

Information and Resource Center

DVD & VHS

Library

2011

For borrowing information and a complete listing of
all our videos, visit our website at:

<http://maineosa.org/irc>

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1-800-499-0027 (In-State Only) or 207-287-8900

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*Department of Health
and Human Services*

*Maine People Living
Safe, Healthy and Productive Lives*

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

IRC BORROWING PROCEDURES AND OPERATING GUIDELINES

The Information and Resource Center loans videos and dvds free of charge throughout the State of Maine. Schools, hospitals, treatment facilities, law enforcement agencies, churches, businesses, civic groups, and other organizations can make use of these resources in their prevention, education, and treatment programs. The Information and Resource Center is a publicly supported institution. Therefore, its materials may not be used where admission fees are being charged. U.S. copyright laws prohibit the duplication of the videos and dvds in the Information and Resource Center collection.

Cost

The only cost to the borrowing patron/organization is return postage; replacement cost if the item is lost in the return mail; and any costs incurred as a result of extensive damage to materials. The replacement cost of the item is typed on the back of the case. Insuring items when mailing back is the prerogative of the borrower.

Copyright Agreement

U.S. copyright laws apply. **By requesting the loan of materials, each borrower agrees to abide by federal law and will not duplicate all or part of Information and Resource Center videos.** When using videos over the University ITV system, individual authorization must be made in advance with the video producer. Please allow enough time to make these arrangements.

Scheduling

Requests may be made by telephone, email, fax or in writing. Requests need to include title and show date(s). Please schedule at least five business days prior to first show date to allow time to receive the materials through the mail.

Online Scheduling

Borrowers who use videos regularly may wish to use our online scheduling feature. This requires a patron id and PIN number which can be obtained by contacting the Information and Resource Center (IRC).

Show Dates

Videos are scheduled for specific show dates. Due to the demand for materials and the mailing time involved, videos should be scheduled for no more than one week. However, exceptions to this policy can be made when necessary.

Changing or Extending Show Dates

If it becomes necessary to change or extend a show date, call the IRC immediately. Barring any scheduling conflicts, arrangements will be made to adjust the show date.

Confirming Show Dates

A booking confirmation will be sent to confirm each request within 2 days of the booking. The confirmation indicates the program title, show date, date it will be mailed from or picked up at the IRC, and date it is due back in the IRC. When the video arrives, review the mailing card, and again familiarize yourself with the scheduled show date(s) and the due date.

Receiving Materials

Each video is mailed media rate from the IRC at least four mail days prior to the first scheduled show date. It should arrive the day before the show date.

Returning Materials

The due date for materials sent through the mail is four mail days after the last scheduled show date. The due date is indicated on both the booking confirmation and the mail card. **To return, turn over the pre-addressed mail card, fill out your return address and affix postage.** In order to insure that the video is received in the IRC by the due date, **it needs to be mailed the day after the last scheduled show date.** It can be mailed media rate through the U.S. Postal Service or by United Parcel Service. For those who wish to purchase insurance, the value is indicated on the back of the case.

Overdue Policy

Resource Center videos are very heavily used, and a late return often causes the cancellation of another borrower's scheduled program. Therefore, it has become necessary for the IRC to temporarily suspend services to borrowers who have more than four overdue videos in a four-month period. **All video loans to these borrowers will be suspended for the next two months. An item is overdue if it does not arrive back in the IRC on or before the due date.** Videos are checked in daily, and overdue records are maintained by borrower name.

Damaged or Lost Materials

The replacement cost for a lost or damaged video, due to negligence, will be charged to the borrower.

Video & DVD Care Videos and DVDs should be kept where they won't be exposed to extremes of temperature or humidity. Please let these items reach normal room temperature before attempting to play them. **Videos & DVDs will be damaged if stored in an unventilated car during the summertime.** When handling dvds, try to keep your fingers off the data side of the disc. Fingerprints are actually more likely to cause read errors than most light scratches, by causing the laser to lose focus and intensity.

Broken & Damaged Items

If a video or dvd breaks or malfunctions during use, please notify us upon its return. You will not be billed for damaged/broken items unless: 1) They are not returned to us or 2) There is obvious negligence in the handling of the tape or dvd.

VIDEOS

from the Maine Office of Substance Abuse INFORMATION & RESOURCE CENTER

How do I find out what **videos** are available?

It's easy. Just follow these steps:

1. Go to our online catalog: <http://osairc.informe.org/> (Basic search screen)
2. Click on the words **SEARCH VIDEOS**
3. Using the **video subject headings** provided on the back of this sheet, conduct a *Subjects begins with* search.

This search would find all videos on the subject *steroids*.

Find:	<input type="text" value="Subjects"/>	that	<input type="checkbox"/> begin with		<input type="checkbox"/> contain		<input type="checkbox"/> closely match	the word(s)	<input type="text" value="steroids"/>
			<input type="checkbox"/> stem from						
			<input type="checkbox"/> sound like						

How do I **limit** a search to **videos** for a **specific audience**?

1. Select Combination search.
2. Type a subject (as a subject) in the 1st search block and an audience level (as a note) in the 2nd search block. Audience levels: **Prim, Elem, Jr, Sr, Adult, College, Prof**

Find :	<input type="text" value="alcohol"/>	as a	<input type="text" value="Subject"/>	(Term 1)
	<input type="checkbox"/> and	<input type="checkbox"/> or	<input type="checkbox"/> not	
	<input type="text" value="elem"/>	as a	<input type="text" value="Note"/>	(Term 2)
	<input type="checkbox"/> and	<input type="checkbox"/> or	<input type="checkbox"/> not	
	<input type="text"/>	as a	<input type="text" value="Subject"/>	(Term 3)

The above search would find videos on **alcohol** geared to **elementary** aged students. Audience levels serve as general guidelines. We recommend previewing all videos to determine appropriateness for your audience.

Prim = K-2, Elem=3-5, Jr = 6-8 Sr = 9-12, Adult , College, Prof=videos for professional training

VIDEO SUBJECT HEADINGS

Addictions/Other	Employee Assistance Programs	Self Help
Adolescent Use, Abuse and Dependencies	Family-Alcohol/Drug Dependency	Steroids
Adult Children of Alcoholics	Fetal Alcohol and Drug Effects	Stress/Depression
AIDS/HIV	Firearms	Suicide
Alcohol	Gambling	Tobacco
Alcohol/Drug Dependency	Impaired Driving	Toleration
Amphetamines	Inhalants	Violence/Conflict Resolution
Athletics	Marijuana	Violence/Child Abuse
Bullying	Mental Illness/Mental Health	Violence/Dating
Children of Alcoholics	Methadone	Violence/Domestic
Cocaine	Methamphetamine	Violence Prevention
Codependency	Native Americans	Women
Communication	Opiates/Heroin	ADDITIONAL TERMS
Corrections	Parenting	Open Captioned
Decision Making	Peer Pressure/Peer Resources	Closed Captioned
Drugs	Prescription drugs	Signed
Dual Diagnosis	Prevention	Study Guide
Eating Disorders	Recovery/Treatment	Maine Office of Substance Abuse
Education	Risk/Resiliency/Protective Factors	Spanish Language
Elderly	Self Esteem/Self Awareness	
Emotions		

How do I order **videos**? There are 5 ways to place an order:

1. Call us toll-free at 1-800-499-0027 or on our TTY at 1-800-606-0215
2. E-mail a request to osa.ircosa@maine.gov
3. Fill out the online request form available on our web site: <http://maineosa.org/irc/>
4. Fax a request to 207-287-8910.
5. **Schedule** videos **yourself** using our online booking system. **Call for details**

Please do not hesitate to contact us for any assistance in using our system or finding the resources you need.

ABUSED BOYS, WOUNDED MEN

Audience Level: Adult

Details: 141 min. (2 tapes); 2001; Hazelden; vhs

Synopsis: While society has enormous sympathy for abused children, the judgment for them is less benevolent should they become adult offenders. Earnie Larsen interviews adult inmates to examine the role that childhood abuse played in their lives. Designed for use in community corrections and institutional settings, this six-week curriculum will help adult offenders identify instances of early abuse, recognize how it has impacted their lives, and learn how to live a productive life in spite of it. Includes a manual.

ADDICTION (HBO Series)

Audience Level: Adult

Details: 90 min.; 2007; HBO; **dvd**

Synopsis: Several of the nation's leading experts on drug and alcohol addiction, and a group of accomplished documentary filmmakers, shed some light on the most current, most promising developments in the field of addiction. This fourteen-part series is aimed at educating America about addiction as a brain disease and its treatment as such. Accompanying pamphlet describes each program in detail.

ADDICTION FILES: CASE STUDY OF A RECOVERING ALCOHOLIC

Audience Level: College, Adult

Details: 30 min.; 2001; Films for the Humanities; vhs

Synopsis: Brian, a recovering alcoholic, is examined at the social, physical, and even genetic level. Specialists compare the evidence of a specific link to alcoholism with the more generalized factors of environment and behavior. From brain scans to blood tests, this program explores alcoholism and addiction from all angles to shed light on what alcoholism is - and is not.

ADDICTION (SECOND OPINION)

Audience Level: Adult

Details: 28 min.; 2008; Aquarius Health Care Media; **dvd**

Synopsis: Major advancements in neurological science are changing the way experts understand and treat addictive behavior. In this dvd, some of the country's leading experts discuss what the latest medical research tells us about treating addictive behaviors in men and women.

ADDICTIVE RELATIONSHIP SERIES

Audience Level: Adult

Details: 1989; Hazelden; vhs; **dvd**

- 1) **COMPULSIVE RELATIONSHIPS** (36 min.)
- 2) **RELATIONSHIP BUILDING** (33 min.)
- 3) **RELATIONSHIP STYLES** (30 min.)

AD/HD & ADDICTION

Audience Level: Adult

Details: 45 min ; 2007; FMS; vhs

Synopsis: Family therapist and addiction specialist, Wendy Richardson, explores the link between Attention Deficit Hyperactivity Disorder (AD/HD) and addiction and offers tips on how to combat its devastating effects.

ADOLESCENT SUBSTANCE ABUSE: A PUBLIC HEALTH PRIORITY

Audience Level: Adult, Prof

Details: 21 min.; 2002, Physician Leadership on National Drug Policy; Brown University; vhs

Synopsis: This video introduces a new initiative in drug policy by the Physician Leadership on National Drug Policy and aims to bring the message about adolescent substance use disorders to policymakers, medical and other health-related professionals, juvenile justice, community leaders and the public. It features interviews with leading physicians, lawyers and researchers who discuss the prevention and treatment of substance use problems.

ADOLESCENTS AND CO-OCCURRING DISORDERS

Audience Level: 9-12, Adult

Details: 24 min.; 2003; Hazelden; vhs

Synopsis: Teens in recovery from co-occurring disorders share their experiences: the bad drug interactions, the cravings for self-medication, the dangers of relapse. With ongoing therapy and the support of family, friends, and Twelve Step groups, adolescents can regain control of their co-occurring disorders and their lives. Hope for recovery is reinforced.

ADOLESCENTS AND MARIJUANA: GETTING A LIFE

Audience Level: 9-12, Adult

Details: 14 min.; 2001; Hazelden; **dvd**

Synopsis: Teens who experienced the highs and lows of marijuana abuse share their tales of addiction and loss and subsequent recovery. Told strictly through the voices of the teens profiled, the video cuts to the core of marijuana attraction and the ultimate cost to the user on a physical, emotional, and spiritual level.

ADULTS AND CO-OCCURRING DISORDERS

Audience Level: Adult

Details: 28 min.; 2003; Hazelden; vhs; **dvd**

Synopsis: Men and women speak frankly about how addiction and mental disorders fuel each other, the benefits of therapy, the importance of psychiatric medication taken regularly, and the challenges and rewards of seeking support through a Twelve Step group. Hope for recovery is reinforced by psychiatrist Kenneth Minkoff.

AL-ANON: HOPE AND HELP FOR FAMILIES & FRIENDS OF ALCOHOLICS

Audience Level: Adult, Prof

Details: 6.5 min.; 2002; Al-Anon Family Group; vhs

Synopsis: This short video provides a clear concise explanation of the family disease of alcoholism, and how Al-Anon/Alateen can help. It includes sharing from members as well as a psychiatrist in the field of addiction medicine.

ALCOHOL ISSUES AND THE RIGHTS AND RESPONSIBILITIES OF THE MODERN UNIVERSITY

Audience Level: College, Adult, Prof

Details: 100 min.; 2002; Office of Substance Abuse; vhs

Synopsis: High-risk drinking, hazing and other dangerous student behavior continues to generate an increasing number of lawsuits against colleges and universities. With colleges and universities routinely facing legal scrutiny, what legal images do courts have of higher education institutions? How have these images fostered or hindered student safety? Professor Lake will discuss the model of a "facilitator university" in the context of these questions and describe the evolution of modern legal concepts regarding colleges and universities. Alcohol use and abuse has played a significant role in forcing legal changes and is a major focus of Professor Lake's presentation and subsequent discussion.

ALCOHOL SCREENING AND BRIEF INTERVENTION

Audience Level: Prof

Details: 30 min.; 1990; NCADI; vhs

Synopsis: This video is part of a curriculum implementation project that was developed to teach alcohol screening and brief intervention techniques to nursing students and other health professionals. It consists of a conceptual overview, an introduction to interviewing techniques and brief advice giving, filmed interviews with simulated patients, and information on how to identify and refer cases not suitable for brief interventions.

ALCOHOL THE SUBSTANCE, THE ADDICTION, THE SOLUTION (Also available in Spanish)

Audience Level: Adult

Details: 44 min.; 2003; Hazelden; **dvd**

Synopsis: Recovering alcoholics, a treatment psychologist, and a physician speak candidly about the causes and effects of alcoholism and the challenges of recovery. First we learn about the symptoms of alcoholism, such as loss of control and denial, as well as the effects of alcohol on the brain and body. Recovering addicts speak of the personal triumphs they've experienced through recovery.

ALCOHOL: TRUE STORIES

Audience Level: gr: 5-12, Adult

Details: 20 min.; 2002; Blake Works; vhs; **dvd**

Synopsis: This video tells how alcohol impacted the lives of four young people: Robert played soccer on an Olympic development team until one night after drinking, he crashed his dad's car into a tree and severed his leg. Megan sought treatment for alcoholism after being sexually assaulted while drunk. Two young people who avoid alcohol also tell their stories: Dana lost family members to murder. She copes with stress in healthy ways, as drinking may derail her dreams. Ilton, a talented hip-hop dancer, says his sport and a family history of alcoholism keeps him alcohol free.

ANGER: CREATING NEW CHOICES, PT. 1 "A CLOSER LOOK"

Audience Level: Adult

Details: 35 min.; 2001; FMS; vhs; **dvd**

Synopsis: In this program, ex-offenders and people in recovery

look at the cost of anger and aggression in their lives and learn how to create new choices. Many things happen before we get angry: Thoughts, beliefs and feelings all play a crucial role. Becoming aware of what happens before we get angry and discovering that we do have time to do something different is a crucial first step in creating new choices.

ANGER: CREATING NEW CHOICES, PT.2 "CATCH IT EARLY"

Audience Level: Adult

Details: 35 min.; 2001; FMS; vhs; **dvd**

Synopsis: In this program, ex-offenders and people in recovery look at the cost of anger and aggression in their lives and learn how to create new choices. Jealousy and revenge are examples of feelings which can create pictures in our minds. These are visual thoughts which drive us to actions like "checking up" on the suspected person. Allowing these actions to continue feeds our anger, and can easily lead to aggression out of control. Similarly, when anger begins to grow, adrenaline flows and major changes take place in the body. Learning how to notice these changes allows us to see what's coming before it's too late.

ANGER: CREATING NEW CHOICES, PT. 3, "PRACTICAL SKILLS"

Audience Level: Adult

Details: 36 min ; 2002; FMS; vhs; **dvd**

Synopsis: In this program, ex-offenders and people in recovery look at the cost of anger and aggression in their lives and learn how to create new choices. Aggression can become a habit. Our habitual body language and manner of speaking can take us down an all-too-familiar path. Learning practical skills for "keeping things cool", for being assertive instead of aggressive gives us the ability to do something different: the power to create new choices.

ASSETS HAPPENING HERE

Audience Level: gr. 5-12

Details: 17 min.; 1999; Noodlehead Network; vhs

Synopsis: This video that focuses on the positive things kids do for themselves, their families, and their communities, within a framework kids can use to improve their own lives. Search Institute has identified 40 assets that help youth grow up healthy, caring and responsible. This video identifies these assets and invites kids into a discussion about what they need in order to thrive.

ASSIGNMENT: RE-ENTRY

Audience Level: Adult

Details: 58 min.; 2002; FMS; **dvd**

Synopsis: This DVD uses real-life perspectives and situations to take the viewer through a deep study of their life on the street and the situations they will encounter once released. Michael Johnson discusses the importance of setting all sorts of goals, and having a definite plan and direction for re-entry. He elaborates on expectations and the importance of understanding personal limitations as they relate to successful outcomes after release.

BILL W. AND DR. BOB

Audience Level: Adult

Details: 120 min ; ,2007; Hazelden; **dvd**

Synopsis: In 1929, New York stockbroker and alcoholic Bill Wilson plunges hard with the market and becomes a desperate drunk. Through serendipitous events, Wilson meets Ohio surgeon Dr. Bob Smith, an alcoholic for thirty years who frequently entered the operating room with crushing hangovers. Their path to sobriety launched Alcoholics Anonymous. This Off-Broadway production was filmed live in front of the audience at New World Stages in New York City. A "talk-back" with the authors, cast and director follows the play.

BLACK TAR HEROIN: THE DARK END OF THE STREET

Audience: College, Adult

Details: 75 min.; 1999; Farallon Films; **dvd**

Synopsis: This HBO documentary is the story of five young heroin addicts. It was filmed from 1995 to 1998 in San Francisco, California. During this period, black tar heroin use, particularly among young adults, surged to record levels in the city. This is a sobering, graphic look at the lives of these addicts. **NOTE:** Shows needle use, depictions of drug related crimes and diseases: prostitution, AIDS, and overdoses. Strong language. Preview prior to using with any audience.

BRAIN SCANS: ALCOHOL AND THE TEENAGE BRAIN

Audience Level: gr: 7-12, College

Details: 22 min. ; 2001; Human Relations Media; vhs; **dvd**

Synopsis: This video takes teens on a tour of several labs across the country including one at the University of California at San Diego where doctors are researching the effects of alcohol abuse in teenage brains. The show's young host has a scan performed on her own brain, and then has the chance to see how it compares with the brains of other teens who drink alcohol regularly. The studies highlighted in the video connect long-term brain damage to underage drinking. Students will see first-hand how alcohol affects teens as young as fourteen and fifteen years old. They will also learn why alcohol seems to harm younger brains more profoundly than older ones both in short and long term, impairing memory, coordination and motivation and causing addiction.

THE BROKEN CORD

Audience Level: gr: 9-12, Adult

Details: 28 min.; 1994; Films for the Humanities; vhs

Synopsis: In this program with Bill Moyers, authors Louise Erdrich and Michael Dorris explain how traditions of spirit and memory weave through the lives of many Native Americans and how alcoholism and despair have shattered so many other lives. The devastating effect of fetal alcohol syndrome on their adopted son and on the Native American community as a whole is also discussed.

BULLYING: TRUE STORIES

Audience Level: gr: 5-12, Adult

Details: 20 min.; 2010; Blakeworks; **dvd**

Synopsis: Four young people tell how they were affected by bullying. Addresses cyber bullying, bystanders, the emotional effects of bullying and how to prevent and stop bullying.

A CALL TO ACTION: CHANGING THE CULTURE OF DRINKING AT U.S. COLLEGES

Audience Level: College, Adult, Prof

Details: 52 min.; 2002; NCADI; vhs

Synopsis: An overview of the NIAAA report by the same title, Dr. Raymond Kington narrates a panel discussion. Dr. Ralph Hingson speaks on the morbidity of college drinking, Dr. Mark Goldman speaks on changing the culture of college drinking and Father Edward Malloy speaks on the present culture of college drinking. Four University presidents share why they got their colleges involved in the "Call for Action".

CARING FOR OURSELVES: HOPE FOR HEALTHY RELATIONSHIPS

Audience Level: Adult

Details: 50 min.; 1989; Hazelden ; vhs

Synopsis: Codependency expert Melody Beattie and other recovering codependents share their insights on balancing the need to care for oneself with caring for others. Personal stories illustrate how caretaking, controlling, rescuing, and enabling can be self-destructive. We learn to identify our own codependent behaviors and overcome obstacles to recovery.

THE CASE OF COOL AL: A JOHNNY CLUE MYSTERY

Audience Level: gr: 3-6

Details: 13 min.; 2008; Human Relations Media; **dvd**

Synopsis: A mystery adventure designed to teach young viewers about the dangers of alcohol. Kids, have no fear, ace detective Johnny Clue is on the case of evil dude "Cool Al". When Johnny uncovers unmistakable evidence that bad things are happening to the kids hanging out with Cool Al, his investigation goes into high gear.

CHALK TALK ON ALCOHOL, REVISED

Audience Level: gr. 9-12, Adult

Details: 131 min.; 1976; Kelly Productions; vhs; **dvd**

Synopsis: This dvd contains three programs by Father Martin. 1) Chalk Talk on Alcohol Revised: Discusses alcohol and its effects on the human body, particularly the human mind. By comparing alcohol to ether, the video provides a brief description of the disease of chemical dependency and ends with a quiet statement about the devastating effects of alcoholism on family members and society. 2) Recovery and the Family: Explains that most divorces in alcoholic homes occur after the alcoholic recovers. Too many family members believe all will be well if one person recovers. Since each member of the family gets sick, each needs care and therapy. 3) Recovery and Forgiveness: Discusses the importance of forgiveness in recovery from alcohol and drug addiction, both in seeking forgiveness for past harmful actions and in granting forgiveness to others.

CHALLENGING THE LIFESTYLE

Audience Level: Adult

Details: 53 min.; 2003; GWC; vhs

Synopsis: With a group of residents at Crossroads Adult Transition Center in Chicago, Illinois, Michael Johnson challenges the group to take a serious look at their alcohol, drug and criminal lifestyle. He explains that when you look at the lifestyle associated alcohol, drugs and criminal activity you have to ask yourself, "what is the payoff?" After listing the payoffs for the lifestyle he discusses feelings of isolation, loneliness, experiencing a sense of failure and being an embarrassment to family. He challenges the viewer to look at the reality and truth about who they really are.

CHILDREN OF ALCOHOL AND DRUG ADDICTED PARENTS

Audience Level: Adult

Details: 57 min.; 2001; SAMHSA; vhs

Synopsis: Many children and young people are exposed to chaotic family environments that offer little stability or emotional support. And many will develop serious behavioral and emotional problems that will keep them from living happy and normal lives. New science-based approaches to helping these often overlooked victims of addiction are presented. (Part of a series of webcasts presented for Recovery Month 2001)

CLINICAL INNOVATOR SERIES:

Audience Level: Prof

Details: Hazelden; **dvd**

- 1) **Adolescent Drug Abuse** (70 min.; 2009)
- 2) **Applying ASAM Placement Criteria** (74min.; 2007)
- 3) **Brief Intervention** (87 min.; 2004)
- 4) **The Neurobiology of Addiction** (50 min.; 2009)
- 5) **Older Adults and Addiction** (40 min.; 2007)
- 5) **Stages of Change and Addiction** (120 min.; 2004)
- 6) **Treating Co-occurring Disorders** (75 min.; 2006)
- 7) **Women and Addiction** (74 min.; 2007)

COCAINE AND CRACK: A CRAVING FOR MORE

Audience Level: College, Adult

Details: 35 min.; 2003; Kinetic; vhs

Synopsis: This is an examination of cocaine and its smokeable form crack. It looks at cocaine's effect on the body's energy supplies and the reward reinforcement center; the neurochemical effects of chronic and high-dose use; the reasons compulsion and addiction develop and treatment strategies when users want to recover. Includes computer animation of neurochemical processes in the brain and interviews with practicing and recovering cocaine abusers. Excerpts from treatment and group sessions give a comprehensive view of the physical, mental, emotional and societal ramifications of cocaine use.

COCAINE AND CRACK: BACK FROM THE ABYSS

Audience Level: Adult

Details: 46 min.; 1998; Hazelden; vhs; **dvd**

Synopsis: This video delivers the basic facts about cocaine and crack through personal stories of addiction and recovery. Part One, The Chase, provides a look at the history and social/cultural aspects of cocaine use. It explains methods of use and the impact cocaine has on the body and mind of the addict. Part Two, Fighting Back, delivers an insider's look at how several recovering cocaine addicts got hooked, the experiences that led them to try to stop using, and how they found the way to recovery.

COMMITMENT TO CHANGE SERIES

THE POWER OF CONSEQUENCES (#7)

Audience Level: Adult

Details: 33 min.; 2002; FMS; vhs

Synopsis: Facing Consequences: It takes courage to face the pain our actions have caused. Through role-play, an offender and recovering addict looks squarely at the consequences of his actions: to victims, to his wife, his children, his community and others.

THE POWER OF CONSEQUENCES (#8)

Audience Level: Adult

Details: 37 min.; 2002; FMS; vhs

Synopsis: Moment of Decision: People who stay clean and free consider consequences before acting; repeat offenders find a way to shut them out.

THE POWER OF CONSEQUENCES (#9)

Audience Level: Adult

Details: 43 min.; 2002; FMS; vhs

Synopsis: Remembering Consequences: "When I face temptation, will I be able to resist?" Noticing how we shut out consequences-what we say to ourselves to "go ahead," provides a warning sign: an alarm that tells us to slow down and consider consequences.

CO-OCCURRING DISORDERS: MENTAL HEALTH AND DRUGS

Audience Level: Adult

Details: 36 min.; 2004; CNS; **dvd**

Synopsis: 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. This program 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.

CO-OCCURRING DISORDERS SERIES

Audience Level: Adult

Details: Hazelden; vhs; **dvd**

- 1) **Preventing Relapse** (20 min.; 1994)
- 2) **Understanding Bipolar Disorder and Addiction** (20 min.; 1995)
- 3) **Understanding Borderline Personality Disorder and Addiction** (21 min.; 2004)
- 4) **Understanding Depression and Addiction** (24 min.; 1994)
- 5) **Understanding Dissociative Disorders and Addiction** (20 min.; 2003)
- 6) **Understanding Major Anxiety Disorders and Addiction** (25 min.; 1994)
- 7) **Understanding Obsessive-Compulsive Disorders and Addiction** (20 min.; 2004)
- 8) **Understanding Personality Problems and Addiction** (20 min.; 1995)
- 9) **Understanding Post-Traumatic Stress Disorder and Addiction** (20 min.; 1994)
- 10) **Understanding Schizophrenia and Addiction** (20 min.; 2003)
- 11) **Understanding Suicide and Addiction** (20 min.; 2003)

THE COURAGE TO CHANGE: PORTRAITS OF MEN IN RECOVERY

Audience Level: Adult

Details: 120 min.; 2008; Clinical Digital Prod.; **dvd**

Synopsis: This DVD centers around five short films, each one presenting the story of one man's recovery. Each man tells his own story in first person narrative, describing the events that led to his addiction and how and why he made the transition to sobriety. It also contains several extra features which include short films, audio journals, and discussion questions. Most of these features can be used independently of the five short films to highlight different aspects of the issues men struggle with. Many of these features are not addiction/recovery specific, but relate to men's issues in general.

CROSS ADDICTION: THE BACK DOOR TO RELAPSE

Audience Level: Adult

Details: 40 min.; 1999; Hazelden; vhs; **dvd**

Synopsis: 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 considered "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.

CROSSING DEADLY LANES

Audience Level: gr: 9-12, Adult

Details: 20 min.; 2003; Pyramid Media; vhs; **dvd**

Synopsis: This video documents the fatal, all too frequent consequences of drunk driving. Real DUI offenders with no prior criminal records, judges, lawyers, medical personnel and victims all share their stories about the hard realities of

alcohol-related automotive fatalities and the prison sentences that sometimes follow.

CYBER BULLYING: A SCHOOL'S GUIDE TO PREVENTION, ASSESSMENT AND RESPONSE

Audience Level: Prof

Details: 40 min.; 2008; Omni Publishing Company; **dvd**

Synopsis: Sgt. Corey MacDonald, Esq. describes the different forms of cyber bullying and what schools can do to prevent it and respond to it. He describes what educators can do to make a difference.

DANGER! TOXIC CHEMICALS AN INHALANT PREVENTION VIDEO

Audience Level: gr. 5-8

Details: 14 min.; 1999; Hazelden; vhs; **dvd**

Synopsis: The video, targeted for students in grades 5-8, explains the dangers of inhalants and how students can avoid them. It does not show what products are being abused or how to abuse them. This video uses the approach that inhalants are not really drugs, but are poisons, toxins, and pollutants.

DEADLY PERSUASION: THE ADVERTISING OF ALCOHOL AND TOBACCO

Audience Level: gr: 9-12, College, Adult

Details: 53 min.; 2003; Media Education Foundation; vhs; **dvd**

Synopsis: Jean Kilbourne exposes the marketing strategies and tactics used by the tobacco and alcohol industries to keep Americans hooked on their products. Illustrating her analysis with hundreds of current advertising examples from mainstream and trade sources, Kilbourne presents a compelling argument that these industries have a clear and deep understanding of the psychology of addiction - an understanding they exploit to create and feed a life-threatening dependency on their products.

DEBUNKING THE MYTHS ABOUT MARIJUANA: WHAT CAN YOUR COMMUNITY DO?

Audience Level: Adult

Details: 7 min.; 2003; National Drug Control Policy; vhs

Synopsis: This video was designed to educate communities about the harms of teen marijuana use. It highlights the latest research about the drug, features commentary by leading experts about the effects of marijuana on youth, and encourages communities to work together to address teen marijuana use. It also includes television ads for youth on the negative consequences of marijuana use, for parents on the importance of monitoring their kids, and for the general audience on the importance of community coalitions.

DEPRESSION: OUT OF THE SHADOWS

Audience Level: Adult

Details: 90 min.; 2008; PBS; **dvd**

Synopsis: These are the stories of people of different ages, from diverse backgrounds, who live with various forms of depression. Leading mental health experts highlight the latest scientific research and innovative treatments, offering greater understanding and hope for the millions of people living with this complex, but treatable, disease.

DEPRESSION: TRUE STORIES

Audience Level: gr. 6-12; College, Adult

Details: 26 min.; 2007; Blake Works; **dvd**

Synopsis: This video provides first person accounts of the suffering associated with this life threatening illness - depression. At the same time, it inspires hope about the power of treatment. It is designed to educate adolescents, young adults, parents, other caregivers, and health care professionals about a serious illness that can and should be treated.

DIFFERENT CHOICES: STORIES OF DRUGS BY TEENS FOR TEENS

Audience Level: gr. 9-12, College, Adult

Details: 60 min.; 2006; Reelworks; **dvd**

Synopsis: Seven short films by teens about families, choices, addictions, and substance abuse. Includes the film Happy Ending, winner of Best Documentary, 2006 National Student Emmy. **Note:** "At Risk" contains strong language.

THE DISEASE OF ADDICTION: SYMPTOMS & PHASES

Audience Level: Adult, College

Details: 30 min.; 1999; Hazelden; **dvd**

Synopsis: This video helps in understanding the primary, chronic, genetic, progressive, and potentially fatal aspects of addiction illness. The three phases of addiction and symptoms for each phase provide a basic understanding of addiction.

THE DISEASE OF ALCOHOLISM: UPDATE

Audience Level: Adult

Details: 38 min.; 2002; GWC; vhs

Synopsis: This video updates Disease of Alcoholism that Dr. Ohlms released in 1981 and updated in 1991. According to Dr. Ohlms, alcohol still leads the list of most abused drugs in all age groups, between men and women, and from all walks of life. Dr. Ohlms describes alcoholism as a chronic, progressive, incurable disease characterized by a train of signs and symptoms. He also shares information on the physiological aspects of alcohol addiction and fetal alcohol syndrome.

DONE DRINKING: GETTING SOBER, STAYING STRAIGHT

Audience Level: gr. 9-12, Adult

Details: 13 min.; 2003; Hazelden; **dvd**

Synopsis: This treatment based video features teen alcoholics in recovery who reveal why they started drinking, how alcohol took over their lives, how they got sober and who they've become in recovery. The facilitator's guide includes reproducible client worksheets.

DON'T DRAIN YOUR BRAIN: HOW ALCOHOL DAMAGES THE BRAIN

Audience Level: gr: 3-6

Details: 15 min.; 2003; Human Relations Media; vhs; **dvd**

Synopsis: Animation and images of the human brain are used to deliver the latest scientific findings about young people and alcohol. Viewers will learn that early alcohol use causes serious damage to the brain and significantly reduces many important brain functions. Young teen presenters review brain structures and explain how vital they are to normal, healthy

functioning - including thinking, moving, speaking, hearing and smelling. Viewers get a chance to see what actually happens inside the brain when alcohol is consumed, and witness how normal brain functioning is short-circuited by alcohol.

DRINKING, DRIVING AND DRUGS: A DEADLY MIX

Audience Level: gr. 7-12

Details: 20 min.; 2004; Syndistar; vhs

Synopsis: This video introduces viewers to the dangers of driving under the influence of alcohol and other drugs. Through narratives of people whose lives have been destroyed, viewers are made aware that a split second decision to get behind the wheel while under the influence can cause irreparable tragedy. This video also includes statistics that show the undeniable risks involved with driving while intoxicated, as well as interviews with police, doctors, and prevention activists. Young people share why they have decided that drinking is not for them, ways to say no to alcohol, and what to do if someone is trying to get behind the wheel while under the influence. Includes reproducible Pre- and Post Test.

DRINKING IT IN

Audience Level: gr. 5-12, Adult

Details: 5 min.; 2002; Image Master Productions; vhs

Synopsis: This video depicts how children are surrounded daily by alcohol messages and the many different venues for these images and the messages they send.

DRIVING DRUNK: LICENSE TO KILL?

Audience Level: Adult

Details: 44 min.; 1995, Films for the Humanities; vhs

Synopsis: An ABC News Turning Point investigation of the laws that are supposed to keep drunk drivers off the road, how easy it is to circumvent the laws, and at the efforts of some states to make it harder for drunk drivers to become repeat offenders.

DRUG DIVERSION IN HEALTH CARE: WHAT EVERY NURSE SHOULD KNOW

Audience Level: Prof

Details: 70 min.; 2005; Maine State Board of Nursing; **dvd**

Synopsis: This DVD for nurses and nursing students covers the serious issue of drug diversion and provides information on how to prevent, identify and report it.

DRUGS: TRUE STORIES

Audience Level: gr. 5-12, Adult

Details: 28 min.; 2007; Blake Works; **dvd**

Synopsis: Joel's abuse of alcohol and marijuana led to addiction to prescription pills. He, his parents, and his sister describe their denial, Joel's spiraling addiction, and his ongoing recovery. Trevor tells how he avoided drugs and stays drug free.

DUAL DIAGNOSIS: AN INTEGRATED MODEL FOR THE TREATMENT OF PEOPLE WITH CO-OCCURRING PSYCHIATRIC AND SUBSTANCE DISORDERS

Audience Level: Prof

Details: 120 min.; 2000; Mental Illness Educ. Foundation; vhs

Synopsis: Mental illness and substance disorders frequently occur together but have traditionally been treated separately - often in isolation and unsuccessfully. Dr. Kenneth Minkoff, nationally known expert in dual diagnosis, outlines how care can be integrated despite differences in treatment philosophy. Dr. Minkoff illustrates how each system can learn from each other. What emerges is a set of key principles for an integrated model of care that promotes both hope and recovery. This two-hour videotape is for mental health and substance abuse professionals and others concerned with this challenging field.

DYING HIGH: TEENS IN THE E.R.

Audience Level: gr. 9-12, Adult

Details: 26 min.; 2002; Human Relations Media; vhs; **dvd**

Synopsis: This reality based video shows what goes on inside the nation's emergency rooms as doctors treat teens for some of the most common types of injuries among young people: drug overdoses, alcohol poisoning, car wreck traumas and more. Through a series of episodes, viewers see common life-and-death ER moments which remind teens that risk-taking behavior can often lead to serious injury and death. NOTE: This film contains graphic images.

EATING DISORDERS: THE INNER VOICE

Audience Level: gr. 9-12, College, Adult

Details: 30 min; 2000; Cambridge Educational; vhs

Synopsis: A feature-style program dedicated to dispelling the myth that eating disorders are about the desire to be thin. Four gender and ethnically diverse young adults share their stories of physical pain and emotional torment associated with anorexia nervosa, bulimia nervosa, and exercise bulimia. Medical, psychological, and nutritional experts describe types of eating disorders, what causes them, and who is at risk.

ECSTASY AND OTHER CLUB DRUGS

Audience Level: gr. 9-12, Adult

Details: 45 min.; 2002; GWC; vhs

Synopsis: According to Dr. Ohlms, Ecstasy (MDMA) is one of the fastest growing drugs of abuse especially among teens and young adults. Ecstasy is commonly referred to as one of the "club drugs" because it is often used at all-night clubs and at rave parties. Dr. Ohlms discusses the short and long term effects of using Ecstasy. While explaining the acute effects of Ecstasy on the brain, Dr. Ohlms explains how long-term use can change brain chemistry and behavior. He also details the physical symptoms of frequent and long-term use as well as the physiological effects. The differences between Ecstasy and other club drugs gaining popularity such as GHB, Ketamine and Rohypnol (date-rape drug) are also discussed.

END BROKEN PROMISES, MEND BROKEN HEARTS

Audience Level: Adult

Details: 23 min.; 2003; SAMHSA; vhs

Synopsis: This video is for adults interested in being helpful to children who have parents with alcoholism or other drug dependencies. It provides information on the needs of children of addicted parents, a rationale for addressing their needs, information about educational support groups and messages from children and parents who have benefited from these groups.

EXPLORING HEALTHY RELATIONSHIPS

Audience Level: gr. 8-12, College

Details: 22 min.; 2002; Human Relations Media; vhs

Synopsis: By introducing us to the four keys of a healthy relationship--mutual respect, open communication, trust and boundaries--Dr. Deborah Gatins, a clinical psychologist, helps students figure out how they can use these keys more successfully in everyday life. This video follows two families as their teenage children negotiate relationships with parents, siblings, friends, teachers and even employers. An extensive teacher resource book allows this program to be used over four days as part of a mini-curriculum.

EXPLORING THE CONNECTION BETWEEN ADDICTION AND OTHER HEALTH AND SOCIAL PROBLEMS

Audience Level: Adult

Details: 57 min.; 2001; SAMHSA; vhs

Synopsis: This program will look at the costs of substance abuse to individuals and society and demonstrate how addiction treatment can dramatically reduce such problems.

FALLING

Audience Level: gr. 6-12 (not for children under age 11)

Details: 21 min.; 2007; Project Aware; **dvd**

Synopsis: In today's culture where prescription drugs are everywhere, Taylor, a 16 year old girl, finds it easy to fall into the trap of abusing them. She begins a downhill slide over time, distancing herself from her family and friends. By the end of the movie she is at a crossroads. The Project AWARE Players show how the character was influenced by everyday events and how the abuse of prescription drugs was actually normalized in response to a sports injury.

FATAL MISTAKES: FAMILIES SHATTERED BY SUICIDE

Audience Level: Adult, Prof

Details: 45 min.; 1998; Amer. Found. Suicide Prev.; vhs

Synopsis: Fatal Mistakes chronicles the recovery of several families in the aftermath of suicide. The film introduces family members who struggle daily with the loss, stigma, blame, and shame that inevitably accompany such a tragic death. These "survivors" share their common experience with the hope that they will comfort others experiencing similar grief and prevent others from experiencing the pain of losing a loved one to suicide. AFSP recommended audiences: survivor support groups, mental health professionals, guidance counselors, clergy, social workers, hospice workers and employee assistance professionals.

FEELINGS/FATHER JOSEPH MARTIN

Audience Level: gr. 9-12; Adult

Details: 45 min.; 1978; Kelly Productions; vhs; **dvd**

Synopsis: It has been said that resentment and self pity are luxuries the alcoholic can ill-afford. Father Martin shares some thoughts about human feelings. Everyone has feelings, positive and negative, and most people feel guilty about the negative ones. While not moralizing, Father Martin shares that the negative feelings are like a two-edged sword that can help us if we handle them or destroy us if we don't.

FETAL ALCOHOL SYNDROME: A LIFE SENTENCE

Audience Level: Adult

Details: 24 min.; 1997; Films for the Humanities; vhs

Synopsis: Fetal alcohol syndrome is the result of permanent organic injury to the brain of the fetus, caused by maternal drinking during pregnancy. That injury leads to learning disabilities, poor judgment, antisocial behavior, and worse, if a recent study is correct. This program discusses FAS within the context of that study that suggests that 20 to 25 percent of all prison inmates may suffer from the condition. The program examines how early identification and treatment of children with FAS can help prevent extreme antisocial behavior in adulthood.

FIERCE GOODBYE

Audience Level: Adult

Details: 43 min; 2004; Mennonite Mission Network; vhs; **dvd**

Synopsis: In this documentary five families share their pain in dealing with the numbing after effects of suicide. Additional families, individuals, mental health experts, Bible scholars and theologians add their experiences and insights in dealing with the issue of suicide. It looks at the role of faith and suicide: where is my loved one now? Can they be forgiven? How can I still have faith and go on? Hosted by Judy Collins, the program also features Dr. Kay Redfield Jamison, professor of psychiatry at Johns Hopkins University. The **DVD version** contains an additional 2 1/2 hours of material including: Family stories in more depth, Role of mental illness and depression in suicide, Suicide and beliefs about God, After death experiences, Healing and hope in personal experiences and reaching out to others, Interview with host Judy Collins and "Why?" poem by Gwendolyn Carr.

FIVE THINGS PARENTS MUST KNOW ABOUT: FACEBOOK, MYSPACE, CRAIGSLIST, TWITTER, TEXTING

Audience Level: Adult

Details: 60 min.; 2009; Coastal Healthy Community Coalition; **dvd**

Synopsis: This presentation by Capt. Corey MacDonald is from the November 9, 2009 Kennebunk Town Hall Meeting.

GAMBLING WITH YOUR LIFE (48 HOURS)

Audience Level: gr. 9-12, Adult

Details: 50 min.; 2000; CBS Video; vhs

Synopsis: Gambling is one of this country's most popular activities. One expert estimates that four million people in this country are addicted to gambling. 48 Hours takes a look at this pastime, profiling a recovering gambling addict, a woman

whose obsession with scratch-off-games has left her \$50,000 in debt, and a cabby who trades online while he drives.

GETTING HIGH: NOT IN THE JOB DESCRIPTION

Audience Level: gr 9-12, Adult

Details: 20 min.; 2002; Meridian Education; vhs

Whether you work on an assembly line in a factory or write computer programs for a company's accounting department, you have a right to a safe and drug-free work environment. This program helps viewers of all ages understand their rights and responsibilities on the job, to increase their protection from coworkers whose critical thinking and decision-making skills may be impaired through substance abuse.

GIRLS WILL BE GIRLS? AGGRESSION, SEXUALITY AND BODY IMAGE

Audience Level: College, Adult

Details: 57 min.; 2005; University of Maine; vhs

Synopsis: Are girls becoming too aggressive, too mean, too sexual? Are they dressing too provocatively, bullying and fighting too often, living too dangerously? The contradictory realities of girls' lives challenge us to think in more complex ways. Experts describe the impact of socialization on girls' lives and offer practical advice to help girls respond to narrow cultural messages about body, sexuality, desire, anger and aggression. Interspersed with the voices of girls themselves, conference speakers encourage adults to help girls understand the culture in which they are immersed, and to join them in creating strategies that offer girls legitimate avenues to power and possibility.

GOD AS WE UNDERSTAND HIM

Audience Level: Adult

Details: 110 min.; 2008; Joshua Tree Productions; **dvd**

Synopsis: This documentary explores the spiritual underpinnings of A.A., focusing on how people of different faiths and creeds work the 12 Steps and support one another in fellowship. The purpose is to help people in recovery who are adverse to the 12 Step program by examining lack of faith or belief in God and by exploring the myriad ways in which we humans attempt to understand God.

GRIEF: HOW TO HELP CHILDREN FEEL, DEAL AND HEAL

Audience Level: Adult, Prof

Details: 85 min.; 1999; Corporate Image; vhs

Synopsis: This video is designed to help parents, teachers, counselors and caregivers guide children through their grief.

GROWING UP ONLINE (FRONTLINE)

Audience Level: Adult

Details: 60 min.; 2008; PBS; **dvd**

Synopsis: Peer inside the world of this cyber-savvy generation through the eyes of teens and their parents, who often find themselves on opposite sides of a new digital divide. A generation with a radically different notion of privacy and personal space, today's adolescents are grappling with issues their parents never had to deal with: from cyber bullying to instant "Internet fame," to the specter of online sexual predators.

GUIDE FOR LIVING WITH CO-OCCURRING DISORDERS: HELP AND HOPE FOR CLIENTS AND THEIR FAMILIES

Audience Level: Adult, Prof

Details: 83 min.; 2008; Hazelden; **dvd**

Synopsis: This DVD educates clients, families, and clinicians on the history, challenges, and effective treatments for co-occurring disorders. It offers interviews with clinicians, physicians, and researchers, along with client testimonials. This comprehensive educational resource can be viewed in its entirety, or each twenty-minute chapter can be viewed separately to provide targeted learning in shorter sessions.

GUIDE FOR LIVING WITH PTSD: PERSPECTIVES FOR PROFESSIONALS AND THEIR CLIENTS

Audience Level: Adult, Prof

Details: 56 min.; 2009; Hazelden; **dvd**

Synopsis: Through client testimonials and expert guidance from researchers at the Dartmouth Psychiatric Research Center and the Dept. of Veterans Affairs National Center for PTSD, this video educates clinicians, clients, and families on the history, epidemiology, challenges, and treatment of post-traumatic stress disorder. Sample cognitive-behavioral therapy sessions between counselor and client model realistic applications of the concepts presented.

HAZE (HIGH SCHOOL VERSION)

Audience Level: gr. 9-12, College, Adult

Details: 36 min.; 2008; Gordie Foundation; **dvd**

Synopsis: Haze is a alcohol poisoning documentary examining the college drinking culture in America through the 2004 death of college freshman Gordie Bailey following a fraternity hazing incident at the University of Colorado. It sheds light on the severity of college binge drinking and hazing through graphic images filmed at campus parties, during emergency medical calls, and from police files, including details on the circumstances surrounding the death of Gordie Bailey. Haze also includes interviews with national experts on the subject of alcohol abuse on college campuses.

HEALING THE ADDICTED BRAIN

Audience Level: gr. 9-12; Adult

Details: 1999; FMS; vhs; **dvd**

Pt. 1) Addiction Out of Control (30 min)

Pt. 2) Stages of Recovery (34 min)

Pt. 3) Relapse and Recovery (36 min)

HEAR MY VOICE

Audience Level: gr. 6-12, Adult

Details: 12 min.; 2002; American Cancer Society, New England Division; vhs

Synopsis: This video, targeted to middle school students, is a graphic and honest look at what it's like to live with a laryngectomy, or surgery to remove one's voice box. The people profiled point out important facts to school children such as the fact that they cannot go in a boat or go swimming because they risk going underwater and drowning if water entered their stoma, the hole in the throat where they breathe. Includes classroom discussion questions for teachers to use following the video.

HEPATITIS C THE SILENT EPIDEMIC

Audience Level: Adult

Details: 29 min.; 2000; Hazelden; vhs; **dvd**

Synopsis: Explores every aspect of HCV: diagnosis, symptoms, treatment and its side effects, and lifestyle issues specific to people in recovery from chemical addiction. All information is delivered through the testimony of a hepatologist and five individuals who are currently living with HCV. Part 1 of this video will help viewers understand the importance of getting screened and seeking medical attention; part 2 shows viewers how others have managed this disease.

HERE TODAY: HEROIN IN VERMONT

Audience Level: Adult

Details: 55 min.; 2002; Kingdom County Productions; vhs

Synopsis: This documentary film is about heroin and the effects of addiction on families in Vermont's Northeast Kingdom. Although focusing on the poorest and most rural part of the state, it explores stories of people from diverse economic backgrounds, including an upper-middle class family struggling with their heroin-addicted son and a working-class addict who has been off heroin for five years.

HEROIN: WHAT AM I GOING TO DO?

Audience Level: Adult

Details: 27 min.; 1997; Hazelden; vhs; **dvd**

Synopsis: The first part of this video describes the powerful allure of heroin and the using lifestyle, the initial illusion of control over the drug, and the inevitable fall into a life of coping and using. The second part reveals the overwhelming feelings of helplessness and desperation that brought these addicts to treatment. They talk about the need for honesty and surrender to begin recovery, their struggles to stay clean and the ultimate rewards of life without drugs.

HIDDEN SCARS, SILENT WOUNDS: UNDERSTANDING SELF INJURY

Audience Level: Adult, Prof

Details: 25 min.; 2003; Human Relations Media; vhs

Synopsis: This video investigates the phenomenon of self-injury. Self-injury refers to a pattern in which a person harms himself or herself by cutting or even burning parts of the body to relieve stress from pent-up emotions. Many people suffer from this usually secretive activity. Typically, they have endured unusual and stressful events or abusive family situations, and have resorted to self-injury as an unhealthy coping mechanism. The film contains interviews with young people who cut and their families, as well as commentary by noted experts in the field. **NOTE:** Contains sensitive content. Needs to be processed.

HIGH ON CRACK STREET: LOST LIVES IN LOWELL

Audience Level: College, Adult

Details: 60 min.; 1995; DCTV Productions; **dvd**

Synopsis: This unblinking documentary follows three crack addicts in Lowell, MA as their lives take them in and out of crack houses, rehab centers and jails over the course of 18 months. **NOTE:** Shows use, contains strong language and subject matter. Recommend preview prior to using with any audience.

HIGH ON SPICE: THE DANGERS OF SYNTHETIC MARIJUANA

Audience Level: gr. 9-12, College

Details: 14 min.; 2001; Human Relations Media; **dvd**

Synopsis: This dvd educates viewers about the dangers of Spice or K2. Until December 2010, Spice was legally sold around the country as incense in convenience stores, head shops and on the Internet. Although now illegal, Spice continues to be abused by people who assume the herbal mixture is a substitute for marijuana. Viewers hear from young adults who were hooked on Spice with sometimes life-threatening results including anxiety attacks, hallucinations, escalated blood pressure and addiction. The program also interviews drug counselors and law enforcement personnel who emphasize the dangers of experimenting with any substance that contains unknown quantities of experimental chemicals.

HOOKED: ILLEGAL DRUGS AND HOW THEY GOT THAT WAY

Audience Level: gr. 9-12; Adult

Details: 2 @ 100 min.; 1996; A & E Television; vhs

Synopsis: Hooked explores the world of illegal drugs, meeting with pharmacologists and scientists to learn exactly what effect they have on us and exploring the social and legislative changes that have transformed (and, some argue, created) the drug culture of the 20th century. Outspoken advocates on both sides of the "war on drugs" illuminate this polarizing issue, and fascinating accounts and artifacts illustrate the role of drugs throughout history.

1) Marijuana, Opium, Morphine, and Heroin (Volume 1)

2) Cocaine, LSD, Ecstasy, the Raves (Volume 2)

HOORAY FOR THE DRUG-FREE TEAM (HARVEY RABBIT)

Audience Level: gr. K-2

Details: 51 min.; 1996; Harvey Rabbit Productions; vhs

Synopsis: The Allureds present their friends (puppets), Harvey Rabbit, Cecil the Orangutan, and T-Boy the Alligator in comic skits which cover the rules for membership on the Drug-Free Team.

HUMOR IN TREATMENT

Audience Level: Adult

Details: 35 min.; 2007; Funny Recovery.com; **dvd**

Synopsis: Mark Lundholm lets you in on his personal escapades and foibles as he journeyed from the pain and destruction of addiction to the hope of new life in recovery.

Pt. 1) Getting Here

Pt. 2) Being Here

Pt. 3) Leaving Here

"I AM CONCERNED..." TRAINING FILM

Audience Level: Prof

Details: 37 min.; 2005; NTI Productions; **dvd**

With both in-depth discussion and intervention dramatizations, this training film conveys effective ways to screen for drug use during pregnancy and how to help pregnant women who are using alcohol, tobacco or illicit drugs.

IDENTIFYING ALCOHOL ABUSERS

Audience Level: Prof

Details: 69 min.; 1990; NCADI; vhs

Synopsis: This video contains six client screening interviews. This tape allows the learner to observe screening techniques using selected items from the AUDIT (Alcohol Use Disorder Identification Test)

IDENTIFYING DRUG ABUSERS

Audience Level: Prof

Details: 37 min.; 1990; NCADI; vhs

Synopsis: This video contains four client screening interviews. This tape allows the learner to observe screening techniques using selected items from the POSIT (Problem Oriented Screening Instrument for Teenagers) and the DAST (Drug Abuse Screening Test) with a variety of patients.

IF ONLY: TEENS ON UNDERAGE DRINKING

Audience Level: gr. 6-12, Adult

Details: 12 min.; 2010; ME Alliance for Arts Education; **dvd**

Synopsis: An English class of high school students discusses why students drink. Tasked with creating a play about any social issue this Brewer High School class of juniors and seniors chose to create and perform a play, ("If Only") about a youth's death from an underage drinking accident. A post-performance discussion, the student playwrights give their frank ideas about what influences students to get involved in alcohol. Their play showed flashbacks of the victim's interactions with friends and family before he died. The DVD intersperses moments of those performed interactions with the Brewer playwrights/performers discussing how these relationships can help students resist or add to the social pressure to drink in order to "fit in."

IN MY BACKYARD; DISPELLING MYTHS ABOUT METHADONE TREATMENT

Audience Level: College, Adult, Prof

Details: 15 min.; 2009; Baron Edmond Chemical Dependency Institute of Beth Israel Medical Ctr; **dvd**

Synopsis: This 15-minute video addresses the "not-in-my-backyard" (NIMBY) phenomenon--probably the greatest barrier to meaningful expansion of methadone treatment availability in the U.S. It highlights the patients, staff, and services of a methadone maintenance treatment clinic operating since 1974. The clinic is in a church building in the heart of residential and commercial Greenwich Village, NYC.

IN THE KNOW: PARTY DRUGS

Audience Level: gr. 9-12, College

Details: 24 min.; 2001; Syndistar; vhs

Synopsis: Four young narrators work together to educate viewers about the damage that Ecstasy/MDMA, methamphetamine, GHB, Rohypnol, and Ketamine do to users' lives. Also contains an in-depth look at "date rape" drug use, and provides advice to viewers on protecting themselves. The program details the social effects, biological functions, and short and long-term effects of each of these substances. The video concludes with the story of a college freshman who has spent the last three years in a coma due to someone "slipping" GHB to her without her knowledge.

IN THE KNOW: PRESCRIPTION DRUGS

Audience Level: gr. 9-12, College

Details: 15 min.; 2001; Syndistar; vhs

Synopsis: The drug groups discussed in this video are tranquilizers (barbiturates and benzodiazepines), stimulants (amphetamines), and opioid painkillers (Vicodin, OxyContin, and the like). The program details the social effects, biological functions, and short and long-term effects of each of these substances.

INFLUENCED: 3 STORIES ABOUT PEOPLE WHO YOU MIGHT KNOW

Audience Level: Adult, Prof

Details: 28 min.; 2009; Project Aware; **dvd**

Synopsis: Written, acted and directed primarily by young people, this movie addresses issues such as eating disorders, neglect, substance abuse and how adult role modeling influenced the choices young people made.

INSIDE THE ADDICTIVE PERSONALITY

Audience Level: Adult

Details: 34 min.; 1991; Hazelden; vhs

Synopsis: Craig Nakken's years of experience as a chemical dependency counselor and family therapist provide the foundation for his ideas on the addictive personality. In this video, Nakken defines addiction and outlines the various changes an addict goes through at different stages of the illness. He also describes the changes that come about in recovery, emphasizing the positive process of rebuilding physical, emotional, and spiritual health.

INSIDE THE TEENAGE BRAIN (FRONTLINE)

Audience Level: Adult

Details: 60 min.; 2004; PBS; **dvd**

Synopsis: Experts explore the recesses of the teenage brain and find explanations for why adolescents behave the way they do and how the new discoveries can change the way we teach, or perhaps even understand, teenagers.

INTERACTIVE GROUP THERAPY IN ADDICTION

Audience Level: College, Prof

Details: 2 tapes, 91 & 82 min. each; 1999; Training Excellence; vhs

Synopsis: This program is aimed at clinicians, therapists, trainers, supervisors/managers of group programs as well as general health professionals and students preparing to use group therapy as a treatment modality. It provides an opportunity to observe the progress and techniques of interactive group therapy for drug and alcohol dependent persons. The seven vignettes are: Bridging; Group Resistance; Individual Resistance; Transference; Counter-Transference; Corrective Emotional Experience; and Reality Testing and Feedback. A 49 page Guide for Professional Training is included.

INNER VIEWS OF GRIEF

Audience Level: gr. 7-12, Adult

Details: 30 min.; 1995; Fanlight; vhs

Synopsis: Five young adults from ages 14 to 26 discuss their reactions to the sudden, sometimes violent death of a parent, sibling or friend. These young women and men talk about what helped them at the time of death, how family relationships changed, how they have coped with their feelings, and the ways they have commemorated the deceased. This video can serve as a teaching tool for mental health professionals, teachers, school crisis teams, hospice workers, clergy, funeral directors, parents and bereaved individuals of all ages. It is highly recommended that the video be facilitated by someone skilled in leading discussions on grief response. The video often evokes strong emotions in viewers. The facilitator should feel competent in being able to support the viewer responses.

IT'S NEVER TOO LATE: STOPPING TEEN SUICIDE

Audience Level: gr. 9-12

Details: 28 min.; 2004; Human Relations Media; vhs

Synopsis: This program teaches viewers how to recognize and respond to the risks of teen suicide. It stresses that students should not be afraid to ask if a peer is thinking about suicide and that it is important to get help. It includes the true story of several teens who recognized the warning signs in a classmate, contacted a trusted adult, and--because of their intervention--saved a life.

THE KILLER AT THURSTON HIGH

Audience Level: Adult

Details: 90 min.; 1999; PBS; vhs

Synopsis: In May 1998, 15-year-old Kip Kinkel murdered his mother and father, and then opened fire at Thurston High School in Springfield, Oregon, killing two fellow students and wounding 25 others. In this first in-depth examination of a school shooter, FRONTLINE reveals the inside story of how Kip Kinkel, a "shy and likable teenager" from a solid middle-class family, became the boy police call a "cold-hearted killer" **NOTE:** Graphic account of story and images. Preview prior to using with any audience.

KNOW THE SCORE: THE DANGERS OF PERFORMANCE ENHANCING DRUGS

Audience Level: gr. 7-12, Adult

Details: 20 min.; 2003; Human Relations Media; vhs

Synopsis: This video reveals the truth about many performance drugs such as steroids, creatine, Human Growth Hormone, diuretics, blood doping hormones and stimulants like ephedrine and amphetamines. Also included is an investigation of so-called "nutritional supplements" that claim to help users lose weight and gain muscle but in reality may set the stage for physical ailments like headaches, muscle weakness and irregular heartbeats. Speakers include young athletes who share their views on "competing clean" without chemical enhancements as well as expert sports medicine doctors who explain the adverse physical effects of misusing performance drugs.

LEGAL CONSEQUENCES OF ALCOHOL AND OTHER DRUGS

Audience Level: gr. 9-12

Details: 15 min.; 2005; Hazelden; **dvd**

Synopsis: Interviews with teens, attorneys, and law enforcement illustrate the real-world consequences of adolescent alcohol and other drug use. From underage drinking violations to drug possession to drinking-and-driving accidents, this video shows the serious social and legal ramifications of teen drinking and drugging.

A LIFE SAVED: THE STORY OF A SUICIDE INTERVENTION

Audience Level: gr. 8-12, Adult

Details: 10 min.; 2002; Maine Youth Suicide Prevention Program; vhs; **dvd**

Synopsis: The video is appropriate for use with both adult and youth audiences to illustrate the value of teaching everybody about suicide prevention. When knowledgeable, trusted adults and young people are educated to know how to recognize and respond to suicidal behavior, more suicides will be prevented. This video can stand alone, but is especially effective when used with a companion video "Suicide. A Guide to Prevention.

THE LISTENING HEART

Audience Level: Adult, Prof

Details: 37 min; 2005; National Training Institute; vhs

Synopsis: This documentary chronicles the day to day challenges of children, parents, and families who struggle with the consequences of Fetal Alcohol Syndrome (FAS). It offers a look into the world of FAS through the eyes of medical experts, adoptive parents, and those directly affected by the disease - the children. The second disc contains a scripted Fetal Alcohol Syndrome PowerPoint Presentation, which covers both scientific and diagnostic information about FAS.

LIVING A LIE: THE ALCOHOLIC FAMILY

Audience Level: gr. 7-12, Adult

Details: 30 min.; 1999; Human Relations Media; vhs

Synopsis: By following a group of real children of alcoholics on an overnight retreat, this video identifies the typical roles that can emerge in an alcoholic family: the joker, the enabler, the invisible child, the overachiever, and the rebel. We hear firsthand how these roles often lead to dangerous behaviors like drug use and crime. This program strives to help viewers appreciate that despite family difficulties, children from alcoholic families can still rely upon their own resiliency and inner strength. Trained therapists and social workers who specialize in working with COAs, provide an overview of the problem of alcoholism and how it impacts the entire family unit.

LIVING WELL WITH BIPOLAR DISORDER: A NEW LOOK

Audience Level: College, Adult, Prof

Details: 47 min.; 2001; Guilford; vhs

Synopsis: In this video, six individuals of different ages and backgrounds candidly describe the impact bipolar disorder has had on their lives and the strategies they have learned for dealing with it.

LOST CHILDHOOD: GROWING UP IN AN ALCOHOLIC FAMILY

Audience Level: Adult

Details: 30 min.; 2005; SAMHSA; vhs

Synopsis: This documentary is told in three parts. It begins in 1986 at a summer camp for young children of alcoholics. Many of these children know they are at high risk of becoming alcoholics themselves. Part 2 takes place 17 years later as we follow up with two of the children from 1986 who are now adults. Through their experiences, we explore the long-term impacts of living with alcoholism in the family. Part 3 returns to the summer camp where we now visit the next generation of children who have alcoholic or drug dependent parents. We hear from the same counselor who helped our 1986 children and learn that, while the core issues remain, the vast majority of these children are still not getting any help. Many face additional burdens of broken homes, poverty and hard core drug use.

LOST IN WOONSOCKET

Audience Level: gr. 9-12, Adult

Details: 81 min.; 2007; Lafia; **dvd**

Synopsis: Missing for years from their families, two alcoholics are discovered living in the woods of Woonsocket, R.I. by a film crew. A series of coincidences lead to a reunion with their children, signifying the power of love and forgiveness. Just as the men begin their second chance at life one of them is forced to face a new challenge...small town fame.

MAKING THE RIGHT CHOICES

Audience Level: Adult

Details: 51 min.; 2002; GWC; vhs

Synopsis: Filmed inside of a correctional facility, Michael Johnson addresses the struggles many offenders face when returning to their old neighborhood and friends. He discusses how the behaviors that often lead a person to addiction and criminal activity conveyed an illusion of power, control and immediate gratification. He emphasizes that in order to keep from coming back to prison it is important to accept responsibility for your actions, to develop humility and to be personally accountable for your actions and behaviors. Johnson provides successful strategies for transitioning back into the community.

MARIJUANA/DELBERT BOONE

Audience Level: gr. 9-12; Adult

Details: 29 min.; 1997; Gary Whitaker Corp.; vhs; **dvd**

Synopsis: According to recent national surveys on drug trends, marijuana use by 12-17 year olds is on the rise. These young people do not perceive the real harm in using marijuana. Delbert Boone discusses the hazards of marijuana use and addresses the misperceptions most adolescents have about marijuana. He explains how marijuana impairs judgment and skills, and can impair the user's ability to concentrate, solve problems, learn and retain new information. Taped at the Chateaugay Correctional Facility in up-state New York.

MARIJUANA IN THE NEW MILLENNIUM

Audience Level: Adult

Details: 25 min.; GWC; vhs; **dvd**

Synopsis: Dr. David Ohlms addresses why marijuana continues to be popular among both teens and adults. Ohlms demonstrates that marijuana is not a harmless drug. In this video, he discusses many of the common physical effects, signs and symptoms of drug use, its side effects and newly discovered physiological issues that face marijuana users.

MARIJUANA: NEUROCHEMISTRY AND PHYSIOLOGY

Audience Level: gr. 9-12, Adult, Prof

Details: 32 min.; 2005; CNS; vhs; **dvd**

Synopsis: Focuses on how marijuana works on a cellular level and how those neurochemical changes affect the body.

MARIJUANA PAPERS: RESEARCH UPDATE

Audience Level: gr. 7-12, College

Details: 23 min.; 2004; Human Relations Media.; vhs

Synopsis: This program reveals the latest scientific research about how marijuana changes the adolescent brain, impairs the brain's ability to perform complex tasks, lowers the body's immune system and can become powerfully addictive. Using a format similar to popular TV detective shows, several real teens travel across the country in search of answers to important questions like: "Is it true marijuana's not addictive?" and "How can something "natural" like marijuana be harmful?"

MARIJUANA: THE ESCAPE TO NOWHERE

Audience Level: Adult

Details: 41 min.; 1999; Hazelden; vhs; **dvd**

Synopsis: In this video, personal stories are interwoven with interviews from a treatment professional and a research pharmacologist to uncover the devastating effects of long term marijuana use on the body, mind, and spirit. The video ends on a message of hope as recovering addicts share their accomplishments and dreams fulfilled since breaking the chains of marijuana addiction.

MARIJUANA: THE MIRROR THAT MAGNIFIES

Audience Level: Adult

Details: 28 min.; 1996; Kinetic; vhs

Synopsis: This film examines reasons for use, effects and side effects, including respiratory system involvement, cognition, memory, motivation, tracking ability, and mental stability. Levels of use, compulsion, tolerance, withdrawal, and recovery are also covered. Through the use of animation, graphics, and interviews this film presents an objective nonjudgmental examination of marijuana.

MARIJUANA: WEEDING OUT THE HYPE!

Audience Level: Adult

Details: 30 min.; 2002; SAMHSA; vhs

Synopsis: This video educates viewers on the latest facts about marijuana, including trends in the use of the drug, the strength of today's marijuana, its effects, and the encouraging efforts being made in prevention and treatment. Developed for community adult audiences, this video includes highlights

from the national "Marijuana: Weeding Out the Hype" teleconference.

MASLOW'S HIERARCHY OF NEEDS

Audience Level: Adult

Details: 42 min.; 2002; FMS; vhs; **dvd**

Synopsis: Delbert Boone discusses Dr. Abraham Maslow's theory that human beings are motivated by unsatisfied needs and that certain lower, basic needs must be satisfied before higher needs can be met. He ties Maslow's theory to the pre-occupation of drug use and the negative effects which result from alcohol/drug addiction. Boone says that since addiction is a progressive illness, it first destroys a person's ability to achieve self-actualization (fulfill dreams, etc.) and eventually destroys the person's ability to meet their other more basic needs including those relating to physiology, safety, love and self-esteem.

MATT'S STORY: A JOURNEY OF ADDICTION

Audience Level: Adult

Details: 29 min.; 2004; Compass Community Alliance; **dvd**

Synopsis: This is a parent drug education video featuring a young man from Whitefish Bay, Wisconsin and his journey becoming a drug addict. The video includes information on how drugs work in the body, ways teens hide drugs and drug use.

MEDICAL ASPECTS OF CHEMICAL DEPENDENCY

Audience Level: Adult

Details: 22 min.; 2005; Hazelden; **dvd**

Synopsis: How do alcohol and other drugs affect brain functions? This program presents the latest research findings on brain chemistry. It includes newer drugs such as OxyContin and GHB and features commentary by experts in the field such as Dr. David E. Smith.

MEDICAL CONSEQUENCES OF ADDICTION

Audience Level: College, Adult, Prof

Details: 36 min.; 2005; CNS; vhs; **dvd**

Synopsis: Illustrating the physical problems caused by the heavy and long-term use of psychoactive drugs, this video explores the medical dangers of use, the methods of use, the user's lifestyles and the drugs themselves.

MEN GET DEPRESSION

Audience Level: Adult

Details: 60 min.; 2008; PBS; **dvd**

Synopsis: This documentary explores the corrosive effect of depression on the self, relationships and careers through the intimate profiles of real men and their families, including a former NFL Quarterback, a fortune 500 CEO, an Iraq War veteran, a university professor, a pastor and others. It features revealing, normally confidential, scenes of psychotherapy and interviews with therapists. Leading medical authorities offer commentary on depression's causes, symptoms and treatment.

MEN IN RECOVERY

Audience Level: Adult

Details: 30 min.; 2003; Hazelden; **dvd**

Synopsis: Although Roger, Nelson, Luis, Anthony, and Taylor are from different backgrounds, they learned the same social myths of manhood, which fueled resentment, anger, conflict, and violence as each man found himself controlled by overpowering addictions. With guidance and insight from group facilitator Craig Nakken, these five men tell the stories of how recovery transformed their lives. For such a transformation to happen, toxic stereotypes of manhood have to be redefined.

METHADONE IN THE FIGHT AGAINST OPIATE ADDICTION

Audience Level: Adult

Details: 23 min.; 2005; CT Dept of Mental Health Svcs; **dvd**

Synopsis: This DVD, produced by the Connecticut Dept. of Mental Health and Addiction Services, discusses the use of methadone in the treatment of opiate addiction.

METHAMPHETAMINE: NEUROCHEMISTRY AND RECOVERY

Audience Level: College, Adult, Prof

Details: 31 min.; 2006; CNS Productions; **dvd**

Synopsis: This program examines the ways methamphetamine changes the brain both chemically, and structurally and how these changes interfere with the recovery process.

METH: BIG TIME DRUG IN SMALL TOWN AMERICA

Audience Level: Adult

Details: 18 min.; 2005; You Have the Power; vhs

Synopsis: In some parts of the country, methamphetamine has become a huge problem, especially in small towns and rural areas. In this video, mothers who have endangered their children talk about the powerful hold meth had on them, and a young man describes his path from meth user to supplier. Experts, including a child protective services worker and an emergency room physician discuss how meth can make parents choose drugs over their own children, and describe the trauma children suffer when they live in meth-contaminated homes, and then have to leave these homes to be decontaminated. Viewers should be informed prior to showing that this video contains graphic images.

THE METH EPIDEMIC (FRONTLINE)

Audience Level: Adult

Details: 60 min.; 2006; PBS; vhs; **dvd**

Synopsis: This episode is an investigation into how and why methamphetamine use spiraled out of control and became the fastest-growing drug abuse problem in America.

MICHAEL'S JOURNEY

Audience Level: gr. 5-8

Details: 23 min; 2003; SAMHSA; vhs

Synopsis: This video focuses on family alcohol problems as they affect youth. It follows two boys who exemplify different coping styles of children of alcoholics. The goals are to help young people realize the importance of bonding and the need

for trust, and to provide insight into the far-reaching effects of family addiction.

MONICA AND THE POWERFUL DRUG

Audience Level: gr. 1-5

Details: 17 min.; 1991; Perennial Education; vhs

Synopsis: This animated musical is designed to educate young children about alcohol. The cartoon depicts a monkey named Monica learning about alcohol and how it affects her older brother. The cartoon contains messages about health, family, resistance to peers and ways to have fun without using drugs.

MORE THAN SAD: TEEN DEPRESSION

Audience Level: gr. 9-12

Details: 26 min.; 2009; American Foundation for Suicide Prevention; **dvd**

Synopsis: This video features four character vignettes, each designed to present to teens a recognizable picture of depression, reduce fears and misconceptions about treatment, and promote help-seeking behavior among teens. Various symptoms and pathways to treatment are highlighted as well.

MOTIVATIONAL INTERVIEWING: FEEDBACK AND INFORMATION EXCHANGE

Audience Level: Prof

Details: 55 min.; 1998; University of New Mexico; vhs

Synopsis: One context in which motivational interviewing has been widely practiced is the "check-up" or feedback of assessment information. This specialized application involves much more talking on the part of the therapist, in that more information is being imparted to the client. This tape looks at how the therapist takes this more active, information-giving role while remaining consistent with the spirit of motivational interviewing.

MOTIVATIONAL INTERVIEWING: HANDLING RESISTANCE

Audience Level: Prof

Details: 62 min.; 1998; University of New Mexico; vhs

Synopsis: Motivational interviewing includes a set of strategies for handling and decreasing resistance. The information in this videotape is particularly useful during Phase I, although the methods are applicable throughout counseling. The concept of "resistance" is discussed, and various strategies are explained and demonstrated.

MOTIVATIONAL INTERVIEWING: INTRODUCTION TO MOTIVATIONAL INTERVIEWING

Audience Level: Prof

Details: 41 min.; 1998; University of New Mexico; vhs

Synopsis: The introductory tape is a conversational interview with Bill Miller and Steve Rollnick, conducted in the summer of 1997 by Theresa Moyers. They review the background and current directions of motivational interviewing, explore its essential theoretical and conceptual underpinnings, and discuss its five basic principles. This is not a comprehensive introduction to motivational interviewing. Rather, it sets the context for the following tapes in the series.

MOTIVATIONAL INTERVIEWING: MOTIVATIONAL INTERVIEWING IN THE MEDICAL SETTING

Audience Level: Prof

Details: 48 min.; 1998; University of New Mexico; vhs

Synopsis: A rapidly growing application of motivational interviewing is in general health-care settings. Here it is often necessary to compress the process of counseling into a shorter period of time. This tape explores how the spirit of motivational interviewing can be applied in busy health-care settings.

MOTIVATIONAL INTERVIEWING: PHASE I, PART 1, OPENING STRATEGIES

Audience Level: Prof

Details: 39 min.; 1998; University of New Mexico; vhs

Synopsis: This video is designed to illustrate the skills involved in the opening phase of motivational interviewing. Phase I focuses on identifying and strengthening the person's intrinsic motivation for change. It begins with the first contact and continues until the transition into Phase II.

MOTIVATIONAL INTERVIEWING: PHASE I, PART 2, OPENING STRATEGIES

Audience Level: Prof

Details: 51 min.; 1998; University of New Mexico; vhs

Synopsis: This video is designed to illustrate the skills involved in the opening phase of motivational interviewing. Phase I focuses on identifying and strengthening the person's intrinsic motivation for change. It begins with the first contact and continues until the transition into Phase II.

MOTIVATIONAL INTERVIEWING: PHASE II, MOVING TOWARD ACTION

Audience Level: Prof

Details: 37 min.; 1998; University of New Mexico; vhs

Synopsis: This video covers when to move from Phase I (building motivation for change) into Phase 2 (consolidating commitment to a change plan.) Counseling methods used in Phase 2, and how they differ from the opening strategies of motivational interviewing are discussed.

MOTIVATIONAL INTERVIEWING: TRAINING VIDEO: (DISC 1; DISC 2; DISC 3)

Audience Level: Prof

Details: 195 min.; 2009; Land of Enchantment Production; **dvd**

Synopsis: This 3 part educational video includes interactive instructional material and clinical vignettes from mental health, medical, addictions, and corrections settings. Following each vignette, material is discussed in the context of the core principles and skills of motivational interviewing. The video represents a diverse group of providers and clients and can be used as an instructional resource to learn motivational interviewing in the clinic or the classroom. Disk 1 (introduction) includes an interview with the co-developer of motivational interviewing, Dr. William Miller, about the past, present, and future of motivational interviewing. Disks 2 & 3 are comprised of clinical vignettes.

MOYERS ON ADDICTION – CLOSE TO HOME SERIES

Audience Level: gr. 9-12; Adult

Details: 1998; Films for the Humanities; vhs; **dvd**

- 1) **Changing Lives** (81 min.)
- 2) **The Hijacked Brain** (57 min.)
- 3) **The Next Generation** (57 min.)
- 4) **The Politics of Addiction** (57 min.)
- 5) **Portrait of Addiction** (57 min.)

MYTHS OF ADDICTION

Audience Level: Adult

Details: 28 min.; 2006; Hazelden; **dvd**

Synopsis: Not all opinions about alcohol and other drug addiction are based on fact. This video debunks commonly held myths and misconceptions about the nature and treatment of addiction.

NATURAL HIGH 4

Audience Level: gr. 5-12

Details: 25 min.; 2009; Sundt Memorial Foundation; **dvd**

Synopsis: Natural High 4 displays how youth can live up to their highest potential - DRUG FREE - through the way of Natural Highs! It has an in-your-face approach to building resilience in kids, as shown through the words, deeds, actions, and right choices by stars of today's generation. Students will hear drug-free heroes in music, sports, dance and the arts, describe, in their own words, the coolness of being clean.

A NEW DAY, A NEW LIFE

Audience Level: Adult

Details: 25 min.; 2008; Hazelden; **dvd**

Synopsis: This program features candid discussion between author and recovery advocate William Cope Moyers and a diverse group of people in recovery. By sharing their personal experiences, they give people who are newly sober a breadth of knowledge about what it takes to stay on track. Companion book: A New Life, A New Day: A Guided Journal is loaned separately.

NOTHING TO RAVE ABOUT: A CLUB DRUG PREVENTION VIDEO

Audience Level: gr. 7-12; Adult

Details: 24 min.; 2004; Hazelden; vhs; **dvd**

Synopsis: Tells the real story about club drugs, an emerging epidemic among U.S. youth. Young people will learn the truth about lasting and harmful effects of club drugs and why they are not a benign alternative to other illegal drugs.

THE OTHER SIDE OF BLUE: THE TRUTH ABOUT TEENAGE DEPRESSION

Audience Level: gr. 9-12, Adult

Details: 31 min.; 2000; Fanlight; vhs

Synopsis: Case studies of teenage depression, with commentary by psychiatrists and social workers.

OVERCAST: A HEROIN PREVENTION VIDEO

Audience Level: gr.: 9-12, College

Details: 15 min.; 2000; Hazelden; vhs

Synopsis: This video addresses the myths about heroin through stories told by recovering heroin addicts and family members of users. Viewers will find out why overdose is possible with each use, how easy it is to slide into addiction, and how bleak life becomes when the only thing that matters is staving off withdrawal symptoms. This video also teaches a young person how to help a friend who is using heroin.

OVERCOMING EARLY LIFE TRAUMA

Audience Level: Adult

Details: 61 min.; 2006; GWC; vhs

Synopsis: Dr. Nuckols addresses why early childhood neglect or abuse is a consistent finding in criminal justice offenders and chronic relapsing alcoholics and addicts. He explains how neglect and abuse is associated with: violent behavior, criminal activity, teenage pregnancy, becoming a perpetrator, becoming a victim of trauma, psychiatric disorders and substance abuse.

OXYCONTIN AND OTHER PRESCRIPTION DRUGS: KILLING THE PAIN

Audience Level: Adult

Details: 30 min.; 2002; Hazelden; vhs

Synopsis: Whether prescribed by a physician or purchased on the street, painkilling drugs can be extremely effective in eliminating physical, emotional, and psychological distress. They can also be exceedingly addictive. In this video individuals who have overcome addiction to painkillers talk about how they got clean-and what they learned about surrender, willingness and support along the way.

PEPPER & YOU'RE NOT ALONE

Audience Level: gr. K-2 & K-8

Details: 16 min.; 2003; SAMHSA; vhs

Synopsis: **Pepper** (7 min.) is the story about a puppy named Pepper whose owner becomes alcoholic, moody, and neglectful. The owner joins A.A. and begins recovery. The story helps young children understand the circumstances of families faced with addiction and the confusion and feelings of rejection experienced by many COAs. **You're Not Alone** (9 min.) features Jerry Moe and children who have benefited from participating in support groups for children of addicted parents. It speaks to children in families with addiction or other emotionally painful living environments, but also contains important messages for all children and youth, preparing them to respond more appropriately and comfortably to friends and classmates who are COAs.

PREVENTING EATING DISORDERS, PROMOTING POSITIVE BODY IMAGES

Audience Level: gr. 8-12

Details: 12 min.; 2003; Hazelden; **dvd**

Synopsis: About half of teenage girls and 20 percent of teenage boys are dissatisfied with their bodies. To reach or maintain their ideal body image, youth will often fast or skip meals: behaviors that can lead to life-endangering eating disorders. This program helps teens accept their bodies despite

media-glorified images, develop healthy eating habits, and recognize the signs of eating disorders. The facilitator's guide includes discussion questions, activity ideas, and a parent newsletter.

THE PROCESS OF RECOVERY (MICHAEL JOHNSON)

Audience Level: Adult

Details: 45 min.; 2000; GWC; vhs

Synopsis: Michael Johnson leads the viewer through the process of reflecting upon their life, and the consequences of their behavior. He discusses how alcohol, drugs and criminal behavior can lead them to jail, death, or insanity. He explains why "recovery and abstinence from alcohol, drugs, and criminal activity must be a permanent commitment." He discusses some of the changes that take place during the process of recovery and addresses getting back time, lack of determination, feeling bored, lost and abandoned. Family issues are also addressed.

RAPE UNDER THE INFLUENCE: SEXUAL ASSAULT ON CAMPUS

Audience Level: College, Adult

Details: 30 min.; 2001; Discover Films; vhs

Synopsis: This documentary focuses discussion on the realities of date rape when alcohol and drugs are used. Viewers see the devastation caused to a young victim of a violent gang rape, hear from a police detective committed to pursuing serial acquaintance rapists, and share in the discussion as college students talk about sexual assault on campus. Students will learn to recognize danger signs and hear simple strategies that make it easier to keep themselves and their friends from becoming victims.

REAL TALK ABOUT SMOKING

Audience Level: gr. 6-12

Details: 8 min.; Maine Healthy Partnerships; **dvd**

Synopsis: In their own words, Maine teens describe what it's like to be a smoker: what got them started, the sacrifices they've made, and the frustration and social embarrassment of being hooked on tobacco.

THE REAL TRUE AND FALSE ABOUT ALCOHOL, MARIJUANA AND INHALANTS

Audience Level: gr. 5-8

Details: 15 min.; 2003; AIMS/Discovery; vhs

Synopsis: Hosted by a multi-ethnic group of high school students, this program uses a "pop quiz" format that guides middle schoolers through the myths and truths of specific drugs. The younger students are relieved to hear that the social norm for the vast majority of teens is that, when it comes to alcohol and other drugs, they "don't need 'em, don't want 'em, and don't use 'em."

REALITY CHECK: A MARIJUANA PREVENTION VIDEO

Audience Level: gr. 7-12

Details: 15 min.; 1999; Hazelden; vhs

Synopsis: A combination of humor, animated graphics, testimonials, and music delivers facts about the pharmacology of marijuana and consequences of short- and long-term use. The video helps young people build refusal skills and learn how to seek help.

RECOVERY: A DEVELOPMENTAL MODEL

Audience Level: College, Prof

Details: 108 min.; 2002; Herald House; **dvd**

Synopsis: Presents recent research on what people do to successfully recover from addiction. It is designed to guide viewers through a process that allows them to understand recovery, build a foundation for successful recovery, and create a recovery that will support sober and responsible living in all stages of development.

RECOVERY STORIES: A TRAINING VIDEO ON CO-OCCURRING MENTAL HEALTH AND SUBSTANCE USE

Audience Level: Prof

Details: 30 min.; 2002, Cumberland County Dual Diagnosis Collaborative; vhs

Synopsis: This video is to be used for training discussions with a trainer/facilitator knowledgeable about mental illness and substance abuse. Through candid discussions, the video documents the lives and experiences of five individuals. We learn who they are and what has helped as well as what has hindered their recovery from mental illness and substance abuse. We also learn what brings meaning to their lives and recovery. These stories provide an opportunity for reflection on what providers of services can do to support people in recovery and provide practical advice for providers from those in recovery.

THE RE-ENTRY TRAP

Audience Level: Adult

Details: 55 min.; 2004; FMS; vhs

Synopsis: With a group of residents at Crossroads Adult Transition Center in Chicago, Illinois, Michael Johnson addresses successful strategies for re-entry back into the community by focusing on lifestyle changes, and emphasizing the importance of having a strong support system to help you avoid the traps of falling back into your old lifestyle of alcohol, drugs and crime.

REFLECTIONS ON HUMAN SPIRITUALITY: SEARCH FOR MEANING

Audience Level: gr: 9-12, College, Adult

Details: 30 min.; 1997; Univ. of Iowa; vhs

Synopsis: This video on spiritual health features experts who address the search for its meaning. It uses “the search” to draw connections together from the course philosophy—connections to self, to significant others and to large groups.

RELAPSE PREVENTION SKILLS: HELPING CLIENTS ADDRESS HIGH-RISK FACTORS

Audience Level: Adult

Details: 23 min.; 2010; Hazelden; **dvd**

Synopsis: The urge to use drugs or alcohol can be triggered by many factors, including work-related stress, family problems, psychiatric illness, physical pain, and social or environmental triggers. Any one of these risk factors can set off a relapse. This dvd demonstrates successful ways of addressing the common critical risk factors. The accompanying CD-ROM with facilitator's guide and client worksheets allows clinicians to customize a program based on a client's unique profile of critical risk factors.

RELAX! YOU ONLY LIVE ONCE

Audience Level: Adult

Details: 60 min.; 1999; WGBH; vhs

Synopsis: Isn't it great to be alive? Loretta LaRoche reveals how to lose your worries by finding your sense of humor in the most unlikely situations. Watch and see how funny life can be.

RESTLESS, IRRITABLE AND DISCONTENTED

Audience Level: Adult, Prof

Details: 18 min.; 2000; Hazelden; vhs; **dvd**

Synopsis: Developed for clients in treatment and recovery as well as professionals who need relapse prevention education. This video: 1) defines relapse and emphasizes that addicts are prone to relapse because they are never "cured", 2) clarifies situations that can trigger relapse for clients in early recovery--cross addiction, life crisis, not working a recovery program, and financial, relationship, or other problems and 3) provides critical, easy-to-comprehend information to prevent and identify relapse thinking that can lead to using alcohol and other drugs.

THE ROOTS OF ADDICTION: DRUG AND BEHAVIORAL COMPULSIONS 2011 UPDATE

Audience: Adult

Details: 32 min; 2011; FMS; **dvd**

Synopsis: This updated version takes a fresh look at the ways biological and environmental factors contribute towards the reasons that people become addicted to substances such as legal drugs, e.g., alcohol, tobacco, and prescription medications; illegal drugs, e.g., 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.

THE RULES OF RECOVERY/ DELBERT BOONE

Audience Level: Adult

Details: 45 min.; 2002; GWC; vhs

Synopsis: This video emphasizes the importance of getting dry so that you can begin to realize what addiction has taken away from your life and you can start to focus your attention on your physical and safety needs. Getting dry is an event and sobriety is a process. Delbert Boone discusses that process and how there is no magic in recovery. All a person needs to do is learn to comply, because sobriety is about complying and learning to follow the laws, rules and regulations of life. He also addresses the importance of focusing on making today just a little bit better than yesterday.

S.A.T.: WORKING TOGETHER SO EVERY CHILD CAN BE SUCCESSFUL: ELEMENTARY VERSION

Audience Level: Prof

Details: 20 min.; 2002; Student Assistant Team; **dvd**

Synopsis: This video, featuring the Burchard A. Dunn School (MSAD 15), serves as a primer for student assistance teams. The topics covered are: working together as a team, what a student assistance team meeting looks like, and making decisions using consensus.

S.A.T.: WORKING TOGETHER SO EVERY CHILD CAN BE SUCCESSFUL: MS/HS VERSION

Audience Level: Prof

Details: 15 min.; 2005; Student Assistant Team; **dvd**

Synopsis: This video, featuring Nokomis High School (MSAD 48), serves as a primer for student assistance teams. The topics covered are: working together as a team, what a student assistance team meeting looks like, and making decisions using consensus.

SCHOOL ZONES: THEY CALL HIM MR. T.

Audience Level: gr. 9-12, Adult

Details: 60 min.; 2002; Maine Public Broadcasting; vhs

Synopsis: This video is part of a four-part documentary project, which takes the viewer into four Maine schools as a featured teacher or administrator offers a window into his or her life and the life of their school. "School Zones" presents a highly realistic view of what it means to be a teacher in Maine today. To do this, Maine PBS producers and videographers spent the 2001-2002 school year recording the events in four different schools around Maine. This video features Mattanawcook Junior High School in Lincoln.

THE SCIENCE OF METHAMPHETAMINE: AN INFORMED RECOVERY

Audience Level: Adult

Details: 30 min.; 2005; Hazelden; vhs; **dvd**

Synopsis: This video separates the facts from fiction about methamphetamine treatment. It features clinicians from the Matrix Institute presenting clinical concepts along with the unscripted words of men and women who have experienced methamphetamine addiction firsthand.

SEARCH FOR A SAFE CIGARETTE

Audience Level: gr. 9-12, Adult

Details: 60 min.; 2001; NOVA; **dvd**

Synopsis: In this video NOVA gains access to tobacco research and manufacturing facilities and asks the question: Can science help create a safer cigarette? Supportive teaching materials can be found at:

<http://www.pbs.org/wgbh/nova/teachers/>

SEEKING SAFETY

Audience Level: Prof

Details: 2005; Treatment Innovations; **dvd**

Synopsis: Four part series

Disc 1: (120 min) Seeking Safety Training is a 2-hour training video by Lisa Najavits including clips from real clients and clinicians. The training is a 2-hour version of her standard initial training on Seeking Safety, including background on trauma/PTSD and substance abuse; overview of Seeking Safety, implementation; studies; and frequently-asked questions.

Disc 2: (60 min) Therapy Session: Asking for Help. A 1-hour video of Lisa Najavits conducting a group session (unscripted) with real clients. The session uses the topic "Asking for Help" from the Seeking Safety book.

Disc 3: (36 min) A Clients Story. A 20-minute video in which a man describes the impact of sexual abuse and addiction, and his attempts to obtain treatment. Example of Teaching Grounding to a Client. A 16-minute example of teaching a real client the skill of "grounding" using the script from the Seeking Safety manual.

Disc 4: (60 min) Adherence Rating Session: Healthy Relationships. A 1-hour video of a clinician conducting a group session with real clients, unscripted. The session uses the topic "Healthy Relationships" from the Seeking Safety book. The session was designed to show both good and poor elements, and is for use with the Seeking Safety Adherence Scale and Seeking Safety Adherence Scale Score Sheet. User can compare their rating to the expert rating as a learning exercise for clinical purposes or for research purposes.

SELF ESTEEM: BEING THE REAL ME

Audience Level: gr. 3-5

Details: 22 min.; 2001; Discovery Education; vhs

Synopsis: This program contains instructions on self-esteem development. Real kids show how to appreciate yourself, set goals, and do positive self-talk and support in a hurtful environment. Easy-to-follow breathing and visualization techniques show viewers how to relax and de-stress. Students are encouraged by their peers to learn and practice new habits to enhance self-esteem, from trusting their instincts to accepting responsibility for their actions to finding the positive and deleting the negative.

SELF-ESTEEM: BUILDING STRENGTHS

Audience Level: gr. 6-12

Details: 30 min.; 2002; In the Mix/ Castleworks; **dvd**

Synopsis: This program addresses what teenagers can do to develop healthy self-esteem and is based on building three types of strengths. First, building physical strength and physical fitness to help cope with stress and teasing and to help build supportive friendships, second, building mental strength to enable teens to understand and deal with mistakes, "that sinking feeling" and to take risks and third, building emotional strength to reduce stress through a healthy perspective, balance and time management.

SELF IMAGE THE FANTASY, THE REALITY

Audience Level: gr. 6-12

Details: 29min.; 1997; Castleworks; **dvd**

Synopsis: Teens can feel intense pressure to conform their bodies to the idealized and unrealistic images presented by the media. This program discusses some of the problems which can result, such as eating disorders and steroid abuse, and encourages teens to develop healthy self-images.

SIXTY MINUTES: THE DRINKING AGE

Audience Level: College, Adult

Details: 13 min.; 2009; CBS Broadcasting; **dvd**

Synopsis: Why have 100 college presidents signed a petition to lower the drinking age from 21 to 18? They argue that underage college students are drinking anyway, but are doing so underground, which leads to dangerous "extreme drinking" and, sometimes, death. So would lowering the drinking age to 18 keep kids safer? Mothers Against Drunk Driving say such a shift would be deadly. Lesley Stahl reports.

SLIM CHANCE (48 HOURS)

Audience Level: gr. 9-12, College, Adult

Details: 50 min.; 2002; CBS Video; **vhs**

Synopsis: Despite the country's preoccupation with body image and spending more money on diet products than ever before, 60% of Americans are still overweight. Report on the extreme measures people take to stay thin. Featuring a top male model, this report shows that a large number of men are endangering their health and suffering from eating disorders.

SMOKE SCREENERS: AN EDUCATIONAL PROGRAM TO HELP YOUNG PEOPLE DECODE SMOKING IN THE MOVIES

Audience Level: gr. 6-10

Details: 15 min.; 2002; MA. Dept. of Public Health; **vhs**

Synopsis: Using an MTV-style format, the teen hosts of Smoke Screeners provide a behind-the-scenes look at the entertainment industry's use of smoking on-screen. Geared towards young adults in middle and early high school, the video shows clips from many historical and current movies to illustrate how, "cigarettes and cigars are movie-making tools." It explains how writers, actors, and directors use tobacco products to make characters look nervous, relaxed, weak, strong, even glamorous.

SOBER LIFE TREATMENT SERIES (DELBERT BOONE)

Audience Level: Adult

Details: 2007; GWC; **dvd**

My Behavior Explained; (31 min.)

My Attitude-Changing Perspectives; (44 min.)

Dedicating Yourself to Sobriety; (49 min.)

Synopsis: Delbert Boone discusses typical addict behavior and helps the viewer take a serious look at where addiction and getting high has taken them. He explains the importance of changing unhealthy attitudes and the keys to success in early sobriety.

SOBRIETY: STRAIGHT UP

Audience Level: Adult

Details: 33 min.; 2000; GWC; **vhs; dvd**

Synopsis: Filmed at the Gateway Free & Clean Program in St. Louis with a group of recovering addicts, Delbert Boone addresses addiction, recovery and sobriety. He emphasizes that an important part of recovery and sobriety is recognizing and understanding that not everything that has happened in their life is bad. He explains how most addicts have developed some very positive qualities such as creativity, consistency, diligence, determination and being able to deal with adversity. He illustrates how the addict engages choice, and outlines how these same positive qualities can be used during recovery to help them stay straight and maintain healthy sobriety.

SOCCER: KICKIN' BUTTS

Audience Level: gr. 6-12

Details: 28 min.; 2000; Castleworks; **vhs**

Synopsis: Soccer stars from the women's and men's national teams relate how their involvement with soccer has helped them resist the pressure to smoke. Viewers will also meet teen soccer players who volunteer as anti-tobacco advocates, spreading the message about the dangers of smoking. Experts explain how cigarettes, as well as second-hand smoke, affect athletic performance and debunk popular myths about addiction. Finally, we take a look at two organizations that are bringing soccer to the inner city as a healthy alternative to smoking.

SOFT IS THE HEART OF A CHILD

Audience Level: gr. 9-12; Adult

Details: 26 min.; 1979; Hazelden; **vhs; dvd**

Synopsis: This dramatic film illustrates how a family is affected by alcoholism. The mother is plagued by frustration, guilt and denial. Brian, the oldest child at age 11, takes on the role of protector and surrogate parent to his younger brother, Terry, and little sister, Lisa. Terry, who bears the brunt of his father's misplaced anger, reacts to the home situation by becoming a troublemaker at school. Lisa the most affected of all, begins to withdraw into a fantasy world. An understanding and perceptive school counselor helps the family.

SOOPER PUPPY SERIES

Audience Level: gr. K-3

Details: Phoenix Learning Group; vhs; ***dvd**

A Friend in Need (21 min.; 1990)

***Drink, Drank, Drunk** (16 min.; 1988)

Flying High (17 min.; 1988)

***Once Upon a Feeling** (19 min.; 1990)

Puff of Smoke (17 min.; 1988)

***Self Esteem** (20 min.; 1988)

***That's Trouble** (21 min.; 1991)

This, That or the Other (21 min.; 1991)

What's the Difference (20 min.; 1990)

Whose Wuzzit? (19 min.; 1990)

***Words Can Hurt** (19 min.; 1989)

SPIN THE BOTTLE: SEX, LIES AND ALCOHOL

Audience Level: College

Details: 45 min.; 2004; M.E.F.; vhs; **dvd**

Synopsis: Spin the bottle offers a critique of the role that contemporary popular culture plays in glamorizing excessive drinking and high-risk behaviors. By exploring the college party scene, Spin The Bottle shows the difficulties students have in navigating a cultural environment saturated with messages about gender and alcohol. Interviews with campus health professionals provide a clear picture of how drinking impacts student's health and academic performance, but it is the students' own experiences and reflections that tell the real story behind alcohol's alluring public image.

SPORTS AND DRUGS

Audience Level: Adult

Details: 37 min.; 1998; CNS; vhs

Synopsis: Using animation, live action, and interviews with athletes, coaches, and medical experts, this video explores the effects of drugs on performance, health, and ethics. Produced in association with the NCAA. Includes instructor's manual.

STAGES OF FAMILY RECOVERY

Audience Level: Adult

Details: 36 min.; 2005; Hazelden; vhs; **dvd**

Synopsis: The pain of living with a loved one's addiction can lead to shame, secrecy, and isolation. 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.

STEP VIDEOS FOR ADULTS SERIES

Audience Level: Adult

Details: 15 min. each; 2004; Hazelden; vhs

Step 1 for Adults

Step 2 for Adults

Step 3 for Adults

Synopsis: Rufus, Debra, and Andrew share stories about unmanageability, turning over their will, working with sponsors, and the setbacks and triumphs they faced in working the first three Steps. Their stories are candid, from the heart, and at times touched with humor.

STEP VIDEOS FOR ADOLESCENTS SERIES

Audience Level: gr. 8-12

Details: 15 min.each; 2004; Hazelden; vhs

Step 1 for Adolescents

Step 2 for Adolescents

Step 3 for Adolescents

Synopsis: Admitting to powerlessness, coming to believe, turning over one's will--how a teen experiences the first three steps can differ exponentially from an adult. Sarah, Adam, and other teens share their triumphs and setbacks in candid stories about parents, school, and friendships.

STEROIDS: TRUE STORIES

Audience Level: gr. 5-12, Adult

Details: 20 min.; 2006; Blake Works; vhs; **dvd**

Synopsis: Professional baseball player, Curt Schilling tells how Craig lifted weights and abused anabolic steroids. Craig and his parents talk about their five-year "nightmare." His sister urges others to seek help if they suspect that someone they care about is using steroids. Nate, 18, an accomplished athlete, describes how he stays strong naturally.

STOP BULLYING TAKE A STAND

Audience Level: gr. 6-12

Details: 29 min.; 2005; Castle Works; **dvd**

Synopsis: This program presents a comprehensive approach to preventing bullying for victims, parents, and bystanders. Learn the different types of bullying and how to stick up for yourself. Video includes a segment on cyberbullying.

STOP SMOKING NOW: REASONS NOT TO SMOKE WHEN YOU'RE PREGNANT

Audience Level: Adult

Details: 30 min.; 2005; Parent's Actions for Children; **dvd**

Synopsis: Quitting smoking is one of the most important things you can do for your baby. This video provides support, guidance and information about resources to help you resist the urge to smoke.

STRAIGHT TALK HEROIN AND OPIATES

Audience: Adult, Prof

Detail: 49 min.; 2011; GWC; **dvd**

Synopsis: David Ohlms and Delbert Boone explore the myths and misconceptions of opiate use, addiction, and recovery. Viewers will gain knowledge about the biological effects of opiate dependency from Dr. Ohlms, and gain personal insight into heroin addiction and recovery from Boone. Also included are interviews with recovering opiate addicts, who candidly share the beginnings of their addiction, their downward spiral into the world of addiction, their struggles with recovery and relapse, and their hope for the future.

STRATEGIES FOR SOBRIETY

Audience Level: Adult

Details: 50 min.; 2009; FMS; **dvd**

Synopsis: This DVD addresses chemical dependency as a chronic self-induced central nervous system disorder. It advocates and supports techniques that facilitate the patient's ability to use the 12 Step model as a valuable tool to achieve sobriety.

STRENGTH-BASED APPROACHES TO CHALLENGING BEHAVIOR-THINKING OUTSIDE THE BOX

Audience Level: Prof

Details: 300 min.; 2010; Maine Department of Education; **dvd**

Synopsis: This workshop presented by Marjorie Withers provides new ways of viewing challenging behavior and presents creative ways to work with children based on their strengths.

THE SUICIDAL PATIENT: ASSESSMENT AND CARE

Audience Level: Prof

Details: 16 min.; 1999, American Foundation for Suicide Prevention; **vhs**

Synopsis: Patients at high risk of suicide frequently present to their primary care physicians with somatic complaints associated with depression - fatigue, insomnia, or loss of appetite. Physicians must inquire to ascertain the changes in mood characteristic of depression and the presence of sadness or the loss of interest in previously pleasurable activities. They should inquire further about preoccupations with death and thoughts or plans of suicide.

SUICIDE: A GUIDE TO PREVENTION (SHORT VERSION)

Audience Level: gr. 7-12, Adult

Details: 13 min.; 2004; The Noodlehead Network; **vhs**

Synopsis: This is a shorter version of the original video (of the same name) that features kids showing other kids what to do if a fellow teen is talking about suicide or showing warning signs. The video was created by a group of teens and counseling experts and is an excellent training tool to demonstrate intervention skills for both teens and adults. It is especially effective when used as a companion video to "A Life Saved," which is the true story of how three Maine boys intervened with a friend as a direct result of watching "Suicide. A Guide to Prevention" as a part of the Lifelines Program offered in their health class.

SURVIVING DEATH: STORIES OF GRIEF

Audience Level: Adult

Details: 47 min.; 1998; Fanlight Productions; **vhs**

Synopsis: The process of making a loss real can be a lonely and confusing experience. In this video, seven people from a variety of cultural backgrounds, talk frankly about how they have been affected by the death of someone close to them. They speak about the pain and other powerful emotions they have experienced, about their need to reassess values and relationships after death, and about the ways they have found to survive the loss. Recognizing that there is no single or easy path to recovery, this video is a useful resource for those in grief and for those lending support.

SURVIVING RECOVERY SERIES (pts. 1, 2, 3)

Audience Level: Adult

Details: 2003; FMS; **vhs**

Pt. 1 – Finding Motivation (37 min.)

Pt. 2 – Coping With Triggers (40 min.)

Pt. 3 – Handling Conflict (48 min.)

Synopsis: Damon Berryman brings together a group of men

and women who have been in and out of jails, prisons and treatment centers, who are attempting to live a different way of life. Specific tactics for surviving recovery are explained.

SURVIVING SUICIDE: THOSE LEFT BEHIND

Audience Level: Adult

Details: 51 min.; 2004; Discovery Channel; **vhs**

Synopsis: What happens to the loved ones left behind following a completed suicide? When unable to escape feelings of guilt, they are nine times more likely to take their own lives. Judy and Paul Tunkle-who lost their daughter, Lea, at the age of 22-have worked tirelessly to change that. This program highlights their efforts, as well as the labors of many survivors, to provide assistance to those left in suicide's wake. Along the way, the Tunkles reflect on their daughter's life, and other survivors share their experiences of loss and hope.

SYMPTOMS OF ALCOHOLISM/FATHER MARTIN

Audience Level: Adult

Details: 22 min.; 1972; Kinetic; **vhs; dvd**

Synopsis: Who is an alcoholic? Do you know one? Is there one in your family? Could you be one yourself? Father Martin explains the symptoms of alcoholism.

TAKING CONTROL OF DEPRESSION: MENDING THE MIND

Audience Level: Adult

Details: 30 min.; 1992; Pfizer Inc.; **vhs**

Synopsis: This is a patient educational video sponsored by Roerig, Pfizer and Pratt Pharmaceuticals. It is designed to provide individuals with information about depression.

TEEN ALCOHOL AND OTHER DRUG USE: KNOWING THE SIGNS & WHAT TO DO ABOUT THEM

Audience Level: Adult, Prof

Details: 20 min.; 2005; Hazelden; **dvd**

Synopsis: This video 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. Includes a facilitator's guide and a guide to substance abuse symptoms-from experimentation to dependence.

TEENS AND TRAUMA

Audience Level: gr. 7-12

Details: 17 min.; 2004; Hazelden; **vhs; dvd**

Synopsis: A random act of violence, ongoing bullying at school, death or divorce in the family - traumatic events like these can destroy a young person's sense of self, safety, and security. This video equips students with strategies for preventing further emotional pain. Among them: acknowledging the importance of the event, facing one's own feelings, and creating a support system of trusted adults and peers. Facilitators guide included.

TELL'EM HOW YOU FEEL

Audience Level: gr. K-3

Details: 18 min.; 1986; MTI Films; **dvd**

Synopsis: Adam is six-years old and feeling all alone. His father broke a promise, his mother got angry with him, and he got angry at his best friend. Adam retreats to the woods and begins tossing stones in the water to diffuse his anger. Suddenly, a friendly troll named Grindlesnitch presents himself to Adam. Grindlesnitch suggests that when we feel angry, we can choose to use our personal power to talk about our anger instead of holding it inside or fighting. Adam meets two dragon pups, and by listening to them fight, he learns that talking about how you feel may not be enough to solve the problem. Adam learns how to help the dragon pups resolve their conflict with good listening, calm discussion, and a win/win resolution.

THERAPY GAMES (MICHAEL JOHNSON)

Audience Level: Adult

Details: 46 min.; 2002; GWC Productions; vhs

Synopsis: Therapy should be a rewarding experience where a person can focus on personal issues. However, many who enter therapy choose to "play the game" focusing on how quickly they can complete therapy and get out. Filmed at a correctional facility, this video details many of the games that are played in therapy and addresses denial, attitude, anger, blame and the importance of identifying one's true self.

THINK AGAIN

Audience Level: gr. 6-12

Details: 10 min.; 2002; CDM Communications; vhs

Synopsis: This video featuring the voices of Maine Youth was produced as part of the "If You Think Most Kids Drink--Think Again" media campaign. It includes footage that was not used in the PSA's created for the campaign. The accompanying guide can be used to stimulate discussion about underage drinking.

THIS EMOTIONAL LIFE

Audience Level: gr. 9-12, Sr., Adult

Details: 116 min.; 2009; PBS; **dvd**

Synopsis: 3 part series

Pt. 1) Family, Friends and Lovers: This episode looks at the importance of relationships and why they are central to our emotional well-being.

Pt. 2) Facing Our Fears: This episode looks at emotions that are commonly regarded as obstacles to happiness - such as anger, fear, anxiety and despair.

Pt. 3) Rethinking Happiness: This episode explores happiness. It is so critical to our well-being, and yet, it remains such an elusive goal for many of us.

THIS PLACE

Audience Level: Adult

Details: 17 min.; 2005; FACE; vhs; **dvd**

Synopsis: This film, targeting an adult audience, recognizes the many ways that our society allows and even encourages children to drink alcohol. It shows the power of ordinary citizens to take meaningful action that will change the culture of drinking in their communities.

TOLERANCE: RESPONDING TO DIFFERENCES

Audience Level: gr. 6-8

Details: 20 min.; 2000; Human Relations Media; vhs

Synopsis: This video, consisting of four dramatic scenes and real-life interviews challenges students to look at each scene and determine what they would do in these situations: Miguel, a talented basketball player whose clothing doesn't seem to measure up to another boy's standards, Stephanie, an outgoing teenager who needs a wheelchair to move around, Spencer, whose mother can't go to his science fair because she has to work, and Kyle who has a weight problem. The program concludes with "Tools for Tolerance" a segment which demonstrates that the tools of empathy, respect, acceptance, and forgiveness can be used to develop more tolerant attitudes.

THE TRUTH ABOUT SUICIDE: REAL STORIES OF DEPRESSION IN COLLEGE

Audience Level: College, Adult

Details: 27 min.; 2005; American Foundation for Suicide Prevention; vhs

Synopsis: This video was developed by the American Foundation for Suicide Prevention as a part of its commitment to support Colleges and Universities in implementing suicide prevention as an integral part of their ongoing campus activities and services. The aim of this film is to present a recognizable picture of depression and other problems associated with suicide, as they are commonly experienced by college students and other young adults.

THE TRUTH ABOUT TEEN ALCOHOL USE 101

Audience Level: gr. 9-12

Details: 25 min.; 2001; Discover Films; vhs

Synopsis: This video uses the social norms approach to show high school students that most of their peers do not drink. A survey at Riverfront High School produces typical results: while teens assume others drink, actually most do not. Through interviews and group discussions, we learn how surprised and relieved students are to discover their own attitudes align with those of a majority of their peers, 70% who do not drink. This gives them the confidence to be themselves by dispelling the myth that "everyone is doing it."

TWELVE: IS THERE LIFE AFTER REHAB IN RECOVERY?

Audience Level: *gr. 9-12, College, Adult

Detail: 44 min.; 2008; Jack Sinclair; **dvd**

Synopsis: Twelve is an unscripted documentary about the experiences of young survivors of substance addiction. After hitting their "bottom", these young people have sought out a better way of life through a process called recovery. Testimonials present real facts about what lies ahead for young people in long-term recovery. Twelve purposefully targets the similarities and classic progression of the addiction process. ***Appropriate for teens in treatment or recovery.**
NOTE: Some strong language.

UNDERSTANDING AND PREVENTING SUICIDE

Audience Level: Adult

Details: 28 min.; 2008; Glendon Associations Violence and Suicide Prevention Alliance; **dvd**

Synopsis: How can you know if your family member or friend may be suicidal? How do you recognize the warning signs? How can you help? This film highlights the lives of three individuals, Kevin, Susan, and Trish, who made serious suicide attempts and lived. Listen to their stories and journeys to recovery. Learn from experts in suicide prevention and treatment. The film includes a directory of resources on suicide prevention.

VALUES/FATHER MARTIN

Audience Level: Adult

Details: 42 min.; 1986; Kinetic; vhs; **dvd**

Synopsis: Young people must face a lot of social problems - addictions, promiscuity, prostitution, vandalism, suicide, cults. At the basis of it all is a grasp of ones own value or self worth. Keep asking "What am I worth?" I am made to walk tall and I do not have to be tall to walk tall!

WHAT SHOULD I TELL MY CHILD ABOUT DRINKING?

Audience Level: Adult

Details: 46 min.; 1996; Gerald T. Rogers Productions; vhs

Synopsis: Hosted by Meryl Streep, this two-part video helps parents and other caregivers improve their communication skills about alcohol.

WHEN GAMBLING IS NO LONGER FUN

Audience Level: Adult

Details: 14 min.; 2002; Illinois Dept. of Aging; vhs

Synopsis: Compulsive gambling can affect anyone, but retired people and other older adults may be particularly vulnerable. This video takes a serious look at this growing yet often overlooked problem. Three former compulsive gamblers describe how they started gambling, the extent to which addiction overwhelmed them and their loved ones, and how they came to realize that they needed help. Their stories will help older adults to recognize and heed the warning signs of addiction.

WOMEN AND TOBACCO: SEVEN DEADLY MYTHS

Audience Level: Adult

Details: 17 min.; 2001; New View Films; vhs

Synopsis: Smoking takes a deadly toll on women and the people they love. Lung cancer already claims the lives of many more women each year than breast cancer, and deaths from lung cancer are on the rise. This video explores the myths about smoking and empowers women to become or stay smoke free.

YOUR TEEN AND ALCOHOL: DO YOU REALLY KNOW?

Audience Level: 9-12, Adult

Details: 26 min.; 2003; Maine OSA; vhs

Synopsis: This video features Maine teens, parents and alcohol prevention experts. All kids don't drink, but two-thirds of Maine's teens report having tried alcohol--in fact, one in five

Maine teens said that they had participated in excessive drinking [five or more drinks in a row] during the two weeks prior to the 2002 statewide survey. Most teens believe their parents will never find out--and they may be right. Four out of five Maine parents surveyed believe their teen hasn't tried alcohol.

YOUTH VOICES III

Audience Level: gr. 6-12, Adult

Details: 30 min.; 2002; Maine PBS; vhs

Synopsis: High school students from the communities of Oxford Hills, Harrington, and Danforth, as well as a group of student Resident Assistants from the University of Southern Maine in Gorham, produced their own Public Service Announcements with the goal of reaching adults, particularly parents, to make them aware of the many issues surrounding underage drinking. This program is particularly appropriate for parent groups and other adults that wish to learn more about what young people think about the role adults play in contributing to underage drinking issues in Maine.

YOUTH VOICES IV

Audience Level: gr. 6-12, Adult

Details: 30 min.; 2003; Maine PBS; vhs

Synopsis: Young people from the communities of Eastport, Jonesport, South Portland, and Standish from the ages of 12 to 22 produced public service announcements aimed at reaching their peers. Each group identified a message that would offer their perspective about issues relating to alcohol use and what role social norms play in underage drinking in Maine's communities. Their messages address issues such as misguided assumptions that alcohol is more popular than it is in reality, and the false belief that the majority of the youth population uses alcohol.

THE TOP 15

(Most circulated video/dvd titles of 2010)

1. Healing the Addicted Brain Pt. 1: Addiction Out of Control
Borrower Comment: **Excellent way to get the "group" experience for people who don't attend 12-step groups**
2. Anger Creating New Choices Pt 1: A Closer Look
Borrower Comment: **Video fit in well with anger management curriculum.**
3. Healing the Addicted Brain Pt 3: Relapse and Recovery
Borrower Comment: **Patients were attentive to the personal stories.**
4. Healing the Addicted Brain Pt 2: Stages of Recovery
Borrower Comment: **Very informative and easy to use in a group setting.**
5. The Hijacked Brain: Close to Home
Borrower Comment: **Very well done. Helps clients understand the disease concept**
6. Anger Creating New Choices Pt 2: Catch It Early
Borrower Comment: **Corrections group felt positive about video. Good points**
7. Anger Creating New Choices Pt 3: Practical Skills
Borrower Comment: **Inmates relate well to this video series.**
8. Alcohol: True Stories
Borrower Comment: **This is by far the most excellent film I have seen on alcohol for teens.**
9. Marijuana Papers Research Update
10. Brain Scans: Alcohol and the Teenage Brain
Borrower Comment: **Should be seen by all middle and high schoolers**
11. Marijuana: Neurochemistry and Physiology
12. Drugs: True Stories
13. Co-Occurring Disorders, Mental Health and Drugs
14. Lost in Woonsocket
15. Crossing Deadly Lanes

VIDEO/DVD VENDORS

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