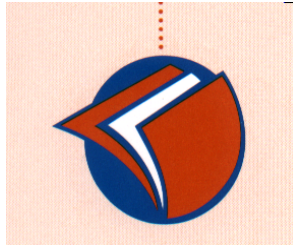


# PARENTING RESOURCES



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## AFM LIBRARY BIBLIOGRAPHY OF BOOK & VIDEO RESOURCES ON:

## YOUTH – SUBSTANCE USE AND ABUSE –

## PARENTING RESOURCES

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Leading the Way to an Addiction Free



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# PARENTING RESOURCES

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### BOOKS

**Adult involvement in improving the lives of youth**

Call number: HV 5824/.Y68/A38/1999

**Canadian addiction survey (CAS): a national survey of Canadians' use of alcohol and other drugs : substance use by Canadian youth**

Call Number: HV 5309/.C3/C35/2007

**Choices & consequence : what to do when a teenager uses alcohol/drugs**

Author: Schaefer, Dick

Call number: HV 5135/.S33/1996

**Community - monitoring systems: tracking and improving the well-being of America's children and adolescents**

Author: Patricia Beezley Mrazek, Anthony Biglan, and J.D. Hawkins

Call Number: RA 644.6/.C66/2007

**Get your loved one sober : alternatives to nagging, pleading, and threatening, / Robert J. Meyers, Brenda L. Wolfe.**

Access Key: atwl

Author: Meyers, Robert J.

Wolfe, Brenda L.

Call Number: HV 5278/.M28/2004

Using this compassionate yet effective approach, spouses, lovers, parents, or children of problem drinkers or drug users can improve the quality of their own lives while making sobriety a more rewarding option for their loved ones than drinking or taking drugs. Based on the scientifically validated CRAFT (Community Reinforcement And Family Training) model, this book provides the guidance and tools you need to recognize how you and your loved one interact and to change those patterns to achieve healthier, happier results.

**Growing up again : parenting ourselves, parenting our children**

Author: Clarke, Jean Illsley

Dawson, Connie

Call number: HQ 755.8/.C55/1989

**Growing up resilient : ways to build resilience in children and youth /**

Tatyana Barankin, Nazilla Khanlou.

Access Key: auxw

Call Number: BF 723/.R46/B47/2007

Abstract:

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Resilience is a much talked about topic these days. Many people want to better understand what resilience is, how it is related to the healthy development of children and youth, and what they can do to strengthen resilience in the young

people in their lives. Tatyana Barankin and Nazilla Khanlou answer these and other important questions in Growing Up Resilient.

### **Helping your children navigate their teenage years : a guide for parents**

Call number: HQ 799.15/.H445/2000

### **How happy families happen : six steps to bringing emotional and spiritual health into your home / Audrey Ricker ; with Robert E. Calmes and Lynn Wiese Sneyd.**

Access Key: auyq

Call Number: HQ 515/.R53/2006

Using more than thirty years of research, the authors identify characteristics of emotionally unhealthy households, including narcissism, neglect, and abusive behavior. More important, they share six simple steps your family can easily put into practice to create a home of emotional and spiritual health. Also included are fascinating case histories of numerous families, references to families in popular culture, and a self-test for rating the happiness in your home.

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

Access Key: atxi

Author: Bernstein, Neil I.

Call Number: HQ 799.15/.B48/2001

As many parents know, it can happen overnight: One day your teenager is charming, funny and kind; the next day he's a stranger, infuriating and nearly unlovable. This book is where to turn for advice in helping your child to develop from a difficult adolescent into a mature, intelligent, caring adult.

### **The importance of family dinners**

Access Key: auzp

Corp. Author: The National Center on Addiction and Substance Abuse

Call Number: HQ 536/.F3653/2007

Family dinners are one way to ensure that parents can be engaged in their children's lives. This CCSA survey seeks to address the relationship between substance abuse risk and frequent family dinners.

### **Keeping your kids drug-free : a how-to-guide for parents and caregiver**

Call number: HV 5824/.Y68/S843/2002

## PARENTING RESOURCES

### **The lost years : surviving a mother and daughter's worst nightmare**

Access Key: auwf  
Call Number: HV 5805/.W36/A3/2006

### **Love her as she is : lessons from a daughter stolen by addictions / Patricia Morgan ; with Kelly Morgan.**

Access Key: auxj  
Call Number: HV 5824/.W6/M67/2004

Was featured in a CBC television documentary and is recommended as a valuable resource for all parents and mental health professionals. You will gain insight into the effects of a disturbing childhood, ADD (Attention Deficit Disorder), adoption, the world of drugs and life on the street. Through the story of a mother struggling to connect with a distant and dual alcohol and cocaine-addicted daughter, you will discover how to love unconditionally while maintaining clear boundaries, develop healthy solutions for connecting in challenging relationships and turn hope into loving action.

### **Make a difference : talk to your child about alcohol**

Call number: HV 5135/.M3345/2000

### **Nova Scotia student drug use 2007: highlights report**

Call Number: HV 5824/.Y68/N68/2007

### **Preventing drug use among children and adolescents : a research-based guide for parents, educators, and community leaders**

Call number: HV 5824/.Y68/R47/2003

### **Preventing drug use among children and adolescents : a research-based guide for parents, educators, and community leaders : in brief**

Call number: HV 5824/.Y68/R47/2003a

### **Project gang-proof : street gang awareness for families and communities**

Call Number: HV 6439/.C2/P76/2007  
REF/HV 6439/.C2/P76/2007

### **Retrospective : a parent's guide to youth culture : building bridges between generations**

Call number: HV 4999/.Y68/R48/2001

### **Success stories from drug-free schools : a guide for educators, parents & policymakers**

Call number: HV 5808/.S942/1991

### **Taking drugs seriously : a parent's guide to young people's drug use**

Author: Cohen, Julian

## PARENTING RESOURCES

Kay, James  
Call number: HV 5824/.Y68/C64/1994

**Talk it out : a parent's guide to kids and smoking**  
Call number: HV 5745/.T3/2000

**Together we can : a parent's guide to substance abuse prevention**  
Call number: HV 4999/.Y68/T64/1990

**WHEN MY CHILD "GETS ADDICTION" [CD]**  
Call number: STAFF/CD/HV 5824/.Y68/W44/2006  
*To be used on-site*

## VIDEOS

**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.

**Comment etre en meilleure relation avec nos adolescents face a la drogue? (angu)**  
Adult  
VHS; 2000  
VTR/HV 5824/.Y68/C65/2000

Talks about how to communicate with teens when they are taking drugs.

**Communication video, The (ajct)**  
Adult; 38 minutes  
VHS; 198-  
Canadian Learning  
VTR/HQ 801/.C65/198-

Psychotherapist Sylvia Cary explains the ineffectiveness of communication tactics of people living in chemically dependent relationships and offers suggestions for establishing normal, honest communication techniques.

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## **Criss cross (ajfd)**

Gr. 7-Senior 4, Adult; 40 minutes

VHS; 1987

VTR/HV 5808/.C75/1987

Designed to be viewed by parents and their teenagers together. Through the use of role-play the stages of drug/alcohol usage by teenagers are explored and subsequent response from the parental viewpoint is explained.

## **Developing capable people (ajkf)**

Adult

Kit includes 3 videotapes for 8 sessions of viewing, one audiotape and a leader's manual: 1989

KIT/BF 637/.S4/D48/1994

This program is predicated upon the belief that children and adults have inherent value and worth and that all people should be treated with dignity and respect. It will provide a solid foundation upon which adults can begin to help develop children into capable, responsible and healthy young people. Narrated by H. Stephen Glenn.

## **Developing capable young people (ajix)**

Adult; 53 minutes

VHS; 1987

VTR/BF 723/.P25/D48/1987

A lecture film by Dr. H. Stephen Glenn. Would benefit educators, parents and other professionals who are working closely with adolescents.

## **Drug dialogue (ajfq)**

Adult; 20 minutes

VHS; 1989

MC Productions

VTR/HQ 755.85/.D78/1989

A home video that suggests ways parents can talk to their kids before drugs become a problem. It also suggests what parents can do if kids have begun to experiment with drugs.

## **Early warning : recognizing the signs of addiction (agyv)**

Adult; 21 minutes

VHS; 1991

Magic Lantern

VTR/HV 5824/.Y68/E27/1991

## PARENTING RESOURCES

This program offers valuable information and practical advice to recognize early warning signs of drug addiction and realize that parents and friends often overlook the early warning signs of drug and alcohol addiction. Drug rehabilitation is readily available and important in treating drug addiction.

### **Face to Face (aqqn)**

Adult; 16:30 minutes

VHS; 199?

VTR/HV 5824/.C45/F3/199?

This video, aimed at parents, discusses talking to your children about drugs and confronting drug issues (Depressants/Stimulants/Hallucinogens)

### **For parents too! Family ties (ajvs)**

Adult; 25 minutes

VHS; 1992

VTR/HQ 755.5/.J8/A992/v.3

### Series : Just for me

Family bonding means doing things that bring families closer together, eg: playing together, working together, talking about your thoughts together. The family helps provide an anchor, a safe and secure environment from which the child can approach the outside world and resist outside pressure to use drugs.

### **For parents too! Healthy choices (ajvt)**

Adult; 25 minutes

VHS; 1992

VTR/HQ 755.5/.J8/1992/v.2

### Series : Just for me

Narrated by Katheryn Nelson, parent educator. This video deals with “risk factors”, conditions that are associated with drug use. In other words, kids who use drugs often have certain things in common. This program identifies some risk factors and explores ways in which your children can protect themselves against these risks.

### **For parents too! Self-concept (ajvu)**

Adult; 25 minutes

VHS; 1992

VTR/HQ 755.5/.J8/1992/v.1

### Series : Just for me

## PARENTING RESOURCES

Katheryn Nelson, parent educator, narrates this video which explains what self-concept is, how thoughts and feelings affect it and how children can develop a positive self-concept.

### **From grief to action (arlz)**

Adult; 58 minutes

VHS; 200?

Filmwest Associates

VTR/HV 5132/.F7/200?

Chronicles 17 turbulent months in the lives of four middle class families whose children have become addicted to hard drugs. Over the course of the filming, two of the children relapse badly, one ends up using again and working on the streets to support her drug habit; while a prosecutor's son ends up serving time for a robbery. It is the courageous and chilling story of parents who are struggling to keep their children alive and in treatment, while at the same time trying to change to change public policy to end the futile war against drugs.

### **Got a minute? Give it to your kid [KIT]**

Access Key: auyi

Call Number: KIT/HV 5745/.G6/2007

Designed to help less-involved parents become more involved with their preteens, a behavior that appears to act as a protective factor against the lure of tobacco. It also attempts to help parents support cessation attempts and understand more about youth tobacco use.

### **Inhalant abuse (ajia)**

Adult; 28 minutes

VHS; 1987

VTR/HV 5822/.S65/I54/1987

Developed for teachers, parents and health professionals, this video documentary outlines the issues of solvent and inhalant abuse (sniffing glue, gasoline, etc.) and provides recent information on the health hazards. ARF scientist, Luis Fornazzari, describes cases of permanent brain damage caused by inhalants. (NOT TO BE VIEWED BY POTENTIAL ABUSERS)

### **Keeping the family well**

Adult; 3 programs on one video, 2 hours, 41 minutes total

VHS; 1994

(ajip)

VTR/HV 5132/.K44/1994/v.1

(ajiq)

VTR/HV 5132/.K44/1994/v.2

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Making and keeping the family well is the topic of this workshop video. Interventions for individuals and the family as a whole, during periods of dysfunction are discussed. Suitable for parents wishing to maintain and enhance family well being, dysfunctional families requiring specific services, as well as professional and community leaders who wish to support individuals and their families.

### **Keeping your kids tobacco, alcohol, and drug free : what can parents do?(alcw)**

Adult; 30 minutes

VHS; 199-

SAMHSA

VTR/HQ 755.85/.K3/199-

In this video, parents gain expert advice on how to keep their children free from substance abuse. Host Mark Hamill guides viewers through this film that describes resources for parents, gives tips from health care professionals, offers testimonials from teenagers and adults, and features recording artist/musician and parent Richard Marx, who shares his concern about his children's futures. The program is rich in up-to-date facts and practical information about communicating and being involved with children.

### **Next door : a documentary about a teenage alcoholic and her family [DVD]**

Access Key: aupp

Call Number: DVD/HV 5135/.N4/2003

She started drinking at twelve and by fourteen she was disappearing in the middle of the night. Her suburban, professional parents struggle to understand. The family dynamic comes to a head as issues about siblings, parenting and grandparents are revealed. Ultimately the child's insight surpasses the parents' offering us a rich awareness of herself and of her family.

### **Next generation, The (aknp)**

Adult; 57 minutes

VHS; 1998

Film for Humanities & Sciences

VTR/HV 5808/.N48/1998/v.4

### **Series : Moyers on addiction : close to home**

Protecting our children from addiction to alcohol, tobacco and other drugs involves everybody: parents, teachers, friends, communities, and the media – all the influences that shape a child's life. This documentary looks at two of those efforts, one with parents and the other with schools.

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## **No quick fix (alqs)**

Adult; 52 minutes

VHS; 1999

National Film Board

VTR/HQ 799.15/.N6/1999

A revealing portrait of two young addicts, their life in the street and their despairing parents who find themselves powerless to save their children from the habit that is consuming them. Cathy's and Laurent's parents live in a permanent state of bewildered anxiety and guilt. How can they avoid being totally destroyed by grief? How do they manage to carry on with their lives, in spite of everything? And how do they deal with a system that views them with suspicion? The film hopes to alleviate and identify some of the enormous pain endured by parents coping with an addicted child. (MATURE THEME)

## **Parenting for prevention : how to stop enabling and start empowering kids [Videorecording]**

Access Key: auxe

Call Number: VTR/HQ 755.85/.P3/1997/V.1

You'll learn:

- What parental enabling is and how it can hurt your child
- How to identify some common parental behaviors that lead to enabling
- Whether you might be enabling your child
- How to empower your child

## **Parenting for prevention : how to set limits for kids [Videorecording]**

Access Key: auxa

Call Number: VTR/HQ 755.85/.P3/1997/V.2

You'll learn:

- How to set clear limits
- How to set reasonable limits according to age, trust level, and basic needs
- Why limits should be set in advance and checked for compliance
- How to respond when your child tests the limits

## **Parenting for prevention : how to enforce consequences when kids violate limits [Videorecording]**

Access Key: auxc

Call Number: VTR/HQ 755.85/.P3/1997/V.3

You'll learn:

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- How to enforce consequences that are reasonable and related to the violation
- How to enforce consequences calmly, respectfully, and without anger
- What to avoid when enforcing consequences

### **Parenting for prevention : communicating : how to confront kids when they're doing wrong, how to encourage kids when they're doing right [Videorecording]**

Access Key: auwz  
Call Number: VTR/HQ 755.85/.P3/1997/V.4

You'll learn:

- To identify some ineffective communication styles of parents
- How to communicate effectively with your child through active listening
- How to confront your child's negative behavior
- How to encourage your child's positive behavior

### **Parenting for prevention : how to teach kids to handle anger without violence [Videorecording]**

Access Key: auxd  
Call Number: VTR/HQ 755.85/.P3/1997/V.5

You'll learn how to teach your child to use

- the A-B-C-D method to handle anger:
- Be AWARE of angry feelings
- BACK OFF and sort out what is really happening
- CHECK OUT CHOICES and the CONSEQUENCES of each choice
- DEDIDE AND DO the safest thing

### **Parenting for prevention : how to teach kids to resolve conflicts without violence [Videorecording]**

Access Key: auxb  
Call Number: VTR/HQ 755.85/.P3/1997/V.6

You'll learn how to teach your child to use the 3 T's method for resolving conflicts:

- Think about the conflict
- Talk about the conflict
- Try to work it out

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## **Parents and Schools : St Lois, MO (ajwr)**

Adult; 31 minutes

VHS; 1990

VTR/HV 5808/.Y6/P37/1990

Series : Your choice, our chance

Describes and illustrates how the school system, police department, and community agencies of urban St. Louis implemented a number of programs designed to build connections between families and schools to create an environment that would help children stay free of drugs.

## **Ready, set, listen [kit]**

Call Number:

KIT/HV 5824/.Y68/R4/2003

This game is designed to help parents and young people talk to each other about underage alcohol use, why it's not smart, and how to prevent it. The game has these goals: to increase the number of conversations about the harms of underage alcohol use that parents and caregivers have with children ages 9 to 13 and to increase the percentage of children 9 to 13 years old and their parents/caregivers who see underage alcohol use as harmful.

## **Say no! to drugs (aixz)**

Adult; 45 minutes

VHS; 1986

VTR/HQ 755.85/.S29/1986

A parents' guide to teaching your kids how to grow up without drugs and alcohol. This easy-to-follow, low approach for parents and families combines interviews and dramatic vignettes to create this instructional program. Don't let drugs destroy your family . . . teach your children to "say no to drugs".

## **Shattered – if your kid's on drugs (aiyq)**

Adult; 60 minutes

VHS; 1986

VTR/HV 5824/.768/S52/1986

Living with a drug-abusing teenager shatters a family emotionally, physically and spiritually. This portrayal of teenage addiction underscores the dynamics of denial, enabling and manipulating behaviours and helps to break through the barriers to treatment.

## **Silence condones (ajwf)**

Senior 1-Senior 4, Adult; 19 minutes

VHS; 1988

VTR/HQ 755.5/.S5/1988

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## Series : Father Martin

Father Martin tells parents that they shouldn't be afraid of their children – speak up.

### **Spotting substance abuse in teens : a video guide for parents & teachers (arrt)**

Adult; 29 minutes  
VHS; 2005  
Kinetic Inc.  
VTR/HV 5824/.A33/S0/2005

For parents, educators or bosses, this video presents things to watch for that indicate drug and alcohol use in teenagers. Viewers learn to recognize the signs and are shown what decisions have to be made and what their next step should be.

### **Teen alcohol and other drug use : knowing the signs and what to do about them [DVD]**

Call number: DVD/HV 5824/.A33/T4/2005  
Adult 20 minutes

Shows parents and teachers how to help prevent teen alcohol and other drug use, recognize the signs of use, and intervene effectively. It also addresses the myths that may keep families from confronting this issue – attitudes such as “using alcohol is a rite of passage for teens, it’s no big deal.” Parents are also encouraged to seek help in the community if their child is struggling with substance abuse.

The DVD comes with an informative facilitator’s guide, an outline for a parent education session, and three reproducible handouts, including a guide to substance-use symptoms – from experimentation to dependence – and how parents can respond at each stage.

### **What do I say to my kids? [DVD]**

Call number: DVD/HV 5132/.B5333/2005  
Adult 26 minutes

In this warm and highly instructional video, Claudia Black offer mothers and fathers a language in which to talk with their kids of any age about drugs and alcohol. Based on her most recent book, Straight talk : what recovering parents should tell their kids about drugs and alcohol, Claudia addresses the value of talking openly about addiction as a disease, multiple addictive disorders and recovery practices.

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Recognizing that “walking the walk” is vital to parents, Claudia presents strategies for reconnecting with even the very skeptical, non-trusting child as well as an adult child. For parents with children still at home, she identifies protective factors that lesson the risk factors and she offers hope and direction.

Throughout this presentation are five young people, ages seven to twenty-two, expressing common thoughts and attitudes relating to being in an addictive family system.

### **Working it out : A family discusses drinking (ajcj)**

Gr. 7-Senior 1, Adult; 26 minutes Closed captioned

VHS; 1993

VTR/HQ 755.85/.W67/1993

A look at an average Canadian family that confronts some of the problems between parents and their children when discussing the issues of drinking. Like any family, they are not perfect, and as the parents find out, planned discussions about the responsibilities associated with drinking do not always happen at the most opportune time.