

# NEW DVDs in the INFORMATION & RESOURCE CENTER

(Call 1-800-499-0027 or e-mail: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov) to schedule a title.)

## **THE CASE OF COOL AL: A JOHNNY CLUE MYSTERY**

**13 min., 2008, gr: 3-6**

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.

## **CO-OCCURRING DISORDERS: MENTAL HEALTH & DRUGS**

**36 min., 2004, adult**

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.

## **THE COURAGE TO CHANGE: PORTRAITS OF MEN IN RECOVERY**

**120 min., 2008, adult**

This dvd features five short films, each one presenting the story of one man's recovery. These first person narratives describe the events that led to addiction and the transition to sobriety. It also includes additional features: 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.

## **DEPRESSION: OUT OF THE SHADOWS**

**90 min., 2008, college, adult**

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.

**GROWING UP ONLINE (Frontline)**  
**60 min., 2008, adult**

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.

**INSIDE THE ADDICTED PERSONALITY (vhs)**  
**34 min., 1991, adult**

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)**  
**60 min., 2004, adult**

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.

**LEGAL CONSEQUENCES OF ALCOHOL AND OTHER DRUGS**  
**15 min., 2005, gr: 9-12**

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.

**LOST IN WOONSOCKET**  
**81 min., 2007, gr: 9-12, adult**

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.

**A NEW DAY, A NEW LIFE**  
**25 min., 2008, adult**

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. (SEL M938dn 2008)

**TEEN ALCOHOL AND OTHER DRUG USE: KNOWING THE SIGNS AND WHAT TO DO ABOUT THEM**  
**20 min., 2005, adult, prof**

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, an outline for a parent education session, and three reproducible handouts, including a guide to substance abuse symptoms-from experimentation to dependence-and how parents can respond at each stage.

**TEENS AND TRAUMA (dvd & vhs)**  
**17 min., 2004, gr: 7-12**

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 simple yet powerful 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.

**TWELVE: IS THERE LIFE AFTER REHAB IN RECOVERY?**  
**44 min., 2008, gr: 9-12, college, adult**

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.