137/.A536/2002

Discusses women's health in relation to alcohol use.

Alcohol : crisis for the unborn (aiuu)

Adult; 7 minutes
VHS; 1982
VTR/RG 629/.F45/A42/1982

Shows the physical, behavioural and mental abnormalities of children born to women who drink heavily or are alcoholics. Actual case histories and clinical studies.

Alcohol & nutrition (asdv)

Grades 9 – 12; Adult; 15 minutes
DVD; 2005
Kinetic Inc.
DVD/RA 784/.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.

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VHS; 2001
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VTR/HV 5137/.D6/2001

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Drugs, smoking and alcohol during pregnancy (ajgc)

Senior 1-Senior 4, Adult; 15 minutes
VHS; 1982
VTR/RG 627.5/.D78/1982

Through animated sequences shows the effects of drugs, alcohol and tobacco on the developing fetus.

New beginnings : women, alcohol and recovery (aivf)

Adult; 20 minutes
VHS; 1977
Canadian Learning
VTR/HV 5137/.N48/1977

Follows recovery of three women of varying ages and backgrounds: a career woman and grandmother, a young single woman, and the author of "I'm Black and I'm Sober".

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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.

Pregnancy : our choice - their future (aixa)

Adult; 20 minutes
VHS; 1984
Canadian Learning Company
VTR/RG 629/.F45/P73/1984

Every potential parent hopes for a healthy baby. Every parent can help in this process. The expectant mother should eat properly, obtain proper prenatal care, avoid smoking and alcohol and should only use medication prescribed by her doctor. Interviews are conducted with parents whose children have been born with drug-induced problems.

Road to recovery, The : women and alcohol (altz)

Adult; 48 minutes
VHS; 1997
Kinetic
VTR/HV 5137/.R63/1997

This video observes a group of women who have turned their lives away from drugs and alcohol. Several of the women explain how consuming large quantities of alcohol and drugs during pregnancy led to complications such as premature births and seizures suffered by their newborns. Each woman describes the different avenues she took to recovery as well as what drove her to want to get and feel better. **(NOT RECOMMENDED FOR CHILDREN)**

Three weeks of hope : the River House story (ajll)

Adult; 10 minutes
VHS; 1989
VTR/HV 5137/.T47/1989

An overview of River House, the Alcoholism Foundation's (now The Addictions Foundation of Manitoba) treatment centre for women in Winnipeg, Manitoba. Focuses on one woman's experiences while enrolled in the program.

To heal the spirit (ajap)

Adult; 46:35 minutes
VHS; 1990
CBC Educational Sales
VTR/E 98/.W8/T6/1990

A documentary, that focuses on Native women in prison and their search for traditional culture and spirituality. The powerful transition that the women experience is communicated through a powwow celebration, traditional drumming, a sweat lodge ceremony and their day-to-day experiences.

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.

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.

Women and alcohol (20/20) (alaf)

Adult; 12 minutes
VHS; 1999
ABC Video Source
VTR/HV 5137/.WO5/1999

This 20/20 Program video discusses new research showing gender differences in the effects of alcohol on the body. Issues researched are; enzyme levels, breast cancer, blood alcohol levels, etc.

Women and chemical dependency (ajnj)

Adult; 2 programs, 2 hours
VHS; 1993
VTR/HV 5137/.W65/1993

This program provides an overview of current findings related to the needs and issues of chemically dependent women. Issues covered include: gender differences in pattern of use and physiological effects, issues that influence chemical use, barriers to treatment, and treatment issues and models.

Women and substance use : sharing our experiences (ajcf)

Adult; 16:16 minutes
VHS; 1994
VTR/HV 5824/.W6/W65/1994

Shows that substance use is multifaceted, making links between substance use and sexual health, mental health and violence. The video uses creative techniques to explore the many issues related to women's experiences with substance use. Following a lifestage approach, the video focuses on the four major lifestages – adolescence, young adulthood, mid-adulthood, and the senior years.

Women, drugs and alcohol (ajcg)

Adult; 21 minutes
VHS; 1980
Marlin Motion Pictures
VTR/RM 146/.W65/1980

Narrated by Jessica Walter, this documentary film focuses on women who are having problems with prescription drugs and alcohol. Intimate discussions with actual victims reveal the traumatic nature of their experiences and leave a powerful residual impression with the viewer.

Women's choices, women's voices : healthy, drug-free ways of coping (ajjw)

Adult; 28 minutes
VHS; 1996
ARF
VTR/HV 5137/.W65/1996

Profiles six women who have chosen healthy drug-free ways of dealing with the stress they face in their everyday lives. The women describe some of the things they do to take care of themselves and to feel good, as well as their attitudes towards using alcohol, medications and other drugs. Provides factual information about alcohol and other drug use that is specifically relevant to women.

DRUG USE

AADAC women's program (aiuk)

Adult; 11:17 minutes
VHS; 1995
VTR/HV 5824/.W6/A2/1995

The need for a substance abuse treatment that directly addresses the alcohol and drug dependent woman is based on a combination of research and experience gained at Henwood in delivering specialized programs for women. The women's program is built on our understanding that women and men have different experiences associated with alcohol and drug dependency.

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Pills unlimited (ajqf)

Adult; 28 minutes
VHS; 1991
National Film Board
VTR/HV 5824/.A33/P55/1991

This video explores the growing problem of over-medication of elderly women. The issue of pills and women is discussed in various settings such as the classroom, doctor's office, seniors' centre and individual homes.

Pregnancy : our choice - their future (aixa)

Adult; 20 minutes
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Every potential parent hopes for a healthy baby. Every parent can help in this process. The expectant mother should eat properly, obtain proper prenatal care, avoid smoking and alcohol and should only use medication prescribed by her doctor. Interviews are conducted with parents whose children have been born with drug-induced problems.

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True story of Linda M., The (ajqg)
Senior 1-Senior 4, Adult; 66 minutes
VHS; 1995
National Film Board
VTR/HV 5137/.T78/1995

This is the true story of Linda M. who was a former prostitute and alcoholic and how she is coping with the new changes in her life. This video takes a look at her life today as she deals with her past and her recovery from alcohol and drug addiction. The scenes depict her day-to-day life in her home in Winnipeg.

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Women : coming out of the shadows (ajbi)
Adult; 30 minutes
VHS; 1991
VTR/HV 5137/.W65/1991

The producer approaches the topic from a woman's perspective and provides the stories of 10 adult women sharing their experiences, strengths and hopes as they recount and personalize the progression of the disease of alcoholism in their lives, and their journey in recovery. Provides information about the prevalence of alcoholism, the disease process and recovery. The video also provides a professional perspective as experts from psychology, addictive medicine and recovery fields share their research findings.

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Women of substance (ajch)

Adult; 10 minutes
VHS; 1992
VTR/HV 5824/.W6/W65/1992

Explores the problems encountered by pregnant addicts seeking treatment for alcohol and drug abuse.

SEX TRADE AND SEXUAL EXPLOITATION

Born into brothels (audz)

Adult; 83 minutes
DVD; 2005
DVD/HQ 149/.B6/2005

A portrait of several unforgettable children who live in Calcutta's red light district, where their mothers work as prostitutes. Spurred by the kids' fascination with her camera, Zana Briski, a New York-based photographer living in the brothels and documenting life there, decides to teach them photography. As they begin to look at and record their world through new eyes, the kids, who society refused to recognize, awaken for the first time to their own talents and sense of worth.

Circle of lonely hearts (asdx)

Adult; 48:45 minutes
DVD; 2002
Kinetic Inc.
DVD/HV 5824/.H65/C57/2002

This sequel to the award-winning documentary "Where angels weep" chronicles over a three-year period the heart-breaking struggle of a young woman trying to stay alive on the streets of Vancouver's downtown eastside.

Where did you sleep last night? (arzu)

Adult; 22 minutes
DVD; 2006
National Film Board of Canada
DVD/HQ/149/.W4/2001

This video illustrates how sex trade recruiters lure teens away from friends and family, gain their trust, then force them into often violent life on the streets - sometimes in only 24 devastating hours. A useful tool for teachers, counsellors and youth groups wanting to explore and address this issue.

Women and girls in the sex trade (auai)

Adult; 23 minutes

VHS; 2005

Crossing Communities Project

VTR/HQ 148/.B43/W6/2005

The girls and women in this video speak about what life is like for them in the sex trade. They live without enough food, shelter and they live at risk of violence and incarceration everyday.