

2012

ADDICTIONS

D V D C a t a l o g u e

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kinetic
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255 Delaware Avenue
Buffalo N.Y. 14202

Tel.: (716) 856-7631
Toll Free: (800) 466-7631
Fax: (716) 856-7838

E-mail: info@kineticvideo.com



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...and many more!!!

*** OUR OTHER CATALOGUES and NEWSLETTERS (can be downloaded from our website or can be mailed or emailed upon request)

- ★ **SOCIAL** - violence, bullying, abuse, family, children, women's issues, native specific, relationships, communicating, etc
- ★ **HEALTH** - fitness, nutrition, childcare, aging, sex education, infectious diseases, smoking, mental health, death, etc
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- ★ **SPECIALS ISSUES** - For/About Indigenous Peoples, Pro-Chef/Culinary, Corrections Specific, Nursing, Counseling & Therapy, etc

DESCRIBING ADDICTION

THE ADDICTED BRAIN

*Winner - CINE Golden Eagle

"...this fascinating production mounts its case with stunning cinemicrography, three-dimensional models, expert interviews, and live-action sequences."

Booklist

This classic documentary takes viewers on a tour of the world's most prolific manufacturer and user of drugs - the human brain. The biochemistry of the brain is responsible for joggers' highs, for the compulsion of some people to seek thrills, for certain kinds of obsessive-compulsive behavior, even for the drive to achieve power and dominance. The biochemistry of addiction and addictive behavior is examined.

#7351/0635 26 minutes \$99.95



ADDICTION (Second Opinion)

Major advancements in neurological science are changing the way experts understand and treat addictive behavior. Learn from some of the country's leading experts what the latest medical research tells us about treating addictive behaviors in men and women.

**#12223/0145 28 minutes
2008 \$149.95**

ADDICTION: A Biopsychosocial Model

This series by Terence T. Gorski presents recent research on addiction as a brain disease that causes personality problems and social dysfunction.

Part 1: MIND-ALTERING SUBSTANCES

The first presentation takes a hard look at alcohol and other drugs - the mind-altering substances that

can activate abuse and addiction. After viewing this program, people will know what these substances are, how they work, and why they can be dangerous.

Part 2: ADDICTIVE RISK FACTORS

The second presentation explains the physical, psychological, and social risk factors that set people up for abuse and addiction. After viewing this program, people will know the risk factors that increase the likelihood of addiction. They will be able to recognize if they or someone they love is at high risk of addiction.

Part 3: SUBSTANCE ABUSE AND ADDICTION

The third presentation describes the symptoms of substance abuse and addiction. It shows how these symptoms can develop slowly and unnoticed in the lives of normal people. It explains how people can objectively evaluate their own alcohol and drug use. It shows how they can recognize and stop denial so they can see the truth and take action to break out of the addiction cycle.

**#13410/0815 Three 32-minute programs
on one DVD 2002 \$299.95**

ADDICTION: The HBO Series

Featuring valuable case studies and expert commentary, this all encompassing series offers a wide-ranging look at the science and the human face of addiction. Personal stories from drug users and their family members are combined with in-depth perspectives from leading psychologists, drug counselors, and other experts on substance abuse. Educators will find the series format - beginning with a comprehensive overview (86 minutes) followed by 13 short documentaries - helpful for both group discussions and lectures. An HBO Production. Detailed descriptions of each program are available. Contains mature themes, occasional explicit language, and some graphic injury footage.

ADDICTION: A Comprehensive View (86 minutes)
WHAT IS ADDICTION? (20 minutes)
UNDERSTANDING RELAPSE (22 minutes)
THE SEARCH FOR DRUG TREATMENT: A Challenging Journey (21 minutes)
THE ADOLESCENT ADDICT (26 minutes)
AN INTERVIEW WITH NORA D. VOLKOW, M.D. (25 minutes)
AN INTERVIEW WITH MARK L. WILLENBRING, M.D. (22 minutes)
AN INTERVIEW WITH MICHAEL L. DENNIS, Ph.D. (22 minutes)
AN INTERVIEW WITH KATHLEEN T. BRADY, M.D., Ph.D. (19 minutes)
GETTING AN ADDICT INTO TREATMENT: The CRAFT Approach (18 minutes)
TREATING STIMULANT ADDICTION: The CBT Approach (23 minutes)
OPIATE ADDICTION: Understanding Replacement Therapy (19 minutes)
SOUTH BOSTON DRUG COURT (20 minutes)
A MOTHER'S DESPERATION: Resorting to the Law (24 minutes)

#12390/0635 Fourteen programs 2006
\$99.95 each or Series 2006 \$1,379.95

ADDICTIONS: Chemical and Behavioral

Presents an overview of the basic principles of addiction. Covers the traditional addictions of drugs and alcohol as well as showing how gambling and certain eating habits also represent addiction.

#9803/1420 21 minutes 2004 \$119.95

GETTING HIGH: Not in the Job Description

Whether the work is on an assembly line in a factory or writing computer programs for a company's accounting department, everyone has a right to a safe and drug-free work environment. Getting killed on the job or having the job disappear because of substance abuse related incompetence are both to be avoided! Really!!! This program is designed to help 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. Doing something is critical!

#5431/1690 20 minutes 2001 \$89.95

***See also...

THIRSTY WORK in Column 3 on this page



USE, ABUSE, AND ADDICTION

This comprehensive series by multi-award-winning producers of UPPERS, DOWNERS, ALL AROUNDERS addresses everything from the history of drugs through to treatment and recovery including the physiology, neurochemistry and sociology of drugs and compulsive behaviors. An ideal visual resource for educational, clinical and training applications.

DVD One

HISTORY - This segment explores the role psychoactive drugs have played in the social and emotional development of civilization. 14 minutes
PREVENTION - Prevention is a shared responsibility and the goals of the three recognized methods are explained. Age of first use as an indicator of future problems is also explored. 19 minutes
TREATMENT - Treatment and recovery become a lifelong process for individuals willing to confront their addiction. This segment deals with each aspect of the treatment continuum. 14 minutes
MENTAL HEALTH AND DRUGS - Co-occurring disorders are challenging for both the patient and their treatment provider. This film focuses on simultaneous treatment using medications and individual/group therapy. 16 minutes

DVD Two

HEREDITY, ENVIRONMENT AND PSYCHOACTIVE DRUGS - The combination of a person's genetic history and the external pressures they experience at various times in their lives are key factors of addiction. 14 minutes
UPPERS - Stimulants, from cocaine to amphetamine to caffeine and nicotine, each class is examined in terms of mental and emotional effects. 13 minutes
DOWNERS: Sedative Hypnotics - Prescribed to lessen pain and anxiety, these are effective when used as therapeutic adjuncts to treatment, misuse leads to serious addiction. 18 minutes
ALCOHOL - Woven into the cultural and family traditions of most peoples, alcohol is the oldest and most widely used psychoactive drug which can, if abused cause irreversible physiological damage. 17 minutes
ALL-AROUNDERS - This segment addresses the alphabet soup psychedelics like MDMA and LSD to the plant based substances like mushrooms and marijuana. 20 minutes
OTHER DRUGS, OTHER ADDICTIONS - Addiction isn't limited to street drugs and alcohol, this segment deals with addictive inhalant, steroid, gambling, eating and internet behaviors. 20 minutes

***Includes PDF reproducible worksheets for each program**

#13155/0410 Ten programs on 2 DVDs
166 minutes 2010 \$549.95 *CC

ASPECTS OF ADDICTION

This video features hard-hitting interviews that take the viewer through the beginning stages of alcohol and drug use, the developmental journey of addictive behavior while using, and the final consequences of drug and alcohol abuse in addiction. Many strong messages of hope and recovery are delivered to help focus their desire to make lifestyle adjustments. Also emphasized is the need for a good support system and for working a program.

#10608/2180 30 minutes 1999 \$249.95

A PORTRAIT OF ADDICTION

Bill Moyers profiles nine men and women, all recovering from drug and/or alcohol addiction: a former narcotics agent; a mother of three who is a marketing specialist; the founder of Stand-Up Harlem, a community of HIV-positive addicts and recovering addicts; and a journalist who actually served as the researcher for this series, to highlight only four. Their candid testimony leaves no doubt that addiction - and recovery - are possible for anyone.

#6635/0635 57 minutes \$79.95

UNDERSTANDING ADDICTION

This program explains current research into why people become addicted, what puts them at risk, and what the best available treatment options may be. The video profiles an individual who was alcoholic, has received a full regimen of treatment and is going through the process of recovery.

***Part of the NO MORE SHAME Series. Other programs in the series are: UNDERSTANDING SCHIZOPHRENIA and UNDERSTANDING DEPRESSION.**

#7352/0635 23 minutes \$99.95

BREAKING THE HABIT: ALCOHOL

We drink to celebrate, to socialize, to come down from the pressures of the day... The line beyond which a can of beer or a glass of wine will cause irreversible damage to the liver and other systems of the body is much closer than so-called "social" drinkers imagine. These programs explain how alcohol affects the body, how much alcohol can be safely consumed during what period of time, what alcoholism is, and how the habit can be broken.

THE DRUG WE DRINK

This program explains why people drink, physiologically as well as sociologically; explains the physiology of alcoholism; illustrates very graphically how alcohol affects the liver; and suggests guidelines for maximum alcohol consumption.

THIRSTY WORK

Alcoholism is a primary cause of days lost at work, of inefficiency, carelessness, and accidents. This program shows a model corporate program designed to teach employees the guidelines for safe drinking and to offer those in need of treatment a way to seek it without endangering their employment.

A PLACE TO LIVE

This program shows how a group of recovering alcoholics are coming to terms with those elements in their environment, their personalities, and their physiological makeup that caused them to become alcoholics, and the steps they are learning to take to rejoin society.

FOR THE REST OF THEIR LIVES

Alcohol consumption is up, and the age at which youngsters begin to drink keeps falling. This program covers the problem of teaching young people to drink, if at all, in moderation and to make them understand where the limits are and how quickly a person loses control once that limit is exceeded.

#14430/0635 Four programs, \$99.95 each or Series \$369.95

DEADLY PERSUASION: The Advertising of Alcohol and Tobacco

Jean Kilbourne exposes the manipulative marketing strategies and tactics used by the tobacco and alcohol industries to keep people hooked on their dangerous products. Illustrating her analysis with hundreds of current advertising examples from mainstream and trade sources, Kilbourne presents a compelling argument that these cynical 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. Casts a critical eye on the corporate interests that lie behind the industries whose products kill more than 450,000 each year in the U.S. alone. The DVD version contains both the 60 minute program as well as a condensed version. The abridged is for use in presentations, workshops and abbreviated class periods. It addresses and emphasizes the key arguments of the full program, while still leaving time for questions and discussion. **#6789/0685 90 minutes 2003 \$149.95 (Colleges & Universities \$279.95)**

UNDERSTANDING ADDICTIONS

This program provides a thorough examination of addictions. The biological, psychological and social aspects of addictions are addressed along with the reasons why people turn to drugs. **#12362/2035 30 minutes 2005 \$339.95 *CC**



ROOTS OF ADDICTION Update! Drugs and Behavioral Compulsions

"Excellent overall! Perfect for courses in substance abuse as well as client education groups. One of the best I've ever seen!"

*Dr. Noah Young, Clinical Supervisor
Mental Health Services, Tarzana
Treatment Center & Psychiatric Hospital*

*"One of the first films I've seen that
addresses the entire spectrum of addiction.
Can be used effectively in a number of venues."*

*Michael Stubler, M.A., CRC Chemical
Dependency, Counselor Education, Penn
State University-Altoona*

A newly updated video with fresh graphics, creative animations, and current research information presents viewers with an overview of the biological and environmental reasons people become addicted to alcohol, tobacco, prescription medications, illegal drugs, or engage in compulsive behaviors. Appropriate for client groups, professional training, and counselor education. **#9095/0410 33 minutes 2011 \$199.95**

SUBSTANCE ABUSE AND ADDICTION CLIPS

Health News and Interviews: This collection of 18 video clips (1 to 2 minutes each) takes a close look at alcohol and tobacco and at addiction. A variety of topics is covered, such as the short- and long-term health risks of binge drinking, fetal damage due to alcohol, brain cell re-growth in recovering alcoholics,

DNA damage from smoking, smoking-cessation failure, the DNA of addiction, and cocaine detox via a genetically modified virus.

ALCOHOL CLIPS - Fruit Flies and Alcohol, Booze-Free Brains, Buzzed Brain, Fetal Alcohol Damage, Alcohol and Advertising, Student Drinking, and Teen Drinking.

TOBACCO CLIPS - Smoking Damage, Smoking Receptor, Smoking, Stress, and Gender, Smoking and Fertility, Smoking and Ethnicity.

ADDICTION CLIPS - Riddle of Addiction, Why Coffee Works, Caffeine Withdrawal, Teens and Steroids, Meth and the Brain, Anti-cocaine Virus.

#12452/0635 27 minutes 2007 \$99.95

STREETS OF PLENTY: Inside the World of the Homeless

What is the relationship between addiction and homelessness? Where does personal responsibility fit into the equation? Should street addicts be left to their own devices, or do full-service shelters, legalized heroin dispensaries, and other provisions make for smart urban policy? In search of answers, Misha Klieder has put away his sociology textbooks and opted for real-life experience - spending close to a month sleeping and scavenging in the crime-infested Downtown Eastside of Vancouver. Beginning as a semi-farical challenge to standard liberal views of homelessness, Misha's story takes on darker dimensions as he encounters severe health problems and, in an even more ominous turn, becomes a crack and heroin consumer. A startling journey inside urban North America's most intractable social problem. *Contains mature themes, extensive profanity, and explicit scenes of drug use. **#14235/0635 65 minutes 2010 \$169.95**

ADDICTION'S SUBSTANCES

THE DRUGS OF ADDICTION SERIES

This award-winning series of nine programs replaces myths with reality through facts, information, and intimate portraits of users.

ALCOHOL: The Substance, the Addiction, the Solution Weaves dramatic personal stories of recovery from alcoholism with essential facts about the disease and recovery. 40 minutes

CLUB DRUGS: When the Party is Over Examines the dangerous effects of club drugs, focusing on Ecstasy, GHB, Rohypnol, ketamine, LSD, and methamphetamines. 20 minutes

COCAINE AND CRACK: Back from the Abyss Uses personal stories of addiction and recovery to reveal the history, pharmacology, and medical impact of cocaine/crack use. 46 minutes

CROSS ADDICTION: The Back Door to Relapse Presents and overview of the nature of cross-addiction and helps clients understand the impact of multiple drugs on the body and mind. 30 minutes

HEROIN: What Am I Going To Do? Shares powerful stories and keen insights from recovering heroin addicts as they testify to the horrors of addiction and the rewards of clean living. 28 minutes

MARIJUANA: Escape to Nowhere Challenges myths about marijuana use by clearly stating that marijuana is an addictive substance with physical, emotional, & spiritual consequences for users. 30 minutes

OXYCONTIN AND OTHER PRESCRIPTION DRUGS:

Killing the Pain Addresses the growing use and abuse of prescription painkillers, especially OxyContin and Vicodin. 20 minutes

PRESCRIPTION DRUGS:

Recovery from the Hidden Addiction

Combines essential facts about prescription drugs with vivid personal stories of addiction and recovery, with particular attention to the needs of older adults. 20 minutes

METHAMPHETAMINE: Deciding to Live

Presents the latest information on the devastating consequences of meth addiction and the struggles and wards of recovery. Facts, medical aspects, personal stories and insights on the recovery process illuminate the path to healing. Part 1 explains the pharmacology of meth's effect on brain and body chemistry. Part 2 offers hope for those addicted to meth through candid experiences of recovering addicts. 38 minutes

#2940/0795 Nine programs 2002 \$149 each or Series \$1,095



DANGEROUS DRUGS

2nd Edition Reference Book

*An easy-to-use reference for
parents and professionals by
Carol L. Falkowski.*

Now with a color photo section, this reference presents the latest trends, facts, and findings about drugs found in communities throughout the country. Information includes names and descriptions of drugs, where they're found, how they're used, medical and behavioral consequences of use, and symptoms of abuse.

**#10809/0795 Softcover 2003
320 pages \$19.95**

DRUG ABUSE AND THE BRAIN

This video examines the latest information on the effects of drugs such as cocaine, heroin and marijuana on the chemistry of the brain. How do drugs affect neurons? How is the synaptic gap affected? Is there a pleasure center? What can make the brain crave a particular drug? These topics and more are presented.

#7299/1420 15 minutes \$119

DRUGS AND THE BRAIN

"This is your brain on drugs" may be an effective sound bite, but the reality of drug use and abuse is more complicated. As this five-part series shows, the brain can be affected by drugs and alcohol in many different ways, depending on the substance consumed. The effects of stimulants, painkillers, tobacco and alcohol, cannabis, and hallucinogens are analyzed in detail, using the latest research and computer graphics. Each program demonstrates the elaborate and frequently dangerous ways in which various drugs alter brain chemistry. Scientific histories and case studies are clearly illustrated in each program.

STIMULANTS: The Mechanics of Pleasure

This program explores the workings of the human nerve center under the influence of cocaine, amphetamines, and other stimulants, and shows how our understanding of brain disorders and drug addiction has increased by studying these drugs. Also provides viewers with a detailed history of the discovery and development of euphoria-inducing substances.

PAINKILLERS: Numbing the Mind

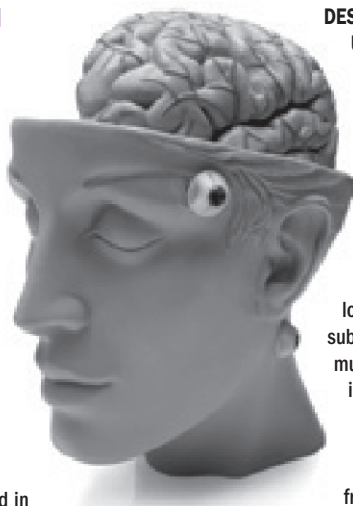
The human body manufactures its own painkillers to ensure survival when injured. This program shows how opium and its derivatives, heroin and morphine, hijack that natural pain-numbing ability. Illustrating the brain's ability to alter its own chemistry when attacked by drugs, the program depicts the process by which brain receptors become desensitized and thus addicted. Tranquilizers - and the potentially lifelong physical dependency and psychological problems they can cause - are also studied. The findings of experts in the field are also featured.

LEGAL DRUGS: Still Addictive, Still Deadly

The vast majority of drug addicts are not criminals; tobacco and alcohol, both perfectly legal in most societies, are used and abused in staggering abundance. This program details the ways smoking and drinking chemically take hold of the brain. Explaining the many reasons - besides nicotine - for tobacco's stealthy effects, the program describes the existence of thousands of other addictive chemicals in the plant. It also studies properties in alcohol, that short-circuit the brain and cause considerable damage. Research by experts is also documented.

CANNABIS: Satanic Herb or Healing Potion?

As has occurred with most drugs, the neurological effects of cannabis have only recently been fully identified and understood. This program presents many of the latest findings, including new investigations into the clinical applications of the drug. Focusing on studies of the nerve-related mechanisms triggered by the action of cannabis, the program highlights potential changes in the social perceptions and medical uses of the substance. New approaches in the treatment of pain, obesity, anxiety, and even multiple sclerosis are suggested. The scientific contributions of Jean-Pol Tassin, Dieter Kleiber, Rafael Maldonado, and others are explored.



DESIGNER DRUGS:

Uncertain Borders

In the 20th century, LSD and ecstasy became the hallucinogens of choice.

This program recounts how science has gradually become aware of the properties of hallucinogens, both natural and synthetic.

It also provides a detailed look at the effects of such substances on the brain. Peyote, mushrooms, ahuyasca vine, iboga and yohimbe bark, belladonna flower, and even animal-produced chemicals like bufotenin - secreted from toad skin - are explored in detail. The findings of experts

are conveyed.

**#10790/0635 Five 51-minute programs
2005 \$169.95 each or series \$799.95**

PROJECT DRUG FREE I.D. DISPLAY AND GUIDE in Portable Case

A powerful tool for all drug prevention coordinators and law enforcement to teach drug recognition to students, parents, educators and counselors. Absolutely realistic models of all the most common drugs and associated paraphernalia professionally housed and mounted in a high impact black plastic suitcase. You just open the stand-alone case and start the lecture or discussion. The realistic samples mounted within each side of the opened case are protected by durable plastic for long-term use. Closed case is 69 cm. (27") X 34 cm. (13.5"). Opens to a full 69 cm (27") display width.

For use with grades 6 - Adult and Professionals
**#6905/1405 *Includes Drug ID Guide
2002 \$369.95**

MEDICAL ASPECTS OF CHEMICAL DEPENDENCY Revised

This fascinating and authoritative video on how addiction affects brain function has been updated to reflect the latest research. Drug users know how alcohol and other drugs make them feel, but very few understand the dangerous alterations in brain chemistry that accompany the buzz. Through simple graphics, professional commentary, and instructive narration, viewers learn how mood-altering substances affect the chemicals in the brain. These altered brain chemicals affect not only mood but also every other bodily function regulated by the brain, including heart rate, breathing, and sensory perceptions. This comprehensive video takes viewers through the five major categories of drugs and explains the biochemical basis of progression and withdrawal. People in treatment gain a new awareness of the devastating potential of mood-altering substances.

***Includes Facilitator's Guide**

#9273/0795 25 minutes 2003 \$225

MEDICAL CONSEQUENCES OF ADDICTION

This program examines the physical problems caused by the heavy and long-term use of psychoactive drugs, especially tobacco, alcohol, methamphetamines, and marijuana. Using animation, graphic medical footage, and interviews with experts in the field as well as those suffering from these diseases, this video explores the medical dangers of the method of use, the lifestyles of the users, and the drugs themselves. For example, injection drug use can cause abscesses, flesh-eating disease, hepatitis C, and AIDS; inhaling tobacco, marijuana, or crack can cause chronic bronchitis, emphysema, and lung cancer; ingesting excess alcohol can cause ulcers, cirrhosis of the liver, and brain damage; methamphetamines can damage blood vessels and heart muscles directly; tobacco can damage the lungs' alveoli and cause blood clots. Also looks at the ramifications of the statement, "Continued use despite adverse consequences." Users talk about how their desire to continue smoking, injecting, inhaling, swallowing, or snorting drugs usually overcame any trepidation about potential medical consequences.

#9655/0410 36 minutes 2005 \$195

DRUGS: Uses and Abuses

A veritable encyclopedia of pharmacological facts, this outstanding series thoroughly examines the therapeutic uses and dangerous abuses of drugs. Each program offers current information concerning the history of the drug, physical and mental effects on the user, and variations of drugs in each classification. Review questions are provided with each program along with provocative discussion questions that address some of the sensitive issues concerning the use and abuse of drugs.

SEDATIVES - Looks at barbiturates, tranquilizers, nitrous oxide and alcohol. 32 minutes

NARCOTICS -

Examines heroin, morphine, codeine and opium. 30 minutes

STIMULANTS - Covers amphetamines, methamphetamines, cocaine, crack, nicotine and caffeine. 40 minutes

PSYCHEDELICS & HALLUCINOGENS - Includes mescaline, peyote, mushrooms (psilocybin), LSD and the group of designer drugs including ecstasy, XTC, fantasy and E4Euh. 32 minutes

INHALANTS - Covers amyl nitrate (poppers), butyl nitrate (rush) and aerosol propellants. 21 minutes

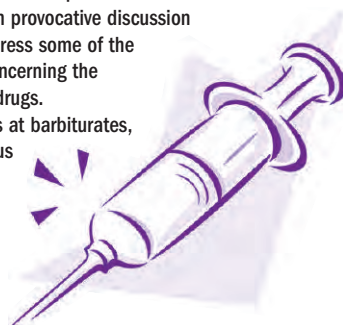
THC - Includes marijuana, hashish, oils and resins. 35 minutes

PCP & KETAMINE - Looks at PCP, angel dust, super K and hog. 21 minutes

STEROIDS - Examines anabolic steroids, corticosteroids, estrogens and GHB. 25 minutes

***Includes Guides for each program**

**#9370/0405 Eight programs 2004
\$69.95 each or Series \$499.95**



ANIMATED NEUROSCIENCE AND THE ACTION OF NICOTINE, COCAINE, AND MARIJUANA ON THE BRAIN

***CINE Golden Eagle Award**

Using sophisticated 3-D animation, this program, divided into two parts, takes viewers on a journey deep into the brain to study the effects of the three substances. The first part illustrates the major functions of the brain and shows how its principal cells, the neurons, communicate with each other through electrical and chemical signals. In the second part, animated molecules of nicotine, cocaine, and marijuana travel a route from the external environment through the body to the brain, where viewers learn about the cellular targets of these drugs, and how each drug interacts with them and subsequently affects the body. Images of actual neurons used in the animations create a realistic effect that helps viewers understand the concepts presented.

***Includes PDF Instructor's Guide**

#5361/0635 24 minutes \$99.95



UPPERS, DOWNERS, ALL AROUNDERS

This is the most comprehensive video on psychoactive drugs available. Uses a visually compelling combination of animation, live

action, graphics and interviews with addiction experts and particularly recovering users to present a current, wide-ranging, non-judgmental overview of drug use. Current drugs of abuse - including "ecstasy", methamphetamines, marijuana, and inhalants, along with the "legal" drugs (alcohol, caffeine, tobacco, and benzodiazepines), are covered. In addition, concepts like hereditary and environmental influences, the physiology of drug use and levels of use are examined. The video is divided into 17 segments with an imprinted reference time code for ease of use.

#9096/0410 63 minutes 2001 \$195

CONFRONTING DRUG AND ALCOHOL ABUSE

A young woman uses the restroom at a busy restaurant. While she's away, her date cracks open a small capsule and spikes her drink with white powder. Onlookers are aghast - but do any of them take action? Truth be told, the young man and woman are actors in a hidden-camera scenario created to find out how unsuspecting observers will react. Other provocative set-ups featured in this compilation of ABC News segments: a bar customer attempting to take home a seemingly drunk woman he has just met; an apparently tipsy woman trying to persuade sober passersby to breathe into her car's breathalyzer so she can run an errand; and two different alcohol-drenched hazing sessions involving male, then female, initiates. Each segment gives viewers the chance to ask: What would you do?

#14562/0635 48 minutes 2010 \$99.95

***** Ask about our
easy email preview!!!**

A L C O H O L

ALCOHOL AND ITS EFFECTS

This comprehensive video provides the latest scientific, medical and psychological information on alcohol and its addictive qualities. It describes the effects based on blood alcohol levels and length of use. Graphics, animation, and brain scans are used along with detailed explanations from top alcohol researchers, treatment professionals, and recovering users. The neurochemistry of tolerance and withdrawal; emotional and physical reasons for drinking and craving; genetic and environmental contributions to alcoholism; causes for different levels of drinking (e.g. binge); social effects of drinking (e.g., DUI, violence); effects on the developing fetus (e.g., FAS & FAE); treatment and recovery strategies are all dealt with in detail.

**#7407/0410 60 minutes
2001 \$195**

DISEASE OF ALCOHOLISM UPDATE with Dr. David Ohlms

Alcohol still leads the list as today's most abused drugs. Dr. David L. Ohlms, a world authority on addiction disease, clearly explains why the medical community considers alcoholism a primary disease and not a symptom of some other condition. He presents significant new findings on the genetic and physiological aspects of alcohol addiction, providing fresh insights into its chronic, progressive, incurable nature. An essential media adjunct for alcohol/drug education and substance abuse classes.

**#9165/2180 38 minutes
2002 \$249.95**

ALCOHOL: The Substance, The Addiction, The Solution

Combines dramatic personal stories of recovery from alcoholism with facts from medical experts to deliver key information about the impact of alcohol abuse. Helps clients in treatment and early recovery better understand that although the battle they are fighting is one with a long and hard history, many others in their situation have proven that victory is possible.

#10323/0795 44 minutes \$149 *CC

KHARAAB DARU: Bad Medicine

In the Punjabi community it is common to refer to alcohol as medicine. Some Punjabi men misuse alcohol in a failed attempt to cope with personal suffering or problems. In "Bad Medicine" well known Punjabi-speaking professionals including police, doctors, counsellors, family support workers, psychiatrist, and elders, along with individuals impacted by alcohol, share their knowledge with respect to the harms and risks associated with problem drinking, mistaking alcohol as medicine, how alcohol impairs mental and physical functioning, drinking and driving, addiction and family violence, and the benefits of recovery.

***In Punjabi with English Subtitles
#12882/1735 39 minutes
2009 \$149.95**



THE MAKING OF A HANGOVER

Filmed under the watchful eyes of a team of researchers, this program scientifically tracks the physical and psychological changes in seven volunteers - three men and four women, ranging in age from 21 to 34 - as they drink with their friends in a bar. Vital information is provided on alcohol's impact on the body, the worthlessness of inebriation remedies such as cold showers and coffee, the very present danger of alcohol poisoning, and genetic inputs for alcohol addiction. In addition, outstanding 3-D computer graphics illustrate alcohol's effects on the brain, stomach, heart, liver, and genitals. A police sobriety test is demonstrated. A Discovery Channel Production.

#9923/0635 51 minutes 2002 \$149.95

PHYSICAL EFFECTS OF ALCOHOL

This program summarizes the newest research that shows how alcohol affects the entire body, both immediately and long-term. Issues such as pregnancy and fetal alcohol syndrome, cirrhosis, cancer and heart disease are also discussed.

#9401/1420 18 minutes 2002 \$119.95

ALCOHOL AND THE BRAIN

This program summarizes all the latest research that shows how alcohol affects various parts of the brain, both immediately and long-term. It also discusses the latest theories on how alcohol causes addiction and some of the implications for treatment.

#7298/1420 18 minutes 2002 \$119.95

SPIN THE BOTTLE: Sex, Lies and Alcohol

In its portrayal in popular culture, alcohol offers a release from inhibitions and a path to happiness, wealth, maturity, creativity, athletic success, independence, and sexual freedom. In reality, the abuse of alcohol diminishes and destroys those very qualities and is linked to 1,400 deaths, 500,000 injuries, and 70,000 sexual



assaults among students each year in the U.S. alone. JEAN KILBOURNE (Killing Us Softly, Slim Hopes) and JACKSON KATZ (Tough Guise) discuss the way that alcohol abuse has been normalized in the lives of millions of young people. They step beyond an analysis

of "binge drinking" to focus on techniques that alcohol marketers use to link the product to the fragile gender identities of young men and women. The program also offers young people concrete strategies to counter the ubiquitous presence of alcohol propaganda and, in so doing, inspires them to take back control of their own lives from the influence of cynical manipulators.

#7329/0685 45 minutes 2004 \$149.95
(Colleges & Universities \$279.95)

COCAINE & CRACK

COCAINE AND CRACK: A Craving for More

An examination of the powerful stimulant cocaine and its smokeable form crack. 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; treatment strategies when users want to recover. Also shows how cocaine triggers a rush, euphoria, and increased energy that can just as quickly give way to anger, exhaustion, unwanted fetal effects, cardiovascular impairment, and intense craving that leads to compulsive use. Includes precise computer animation of neurochemical processes in the brain, compelling interviews with practicing and recovering cocaine abusers, and excerpts from powerful treatment and group sessions gives a comprehensive view of the physical, mental, emotional and societal ramifications of cocaine use.

#7408/0410 35 minutes
2003 \$195



COCAINE

Intense, but brief highs followed by profound lows - this program explains how cocaine produces these effects. Also describes side effects and dangers of cocaine use as well as outlines a treatment plan using an integrated approach.

#13214/1420 20 minutes
2010 \$119.95

JOURNALS FROM THE INSIDE: Crack/Cocaine Prevention

Two teenage journalists shed myths and learn the tragic truths behind crack and cocaine use. Through interviews with recovering addicts - a young person serving time for dealing, an undercover narcotics officer, and an emergency-room physician - this dramatic video vividly reveals the specter of a cocaine and crack lifestyle, which often results in chronic health problems, crime, prostitution, gun violence, and death for the user. Teens are presented a gentle, caring, effective way to help peers and loved ones in the throes of addiction regain their lives.

#1315/0795 15 minutes 2000 \$149.95
***Closed Captioned**

COCAINE AND CRACK: Back from the Abyss

Delivers interesting information about cocaine and crack through vivid personal stories of addiction and recovery. Explains that cocaine is more addictive than any other drug, which creates a unique set of needs that must be addressed to help addicts stop using and start recovery.

#9049/0795 46 minutes 1998 \$149

CRACKHEAD UNIVERSITY

The experts in this eye-opening program don't have PhDs or high-paid teaching positions, but they know firsthand - and express in vivid language - the overpowering highs and punishing lows of crack cocaine addiction. Exploring the crumbling streets of inner-city Newburgh, NY, the program lets streetwise experience speak for itself, compiling a collection of tragic yet faintly hopeful personal stories, and describing in detail what happened to this once-prosperous community when crack appeared on the scene. The result is a visual textbook, brimming with the cold, hard facts of addiction that viewers will find hard to forget.

***Contains harsh language and mature themes.**

#11177/0635 70 minutes
1999 \$149.95

HEROIN

ALL ABOUT HEROIN

Provides significant, updated scientific, medical and treatment information on the dangers involved with heroin use. It describes and explains the particularly addicting properties of this drug and how addiction to it is often lethal. New treatment strategies have been developed that appear to be more effective in treating heroin addiction; this program explains how they work. Brain mechanics and addiction dynamics are presented.

***Includes reproducible handout**

#9099/1420 18 minutes 2003 \$119.95

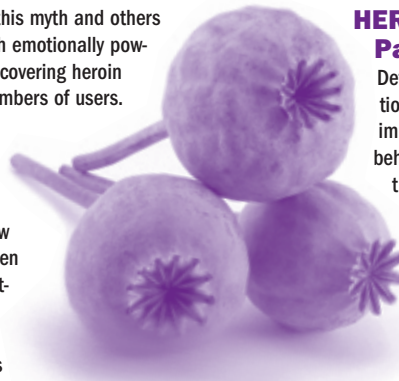
OVERCAST: Heroin Prevention

Heroin is one of the most dangerous and addictive drugs on the street. But many young people mistakenly believe that heroin is addictive only when it's injected, not when it's smoked or snorted.

This program attacks this myth and others about the drug through emotionally powerful 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. The video also teaches a young person how to help a friend who is using heroin.

#1314/0795 15 minutes 2000 \$99.95
***Closed Captioned**



HEROIN: From Pleasure to Pain

Details objective and subjective information on how heroin changes brain cells and impacts cognition, judgment and rational behavior. Viewers learn that variations on this opiate have been in use by humans for 5000 years - offers a comprehensive historical, scientific, and psychological analysis. Reasons for its long term popularity are explained as its pleasurable / addictive nature becomes clear. Interviews with recovering users fill in the details as to how the first pleasures from the drug quickly began to elude them and turned into a 24/7 nightmare that wouldn't go away.

#9579/0410 30 minutes 1999 \$195

GETTING OFF HEROIN WITH METHADONE

"EXCELLENT!" Addiction Research Foundation
"Affords a rare opportunity for health care professionals unfamiliar with heroin addiction to get a good overview of effective treatment from clients actively involved in treatment." Larry Corea, Parkdale Community Health Centre, Satellite Program

Outlines the components of a comprehensive methadone treatment program including information on pre-admission assessment, beginning treatment, determining proper dosage, urinalysis, and counselling. More than this, the program raises important issues about the underlying philosophy behind methadone treatment, providing many openings for productive group discussion about key themes such as

harm reduction, HIV prevention, the causes of addiction, and others. Also includes expert information from two physicians with extensive experience in methadone treatment. Equally important, features the testimony of clients whose stories of the long struggle with recovery make this video particularly rewarding.

#9413/0593 33 minutes \$159.95

INHALANTS

***** See also...**
INHALANTS in the DRUGS: USES & ABUSES SERIES on Page 4, also in the DRUGS: THE STRAIGHT FACTS on Page 23 and DANGER TOXIC CHEMICALS on Page 25

INHALANT ABUSE: Signs and Symptoms

Dr. David Ohlms gives us a look at what inhalants are, how they work and their effects on the brain and other body organs such as the liver and kidneys. He details how

inhalants affect the user's behavior and what the long and short term repercussions are.

#2627/2180 20 minutes \$79.95



MARIJUANA

ALL ABOUT MARIJUANA

How safe is marijuana for recreational and medical use? This program addresses these questions by presenting the latest research on how marijuana affects the brain and other parts of the body. Treatment suggestions are given.

***Includes Resource Materials**
#13143/1420 20 minutes \$201 \$119.95

MARIJUANA AND RECOVERY

Whether the viewer has a specific marijuana addiction or has used marijuana as part of a polydrug abuse pattern, this video presents information crucial to successful recovery. Marijuana users basically exist in a state of prolonged denial. Viewers learn the unique bio-chemical reactions that induce long-term and difficult to recognize negative effects from smoking. Further, because marijuana is not considered a "dangerous" drug in many circles there is little support for and understanding of the user attempting to stop. This program addresses these and other important recovery topics, including denial, withdrawal, treatment options, relapse, twelve steps.

***Includes Counselor's Guide**
#11083/1805 38 minutes \$195

MARIJUANA IN THE NEW MILLENIUM with Dr. David Ohlms

Presents scientific research dealing with marijuana and its use. Dr. Ohlms addresses marijuana's continued popularity among both teens and adults and says that "for the most part, beliefs about the dangers associated with the use of these drugs - which have been harbingers of change in the past - have remained fairly stable of late." Dr. Ohlms also discusses many of the common physical effects, signs and symptoms of marijuana use, its side effects, and newly discovered physiological issues that face drug users.

#9848/2180 25 minutes 2000 \$249.95



MARIJUANA: Escape to Nowhere

Confronts the myths of marijuana use by clearly explaining that marijuana IS addictive and exactly how use results in physical, emotional, and spiritual consequences. Shares real experiences with marijuana use and recovery through poignant testimonials of people in recovery.

#10704/0795 30 minutes \$149

MARIJUANA: Neurochemistry and Physiology

Designed to be used in a group or clinical setting, this objective, non-judgmental video presents the latest research and findings on the neurochemistry and physiology of marijuana. The content focuses on the research advances in understanding how marijuana works on a cellular level and how those neurochemical changes affect sedation, the sense of novelty, appetite, memory, the immune system, visual spatial organization, paranoia, and dependence. Issues of tolerance and tissue dependence, withdrawal, acute psychic effects, driving effects, and physical effects are highlighted.

#9855/0410 32 minutes 2005 \$195

MESSING WITH HEADS: Marijuana and Mental Illness

For decades, heavy marijuana use has been linked to impaired judgment and mental ability. This program explores new research into another link - this time between marijuana and mental illnesses, specifically schizophrenia and paranoid psychosis. Citing a wealth of clinical evidence and observations by neurologists, psychiatrists, and psychologists, the program delves into the frightening effects of THC on young brains: psychotic delusions and behavior that may not appear until years after drug abuse has ended. With pot addiction beginning at increasingly young ages around the world, this program is essential viewing in any anti-drug education campaign.

#4729/0635 46 minutes 2005 \$169.95 *CC

MARIJUANA: Hidden Hazards

Users usually claim that it doesn't have much effect on them, that it's like having a beer, or just gets rid of the stress. It's "Catch 22"...why quit something that has no effect? And how can you be addicted to something like that? The fact is that with today's 'new and improved' marijuana, users are more 'stoned', and less likely to recognize what effect the drug is having on them. The denial factor becomes very significant. This DVD presents the real story about what these effects are from people who have experienced them personally and left them back 'in the fog'. The question of detox and withdrawal is also very important because of the chemical potency of the new marijuana. Ex-users tell what they experienced and how they overcame the cravings and threat of relapse.

#5860/1805 \$195

INTRODUCING CANNABIS: Risks, Laws and Habits

Cannabis is often regarded as a relatively safe, albeit illegal drug, compared with hard drugs such as cocaine and heroin. Recently however, there is a growing realization that, for some people at least, cannabis is anything but safe. This program looks at the effect of cannabis on the brain and the devastating consequences for some users.

#11696/0545 27 minutes 2007 \$129.95

THE DOWNSIDE OF HIGH: The Link between Marijuana and Schizophrenia

Is today's super-potent pot damaging young minds? Modern growing techniques have dramatically increased THC levels, ramping up the impact on the developing teenage brain. Some experts say that teens who start smoking marijuana heavily before the age of sixteen are four times more likely to become schizophrenic than those who don't smoke it at all. This program explores scientific discoveries about marijuana and its possible link to mental illness, with commentary from outspoken cannabis critic Professor Robin Murray of the Psychosis Research Group. Viewers follow three young people as they battle psychosis, paranoia, and hallucinations, all triggered by smoking pot.

#14477/0635 60 minutes 2009 \$169.95

METH & UPPERS

METH: INSIDEout Series

"Meth Inside Out offers users in recovery potentially life saving hope and clarity at a time of serious questioning."

Claudia Black, Ph.D., Specialist in Addictive Disorders

"Jolting, compelling, accessible...this video does a striking job translating the neurobiology of methamphetamine addiction in a powerful and memorable way."

Andrew J. Saxon, M.D.

Director, Addiction Psychiatry Residency Program, University of Washington

"This exceptional video series accomplishes a goal few manage to attain: teaching science-based content in an engaging way to assist with the delivery of effective substance abuse treatment. A real step forward for the field."

Deni Carise, Ph.D., Director, Treatment Systems Section, Treatment Research Institute, Philadelphia

This package is a groundbreaking video-based treatment curriculum on methamphetamine addiction and recovery designed to equip meth users, their families, and the professionals who assist them with a solid understanding of the biological basis of addiction, effective tools for recovery, and, most importantly, hope for the future. Presents the most up-to-date information in a compelling and easy-to-understand format. Emphasizes the human impact of addiction by sharing personal stories of addicts and their families. Shot in high definition with state-of-the-art graphics, the series is designed to engage and inspire viewers. Created for maximum flexibility, the curriculum is designed to meet the needs of treatment centers, correctional facilities, community centers, social service agencies, and universities. The series is composed of three episodes, which can be used individually or as a set. Handbooks allow counselors to maximize the educational potential of each episode. There are three programs in the series:

HUMAN IMPACT provides an eye-opening introduction to meth's impact on individuals, families, and communities across the globe. Explores motivations for use including the need to escape negative feelings, lose weight, enhance sex, and increase energy. Reveals how many of these factors impact women disproportionately, resulting in specialized needs in recovery. Focuses on the magnitude and consequences of use, including job and property loss, poverty, incarceration, and effects on children. Spotlights the link between meth and violence, especially domestic violence and crimes that result in imprisonment. Concludes with realistic solutions. 34 minutes



THE BRAIN AND BEHAVIOR equips viewers with an understanding of how meth changes the brain and, consequently, behavior. 3D animations, accessible explanations, and personal accounts help viewers understand complex scientific concepts. Users learn how to better cope with the stages of meth addiction and recovery by gaining an understanding of the biological underpinnings of the high, tolerance, craving, paranoia, aggression, anhedonia, and healing. Special Features include 10 state-of-the-art 3D brain animations that can be shown

individually and a 36 page Brain and Behavior Handbook. 34 minutes

WINDOWS TO RECOVERY explores effective treatment practices across program types and settings. This episode empowers the viewer by providing information and concrete tools for recovery, including creating structure, participating in sober activities, avoiding high-risk situations, and coping with craving. Windows to Recovery reveals that treatment is not a quick fix, but a set of activities leading to long-term changes in lifestyle, thinking, and behavior. The episode shows, without a doubt, that recovery is within reach. 42 minutes

#12565/0599 Three programs 2009 \$199.95 each or Series \$499.95

WALKING ON THIN ICE: Methamphetamine Prevention



This video gives teens the straight facts about methamphetamine (also known as ice, glass, crystal meth, jib) from the perspectives of teens who are recovering from meth addiction, cops and a paramedic who relate true stories detailing the ravage of the drug, and a coroner who routinely performs autopsies on kids who have overdosed on meth. Viewers learn what

meth is; its negative effects on the body, brain, and behavior; and its side effects. Also covers refusal skills—advice given to teens directly from their peers.

#4841/0795 15 minutes 2000 \$149.95
*Closed Captioned

METHAMPHETAMINE AND THE BRAIN

This program describes the effects and side effects users of methamphetamine and how they differ depending on the dose and method of use. Also explains why the depression following a prolonged binge is so severe and the treatment so difficult.

#13213/1420 25 minutes 2010 \$119.95

METHAMPHETAMINE: Deciding to Live

Methamphetamines are back as a popular drug of choice especially in the party and rave scene. Viewers get an in-depth examination of what meth is, what it does to the body and the mind in the short and long term, as well as the treatment and recovery possibilities.

#2946/0795 30 minutes \$149

METH NATION SERIES

Both of the programs in this series include honest and open interviews with meth users who share their struggles to overcome their addiction to meth. The realities of being caught up in its grip, the effects it has had on their health, and the damage it has done to their families are described in detail.

THE GRIP OF ADDICTION explains why meth is so addictive and has such a high potential for abuse, and can alter the user's personality. It also helps the viewer understand this drug's effects on the central nervous system. Viewers will understand why prolonged use causes "dopamine depletion" and destroys the ability to feel pleasure, which often leads to bingeing for days without sleep, followed by severe depression, paranoia, belligerence, aggression, and finally collapse from exhaustion, only to awaken days later to begin the cycle again. 55 minutes

HEALTH AND FAMILY EFFECTS will help the viewer understand how meth use causes a variety of health problems from rapid heart rate, irregular heartbeat, increased blood pressure, to irreversible stroke producing damage to small blood vessels in the brain. Also addressed are the toxic effects on the liver and kidneys, as well as effects on the immune system. Stephen Sutherland, reveals why meth users often exhibit psychotic behavior that include auditory hallucinations, mood disturbances, delusions, and paranoia, which often result in homicidal or suicidal thoughts. He addresses how meth distorts users' thoughts and perceptions putting people around them in danger. Dr. Raymond Denny examines the mouths of chronic meth users and shows viewers a common health problem caused by smoking or snorting meth called "meth mouth". 52 minutes

*See also the companion program **JESSE'S STORY** below

#10678/2180 Two programs 2006 \$199.95 each or Series \$349.95

JESSE'S STORY

Jesse's Story is a powerful taped interview with a young man who has battled methamphetamine addiction for years, at one point Jesse tried to commit suicide by shotgun and survived but is terribly disfigured; he has had numerous surgeries but can not stay off of meth long enough to have all of the plastic cosmetic surgery he needs. When the producer interviewed Jesse he was in a county jail waiting to be transferred to prison. His interview is heartbreaking and truly shows the powers of meth addiction.

#11252/2180 18 minutes 2006 \$79.95

SCIENCE OF METHAMPHETAMINE: An Informed Recovery

This program separates facts from fiction about meth treatment. The unscripted words of men and women who have experienced meth addiction are achingly honest. Clinicians from the Matrix Institute, renowned for its research of stimulants treatment, present clinical concepts in an easy-to-understand and engaging manner. For clients (and clinicians) who have been told that recovery from meth is almost impossible, this program offers insight, experience, and hope. Covers six key clinical areas: individual/conjoint therapy, early recovery, relapse prevention, family education, social support, and urine testing.

#9567/0795 30 minutes 2005

***Includes Guide \$225**

MOTHERS ADDICTED TO METH

Kristi is a 33-year-old woman brought up, according to her own account, by strict parents with strong middle-class values. She is currently battling a methamphetamine addiction, while trying to be a good mother to her small children at the same time. This ABC News program demonstrates that as meth becomes the latest drug of choice, it isn't only the users who are falling victim to the powerful stimulant - it profoundly affects their sons and daughters as well. Focusing on the rehabilitation of "meth moms", the program examines the struggles they face in staying clean and reconciling with their broken families.

#10881/0635 10 minutes 2006 \$49.95

METHAMPHETAMINE: Neurochemistry and Recovery

This powerful video examines the ways meth changes the brain both chemically and structurally and how these changes interfere with the recovery process. Easy-to-understand animations show what happens to a user's brain when the drug is introduced, and actual brain scans illustrate the what happens as the users comes off the drug. Compelling interviews with a cross section of people in recovery along with comments from treatment professionals present a realistic picture of the challenges inherent in recovery, stress the need for patience, and present a profound sense of hope.

#4441/0410 31 minutes 2006 \$195

SLICK AND SAUL SPEAK ON METH

Designed to help individuals in treatment centers or correctional facilities overcome meth addiction, this program integrates over 30 video clips of recovering meth addicts with humorous "Slick Quips" and Saul's instruction. Emphasizing empirically proven addiction recovery principles outlined by motivational counseling and cognitive-behavioral therapy this video is extremely valuable in motivating meth addicts toward recovery. It focuses on the following issues: Why meth is attractive, what are the many problems associated with meth use, what makes



people decide to quit using meth, how to manage cravings and triggers, the importance of spiritual growth, and the importance of changing relationships. The presenter, Saul Selby, was previously the Clinical Director at Hazelden.

***See also the companion program below**

#5079/1905 39 minutes 2006 \$149.95

EIGHT GROUP STARTERS: Slick and Saul Speak on Meth

This DVD is designed to help counselors facilitate topical groups focusing on recovery from meth or other addictions. There are eight 5 to 8 minute topical clips to choose from. Each topic includes clips from recovering meth addicts, a presentation from Saul and humorous comments from the puppet Slick (the voice of addiction). Free worksheets are available on the Set-Free website (www.setfreerecovery.com). Topics include: The Benefits of Meth (why people like it), Consequences of Meth, Deciding to Quit, Triggers, The Voice of Addiction, Relationships and Recovery, Spirituality, Benefits of Recovery. This unique curriculum will enable any facility to immediately provide quality programming for Meth recovery. The topical discussions can also apply to any addictive process.

#10934/1905 57 minutes 2007 \$149.95

OTHER SUBSTANCES OF ADDICTION

SMALL TOWN ECSTASY: Getting High with Dad

This cautionary program pulls no punches as it tracks the downward spiral of a successful suburban husband and father who, at 40, becomes addicted to the drug ecstasy ruining his family and marriage. A powerfully unsettling firsthand account of middle-class drug abuse, the program documents Scott's dive into the rave scene, where he encourages his teenage children to do drugs with him; his acrimonious divorce and custody battle; his arrest on drug charges; and his children's fruitless attempt to help him get straight. The emotional devastation and brain damage resulting from drug abuse are emphasized. Viewer discretion is advised. An HBO Production.

#9346/0635 85 minutes 2002 \$169.95

PRESCRIPTION DRUG ADDICTION with Dr. David Ohlms

Outlines the behavioral signs and symptoms of prescription drug abuse and addiction, including tolerance, withdrawal and rebound. Dr. Ohlms details common forms of prescription drug abuse, including cross drug dependency and discusses the pitfalls for people in recovery taking prescription and many over-the-counter medications. He offers prevention suggestions for people in recovery who face using mood-altering prescription drugs in conjunction with surgery and other illness management.

#9955/2180 33 minutes 2002 \$249.95



OXYCONTIN AND OTHER PRESCRIPTION DRUGS: Killing the Pain

Many people think that abusing prescription drugs isn't the same as so-called street drugs. Others think that because they come from a pharmaceutical company they can't really do serious harm. This video sets the record straight with a particular focus on the growing use and abuse of prescription painkillers, especially Oxycontin and Vicodin.

***Includes Facilitator Guide**

#9048/0795 28 minutes 2002 \$149.95

PHARM COUNTRY

The snack bowl at a "pharm party" includes a mix of prescription drugs - from Adderall to Oxycontin to Xanax - and most of them come directly from the household medicine cabinet.

This ABC News program examines a disturbing and rapidly growing trend in teenage drug abuse: getting high on legal drugs, often obtained through parents' prescriptions or from questionable sources over the Internet. Presenting studies showing a rapid spike in pharmaceutical abuse among students as young as eighth-graders, the program visits a Houston substance-abuse treatment center where recovering teenage addicts and their parents share their eye-opening experiences.

#13915/0635 21 minutes 2006 \$79.95

PRESCRIPTION DRUG ABUSE (NHV)

This program describes the different kinds of prescription drugs that are abused such as CNS depressants, opiates, and stimulants. Addiction mechanisms, brain chemistry and behaviors are explained so that viewers begin to understand how use turns to abuse and then to addiction. Techniques for prevention and treatment are also discussed.

#7348/1420 19 minutes 2003

***Includes Guide \$119.95**

PRESCRIPTION AND OTC DRUGS: Misuse and Abuse

A thorough examination of legal drugs and the pharmacological principles that determine effects, both desired and damaging. Explores the idea that any substance can be a therapeutic drug, a psychoactive drug, or a poison, depending on the dose or interactions with other drugs. By visualizing the concepts of drug absorption, distribution, metabolism, excretion, dose-response curve, threshold dose, therapeutic index, tolerance, tissue dependence, withdrawal, and especially addiction, the dangers of misuse of specific drugs can be studied. This program focuses on legal psychoactive drugs, particularly analgesic medications, such as Vicodin and OxyContin, and the difficulties when trying to control pain with drugs. It also recognizes the problems with over-the-counter drugs, including muscle relaxants, cold and cough remedies, diet pills, and herbal supplements and medications. Finally suggests precautions that can facilitate the safe use of these drugs.

#9037/0410 36 minutes 2004 \$195

TREATMENT, RECOVERY & RELAPSE

Brand New!

WHAT MADE ME STOP DRINKING: Four Stories

An intimate and revealing look into the lives of people who are addicted to alcohol. Four very different individuals tell their stories ... a lawyer who wanted to stop his kids from being afraid of him; a first nations man, who wanted the pain of belonging to an underprivileged part of our population to stop and to feel strong; a young woman who drank because it made her feel better about herself; and, a woman who grew up in a privileged home, who attended a private school, who never had to go without anything she wanted, and was simply a party girl who wanted a good time but didn't realize what she was in for. All four finally faced a brutal reality - that their lives and health were falling apart. The stories are brought to life by personal interviews with the four subjects and with Susan Diamond Potts - M.A., RCC, who holds a masters in clinical psychology and who specializes in treating alcohol addiction. She adds her informative and intense professional contribution to the program.

#14480/1076 32 minutes 2012 \$239.95



Brand New!

HOW I STOPPED DRINKING: Four Stories

Continued

A follow-up to "What Made Me Stop Drinking", this program investigates how those same people - recovering alcoholics - actually managed to stop drinking. Also features Susan Diamond Potts - M.A., RCC - a clinical psychologist specializing in addiction treatment.

"People have to have enough resources to support their recovery." From "...I stopped dead turkey..." to "...I stopped a hundred times..." the way they managed this all important challenge differs widely. Out of the four people interviewed, three wholeheartedly attended AA meetings and found this instrumental in their recovery, with individual variations. But one person had his own method, which will surprise the viewer! The central message of this program is that it is possible to stop and to rediscover life without alcohol. "I feel good about myself now - I am living the life I always wanted."

#14605/1076 27 minutes 2012 \$239.95

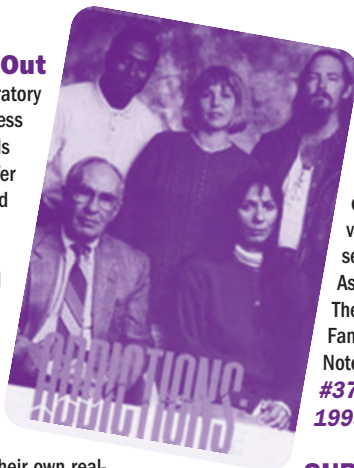
*****SPECIAL OFFER! Get both WHAT MADE ME STOP DRINKING and HOW I STOPPED DRINKING and save 25%!!! You pay only \$359.95 for both!!!**

ADDICTIONS: Getting In/Getting Out

This four part video is an exploratory journey through the whole process of addiction from five individuals who have made the trip and offer their insight to help others avoid the pitfalls. Section I - GETTING IN describes their initial exposure to their drug of choice and what it did for them; how tolerance and compulsion began to take hold; how their activities began to affect their life skills, self-image, psychological and social activity. Section II - INTERVENTION talks about their own realizations of bottoming out and the guilt, denial and anger that began to reach critical dimensions in their relationships with others. Section III - TREATMENT is a safe place for asking the question, "What happened?". Self-examination is getting in touch with your feelings, regaining control of a life that has become unmanageable, building up the reserves and support that will give the opportunity to learn a functional lifestyle. Section IV - RECOVERY deals with finding the spiritual strength to deal with the real world and overcome emotional dysfunction. Each of the five people offers advice including belief in self, understanding that others have overcome, and the need to seek help to make it.

*See also the companion COUNSELLING ISSUES #4273/0525 57 minutes 1993

*Includes Guide \$179.95



ADDICTIONS: Getting In/Out Counselling Issues

This companion video to ADDICTIONS: GETTING IN GETTING OUT features interviews with addictions counsellors intercut with dramatic vignettes of a series of counselling sessions. Topics dealt with cover: Assessing the Problem; The Therapeutic Approach; Working with the Family; Women in Treatment; A Special Note; The Treatment Process; Recovery.

#3727/0525 24 minutes 1995 \$79.95

SUBSTANCE ABUSE AND NUTRITION

Explains how substance abuse may lead to malnutrition, vitamin and mineral depletion, appetite loss, poly-drug use, and immune system effects. Shows the role of nutrition in the recovery process and choices appropriate for those recovering from substance abuse. Includes tips on food preparation and food safety.

*Includes Teaching Resource Guide

#4393/1420 20 minutes 2006 \$119.95

ALCOHOL AND NUTRITION

Presents information on how alcohol affects nutritional status and general health; male-female differences; effects on elderly; pregnancy and abstinence; health issues such as benefit-risk ratio; food guide pyramid tailored to alcohol recovery.

#9838/1420 15 minutes 2005 \$119.95

GETTING OUT OF THE GAME: The Trap of Drug Dealing

Money, power, respect, popularity and glamour... they all come easy for the drug dealer, at least in the minds of many young recovering addicts. It's easy to understand why the lure of the dealing lifestyle is so strong. But, hustling drugs inevitably becomes the first step on the path to addiction, prison or death. This program features a support group for people in recovery who face the temptation to return to dealing. Led by former drug dealers now working as professionals in addiction treatment, the group grapples with real life issues such as relationships with old friends, financial stress, the illusion that they can deal without using, and the false belief that this time they won't get caught. The group also shares the many techniques and tools that have helped them stay out of the game.

*Includes Counselor's Guide with reproducible client worksheets

#9173/1805 35 minutes 2004 \$195
Grades 9 to Adult

ADDICTION RECOVERY AND PHYSICAL ACTIVITY

Addiction recovery is not just about abstinence. Rather, it is about adhering to a healthy lifestyle - one that guards against relapse and promotes biologic wellness. The logic of the body is to move, because a physically active lifestyle helps to guarantee the organic balance essential for a comfortable and functional recovery. This program explains how a moderate level of daily physical activity can help insure the occurrence of this natural phenomenon.

#14576/0463 66 minutes 2008 \$79.95

THE FATHER MARTIN DVD COLLECTION

For more than 35 years, Father Martin has represented a keystone in the arch through which millions of people have passed on their road to recovery. Author of several publications and the recipient of many awards, Father Martin's firm belief was that education on the disease of addiction can be a vital step in recovering from it. This comprehensive series covers virtually every aspect of the process of addiction and recovery.

DVD Series #2410

***THE ENTIRE LIBRARY OF 20 PROGRAMS IS NOW AVAILABLE AT A SPECIAL COLLECTION PRICE OF \$899.95!!!



1. CHALKTALK ON ALCOHOL

The #1 educational video used in treatment. For the past 25 years this Father Martin video has lasted the test of time and still remains a classic tool in treatment programs around the world. This shortened 45-minute version is perfect for an hour long session, with time for discussion. This DVD contains both the ORIGINAL and the REVISED versions of CHALKTALK. DVD #9164 45 minutes 1974 \$59.95

2. CHALKTALK ON DRUGS

Father Martin is joined by Dr. CC Nuckols and a group of recovering addicts. Father explains the answer to recovering from drug addiction regardless of the drug of choice, while Dr. Nuckols explains the classification of drugs, what they do and how they effect the user. Personal experiences from people in recovery are interjected throughout. Excellent for treatment professionals. DVD #10462 57 minutes 2000 \$49.95

3. FEELINGS (Father Martin)

What role do feelings, emotions, and how stress is handled have to do with substance abuse, addiction and the process of recovery? 'A lot!' says Father Martin. Viewers learn the details of how different feelings and how they are dealt with can make or break a treatment program. DVD #2142 45 minutes 1978 \$49.95

4. GETTING BACK TO THE BASICS

In the treatment of addictions, as well as in the recovery process that is its ultimate goal, viewers learn from Father Martin that the Devil is definitely in the details. Understanding the 'basics' of addiction is crucial to making the changes that will allow recovery to take place. DVD #2143 45 minutes 1996 \$49.95

5. HUMOR IN RECOVERY

Challenging. Stressful. Trying. Highly emotional. The process of achieving sobriety can be all of these things and usually is! Father Martin provides a full hour of humorous anecdotes and jokes to help bring the level of aggravation down while increasing the enjoyment of new found feelings. DVD #2157 60 minutes 1988 \$49.95

6. PROMISES OF AA

In the Big Book of AA is a list of Promises held out to those who sincerely try to live the truly sober life. To many in the early days of their sobriety, these promises sound impossible but in this video Father Martin holds up example after example of incidents in the lives of people in AA that prove that they can be achieved and they work! DVD #10463/0990 40 minutes 2004 \$49.95



7. PRAYER

There has been much debate about the need for this "step" but in Father Martin's eyes it is an absolute, essential component of full recovery. In detail, he explains why, and why Bill W. and Dr. Bob thought so too!

DVD #1120 45 minutes 2000 \$49.95

8. RECOVERY AND FORGIVENESS

In this program, Father Martin explains the importance of sincerely seeking forgiveness from those they have hurt in order to resolve guilt and allow the recovery process to proceed. People in recovery have to forgive themselves and forgive those who have hurt them as well.

DVD #2140 45 minutes 1996 \$49.95

9. RECOVERY AND THE FAMILY

Father Martin states that, for the family of an alcoholic, sobriety isn't enough. Why isn't the sobriety of the alcoholic enough? EACH member of the family must get well, EACH must work at personal recovery. Then everyone together must interact to make a well family group.

DVD #2147 40 minutes 1988 \$49.95

10. SPIRITUAL ASPECTS

Do addicts lose their 'spirit' under the influence of their drug of choice or perhaps they never had one in the first place? Can it be retrieved if it is lost or can one be constructed from the ground up in the process of recovery? Father Martin focuses on the soul-destroying aspects of alcoholism.

DVD #2148 33 minutes 1988 \$49.95

11. SYMPTOMS OF ALCOHOLISM

Who is an alcoholic? Do you know one? Is there one in your family? Could you be one yourself? Many DWI schools, Detox Centers, Outpatient Centers, Schools, Hospitals, etc. wish to show a video just on symptoms of alcoholism to help people identify. Father Martin explains the many symptoms.

DVD #2160 22 minutes 1972 \$49.95

12. STEP ONE, TWO, THREE

Steps One, Two and Three on one DVD! "I can't, He can, I think I'll let him." Father Martin discusses how to develop a foundation in recovery. Honesty, open-mindedness, and willingness are thought to be indispensable parts of recovery. Primary treatment counselors will find that clients love this film!

DVD #10928 1986 \$49.95

13. STEP FOUR AND FIVE

Father Martin offers insight into Steps Four and Five. Remember the basics, "Trust God, Clean house, and help others." This is a great film for extended care programs or individuals struggling to complete a written inventory.

DVD #10999 1986 \$49.95

14. AM I MY BROTHER'S KEEPER?

Father Martin explores the founding of Alcoholics Anonymous and points to the importance of helping others - especially at home - an integral aim of the Twelve Steps. Very insightful for the individual in treatment or recovery.

DVD #2141 36 minutes \$49.95

15. GRATITUDE

If you've received the incredible gift of recovery or are seeking it, you can benefit from Father Martin's moving explanation of how to nurture an attitude of gratitude. Gratitude nurtures a nature of giving and that is what we know contributes to happy, meaningful recovery. Reinforce your understanding of gratitude with this informative and inspiring talk from Father Martin.

DVD #2149 37 minutes \$49.95

16. GOING HOME

Father Martin suggests some of the things that will protect and deepen newfound sobriety - home group, working the steps, meetings, sponsor, avoiding slippery people, places and circumstances that could precipitate relapse. Provides a newly sober patient a few hints to preserve sobriety.

DVD #10555 30 minutes \$49.95

17. ONE DAY AT A TIME

The road ahead can look long and very, very lonely when you're in treatment and your best friend, the bottle, pipe or needle, is threatening to leave forever! Father Martin tells viewers that concentrating on TODAY is crucial to getting to the rest of your life in a clean and sober state.

DVD #2162 30 minutes 1985 \$49.95

18. RELAPSE

Some come back from relapse, some don't. Why is this? It's a physical disease which may be triggered by many things that overcome the desire not to drink. "Be on guard against an unguarded moment." Father examines some roadblocks to recovery and identifies the challenges faced by an individual returning from a relapse.

DVD #2144 45 minutes \$49.95

19. THE 12 STEPS OF AA

The 12 STEPS have proven to be the most effective therapy on earth, not only for alcoholism but for so many other human ailments. In this video, Father Martin covers them in their entirety.

DVD #2119 45 minutes \$49.95

20. VALUES AND RECOVERY

Young people must face a lot of social problems - addictions, promiscuity, prostitution, vandalism, suicide, cult-member. The ability to resist it all is a grasp of one's own value or self-worth. Keep asking "What am I worth?"

DVD #2156 45 minutes \$49.95

BAGGAGE CART with Dr. Claudia Black

Dr. Claudia Black asks viewers to evaluate the 'luggage' they have accumulated through life. Anger from a previous marriage? How helpful are fears of 20 years ago? Is it time to unpack and repack, letting go of negative beliefs and replacing them with something constructive? Then once the baggage is unpacked, it's the baggage cart itself that may have to be examined. These artificial carts make it easier for us to carry all of our unresolved issues. This is an excellent tool to use in working with clients affected by alcohol, drug or food addictions, depression, unresolved loss and grief issues. It is also a valuable resource for couples work, individual work, family of origin work, and relapse programs.

#9228/0110 28 minutes 1996 \$169.95

THE BASICS OF RECOVERY: As the Founders Saw It

This five part video series from Earnie Larsen focuses on the "exact nature" of recovery according to the Founders. The Founders focused on the famous "hole in the soul" as the place to start understanding both addiction and recovery. Their focus was the radical inner change, though this change is often slow and never perfect, that alone has the power to not only arrest addiction but also move the recovering person into the life of The Promises. Much of their focus has been lost over the years. Perhaps it is time to return to their vision.

THE BASICS - The Founders had very clear ideas about what the "Problem" was, what the Solution to the Problem was, and exactly how to work the Steps. Has that clear vision been lost? 25 minutes

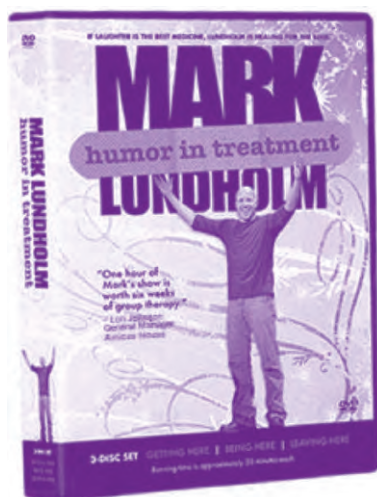
WORKING THE STEPS - Understanding "working the Steps" in the context of how the Founders saw both the problem and the solution adds a dimension to the steps often missed today. Learn the connection between "working the Steps" and "having a spiritual awakening". 26 minutes

EMOTIONAL MANAGEMENT - Emotional management is a key element of quality recovery. It's important to understand that "sometimes feelings lie". Knowing the difference between the "old lie" and the "new truth" is critical to the kind of recovery the Founders envisioned. 29 minutes

WORKING YOUR PERSONAL PROGRAM - Program means practice. Connecting the dots between understanding "the solution" and creating a "spiritual awakening" are important elements in establishing the kind of recovery the Founders developed. 28 minutes

HEALING THE DEEPER HURT: Stage III Recovery - Early childhood trauma profoundly affects recovery. If childhood trauma is part of a recovering person's experience, then they must take that into account to achieve the serenity of recovery and then to offer "strength and hope" to those coming along behind them. 27 minutes

#11125/1295 Five programs 2007 \$199.95 each or Series \$849.95



HUMOR IN TREATMENT with Mark Lundholm

What's funny about a DVD on addiction recovery? Everything!

In what could be the most uplifting 90 minutes ever spent in drug and alcohol rehab, **HUMOR IN TREATMENT** is at once familiar, edgy and ripe with optimism. As one program director says,

Lundholm uses humor to disarm us - we see our pain and self-destructive behavior - and that we can progress to a new life. An indispensable tool for any counselor or client in a drug and alcohol rehab program. From the illustrious comedian whose many credits include a Showtime Comedy Special, Comedy Central, thousands of addiction treatment center appearances, and *Addicted* - a comedy of substance - Zagat's most highly recommended off-Broadway show - comes **HUMOR IN TREATMENT**. The DVD is a must for anyone in recovery. Funny. Raw. Inspiring. Get one of the best addiction treatment tools around. In three sequential phases - Getting Here, Being Here and Leaving Here - the series supports the therapeutic rehabilitation of people in addiction treatment. The creators use the healing power of laughter to help individuals make sense of their story, the gauntlet of recovery, and how to re-enter life beyond.

#13904/0370 90 minutes 2007 \$179.95

DISCOVERY BEFORE RECOVERY: Discovering the First Four Steps of AA

Filmed at the Stella Maris Recovery Center Bob Francis gives an in-depth look at AA beginnings and the first four steps, including how Bill W. wrote the steps. In addition, Bob's audience offers perspectives and real life examples of how they work the steps, and stay on the road to recovery. For the past 23 years, Bob Francis, LICDC has worked with alcoholics and addicts from all walks of life, and has freely shared his own personal experience with alcohol and drug addiction. He is highly regarded in the recovery community primarily due to his willingness to relate his own history with others and offer a helping hand. Bob was fortunate enough to have entered recovery in the place where it all started. His closest friends include people who have been involved in Alcoholics Anonymous for the past 60 plus years. He has learned to "keep it simple". Therefore, the simplicity of his message, which includes working the steps, spirituality, relapse dynamics, and basic sober living skills, is what he feels to be the most important factor in leading people to this way of life. If you believe that you or someone you love has had enough, then Bob's got something to tell you. He wants to take you on a "Discovery Before Recovery"!

#12343/2180 59 minutes 2008

***Includes PDF Guide \$249.95**

INTRODUCTION TO TWELVE STEP GROUPS

Attending a Twelve Step meeting for the first time can be a challenge for clients. This program encourages viewers to "keep coming back": to try a Twelve Step meeting and continue attending until they find a group that works for them. Comes with a Facilitator's Guide and Worksheet that encourages dialogue between the professional and the client about Twelve Step meetings. The video is especially helpful after the client has attended a meeting and completed the worksheet, as the client can see if anything new has been learned. Can be used alone or as part of The Twelve Step Facilitation Outpatient Program.

#10679/0795 24 minutes 2006 \$99.95 *CC

LIFE AFTER DEATH: An Addict's Journey from Death to Life

An in-depth examination into the mind of an addict. How does an addict think? What causes their addiction? Why can't they stop? And how do they overcome? This film chronicles the life of an addict named Angela and her journey from a life of prostitution to a more meaningful and productive life. It includes interviews with recovering addicts and their families, as well as the psychiatrists, pastors and counselors who helped them.

#12521/0145 30 minutes 2008 \$149.95

ISSUES OF RECOVERY with Claudia Black

Control, rage, victimization, depression, perfectionism, procrastination, and addictive disorders are pervasive issues that sabotage recovery - be it recovery from family issues or addiction. The thread that connects these issues is trauma - physical or emotional. Claudia Black, in her dynamic speaking style of relating stories and using a color floor graphic, provides the viewer with an understanding of the faulty beliefs connected to these issues and the relationship to unhealthy shame stemming from trauma. In closing she reminds viewers of "First Things First" and walks through a step-by-step process wherein one can say "No" to shame based beliefs and "Yes" to recovery.

**Reproducible handouts relating to this video may be downloaded from our website.*

#9864/0110 36 minutes 2005 \$169.95 Grades 9 to Adult

LIFT UP YOUR HEART SERIES with Earnie Larsen

Be your own best friend!!! What compromises self-esteem and what part does its growth play in the recovery process? In this series of three 30 minute videos, Earnie Larsen explains the importance of self-confidence in recovery, and the need to deal directly with fear and discouragement.

Part 1 - SELF CONFIDENCE

Part 2 - OVERCOMING FEAR

Part 3 - DEALING WITH DISCOURAGEMENT

#10173/1295 90 minutes 1991

Three programs \$200 each or Series \$509.95



LIVING SKILLS COLLECTION

The Living Skills program is newly updated and reformatted and provides integrated, diagnosis-specific treatment that help clients manage the day-to-day challenges of life. Each topic-specific module includes a program DVD plus a CD-ROM containing a Facilitator Guide, Client Workbook, and pamphlet. All of the downloadable materials are reproducible, saving you the effort and expense of re-ordering copies. The collection includes six programs:

LOOKING FOR WORK

guides clients through the basics of creating a resume and finding employment. Activities help clients identify their individual skills and abilities, set priorities, and learn where and how to look for a job.

Also included are tips on filling out job applications, interviewing, and how to cope with job stress during recovery.

MANAGING MONEY encourages clients to explore their relationship with money, change their thinking about it, and learn the benefits of budgeting. Exercises help clients assess the factors that might be preventing them from making wise financial decisions. Activities include creating a budget and balancing a checkbook.

MAKING DECISIONS helps clients learn how to make decisions that correspond to their lifelong recovery objectives. Activities encourage clients to differentiate between needs and wants, set life priorities, list and evaluate options, and recognize when to seek help.

REFUSAL SKILLS teaches clients to identify potential alcohol or other drug-using situations and use refusal skills to maintain their sobriety. For a person with a substance use disorder, these techniques must be grounded in the ability to recognize the thoughts, feelings, and behaviors that, in the past, have triggered their use. Refusal Skills teaches relapse prevention strategies that are based on increased self-awareness.

HYGIENE AND SELF-CARE are important values for people in recovery to understand and practice. This module helps clients understand the link between hygiene, health, and self-esteem; learn the basic behaviors required to maintain personal hygiene; identify health and hygiene problems; and learn where to get help for health-related problems.

VALUES AND PERSONAL RESPONSIBILITY are key concepts in recovery. This module explains these concepts, explores the relationship between a client's personal values and behaviors, and illustrates the resulting payoffs or consequences. At the conclusion of this module, clients will be able to identify their values, take responsibility for their behaviors and recovery actions, and understand how to create a manageable, sober life.

**Each program is also available separately*

#13745/0795 Six programs 2010 \$209.95 each or Series \$1,169.95

THE ADDICTIVE PERSONALITY

Does addiction have a genetic factor? Can any type of addiction be treated medically? What steps can family members take to help a loved one struggling with addiction? This program provides answers to several addiction-related questions, focusing on the complexities of the addictive personality. Viewers will benefit from a case study featuring a patient with a serious gambling addiction, and from a genetics-oriented discussion inspired by two sisters with addictive personalities. Expert commentary comes from Dr. Michael Fingerhoo of Johns Hopkins University Hospital, who works with alcohol and drug abusers, and Terrence Shulman, founder of the Shulman Center for Shopping and Shoplifting Addiction Treatment.

#12173/0635 30 minutes 2007 \$129.95

A NEW DAY A NEW LIFE JOURNAL

Grounded in both addiction science and Twelve Step spirituality, this guided journal and video is designed to serve as a steadfast companion for those facing the challenges and joys of early recovery. The video features an intimate, candid discussion between best-selling 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. The journal - consisting of daily inspirational and educational messages, meditations, prayers, and affirmations, as well as space for writing thoughts and feelings - helps readers connect the knowledge that they have drawn from the video to their own experiences with addiction and sobriety.

#12398/0795 Softcover Journal and DVD 25 minutes 2008 \$49.95 *CC

POST ACUTE WITHDRAWAL (PAW)

This popular 1986 series by Jan Black, Terence T. Gorski, and Daniel J. McEachern has now been re-mastered with a Dolby Digital 2.0 soundtrack and a fresh new look. Part 1: Recognition and Part 2: Management are on the same 60-minute interactive DVD. Post-Acute Withdrawal (PAW) is caused by the long-term aftereffects of chronic alcohol and drug poisoning on the brain. Many recovering people suffer from PAW and don't know it. Terry Gorski, an internationally recognized expert on relapse prevention, and Jan Black, a counselor specializing in relapse prevention therapy, discuss methods for recognizing and managing PAW. These presentations are powerful and informative and need to be seen by all chemically dependent people, their families, and the professionals who treat them. This program is appropriate for use in patient and family educational programs, staff training, and community awareness programs.

#13571/0815 Two programs 2008 \$249.95



MEN IN RECOVERY

Stereotypes about manhood, like toughness and competitiveness, can seriously challenge men's recovery from addiction. This video, hosted by Craig Nakken, helps male clients to understand this and even to redefine what it means to be a man.

It's an empowering video that features a men's group candidly discussing topics that may hold men back from progressing in recovery. Issues like rage, fear of commitment, tendency to isolate, etc are discussed.

#10914/0795 28 minutes 2003 \$225

MAKING IT CLEAN: How to Survive without Getting High

This program outlines five principles crucial to recovery and motivates clients to identify and achieve their treatment objectives. It is an ideal resource for clients in the early stages of recovery who have difficulty accepting their disease.

#13832/0795 15 minutes 1996 \$99.95

MARCH TOWARDS SOBRIETY by Delbert Boone

In this program, Delbert Boone details the March Towards Sobriety. Much like a military campaign it requires planning, foresight, perseverance, and bravery. Through illustrative examples he prepares viewers for some of the positive and negative things many encounter when going into treatment. He defines many of the addicts' feelings like anxiousness, agitation, boredom, frustration, depression, and loneliness. Because of their continual desire to use, even while attempting to remain sober, these feelings become "enemies of sobriety". In many addicts' cases, taking substance abuse from them leaves them with little else to build their life around. He explains the message that "the only way to get to acceptance is through compliance." He emphasizes that recovery is a process, not an event.

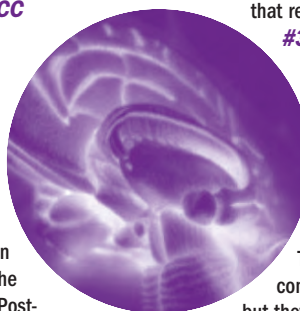
#3452/2180 50 minutes 2001 \$249.95

NEUROCHEMISTRY OF RELAPSE AND RECOVERY

An amazing new program from the producers of UPPERS, DOWNERS!

The reasons that people give up their compulsive use of psychoactive drugs vary, but they almost always include survival! This program explores the phases of recovery - detoxification, initial and long term abstinence and recovery. The neurochemistry of the brain's memory function is examined using compelling animation, providing viewers with completely new insights. Memories are closely tied to relapse and interviews with recovering addicts and treatment professionals provide a window into the most daunting obstacle to any stage of treatment - relapse. Understanding the origin of cravings and learning how to control them is crucial for success.

#12399/0410 30 minutes 2009 \$195



RELAPSE PREVENTION SKILLS: Helping Clients Address High-Risk Factors

Adapted from Hazelden's Complete Relapse Prevention Skills Program, this updated program is based on Alan Marlatt's evidence-based protocols. Relapse Prevention Skills has been condensed and reformatted to help clinicians most effectively present strategies for successfully preventing relapse. Included with the program is a CD-ROM of reproducible content, allowing clinicians to customize a program based on a client's unique critical risk factors profile. A DVD is included that demonstrates successful ways of addressing the common critical risk factors.

#13822/0795 23 minutes 2010 \$99.95

THE POWER OF RECOVERY

"The public knows all about the drama and chaos of active addiction. What they don't know, understand and appreciate is RECOVERY! This video breaks down the "celebrity only" image and provides a glimpse into the lives of everyday people in recovery. Real people, real recovery."

Robert J. Lindsey, M.Ed., CEAP, President and CEO, National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

Get ready for a powerful set of stories to inspire and reinforce the process of recovery from addiction! Viewers learn what others have done to manage triggers, control cravings, and come to terms with their past. Stories cover a range of situations and are presented by a plumber, an ex-con, a father, a transgender, a priest, a mother of two, and a woman who was raped. The real value of these stories are the nuggets of wisdom that can be applied to put addiction recovery into practice. Experience the power of recovery for yourself!!!

#11655/1955 25 minutes 2007 \$229.95

RELAPSE TOOLBOX with Dr. Claudia Black

Preparing clients to meet the challenges of recovery and especially arming them against the possibility of relapse is Claudia's goal in this enhanced video package that also includes audio support on CD and printed support materials. She uses the analogy of the sinking Titanic, "the ship that couldn't sink", to make her point that simple-minded optimism is not enough to keep one's recovery afloat. In fact, OVER-CONFIDENCE is first on her list as a relapse indicator because it shows a lack of connection with reality. Second is the attempt, in early recovery, to CONTROL everything leading to a dry drunk and full relapse. Next is FEAR OF FEELINGS, particularly trying to escape from guilt about previous behavior, fear of the future, self-directed anger as well as sadness about everything that was lost. Finally, keeping SECRETS through shame, or trying to deceive others, often leads into a danger zone. This is a relapse prevention training package that gives clients the TOOLS to meet the challenges of recovery realistically.

**The RELAPSE video can also be purchased separately #5864 \$199.95.*

#9936/0110 35 minutes 1998 \$219.95



LIVING SOBER I Series "A-H"

This is the foundation eight-part volume of the LIVING SOBER SERIES. This series

is currently being used

by thousands of alcohol and other drug treatment centers across the country. The technique of coupling dramatic vignettes with actual testimonials from those in recovery has helped countless individuals focus on key treatment issues. This collaboration of Dennis C. Daley, M.S.W. and Gerald T. Rogers Productions has proven to be extremely successful in stimulating group and one-on-one discussions. It can effectively help individuals deal with situations and thoughts that usually impede recovery programs. The average segment is under 20 minutes in length, providing ample time for discussion in typical treatment periods. These videos will be a valuable support tool for all counselors and their treatment facilities. Eight segments:

- A. Resisting Social Pressure to Use Chemicals #9641
- B. Coping with Cravings and Thoughts of Using #10558
- C. Managing Anger in Recovery #9755
- D. Managing Feelings of Boredom and Emptiness #10559
- E. Coping with Family and Interpersonal Conflict #8825
- F. Building a Recovery Network and Sponsorship #8826
- G. Relapse Warning Signs & High Risk Situations #11112
- H. Recovering from Crack/Cocaine Addiction #10561

**Includes Counselor Manual and Client Workbook #8250/1835 Eight Segments \$60 each or Series \$395*

*****GET THE ENTIRE "LIVING SOBER" COLLECTION #12430 FOR ONLY \$1,029.95!!!**

LIVING SOBER II Series "I-N"

Building on the tremendous results gained from the first eight segments of the LIVING SOBER SERIES, the next six parts delve into the same detail but on different aspects of the recovery process. Six segments:

- I. Motivation and Recovery #11113
- J. Relationships 1: Amends, Assertiveness & Honesty #10657
- K. Relationships 2: Passion, Rejection and Criticism #4009
- L. Relationships 3: HIV and Sexuality Issues #4010
- M. Other Addictions: Gambling, Sex and Tobacco #4011
- N. Balanced Living #4012

**Includes Counselor Manual and Client Workbook #9210/1835 Six segments \$60 each or Series \$295*

LIVING SOBER III Series "O-S"

The team of Dennis Daley and Gerry Rogers has added five completely new and different tools to help clients and counselors reach their recovery goals with greater certainty and conviction. These new segments deal with increasing clients' MOTIVATION to succeed and improving their rate of COMPLIANCE. They outline successful strategies and will help produce better clinical outcome through greater treatment effectiveness. Five segments:

- Part O - Compliance with Aftercare and Outpatient Counseling, 23 minutes #1581
- Part P - Low Motivation to Change or Seek Treatment, 21 minutes #1582
- Part Q - Relationship to Therapist and Treatment Group, 21 minutes #1583
- Part R - Compliance with Medications and Self-Help Programs, 17 minutes #1584
- Part S - Compliance with Lifestyle Changes, 16 minutes #1585

**Includes "Improving Treatment" Compliance Book #9860/1835 Five segments \$60 each or Series \$249*



SHAME with Dr. Claudia Black

Dr. Black explains how the concept of "shame" is "the very heart of the recovery process" for ACoA's. She explains how shame actually makes them feel and act. A necessity for healing to take place, Dr. Black has seen many ACoA's, unable to express their feelings and experiences, never

get beyond this trauma. Provides vital information that gives people the means to take this step.

#11338/0110 30 minutes 1989 \$129.95

RESTLESS, IRRITABLE, AND DISCONTENTED: The Basics of Relapse Prevention

**Winner! Silver Telly Award*

Relapse is the silent threat that looms over recovering people, capable of reclaiming lives even after years of sobriety. Based entirely on the first-hand testimony of recovering alcoholics and addicts who have survived one or more relapses, this video examines the attitudes and behaviors that warn of relapse. Through personal stories, the viewer learns how to identify and minimize high-risk situations, how to cope with cravings, and the importance of staying connected to the community of others in recovery.

**#1271/0795 18 minutes
2000 \$149.95 **CC**

RECOVERY: A Developmental Model by Terence T. Gorski

This series presents the most 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 the recovery process, build a foundation for successful recovery, and create a quality recovery that will support sober and responsible living in all stages of life development.

THE RECOVERY PROCESS

The first part of this series gives an overview of what happens when people successfully recover. It reviews the six major goals of addiction recovery and presents the stages of the developmental model. 33 minutes

BUILDING A FOUNDATION FOR RECOVERY

This presentation reviews the first three stages of the recovery process. During the Transition Stage people recognize they are addicted and become willing to recover. During the Stabilization Stage people stop using alcohol and other drugs and recover from withdrawal. They develop a structured recovery program. During the Early Recovery Stage people identify and change their addictive ways of thinking and their addictive ways of managing feelings, emotions, and addictive behaviors. 42 minutes

CREATING QUALITY RECOVERY

This presentation reviews the last three stages of the recovery process. During the Middle Recovery Stage people repair the lifestyle damage done by addiction. They then build a new and more effective lifestyle. During the Late Recovery Stage people identify the self-limiting beliefs that make them miserable in sobriety. They also learn to identify and grow beyond mistaken childhood beliefs. During the Maintenance Stage people learn how to maintain their sobriety and avoid relapse. They learn how to responsibly cope with ongoing changes in their lives in a sober and responsible way. 35 minutes

#13415/0815 Three programs on one DVD 2002 \$299.95

RELAPSE SERIES by Terence T. Gorski

In this dynamic series, Terry Gorski explains basic information about how to prevent and manage the problem of relapse. Relapse is a common problem that threatens the recovery of nearly two-thirds of all addicted people who attempt to stop using alcohol and other drugs. This powerful series explains in clear and easy-to-understand language the basic principles of relapse prevention, the common warning signs that lead from stable recovery to relapse, and how to establish a relapse prevention and relapse management plan. This series is designed to be used with recovering patients and to orient clinical staff to the basic principles of relapse prevention and management. Each program is broken down into eight 12-minute segments. The DVD can be stopped at the end of each segment for questions and discussion, or the program can be played continuously.

BASIC PRINCIPLES

In this program, Gorski reviews eight basic principles of relapse prevention. These principles provide a key understanding of the problem of relapse and the general steps that are necessary to manage it should it occur. 29 minutes

RELAPSE WARNING SIGNS

This program describes the basic progression of relapse warning signs that lead from stable recovery back to addicted use. In the early 1970s, Gorski discovered these warning signs through in-depth interviews with 117 relapse-prone addicts. Since that time, these basic warning signs have been organized into categories and clarified in ways that make them a powerful tool for relapse prevention. 33 minutes

MANAGING RELAPSE WARNING SIGNS

Gorski explains how to use the relapse warning sign list as a powerful tool for identifying and managing the problems that could lead to relapse. He explains how to review this list and how to select and personalize warning signs that are of personal importance. He then shows how to map out common situations where these warning signs occur and manage these situations in new, more effective ways. 46 minutes
#13420/0815 Three programs on one DVD 2003 \$299.95

THE SOBER LIFE TREATMENT SERIES by Delbert Boone

This series is the cognitive restructuring tool that addiction treatment programs have been waiting for.

The three programs provide thought-provoking group discussion as it forces the viewer to take a serious look at their lifestyle, behavior, attitude and what they need to do in early sobriety.

MY BEHAVIOR EXPLAINED

Delbert discusses typical addict behavior and helps the viewer take a serious look at where addiction and getting high has taken them and how it has affected their behavior and caused them to react to various situations in their life. He explains how getting high pushes you away from your family and in many cases leads to the criminal element and unhealthy lifestyles.

MY ATTITUDE, CHANGING PERSPECTIVES

Delbert continues to examine typical addict behavior and how an unhealthy attitude distorts the way you perceive information around you. Then he explains the importance of changing the way you do business with the world. He discusses how AA, NA, other 12-Step support groups and sponsors are a great way to help you develop a healthy positive attitude and can provide you with the support you will need to make the necessary changes and adjustments in your life to live a sober lifestyle.

DEDICATING YOURSELF TO SOBRIETY

Delbert discusses early sobriety and the importance of letting a sponsor and 12-Step meetings help guide you through the despair, loneliness, guilt, fear and boredom of early sobriety. He addresses how getting high has filled their life with unhealthy behaviors and decisions, that they have basically been living their life in a vacuum and now in order to live a life of sobriety they have to work at filling their life with healthy decisions and a healthy lifestyle.

#11660/2180 Three programs 2007 \$199.95 each or Series \$549.95

RECOVERY ISSUES SERIES with Earnie Larsen

Be prepared!!! Which specific issues most commonly cause questions and problems to arise in a recovery program? Earnie Larsen delves deeply into each of these major disruptors in this series.

Part 1 - ON FAMILY ISSUES

Part 2 - SEEKING AND FINDING YOUR HIGHER POWER

Part 3 - DOING A 4TH AND 5TH STEP

Part 4 - UNRESOLVED ANGER & HOW RESENTMENT BLOCKS RECOVERY

Part 5 - RELAPSE

#9870/1295 Five 35-minute programs 1989 \$200 each or Series \$849.95

STAGE II RECOVERY Series with Earnie Larsen

What happens after "clean and sober"? Helping recoverees to reconstruct a life after addiction (Stage II Recovery) has been the focus of Earnie

Larsen's career. In this foundation series of four 30 minute programs Earnie explains the important elements on which the success of a continuing recovery program depend:

Part 1 - UNDERSTANDING THE BASICS OF RECOVERY

Part 2 - IDENTIFYING SELF-DEFEATING LEARNED BEHAVIOR

Part 3 - RELATIONSHIPS

Part 4 - WORKING A PROGRAM

#9180/1295 Four programs 1985 \$200 each or Series \$499.95

RESISTANCE AND RECOVERY with Delbert Boone

Delbert Boone outlines how addiction

affects the addict's life socially, psychologically, spiritually and physically while creating a barrier for resistance to treatment. He explains why the longer an addict uses, the more resistant he becomes to recovery. He details effective exercises for overcoming resistance.

***Includes Facilitator Guide**

#9189/2180 31 minutes 2001 \$249.95

THE RULES OF RECOVERY: Learning to Comply

Delbert Boone outlines the "rules of recovery" emphasizing 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. He discusses that sobriety is a process and emphasizes that there is no magic in recovery - that 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 bit better than yesterday.

#9191/2180 45 minutes 2002 \$249.95



***New!* ONE ALCOHOLIC TO ANOTHER: Demystifying AA**

How did Alcoholics Anonymous begin? What influences shaped it into the worldwide, support-focused organization it is today? And what goes on inside a typical AA meeting? This program follows a quest for answers undertaken by two filmmakers - Orly Yadin,

an Israeli-born animator and archival film specialist who questions the idea of genetic alcoholism, and Eleanor Lanahan, a documentarian whose family tree suggests a different perspective (she's the granddaughter of F. Scott Fitzgerald). Their search leads them to the Vermont roots of AA's founders, the structural parallels between AA meetings and civic

gatherings, temperance movements predating AA, and more. At the heart of the film, however, are segments that take viewers inside a real AA meeting. With animated faces disguising the live-action participants, these scenes offer a poignant window into the confrontation of addiction.

#14474/0635 40 minutes 2011 \$149.95

SUBSTANCE ABUSE IN THE ELDERLY

Faced with complex regimens of medication and diminished tolerances for alcohol, many elderly run the risk of falling into the trap of substance abuse. In this program, senior citizens discuss how they deal with these challenges, while Dr. James Campbell, director of the geriatric center at MetroHealth Medical Center, and Carol Collier Egan, director of older adult services for Hanley-Hazelden Center, present some innovative programs created especially for elderly people.

#10171/0635 28 minutes 2000 \$149.95

THE SHORT MICHIGAN ALCOHOLISM GERIATRIC SCREENING TEST

A practical tool to help care providers recognize early warning signs of alcohol abuse. Provides information on the effects of alcohol on the aging body, and factors that often lead to an abuse or dependence on alcohol. Also shows how to apply motivational interviewing skills that sensitively help older adults to recognize the existence of unhealthy behavior patterns, and/or come to terms with a potential need for treatment.

#14573/2010 41 minutes 2009 \$129.95

OLDER ADULTS IN RECOVERY

Examines issues that adults age 60+ experience as they begin their road to recovery, including: health problems, pain management, the grieving processes, and retirement. Senior citizens who have successfully sobered up late in life share hope and encouragement.

#10851/0795 30 minutes 2002 \$149.95

***** See also...
OLDER ADULTS AND ADDICTION
on page 39**

THE "SAUL SELBY & SLICK" COLLECTION

Saul Selby, founder and President of Set-Free was previously the Clinical Director at the Hazelden Foundation in Center City Minnesota. He is an author, a national public speaker and has over 25 years experience in providing clinical services on issues related to addiction, recovery, spiritual growth and emotional health. He also is the creator of the character SLICK. Slick represents the "voice of addiction". In a humorous way Saul uses Slick to expose how the addict's thinking leads her of him to relapse.



THE VOICE OF ADDICTION SERIES

The programs in this series are ideal aids to help people struggling with substance abuse understand and apply addiction recovery principles in a simple, fun and unforgettable format. Each video integrates the insights of recovering people, input from Saul Selby (previously the Clinical Director at Hazelden) and Slick, an animated puppet that represents the addicted voice designed to help viewers gain insight into their own self destructive thinking process. The series consists of six 20 to 30-minute programs that can be used as a "lecture" and the same material is broken down into five minute group starters, which can be used with free downloadable worksheets to assist counselors in leading a group discussion.

DENIAL RECOVERY - Viewers will understand what denial is, why addicts deny their addiction and how to overcome denial.

CROSS-ADDICTION AND RECOVERY - Viewers will understand the common temptation to substitute one addictive substance for another and help them recognize the importance of avoiding all mood altering chemicals including alcohol and marijuana.

MOTIVATION AND RECOVERY - Most addicts in early phases of treatment and recovery lack the level of motivation needed to stay drug free. Explores the role of motivation in addiction and recovery. Helps viewers understand why motivation is important, and how to develop and increase their motivation to make changes need to recover from addiction.

RELAPSE PREVENTION

Viewers will understand how to anticipate and manage cravings and triggers that cause relapse.

AM I AN ADDICT?

Many addicts deny their problem because they define addiction in ways that don't parallel their using pattern. Learn the seven DSM criteria for dependence as well as criteria for substance abuse so they can recognize them in themselves.

RELATIONSHIP RECOVERY

Perhaps the most important task for people in early recovery is to avoid their 'using' friends and develop new 'healthy' friends.

#12350/1905 Six programs 2009 \$199.95 each or Series \$899.95

UNDERSTANDING... AND RESISTING... SLICK

Joe Namath, NY Jet Superbowl Quarterback and MVP, when describing his recovery from alcoholism in the USA Today newspaper described "an invisible" drinking friend named "Slick" who tempts him to relapse. Slick, represents the "Voice of Addiction" that every recovering person must understand and resist. These two videos help people in early recovery identify the various ways their addictive voice tempts them and how

to defeat that voice. They incorporate the testimonies of 20 recovering people and the puppet "Slick" to effectively, and humorously, educate the listener on how to achieve long term sobriety. UNDERSTANDING is 29 minutes and RESISTING is 26 minutes and at the close both programs direct viewers on how to discuss key concepts described in the video.

#9970/1905 Two programs 2004 \$149.95

SLICK AND SAUL KEYS TO RECOVERY

Three video's (10 to 15 minutes each on one DVD) focus on "key" recovery issues all addicts must address. Each program integrates clips from interviews with recovering addicts along with Slick and Saul speaking.

DENIAL - Explores the reasons why addicts deny and how they can overcome their denial.

CONSEQUENCES - Is designed to help clients look at the various harmful consequences associated with addiction.

RELATIONSHIPS IN RECOVERY - Explores the need for addicts to avoid using friends and families members and create sober friendships as well as develop healthy boundaries when encountering people they used to use with.

#10629/1905 39 minutes 2006 \$149.95

***** See also... SLICK AND SAUL SPEAK ON METH on Page 9 and SLICK AND SAUL SPEAK ON COUPLES RECOVERY on Page 31**

STRATEGIES FOR RECOVERY: A Clinical and Behavioral Approach to the Problem and the Solution of Chemical Addiction

This program featuring Bill Loving - psychiatrist and specialist in Addiction Medicine - is for patients, their families, counselors, and health care workers who are dealing with alcoholism and drug addiction. Dr. Loving explains why these are referred to as diseases. He clearly discusses how the brain is affected and how the reward center of the brain is "hijacked". He also gives practical, effective, and hopeful guidance for dealing with the problem. An appendix includes information on the evolution of AA, AA tips, dual diagnosis, family involvement, prescription medicines, and drugs that stimulate the reward center.

#13216/1420 80 minutes 2009 \$199.95

RELAPSE PREVENTION OVER TIME

Dr. G. Alan Marlatt demonstrates his approach to helping clients with substance addictions prevent or cope with relapses during efforts to change addictive behavior. Relapse prevention is a cognitive-behavioral, "maintenance stage" approach taken only after a client commits to either abstinence or moderation, and it is usually used in conjunction with or following clients' participation in another treatment program. In this series of six sessions, Dr. Marlatt works with a man in his 30s who is striving to overcome a cocaine addiction. During these six sessions, Dr. Marlatt helps the client determine high-risk situations and potential triggers for relapse and teaches skills for getting through these situations. Together they work to restructure the guilt and shame that arise after lapses in abstinence. This compassionate intervention effectively reframes relapse as a mistake to learn from - and avoid - as the client moves toward recovery.

#14568/0157 300 minutes 2007 \$399.95

MINDFULNESS FOR ADDICTION PROBLEMS

Dr. G. Alan Marlatt demonstrates his meditative technique for helping clients with substance addictions. Studies have shown that heavy drinkers who begin meditating show a decrease in the amount they drink. In this session, Dr. Marlatt works with a 46-year-old woman with alcoholism who has recently relapsed into drinking. He talks with her about her compulsive behaviors, which include her alcoholism, and then walks her through a mindfulness technique for handling strong cravings.

#14566/0157 100 minutes 2004 \$99.95

COGNITIVE BEHAVIORAL RELAPSE PREVENTION FOR ADDICTIONS

Dr. G. Alan Marlatt demonstrates his approach to working with clients dealing with addictions or compulsive habits such as substance abuse, gambling, or sexual addiction. Cognitive-behavioral relapse prevention helps clients through the process of relapse recovery by focusing on cognitive, behavioral, and lifestyle choices that might be changed or reinforced to help the client prevent relapse. Central to this approach is the work of identifying relapse triggers and developing coping strategies. Dr. Marlatt works with a 41-year-old woman (portrayed by an actress based on actual case material) who has been abusing alcohol for a number of years and seeks help with quitting.

#14567/0157 100 minutes 2006 \$99.95

THREE-HEADED DRAGON: A Model of Chemical Dependency

This presentation shows the three-fold, physical, psychological and spiritual nature of chemical dependency in plain, easy to understand terms and symbols. The "three headed dragon" is a model of chemical dependency specifically designed to help recovery candidates see that their problem is considerably more than alcohol or some other drug, that chemical dependency is more than a physical disease. Viewers will come to understand that chemical dependency also includes a psycho-spiritual living problem that needs to be maintained through the principles of recovery if continuous sobriety is to be realized. The Dragon symbol illustrates chemical dependency in a manner fully consistent with how it is defined in the 12 step programs but in a laymen's non AA language.

The author - Chuck Brissette - is also the author and developer of the original THREE HEADED DRAGON: Barriers to Recovery now also available on DVD.

#10718/2145 Original Version 26 minutes 1978 \$149.95

#7846/2145 Latest Version 32 minutes 2004 \$149.95

TRIGGERING EFFECT by Claudia Black Ph.D.

Putting your finger on the trigger of a gun indicates a bullet is about to be fired. For addicted persons, triggers are signals that they are entering a stage that brings them closer to relapse. Whether the client struggles with a substance or behavioral addiction, Dr. Claudia Black asks the viewer to think seriously about triggers and identify warning signs that one is entering a zone of jeopardy. Claudia sets the foundation for addressing triggers by using the analogy of how triggers are like a roller coaster that once it begins its downward descent, there is no turning back. Staying on the cutting edge of the field of addiction, she describes the relationship of triggers to brain chemistry and how triggers can hijack the brain's thinking and lead to relapse. She reinforces the concept that repeated recovery practices help to rewire the brain. With the use of eight actors, male and female of all ages, Claudia introduces and discusses six critical triggers. A detailed description of these "triggers" is available on our website. This video can be utilized with an individual client, in group settings and with families. It is appropriate for all addiction services, ranging from drug courts, to intensive outpatient, residential, extended care, and correctional facilities.

**Handouts relevant to this program can be downloaded*
#12316/0110 36 minutes 2009 \$169.95

TREATMENT OF ADDICTIONS

Clearly defines integrated treatment and shows how to apply it in the treatment of the behavioral as well as traditional addictions. Medical evaluation and treatment, cognitive behavioral therapy and 12-step programs are emphasized.

#9918/1420 18 minutes 2004 \$119.95



SPIRITUALITY with Guy Wheeler

Treatment specialist Guy

Wheeler addresses the controversy surrounding spirituality, and the misconceptions people entering recovery have about spirituality. He makes a clear distinction between religion and spirituality, defining spirituality as a force greater than the individual and a very powerful tool capable of

impacting and restoring one's life. He also explains how spirituality provides hope, a value system, love, self respect, forgiveness of yourself and others and peace beyond all understanding.

#10313/2180 21 minutes 2003 \$249.95

STAMP GAME: A Game of Feelings

Devised by Claudia Black, Ph.D., the original of this game was used for over twenty years in a wide range of settings ranging from family and therapeutic environments, student and employee assistance programs, schools, mental health facilities, to addiction counselors and private practitioners working with groups and individuals. The purpose of this game is to help players to better identify, clarify, and discuss feelings enabling them to relate more honestly to others. As a result, players become more effective problem-solvers and the identification and expression of feelings brings clarity to players' needs, which in turn leads to enhanced self-esteem. The game is a wonderful tool to equalize those who use words as a defense but have difficulty being emotionally honest, and for those who have great difficulty being articulate on any level. Playing this game is a novel, fun and meaningful way for players to learn about themselves and each other. Appropriate for people of all ages - children, adolescents and adults.

**A detailed description of the game parts and rules are available on our website *Includes Instruction Booklet*
#7840/0110 2004 \$49.95

OUR PATH / RELAPSE DYNAMICS / SPIRITUALITY SERIES

Bob Francis continues his dedication to Alcoholics Anonymous and how simple but truly effective it really is. In this three part series he focuses on the principles of AA, Relapse, and Spirituality.

OUR PATH

"Rarely have we seen a person fail who has thoroughly followed our path."

Alcoholics Anonymous, Page 58 2nd Edition

This program is meant to get new people to understand why they must go to meetings and get involved in their own personal recovery. #12926

RELAPSE DYNAMICS: It's a Thought Process

This program is meant to give a new understanding to a way to address relapse without having to go through that old "reintroducing yourself". #12927

SPIRITUALITY: Religion vs. Spirituality

This program is meant for new people who have some preconceived ideas that hold them back from 12-step recovery spirituality. #12928

#12930/0223 Three 35-minute programs 2009 \$149.95 each or series \$399.95

CIRCLE OF RECOVERY: Healing the Wounds of Alcohol and Drugs



Bill Moyers speaks with seven African-American men who are overcoming addiction and trying to become mirrors of hope in their own community. The

conversations deal with continuing issues for these men and others like them: love, family, anger, work, sex, self-worth and the relationship between their struggles and their addiction.

#2195/0675 58 minutes \$169.95

TURNING POINT: Breaking the Cycle of Addiction and Incarceration

This compelling video was developed for male clients who are dealing with alcohol or other drug addiction. It includes interviews with African American men in different stages of recovery and reintegration, along with straight talk from counselors, community activists, a neighborhood pastor, and a drug court judge. All echo the same message: in order to change, these men must give up not only alcohol and other drugs but also their unhealthy lifestyles. Viewers will learn strategies to create a healthy environment, find positive support, overcome shame and guilt, rebuild self-esteem, identify triggers, avoid relapse, and ensure that core beliefs and values align with positive goals. The information shown in this program applies to all men in recovery.

#13289/0795 45 minutes 2009 \$149.95

REHAB

"A year from now, two of you will be dead."

So begins an orientation session at Camp Recovery, a Santa Cruz drug and alcohol treatment center. This documentary follows five young addicts through the camp's 30-day rehab program and tracks their progress, or lack thereof, in the months that follow. Featuring remarkably candid interviews with the participants, riveting one-on-one and family counseling sessions, and heartbreaking portrayals of post-camp life - which means relapses, more detox, and even jail time for some - the video clearly illustrates the challenges a recovering addict faces in order to avoid becoming the worst kind of statistic.

***Contains harsh language. An HBO Production
#11057/0635 87 minutes 2005
\$169.95 *CC**

THE TWELVE STEPS

"Purchase recommended. Especially noteworthy cinematography."

The Addiction Research Foundation

This is a sensitive, dramatic interpretation of the program that has helped millions of individuals and their families touched by alcoholism, drug addiction, overeating, gambling and other life-stress problems ... the TWELVE STEPS.

#10562/1835 35 minutes \$30

TWELVE STEP FACILITATION OUTPATIENT PROGRAM

Can you prove that your Twelve Step treatment model is evidence-based? The Twelve Step Facilitation Outpatient Program by Joseph Nowinski is the only manualized version of the model proven effective in Project MATCH. This study found Twelve Step Facilitation (TSF) as effective as other successful treatment modalities. This 12-session evidence-based outpatient treatment program is for clients with substance abuse disorders. Its primary goal is to facilitate active involvement in a Twelve Step fellowship such as Alcoholics Anonymous or Narcotics Anonymous. The Twelve Step Facilitation Outpatient Program is designed for one-to-one individual facilitation sessions, as well as group treatment. It can be used for clients who have never been exposed to a Twelve Step program as well as those who have already been in previous treatment or have had voluntary involvement in AA or NA. The Twelve Step Facilitation Outpatient Program works in community-based, corrections, private practice, and mental health settings.

The program consists of the following components:

- The core program Four sessions: assessment, acceptance, surrender, and getting active in AA or NA
- The elective program Six sessions: genograms, enabling, people-places-routines, emotions, moral inventories, and relationships
- The conjoint program (for patients who are in relationships with partners who are willing to participate in sessions) Two topics: enabling and detaching
- Termination session Except for the first and last sessions, each session lasts about 60 minutes.

*****Includes 3-ring binder with the facilitator guide and hard copies of reproducible handouts and checklists; CD-ROM containing handouts, checklists, and research information that supports the use of evidence-based materials; Introduction to Twelve Step Groups DVD; Twelve Step Facilitation handbook; and, Set of 25 medallions
#10862/0795 2006 \$349.95**

***Parts are available separately**

WELCOME TO TREATMENT

"This video is a great way to help our patients prepare for treatment. I wish we had something like this a long time ago."
Richard Beyers, CADC - Alta Bates Medical Center, Los Angeles, CA

"We plan to use this material to help explain to families what their family member is committing to."
Sandra Montgomery, MSW, LCSW - Aiken Regional Medical Center, Aiken, SC

A concise explanation for new patients of what to expect from their treatment experience. Outlines the basic modules of treatment: education, one-on-one counseling, group and family sessions, 12 Step indoctrination and aftercare. Just as important, it stresses what is expected from the patient in return. A clear and frank guide to ease any anxiety and misunderstanding for those entering the treatment process. Answers the questions: Why do I need to go to treatment? Does this mean I can't drink again? Exactly what will you do here? How long will this take? Can I leave anytime? Do I have to go to all those meetings? What if it doesn't work? Who will know about this?

#13449/1835 12 minutes 2010 \$150

WAVE OF COMPASSION: Spirituality and the Recovering Addict

What does it mean to be a "functioning" alcoholic? How does it feel to struggle with substance abuse day after day? What keeps addicts from truly recovering? This program explores such questions from a range of unconventional viewpoints, creating an honest look at addiction that avoids judgmental or strictly clinical approaches. At the center of the film is Jimmy, a 41-year-old surfer who describes the drinking problem he has had since age 13. The challenges of recovery are also discussed by several experts: a physician, a psychologist, a nutritionist, and a social worker - while unique and insightful commentary is provided by a Native American shaman, a stand-up comedian, and other voices of reason and personal experience.

#12172/0635 47 minutes 2007 \$169.95

ASSESSING ALCOHOL PROBLEMS

Dr. Linda Sobell demonstrates cognitive-behavioral motivational interviewing techniques for assessing a patient's alcohol use, and then she and Dr. Mark Sobell discuss this useful approach for working with individuals with substance use disorders. Motivational interviewing is a client-centered, directive method for eliciting intrinsic motivation to change by exploring and resolving a person's ambivalence to change using open-ended questions, reflective listening, and decisional balancing. This non-judgmental, nonconfrontational interviewing style is designed to minimize a patient's resistance. The goal is to construct an interaction with patients so they feel comfortable discussing their risky or problem behavior. Dr. Linda Sobell works with a young man with a history of problem drinking whose recent break-up with his girlfriend triggered increased risky alcohol use. Dr. Sobell assesses his readiness for change and then interviews him about triggers, behaviors, and cognitions associated with his drinking, emphasizing throughout that the patient has the choice to change, thereby empowering the patient.

#14586/0157 100 minutes 2008 \$99.95

DRUG AND ALCOHOL ABUSE

Drug and alcohol abuse are a common presenting problem in therapy, second only to depression, so it benefits therapists to have an approach ready for this issue. Dr. William Richard Miller demonstrates his approach to treating clients using motivational interviewing, a Rogerian technique designed to increase a client's sense that he or she is capable of handling the problems they confront. Dr. Miller works with a woman who has been in and out of recovery for use of various substances who is aiming toward reducing her substance use. By reflectively listening and pointing out her strengths, Dr. Miller guides the client toward recognizing other interests in her life with which she can replace drug and alcohol use.

#14569/0157 100 minutes 2006 \$99.95



ANGER & RECOVERY

ANGER STRATEGIES TOOL BOX with Claudia Black

This comprehensive package gives viewers a set of "tools" for recognizing, understanding and dealing with various types of anger, whether repressed or explosive. Teaches that anger - like other addictions - can be a build-up of tolerance, loss of control, negative consequences and an inability to stop - all of which can have immediate and long-term consequences. The package includes "THE ANGER VIDEO" plus comprehensive support material in audio, on CD and printed, reproducible anger resources as well as the "Anger Strategies" book, CD.

**The DVD may also be purchased separately.*

#9231/0110 28 minutes 1997 \$219.95

ANGER: The Bottom Line with Dr. Cardwell C. Nuckols

Dr. Nuckols examines how a chronically angry person can be compared to an alcoholic or addict new to treatment; most are in a state of serious denial. He explains how many such people withdraw, use alcohol and drugs, attack others, or abuse themselves to try to make their anger go away. He emphasizes the importance of their taking responsibility for that anger in order to eliminate problems with relationships, getting and keeping jobs, and staying out of trouble with the law. He provides strategies and techniques that will help viewers change their behavior and take control of their lives.

**Two parts 28 and 21 minutes respectively*

#11659/2180 49 minutes 2007 \$249.95

OVERCOMING ANGER: Healing from Within

Maybe you don't think of yourself as an angry person, but if you find yourself frequently annoyed and upset by life's petty irritations - you could have a problem that has real implications for your health. Meet a husband and wife team who study anger professionally, to learn how to let go of anger and become happier and healthier. Then, we learn from author Robin Casargian about the healing power of forgiveness and how to make it work for us. She also takes us to the prison where she teaches inmates how to incorporate forgiveness into their daily lives.

#10589/0145 27 minutes 2000 \$119.95

WHEN TEMPER FLARE: Understanding and Managing Anger

Anger is an emotion that is often expressed in extremes. Some people avoid showing anger at all costs, while others explode in rage and even violence. Both approaches can have detrimental effects on physical and emotional health. WHEN TEMPER FLARE explores why and how we experience anger and offers practical strategies for expressing anger in constructive, rather than destructive, ways. Features: Dr. Charles D. Spielberger, Director of the Center for Research in Behavioral Medicine and Health Psychology, University of South Florida and Dr. Doyle Gentry, Clinical psychologist specializing in the treatment of anger disorders.

#10733/1710 30 minutes 2004 \$89.95

PULLING PUNCHES: A Curriculum for Rage Management

While designed for those in alcohol and drug recovery, this informative series will be very useful to anyone dealing with anger-management problems. Explains that terms like denial, tolerance and enabling are applicable to anger as well as to addictions and that treatment for this anger must be undertaken seriously for recovery to occur. The production is ethnically diverse, and deals with crucial skills for realistic changes.

UNDERSTANDING YOUR RAGE - Even viewers in denial about their anger problem will identify with these true stories exploring what constitutes problem anger, anger blackouts and getting high from anger, how anger and drug/alcohol use are connected, the roots of anger, and how triggers make sense.

TOOLS FOR MANAGING ANGER - Anger management through practical, specific, proven strategies; this program helps viewers identify triggers and learn to avoid them, recognize when a short fuse is most likely, know warning signs and prevent "going off" and use self-talk to calm down. #10516

ANGER REDUCTION AND LONG-TERM CHANGES - Viewers learn what alterations they have to make to reduce their 'anger load' and how best to make them by reconstructing faulty beliefs, healing the wounds of childhood, assertive conflict resolution and expression of feelings, forgiving themselves and stress reduction. Each program in the series ends with "snapshots" of each person featured, showing how gaining control over anger has improved their lives in miraculous ways. Series purchase includes Counselor's Guide, Handouts and Client Worksheets.

#9131/1805 Three 35-minute programs 2002 \$495

**Note - only the TOOLS program is available for purchase separately #10516 \$199.95*

IN AND OUT OF CONTROL: Emotional, Physical, and Sexual Violence

Provides insight into the psychological complexities of violence from the viewpoint of the witness, victim, and perpetrator. Explores how heredity, environment, and substance abuse can make a person predisposed to violence. "In some people, alcohol can dis-inhibit their aggressive tendencies and they become violent when they drink, but the violence was sitting in them and residing in their psyche way before they picked up that first drink." Jackson Katz, Director, MVP Strategies. Viewers are also shown the influence of alcohol and other drugs on domestic, sexual, and random violence. Identifies triggers to violence and presents methods of treatment and prevention.

#9097/0410 38 minutes \$199.95



WHY ARE YOU SO ANGRY?!

Explores both the cause and effect of anger, from its roots to the final stage of dealing with the aftermath. Reveals the important roles hereditary, cultural and environmental influences play in the development of a particular style of expression or repression. Four dramatic sequences of the ways that people deal with anger destructively, both to themselves and others, are shown.

**Includes "Coping with Anger" Workbook.*

#6954/1835 33 minutes \$195

RESPONDING THERAPEUTICALLY TO PATIENT ANGER

Patient expression of anger toward the psychotherapist is a stressful and prevalent phenomenon in the course of psychological treatment. Responding skillfully to a client's anger constitutes a major technical and interpersonal hurdle for psychotherapists, and explicit training in this area is rare. This program is designed to help fill this gap by presenting selected scenes of distinguished psychologists facing client expressions of anger. (Anger is used in the general and descriptive meaning of a strong feeling of displeasure and usually of antagonism.) Designed for clinical training, this video is appropriate for workshops or individual study for the professional development of practicing clinical psychologists, psychotherapists, social workers, counselors, and graduate psychology students. Features clients portrayed by actors on the basis of actual case material. The therapists were not briefed in advance on the nature of the scenario being acted out, and therefore their responses are spontaneous and unrehearsed.

#14587/0157 35 minutes 2007 \$99.95

ANGER BLUEPRINT

This program dramatically teaches responsible Anger, Boundaries and Safety. Follows twelve participants as they discover the physiological roots of anger, how to separate anger from violence, communicate boundaries, and create safety in their relationships.

#11807/0825 90 minutes 2007 \$189.95

***** See our website also for the complete Canadian series THE ANGER WORKSHOP - Society and conventional therapeutic wisdom posits that anger in any shape or form is "bad". Dr. Joanne Peterson believes anger is a feeling or emotional response to hurt, fear, frustration, helplessness and loss. The complete workshop includes thirteen DVD Programs, a 26-page Facilitator Guide and Exercise Book, and a copy of Dr. Peterson's Anger, Boundaries and Safety book. All programs are also available separately. Detailed descriptions of each are available on our website. Series #11810/0825 13 Programs \$1,595**



HEPATITIS & HIV / AIDS

IN OUR OWN WORDS:

Teens and Aids

"If you're a teacher, you're a principal, you're a superintendent, this is a video you should get for your schools. You can save a lot of kids."

Oprah Winfrey, The Oprah Winfrey Show
Teens infected with HIV through unprotected intercourse discuss denial, condoms, postponing sex, and how alcohol affects decision-making.

#14599/0680 20 minutes Grades 5 to 12 \$99.95 *Discussion Guide on the DVD

HEPATITIS (NHV)

Hepatitis is a major public health problem. Of particular concern for substance abusers is Hepatitis B and C because these diseases can be transmitted through contaminated needle exchange. Also 40 to 60% of alcohol abusers who have cirrhosis of the liver have some form of hepatitis. Hepatitis A is also discussed. All aspects of the causes, transmission and treatment are presented. **Includes Resource Sheets*

#10632/1420 17 minutes \$119.95

SEX, DRUGS AND HIV with Kim Bouldin-Jones

Kim Bouldin-Jones explains how substance abuse often causes a person to make unhealthy decisions and choices such as sharing needles, trading sex for drugs or involving themselves in unsafe, unprotected sex increasing exposure to HIV and other sexually transmitted diseases. She also addresses how substance abuse compromises and weakens the immune system and attacks vital organs in the body. She explains the importance of making healthy choices and discusses factors that can reduce levels of risk.

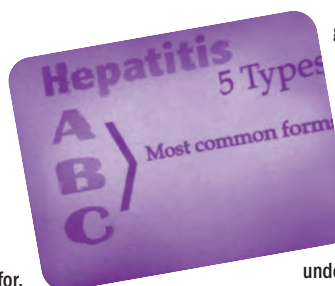
#7877/2180 25 minutes 2004 \$249.95

UNDERSTANDING HEPATITIS SERIES

Sex, drugs, and food - only a few of the means by which hepatitis hijacks and quietly assaults the human body. This series presents valuable facts about the causes of, and treatments for, the stealthy virus; it also features case studies that offer a real-world perspective on the globe-spanning disease. Pushing beyond the level of a medical primer, the series will enrich studies in substance abuse treatment, child care, restaurant training, and much more.

UNDERSTANDING HEPATITIS A - Although it's the least menacing type of hepatitis, the virus strain known as HAV should not be underestimated. This program focuses on the causes and typical treatments for Hepatitis A and guides viewers through the different levels of danger that the virus poses to victims. Medical experts explain the basic science behind HAV infections, describe common symptoms, and spell out preventive and palliative strategies. Also, a traveling businessman describes his frustrating experiences with Hepatitis A.

UNDERSTANDING HEPATITIS B - More harmful and resilient than its alphabetic precursor, Hepatitis B is usually transmitted sexually or through other close bodily contact. This program explains what distinguishes HBV from other hepatitis strains, how it can infect the human body and still go undetected for decades, and how it can be prevented with vaccines. Physicians specializing in hepatitis research and care outline both successful and tragic case studies and



guide viewers through the public health benefits of HBV education and immunization programs.

UNDERSTANDING HEPATITIS C - Most people associate cirrhosis with alcoholism - but another cause of liver scarring and failure is HCV, one of the most severe strains of hepatitis. This program provides a basic medical

understanding of the virus, presents various ways that it is transmitted, and explores what many call a groundbreaking method of Hepatitis C treatment. Veteran researchers and doctors describe typical HCV danger zones and causes and the pronounced risk of liver damage that the virus represents. Advanced antiviral therapies combining interferon and ribavirin are also discussed.

#11175/0635 Three 23-minute programs 2007 \$99.95 each or Series \$269.95

THE FACES OF AIDS

**Telly Award Finalist*

Six faces believed they had very little in common. All six believed that AIDS was something they weren't concerned about. All six believed they knew who contracted AIDS. All six believed that AIDS happened to someone else. All six believed that AIDS happened somewhere else. All six were aware of the AIDS virus. All six believed they knew how AIDS was contracted. All six knew the consequences of risky behavior. And all six are HIV positive. Today, the growing attitude towards AIDS is one of complacency. It's even more important to address the myth that this deadly disease is for someone else, somewhere else.

#14508/0697 20 minutes 2010 \$149.95

D.U.I. / D.W.I. & ADULTS

POLICE LINE DO NOT CROSS

DUI / DWI: Make This One Your Last One

Revised and expanded, this new version is designed specifically for first-time DUI / DWI offenders and has been developed with consultation from Stephen M. Simon, J.D., Founder and Director of the Minnesota Criminal Justice System DWI Task Force. Along with the DVD, this new program now includes a CD-ROM that contains a facilitator's guide, presentation materials, and reproducible client handouts to enhance the educational impact of the powerful video. The revised print component features the most current statistics and the latest information about drinking and driving under the influence. It is ideal for adult offenders and provides compelling content and no-nonsense information in a way that offers an alternative to the ineffective stereotypical scare tactic programs that are often used. The DVD is a short, but powerful video. Features four real stories from real people - Debbie, Nick, Andrew, and



Cameron. In between the story-telling, a clinical expert gives viewers information in easy-to-understand language, about how we are physically and mentally impaired by alcohol and other drug use, and the consequences of that impairment on driving. *The DVD is divided into*

five segments:

- 1. WHAT HAPPENED?** The narrators begin by discussing their immediate feelings upon being arrested for their DWI/DUI. Often this is shame and embarrassment, and a resolve to not let it happen again.
- 2. WHAT THE NUMBERS MEAN.** Dr. Brad Hernandez educates viewers about blood alcohol content related to level of impairment and what happens to driving abilities when alcohol or drugs are used.
- 3. A DANGEROUS COMBINATION.** This segment details some of the dangers of driving under the

influence of prescription medications or illicit drugs alone, or along with any alcohol consumption.

4. PAYING THE PRICE. Explains the consequences - human, legal, and financial, of a DUI/DWI arrest. Each narrator talks about the price they paid, and are still paying.

5. DO SOMETHING DIFFERENT. This final segment leaves the narrators in the present. From their current vantage point they clearly see things differently than they did at the time of their arrest.

Each narrator takes the viewer on a short journey - from the circumstances of their arrest, to what the future holds. For each of the five segments, statistics appear on the screen that often contradict what the story tellers initially thought or believed, and tell the real story - of how quickly and severely judgment is impaired when using one or more substances, of how many people reoffend despite their initial best intentions, or of how severe and long-lasting the consequences of being arrested for a DWI/DUI often are.

#10747/0795 DVD 18 minutes and CD-ROM 2010 \$99.95



BLURRED LINES

Particularly effective for both 'drunk driving' prevention and treatment programs, this video literally buries viewers in the horrendous consequences of this highly dangerous activity. Innocent victims, pedestrians, bicyclists, passengers, young, old, parents siblings: maybe showing their personal tragedies so plainly will stop at least a few people before they turn the key. Changing the culture of alcohol and automobile is a challenge that every one of us must participate in. Friends don't let friends drive drunk! Watch this and you'll know why...

#10247/2245 27 minutes \$149.95

DRINKING AND DRIVING: A Crash Course

This powerful program provides a "crash course" on the perils of drinking and driving. Two separate dramatizations bring the stark reality to viewers' attention - such as being arrested! Also trashes some common myths about drinking alcohol, demonstrates a number of visual signs that people exhibit when DUI, closely examines why so many people take the drunk-driving risk, and clearly demonstrates some costly facts (in more than just money) about driving while intoxicated.

#10322/1690 22 minutes 2001 \$99.95

IMPACT: Driving Drunk Driving High

This video makes viewers aware that the tremendous number of deaths and serious injuries suffered every year in D.U.I. car accidents could have been prevented. In other words, the tremendous sufferings of the victims themselves as well as their loved ones were avoidable. The consequences visited upon the drunk driver are also added into the equation. On being provided with this knowledge viewers are served up a consciousness-raising dilemma. Are they actually so uncaring or so stupid as to allow themselves to become a contributing part of this unnecessary tragedy?

#5861/2180 29 minutes 2000 \$249.95

WOMEN & SUBSTANCE ABUSE

STRONGER THAN LOVE

An intimate portrait of women's substance abuse and journey to recovery; profiles women who have battled against seemingly insurmountable odds and their compulsive behavior as well as those that are making their initial steps in treatment. Explores the heart-wrenching reality of their lives and the bumpy path to recovery; a powerful, unbiased and beautifully photographed documentary.

#11615/0963 26 minutes 2007 \$179.95

BLANK CANVAS: Creating a New Life

This forthright documentary features portraits of women in recovery from substance abuse. The women have embraced the very element that may have led them into addiction - creative sensitivity - as a lifeline to pull themselves out of it. Through the eyes of the filmmaker, who tells of her own battle with alcohol abuse, we discover an inspirational community of artistic support that grows around six women, each on her own transformational journey... a journey that not everyone survives.

#11787/0145 27 minutes 2007 \$149.95

WOMEN AND ALCOHOLISM

Physiological differences between women and men place women at greater risk for physical complications from alcoholism. This program profiles several women from different backgrounds and age groups who are in recovery from that disease. Interviews with medical experts include Michelle Lauria, M.D., of Dartmouth-Hitchcock Medical Center; Patrice Muchowski, Sc.D., of AdCare Hospital of Worcester; and Kathleen Mitchell M.H.S., LCADC, of the National Organization on Fetal Alcohol Syndrome. A Dartmouth-Hitchcock Medical Center Production.

#8693/0635 28 minutes 2003 \$149.95

WOMEN IN RECOVERY

This program identifies and addresses addiction and recovery issues commonly experienced by women, and from a woman's perspective. Some of the subjects and problems dealt with are shame, self-neglect, victimization and relationship difficulties. Also emphasizes the need for recovering women to work a program of action rather than a program of feelings.

#10796/0795 25 minutes 2001 \$149.95

WOMEN AND ALCOHOL

Binge drinking is traditionally a young man's "sport", but now many college-age women are doing their best to keep up. Why? And how does such a staggering level of alcohol consumption affect a woman physically? This ABC News program explores those questions, documenting one young woman's quest to systematically determine the impact of regular, heavy drinking - four drinks every two hours for a month, to be specific - on her physiology. The results can be described as horrific. The program also shows how binge drinking can turn women into targets of sexual assault.

#13914/0635 17 minutes 2006 \$79.95

WOMEN, TRAUMA AND RECOVERY: Getting Clean, Sober and Safe

A groundbreaking program on women and trauma! The co-mixture of PTSD and addiction as it pertains to (inner-city and other) women is the subject of this program. Beginning in childhood, many women have suffered one or more of sexual abuse and rape, physical beatings, severe emotional abuse, violent assault or witnessing extreme violence. Drug and alcohol abuse are often used as a numbing agent. Once the numbing is removed through treatment for substance abuse the feelings and PTSD effects come flooding back. If only the addiction is treated, and coping tools to deal with 'feelings' are not learned, relapse often follows. The video offers tools and techniques to help in the recovery process.

**Includes Counselor's Guide with discussion questions and reproducible client worksheets*
#10067/1805 38 minutes \$195

PREVENTING BIRTH DEFECTS: A Guide for Pregnant Women

Although many birth defects and disabilities cannot be prevented, some can. This program stresses the importance of getting good prenatal care, treating other medical conditions, avoiding drug and alcohol use, not smoking, eating a healthy diet and avoiding exposure to toxins before and after conception. Also explains the father's role.

**Includes a copier ready hand-out.*

#9603/1420 19 minutes 2005 \$119

SUBSTANCE EXPOSED INFANTS

Examines the effects of prenatal substance abuse on infants. Also covered are: myths and misinformation, effects of legal and illegal drugs, medical and developmental issues; key parenting strategies; and, working with professionals. Robert Nickel, MD, developmental pediatrician and professor of pediatrics and Susan Edelstein, MSW, Program Director of TIES for Adoption/ UCLA address the issues and challenges faced by parents who care for substance-exposed infants. The health and medical needs of infants and newborns prenatally exposed to drugs can be perplexing and serious. This course sheds light on this complex subject and provides useful strategies for parenting these infants as well as valuable tips for working with an infant's professional team.

At the end of this course, you will be able to:

- Understand the effects of prenatal substance exposure on infants.
- Identify myths and common misinformation about the effects of substances on infants and children.
- Identify medical issues of substance-exposed infants.
- Identify strategies for parenting irritable, dysregulated infants.
- Identify strategies for parenting lethargic infants.
- Understand how to work with professionals and the child's biological parents.

#13686/1470 55 minutes 2010 \$99.95

WALKING THROUGH FEAR: Women and Substance Abuse

Increasing numbers of women are addicted to alcohol and drugs, yet only one in five people in treatment centers is a woman. Why aren't women seeking or getting the help they need to overcome their addictions? This program investigates the problems women face when they seek such help, and four women tell what life was like before they sought help and how their lives changed after recovery.

#1491/0635 28 minutes \$99.95



WOMEN WITH ALCOHOL DEPENDENCY: More Common than You Think

This program profiles women of different ages and backgrounds who are in recovery. Though the incidence of alcoholism is slightly less among women than men, once it develops, this disease tends to progress more rapidly in women. Physiological differences quickly put women at a greater risk for physical complications, some of which are unique to women (breast cancer and bearing a child with fetal alcohol syndrome). Powerful, enlightening, excellent for support groups to see and use for discussions.

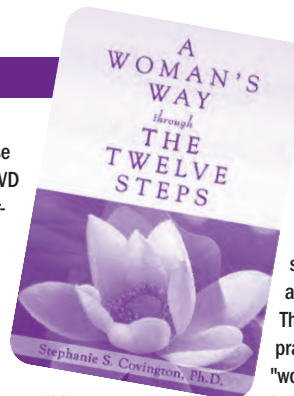
#10685/0145 27 minutes 2004 \$145 *CC

WOMAN'S WAY THROUGH THE TWELVE STEPS Package

This inspiring collection illuminates how each of the Twelve Steps speaks to a woman's experience with inspiring stories, professional resources, and client tools. The package includes ten books, ten workbooks, a

facilitator's guide and the DVD. All of these items are also available separately. The DVD portrays the safe, nurturing, and empowering environment that is essential in order for women and girls to heal from addiction. It begins with an introduction to the program and is followed by Dr. Stephanie Covington leading real women in recovery through discussions and exercises.

The BOOK has helped women overcome the traditional male orientation of Alcoholics Anonymous while embracing the spiritual truths of the Twelve Steps. Explores the uniquely female experiences that have shaped who we are and how we approach recovery from addiction to alcohol and other drugs. The WORKBOOK helps deepen and extend the understanding of the lessons taught in the book and brings them to life with simple exercises and journaling activities. It further empowers each woman to take ownership of her recovery by documenting her growth and recovery process in a personally mean-



ingful way. Unlike many interpretations of the Twelve Steps for women, this workbook uses the original Steps language, preserving its spirit and focusing attention on its healing message. The FACILITATOR'S GUIDE offers practical guidance to deliver this "woman's way" program. It describes the most effective ways to conduct

sessions with clients, including when and how to use the program's book, workbook, and DVD, along with special instructions on how to adapt the content for girls. Also integrates the most current research and best practices regarding women and recovery.

#12847/0795 60 minutes 2009 \$449.95 (DVD only is #12848 \$229.95)

*** * * See also...**

WOMEN AND ADDICTION: A Gender Responsive Approach on Page 39

ADULT GAMBLING

COMPULSIVE GAMBLING AND RECOVERY

Provides a comprehensive analysis of the nature of gambling, the compulsive behavior patterns that often develop and the treatment possibilities available. Compulsive gamblers and their relatives, gambling counselors, psychologists, and psychiatrists help describe and reveal the complexity of the illness. Also included is a 35-page Instructor's Guide (containing a complete timed transcript of the video with additional information and topics for discussion, to enable instructors to cover all aspects of compulsive gambling).

#10963/0410 50 minutes \$195

COMPULSIVE GAMBLING: Invisible Disease

Almost everyone gambles - a lottery ticket, a church raffle, or an office pool. But for some people gambling poses a real problem. Who are these people and why does gambling dominate their lives to the exclusion of everything else - family, friends, career, sometimes even personal health and safety? Viewers get some insights into the costs to them and to society as a whole for their gambling. This video is particularly recommended for compulsive gambler support groups, psychologists, psychiatrists, and social workers.

#10988/0320 20 minutes \$249.95

GAMBLING: It's Not About Money

A growing fraction of people who gamble will go on to develop a serious addiction. In such cases it has destructive consequences for individuals, families, employers, and communities. This video examines the growth of compulsive gambling and the problems caused to individuals and society as a whole. It also explains the treatment options available with consideration of recovery success ratios, and how it often becomes a "cross addiction" for alcohol and drug addicts.

#1190/0795 36 minutes 2000 \$149

PROBLEM GAMBLING

Dr. Nancy M. Petry discusses and illustrates her brief, cognitive-behavioral approach to treating clients with gambling problems. Her manualized approach includes handouts and homework emphasizing self-monitoring and motivation to change. Dr. Petry illustrates the first of her eight-session program, demonstrating the start of the treatment process. Brian is typical of a younger problem gambler who has begun to develop some substantial issues related to gambling but, nevertheless, is in some degree of denial. Dr. Petry demonstrates how to integrate the cognitive-behavioral therapy within this context and thereby highlights the adaptability of this approach for a variety of individuals with gambling problems.

#14588/0157 100 minutes 2006 \$99.95

PATHOLOGICAL GAMBLING

This program describes pathological gambling, a syndrome of out-of-control gambling which causes gamblers enormous financial, legal, marital and other problems. Treatment strategies include financial planning, marital therapy and most importantly, cognitive therapy that addresses the false beliefs shared by most problem gamblers.

#11783/1420 18 minutes 2008 \$119.95

OTHER GAMBLERS: Women and Older Gamblers

This video examines the reasons for the growing numbers of older gamblers and women gamblers. From local bingo parlors to Nevada style casinos, the number of senior and women gamblers is growing every year. Interviews with treatment professionals and recovering gamblers examine why this growth is happening. Also discussed is the addictive nature of much of this behavior and what treatment and recovery possibilities are available to help people who want to stop.

#10977/0410 28 minutes 2001 \$195

ALL BETS ARE OFF: Gambling Addiction

Some play for fun, some hope to win a few dollars, but what starts as a game often leads to a devastating addiction. John Eades explains how he got hooked on gambling and the events that finally led to his recovery.

#12226/0145 30 minutes 2005 \$145 *CC

ONLINE GAMBLING ADDICTION: The Dangers of Internet Gambling

"June L" didn't know she had any kind of gambling problem especially while she gambled using "off-shore" gambling sites over the internet. This 70 + year old grandmother was so wrapped up in gambling on-line she lost over \$70,000 of her money she intended to leave to her children and grandchildren. On-line gambling is an unreal world - and that's part of the main attraction. This program attempts to break down misconceptions and stereotypes about this addicting, obsessive and compulsive habit sharing with viewers its dangers and showing examples of people that nearly lost everything because of how internet gambling turned into a disease that went out of control.

#12227/0145 28 minutes 2008 \$129.95

GAMBLING: Against the Odds

Only recently has compulsive gambling been recognized as an addiction as strong as alcohol or narcotics. In this program, five compulsive gamblers in recovery share their case histories, shedding light on the psychology and pathology of this powerful habit. Combined with these personal portraits, treatment options are discussed by leading experts, including Dr. Valerie Lorentz, a pioneer of behavioral therapy for gambling. A Discovery Channel Production.

#9592/0635 49 minutes 2003 \$99.95



YOUTH & SUBSTANCE ABUSE

OVERVIEWS

LIVING WITH ADDICTION: A Family Disease

Show teens who are living under the terrible strain of a family member's addiction the strategies they can rely upon to help them cope. This information-packed program sends the message that children don't cause, can't control, and can't cure a family member's addiction. Woven throughout is advice from a narrator who shares facts about addiction.

#5849/0433 19 minutes Grades 7 to 12 \$129.95

*****See also Page 29 & 30 for kids and parents with addictions**

ALCOHOL AND DRUG-FREE TEENS Real People

In this program real teenagers describe the world of alcohol and drugs that surrounds them and the hard choices they have to make. Viewers hear from teens who have actually experienced the physical, emotional, social and academic consequences of taking alcohol and drugs. Many have opted to choose a drug-free life, and their "success" stories clearly demonstrate the benefits of that choice. Expert commentary throughout supports and expands information. Teens focus on the "anti-drugs" in their lives: sports, music, family, achieving academic excellence and setting goals for the future.

#10720/0433 32 minutes 2007 \$129.95

***Includes Teacher's Guide**

WEIGHING THE RISKS

For many teens, saying no to alcohol and drugs is a skill that must be learned. This Discovery Channel production centers on the risks involved in alcohol consumption and drug abuse for teenagers, along with ways to avoid those risks.

***Some content may be objectionable.**

#13916/0635 29 minutes 2005 \$119.95

DRUGS: A Destructive Force POSTER Series

How can substance abuse educators combat the allure of cocaine, LSD, tobacco, and other potentially deadly substances? By communicating the downside of drugs in no uncertain terms. This eight-poster series speaks directly to young people about the alarming risks and all-too-frequent tragedies linked with drug abuse. In addition to several types of dangerous substances - including prescription and over-the-counter medication - the deadly pitfalls of drunk driving are also portrayed. There are eight 17" x 22" laminated posters: Cocaine; Alcohol; Marijuana; Smoking; Prescription/OTC Drugs; Hallucinogens; Inhalants; and, Drunk Driving.

#11450/0635 Poster 2007 \$79.95

DRUGS: The Straight Facts

The only antidote to the flashy appeal of drugs is honest information. Give your students the straight facts on some of the most widely abused substances with this series.

ALCOHOL - This program makes clear the many myths associated with alcohol and explores the history of alcohol, a substance first used as a medicine; the effects of alcohol on the body and the short- and long-term health impacts; and teenage attitudes toward alcohol and trends such as binge drinking.

MARIJUANA - Marijuana has the distinction of being our most widely used illegal drug. This program traces the history of marijuana and goes

on to explain some of the many uses of the hemp plant; the effects of THC - the primary psychoactive chemical in marijuana, sinsemilla, hashish, and hash oil - on the body; the short- and long-term health implications of marijuana abuse; and teenage attitudes toward marijuana. Also investigates the concept of psychological dependency and considers whether marijuana is a gateway drug.

COCAINE AND CRACK -

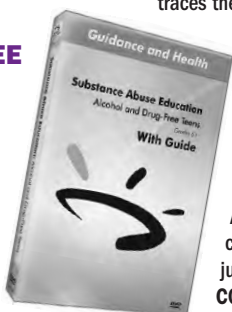
The pleasure of a cocaine high doesn't last long, but the damage cocaine causes can last a lifetime. This program explores the history of cocaine; the effects of cocaine and crack on the body and the short- and long-term health impacts; and teenage attitudes toward cocaine and crack. Also delves into the illicit cocaine trade and the cartels that control it, as well as addiction to cocaine - both physical and psychological.

NARCOTICS: Heroin, Opium, Codeine, and Morphine - Strictly speaking, the term "narcotic" refers to opium, opium derivatives, and their synthetic substitutes. This program delves into the history of narcotics such as heroin, opium, codeine, and morphine; the effects of narcotics on the body and the short- and long-term health impacts; and teenage attitudes toward narcotics.

INHALANTS - Since chemicals in more than 1,400 products can be sniffed or huffed for their psychoactive and mind-altering effects, it's not surprising that inhalants are the most frequently abused substances. This program explores the history of inhalant abuse; the effects of inhalants on the body and the short- and long-term health impacts; and teenage attitudes toward inhalants. The major classes of commonly abused inhalants and treatment and prevention measures are described in the video also.

***Includes PDF Guides for each program**

#12908/0635 Five 20-minute programs \$210 \$99.95 each or Series \$449.95



REWIND: A Film About Choices

Offers a provocative look into the real-world relationship between drugs and alcohol and teens who get consumed by them. An honest and graphic look at the role that drugs like marijuana, cocaine, ecstasy, alcohol, magic mushrooms and crystal meth play in their lives. This is the title you cannot do without in your library!!!

#11656/0143 26 minutes 2007 \$129.95 (Special Offer! Buy one at full price, get the 2nd one FREE!)

***Includes Facilitator's Guide**

HIGH SCHOOL CONFIDENTIAL

This program provides a unique glimpse into the world of peer pressure, parties and alcohol and drug use in high school. Viewers will hear from youth who made the choice to use drugs and alcohol and then found themselves forever changed. These young people speak candidly about what happened and where it took them. Others talk about what they like to do to have fun and what matters to them. The goal of "High School Confidential" is to reduce substance misuse and to improve overall health through exploration of effective ways of managing stress instead of trying to "cope with dope" and how youth can get a rush of excitement using activities instead of substances. "This is a drug and alcohol education/prevention video with a difference," says Kevin Letourneau, Program Manager of PACS Counseling Programs. It faces the fact

that alcohol and drugs are readily available in most high schools. Teens discuss a number of substances including tobacco, marijuana, ecstasy, cocaine and crystal meth. Risks associated with going to parties and drinking are highlighted. This video is accompanied by a survey form.

#11114/1735 25 minutes 2007 \$129.95

TEEN DANGER ZONE: Teens at Risk

Combining hard-hitting personal stories with cold facts, the first six segments of this chaptered program report on some of the most common drugs currently being abused by teens: OxyContin, PMA, Special K (ketamine), the methamphetamine Ice, inhalants, and, in the form of binge drinking, alcohol. The final segment focuses on hazing, a frequently outlawed form of initiation that, like substance abuse, speaks directly to the teenage desire to fit in with peers - sometimes at any cost.

#10951/0635 46 minutes 2006 \$99.95

THE REAL TRUE AND FALSE ABOUT ALCOHOL, MARIJUANA, AND INHALANTS

High school narrators lead middle school students through drug-specific sections by asking them "true-false" questions. Middle schoolers respond, giving narrators the opportunity to dispel myths, give truths, and encourage younger students to choose a drug-free lifestyle now. Emergency room doctors, law enforcement officers, and drug-free high school students support the teen guides throughout the program with the strong, positive social norms message: When it comes to alcohol and drugs, the vast majority of teens "don't need 'em, don't want 'em, and don't use 'em."

**Includes Presenter's Resource Guide*
#9772/0505 15 minutes 2003
\$89.95 Grades 5 to 9

M A R I J U A N A

MARIJUANA AT YOUR OWN RISK: A Two-Part Prevention and Intervention Program

Instead of telling kids to "just say no", this program takes the approach of showing them the problems, the path to those problems, and asking them to decide. For teens already smoking pot or at very high risk for starting, these programs are highly effective at cutting through denial that marijuana can be harmful. What ties it all together is the dilemma of one young man - Jason - who is considering smoking pot. In conversations with an engaging female narrator, Jason expresses all the beliefs and misinformation of most teens. But the narration, interviews with recovering marijuana abusers, and expert testimony combine to reveal the flimsiness of Jason's thinking against real-life effects of smoking today's potent marijuana. There are two videos and the package includes Counselor's Guide with discussion questions and reproducible client worksheets. PART ONE shows how becoming a chronic user is a gradual process that typically takes over one's life in steps. 20 minutes. PART TWO identifies just what the negative effects of chronic marijuana use can be. Also, recovering teen marijuana users share how much better their lives have become since they got help and stopped using, providing hope and inspiration to viewers who need it. 25 minutes

#9098/1805 Two Programs \$199.95

THE REAL TRUE AND FALSE ABOUT CLUB DRUGS, PRESCRIPTION DRUGS, AND STREET DRUGS

The program attacks common misconceptions, establishes facts, and shows the serious consequences of using "club" drugs, prescription drugs, cocaine, and heroin. High school narrators lead younger students to a better understanding of these lethal drugs. Medical and law enforcement experts add their support and authority to the narrative. Interviews with drug-free high school students amplify the social norms message of the program for middle schoolers: The real truth about drugs is that the vast majority of teens don't use them, ever. In this way peer pressure is seen and used as a positive force, an encouragement for young viewers to join with most other kids who choose to be drug free, now.

**Includes Presenter's Resource Guide*
#9773/0505 17 minutes 2003
\$89.95 Grades 5 to 9

TWELVE: Young Addicts Speak from the Heart

Kat grew up in an alcoholic home. John made drinking the center of his life at a young age. Rene's parents divorced when he was five, while Chris and Dante both seemed to have everything they wanted - but all became substance abusers. Through detailed, candid conversations, this program goes inside the childhood memories and emotional lives of recovering addicts who started their habits at, or close to, age 12. Their stories reveal unique qualities and experiences as well as patterns seen over and over again among alcoholics and drug abusers - often involving crime and social isolation. In addition to their pain and regret, the participants also discuss the most daunting challenge of all: the ongoing process of recovery.

#12659/2305 44 minutes 2008 \$169.95

ADOLESCENTS AND MARIJUANA: Getting a Life

Even teens in treatment programs for marijuana use deny its addictive qualities!



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. This program is an inspiration

for recovering teens of all walks of life to stay clean and nurture their recovery. What is it about marijuana that makes it so attractive? Why is marijuana so tempting, in spite of all we know about the dangers of chronic use? What are some of the pitfalls of marijuana use? What are some of the things a recovering addict can do to avoid temptation to use in the future? What does recovery offer that makes it worth fighting for?

#11099/0795 18 minutes \$149

New! MARIJUANA: The Gateway Drug 2.0

Now updated to include social media, this very popular title points out how marijuana plays a key role in addiction by introducing users to illegal drugs. Because marijuana has mind-altering properties, it is certainly considered to be the launching pad for hard drugs for many people. The video combines hard-hitting teen interviews and the presentation of a probation officer and former addict whose brother was murdered by a dealer while buying pot.

#9537/0505 28 minutes 2010 \$99.95

**Includes Discussion Guide*

MY POT VIDEO

This is a great program for getting teens to analyze their own preconceived notions regarding marijuana use. A 17 year-old student is ordered by a judge to step into the world of investigative journalism and make a video about pot. He begins with a flip attitude toward the project but as his investigation progresses, he starts to make some unexpected observations on the short and long term effects of smoking marijuana. Having teens realize that perhaps there may be something more involved than just adults trying to steal their fun is a valuable first step in a continuing battle.

**Includes Leader's Guide*

#7757/1835 15 minutes \$95

A L C O H O L

BINGE DRINKING (NHV)

This program clearly states the many negative, dangerous, even deadly repercussions of this extreme but increasingly common "recreational" activity. Alcohol poisoning, DUI, taking part in activities way below the stupid level, unwanted sex, pointless violence, vomiting... all for the purpose of appeasing peer pressure and fitting in? And unfortunately the life-changing effects can last a lot longer than the next hangover.

**Includes Teaching Resource Guide*
#10673/1420 18 minutes 2002
\$119.95 Grades 7 to 12



New! THIS IS

YOUR BRAIN ON ALCOHOL 2.0

Now updated to include Social Media!
WINNER! Intermedia GOLD GLOBE AWARD
 Charismatic high school students present to middle school students some groundbreaking information about the effects of alcohol on developing brains. New studies show that the brain is a complex organ that builds its basic capacities and potential for the future during adolescent years. Alcohol use during this time has a major impact because it disrupts the

growing brain's plasticity (encoding and programming progress), which in turn impairs its response to stimuli essential to learning and memory. There is now evidence that the brain continues to develop until the age of 24, three years past the "legal" drinking age. The message to middle school students in this peer education video is clear: Alcohol use is not healthy and not cool; most kids do not use it; and those who do risk irreversible damage to their developing brains.

**Includes Presenter's Resource Guidebook*
#8111/0505 17 minutes 2004
\$99.95 Grades 5 to 9

New! BINGE DRINKING BLOWOUT 2.0 The Extreme Dangers of Alcohol Abuse

Now updated to include social media, this very popular title is aimed at young adults ...

Aimed at young adults and teenagers who seem to have adopted 'overloading' the system with alcohol as a rite of passage in many party situations, this video clearly demonstrates how very X-TREME the conse-

quences can actually be. Although some participants may wish to tempt fate and cannot be reached by the facts, many others naively get caught up in the behavior due to lack of knowledge and really have no idea how dangerous their actions actually are. This program lays out those facts clearly and truthfully from emergency room medical staff, parents and friends of dead victims, as well as specialists in alcohol poisoning.

**Includes Discussion Guide*

#9538/0505 28 minutes \$99.95

TEENAGE DRINKING: Facts and Fiction

Alcohol is one the most popular and most widely used recreational drugs. But how does binge drinking really affect individuals physically, socially and psychologically? What are the short and long term effects? What are the direct and indirect consequences? Exploring the issue through the eyes of our youth, this program takes an in depth look at this major health issue and investigates the concept of binge drinking and what can happen when it gets out of hand. We discuss; the effects of alcohol, reasons for binge drinking, addiction, consequences, associated risks with binge drinking and responsible behavior.

#14591/0545 23 minutes 2009 \$99.95

BINGE DRINKING

A growing issue among adolescents is binge drinking. What is binge drinking, who is likely to be involved in binge drinking and what are the effects and consequences of this behavior are all questions answered in this program. Geoff Munro, the Director of the Australian Drug Foundation's Community Alcohol Action Network describes the effects of alcohol in the body and the consequences of alcohol addiction. Also included are views from young people about their attitudes towards binge drinking, some warning signs for detecting alcohol addiction in friends and strategies for reducing alcohol consumption and drinking responsibly.

#12543/0545 23 minutes 2004

\$129.95 Grades 8 to A

CLUB DRUGS / ECSTASY

New! PARTY DRUGS (Real Life Teens)

Graduation from middle school to high school is a critical point for most teens and where the risk of alcohol and drug abuse rises dramatically. Older teens are far more likely to encounter alcohol and drugs at parties even when parents are supervising. Raves, night-clubs, bars, dances are places young people go for fun and good times. But today's "fun places" often carry an added dimension of danger. This video explains: What is Ecstasy? What are club drugs? Why are prescription pills just as dangerous as illegal drugs? Where are teen abusers of prescription drugs sharing "recipes" for getting high? Do some teens self-medicate undiagnosed depression or anxiety with prescription drugs?

#14572/2003 18 minutes 2011 \$89.95

PSYCHOACTIVE: Club Drugs and Inhalants

From the producers of UPPERS DOWNERS ALL AROUNDERS, this video presents a comprehensive examination of current psychedelics and other drugs (e.g. ecstasy, LSD, GHB) and inhalants (e.g. nitrous oxide, volatile solvents) that continue to increase in popularity at "rave" clubs, private parties, as well as among individual users. Adopting the factual and non-judgmental perspective and designed to meet prevention, education, and treatment needs, the video, focuses on reasons for use, the physiological and psychological effects on mood and memory, continued health consequences, the unpredictability of responses to psychedelics, and treatment options. Presented in two parts: CLUB DRUGS - 36 minutes and INHALANTS - 17 minutes.

#7409/0410 53 minutes 2002 \$195



WHAT'S WRONG WITH ECSTASY AND OTHER CLUB DRUGS

This video counters the myth that Ecstasy is a "harmless love drug" and also presents Ketamine, LSD, and GHB as the dangerous substances that they are.

The message is clear - Ecstasy is lethal, and club drugs can ruin teen lives. Juxtaposes clips from undercover surveillance footage taken at an actual "rave" with interviews with drug-free high school students. These drug-free students attest to the social fact that the healthy majority of teens don't use club drugs. For those who do, the potential consequences of usage are profound. In one moving interview, an 18-year old student who suffered permanent brain damage snorting Ketamine gives us a powerful picture of how risky these drugs can be. Experts graphically describe the grim physical effect of club drug usage as seen by emergency room professionals, coroners, and drug enforcement personnel.

** Includes Presenter's Resource Guide*

#9130/0505 25 minutes 2003 \$89.95

DANGER TOXIC CHEMICALS: An Inhalants Prevention Video

This program really grabs the attention of students as their peers and adults share stories, facts, and advice regarding the real story about inhalants. The ultimate in reality TV! With this video you will: provide information on the pharmacology of inhalant use; focus on short-term consequences as well as the long-term effects of use; and, show many ways students can avoid inhalants. Provide a strong message that even though attraction to inhalants exists, the dangers are great.

#2529/0795 15 minutes 2001

\$149.95 *CC Grades 5 to 8

SOOPER PUPPY: Drink, Drank, Drunk

**WINNER! National Film Festival, Columbus Film Festival, Birmingham International Educational Film Festival*

While searching for his favorite bone, Baxter falls under the influence of a couple of neighborhood "characters" who pressure him into attending a party where "spiked" punch is served. The next day Baxter feels awful! He turns to his wise old Grandpaw for enlightenment on the dangers of alcohol use. Part of the Sooper Puppy series, featuring Baxter, a charming little dog that children find lovable and laughable. Baxter looks at the world the same way a young child does, with wonder, enthusiasm, some apprehension - and just a little mischievousness. He's the trusted friend your students or your children need to introduce them to some of life's dangers without getting them upset or afraid. Throughout his award-winning adventures, Baxter and his friends and family share important life lessons that are easy for children to understand and remember.

#13765/1733 16 minutes 2003

\$59.95 Grades K to 3

ECSTASY AND CLUB DRUGS with Dr. David 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. David 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 Ecstasy has on the user. Also discusses the differences between Ecstasy and other club drugs gaining popularity such as GHB, Ketamine and Rohypnol, which became famous as the "date rape drug".

#13582/2180 44 minutes 2009 \$249.95

NOTHING TO RAVE ABOUT: A Club Drugs Prevention Video

Increasing numbers of young adults consider club drugs a harmless enhancement to a night of dancing, club hopping, or concert going. In this video, young people describe how they learned the hard way that there is no such thing as a safe or recreational drug. For them, MDMA (ecstasy), GHB, Rohypnol, Ketamine, Methamphetamine, and LSD brought trips to the emergency room or to jail; brought depression, loneliness, rape, and, in the case of one high school senior, death. Discussion Points: Why is it impossible to know what you're really taking when you ingest one of these drugs? Why do people feel the need to take other drugs with Ecstasy or after Ecstasy use? What are some of the short-term and long-term effects of club drugs?

#3263/0795 15 minutes 2001 \$149.95 *CC

PARTY DRUGS: From "Cool" to Dead "Cold"

Ecstasy, PCP, Rohypnol, GHB, Ketamine, Psilocybin, LSD ... The club scene can appear to be a very "cool" lifestyle to young people, but it truly does have a less glamorous, sometimes even deadly, side. Various club drugs are covered in this program to expose youth and young adults to reality and facts concerning their harmful effects. Prevention and addiction expert Stephanie Kreiling guides viewers through the world of club drugs by explaining how these drugs invade the club lifestyle and work their way into the lives of unaware victims.

#7764/1405 26 minutes 2004
\$109.95 Grades 7 to 12

CLUB DRUGS: When the Party is Over

As these so-called 'recreational' drugs become more and more readily available it is increasingly important to replace myth with reality through facts, information, and some up-front portraits of users. This video examines the dangerous effects of club drugs, focusing on Ecstasy, GHB, Rohypnol, ketamine, LSD, and methamphetamines.

***Includes Facilitator Guide**
#11214/0795 20 minutes 2003
\$149 *CC

PREVENTING THE AGONY OF ECSTASY

Ecstasy is very popular and very dangerous. Three experts contribute in-depth analysis that teenage viewers will understand and relate to: Dr. Glen Hanson, Director of National Institute on Drug Abuse (NIDA); Officer Scott Baker, 7 years NYPD; and, Dr. Judith Waters, one of the world's most famous addictions counselors. There are also "straight, on the street" interviews with young adults and ex-users geared towards ecstasy prevention. Features actual rave footage.

***Includes CD with PowerPoint presentation and student test**
#10069/1405 22 minutes 2003 \$89.95

HEROIN / METHAMPHETAMINES

DEATH BY JIB

"Death by jib is like an emotional punch to the gut. This will launch discussions in the classroom!" Dan Ramsden-School Counsellor
"The music, the images, the message is unforgettable!" Britney T. Grade 8 Student
"After watching Death by Jib I wanted to immediately take the video home to show my teenagers. There is something in this video for everyone"

Maureen Hamblin-Parent

"This is the best video on Crystal Meth I have seen!" Crystal meth is a highly addictive and dangerous drug that is devastating to individuals, families and communities. Discouraging youth from ever trying the drug is the ultimate hope of prevention efforts. This brilliant program from award-winning director Michael Neitzel, speaks directly to the hearts and minds of viewers to convey a powerful and emotional message warning teenagers and young adults about the harsh realities of Crystal Meth. This graphic video pulls no punches as teen addicts describe the horror of addiction to Jib. The important message regarding sexual exploitation of youth on Crystal Meth is handled in a straightforward and honest manner. Content is appropriate for grades 7 and up.

#9084/1735 19 minutes 2005 \$129.95

COLD AS ICE: Crystal Meth in the Community

This program provides a comprehensive snapshot of crystal meth - a description of the drug and ways it is ingested; the impact of crystal meth on mental health; treatment issues, and potential permanent impact on the brain; increasing use of the drug in the gay culture; the very real danger from meth labs to the neighborhoods where they are located, to first responders, and to the environment in general; fraud and identity theft perpetrated by meth users; and, loss of life and other costs resulting from stolen cars driven by meth addicts and involved in deadly motor vehicle accidents.

#10101/1735 32 minutes 2006 \$129.95

WRATH OF THE DRAGON

Awarded "Best Documentary" and "People's Choice for Best Film".

Produced specifically for use in schools because of recent revelations about the growing use of heroin at the high school level, this documentary is about teenagers and drug addiction, and the devastating

result heroin has on their lives. The "in-your-face" approach, the street language and shocking scenes of death in the streets as well as the total absence of "the voice of authority" leave the message simple and straight forward: "If you are doing heroin, you are going to die!"

#9155/1730 12 minutes 1999
\$99.95

WHERE ANGELS WEEP: Teenagers and Heroin

**Winner of the GOLDEN SHEAF AWARD Yorkton Festival and the Chicago FIRST CURATOR'S CHOICE.*

A truthful and thought-provoking message. A "must-see". "...chilling... a sort of Dante's Inferno for the MuchMusic (MTV) generation..." Scott Simpson, Vancouver Sun

This graphic film pulls no punches as it follows the downward spiral of teen heroin abuse and addiction on a trip from the suburbs to the misery and horror of life on the streets in the big city. It's shocking, disturbing and pretty disgusting, and VERY effective because it shows people who really HAVE been there. Exposes the myth that you can't get addicted to heroin unless you inject it. A powerful prevention tool to warn high school students away from experimenting with this deadly drug.

#7769/1730 48 minutes 2000 \$149.95

Brand New! DRUG CLASS III

DRUG CLASS I and II are among the most popular documentary series on this special topic. Now in this new series - DRUG CLASS III follows the students as they struggle with varying levels of drug and alcohol consumption. Their stories are interwoven with Rand Teed's drug classes, their counseling sessions with him, their everyday lives and personal diary cams. While some clean up their act using his method and guidance not everyone is so lucky.

***Detailed descriptions of each program are available upon request.**

#14608/0768 Thirteen 50-minute programs 2011 \$59.95 each or Series \$729.95



THE TRUTH ABOUT METHAMPHETAMINES

This documentary-style program opens with several teens' comments about methamphetamine, including how cheap and easy it is to obtain, how little they knew about its harmful effects, and how their addiction has resulted in their criminal behavior. Tony and Candice explain how they were immediately obsessed with meth after just first trying it and Katie describes using it to try to lose weight. Two experts talk about how meth can cause damage to organs such as the heart, kidneys, and brain and that it can cause psychosis and violent behavior. Adolescents will learn how to think about the consequences of methamphetamine use and how to practice assertiveness skills to resist peer pressure.

#11443/0433 27 minutes Grades 7 to 12
\$129.95 *Includes Guide

YOUTH AND ADDICTION: Specialty Topics

THE PARTY'S OVER: Sex, Alcohol, and Pregnancy

This dramatic portrayal of three teenage couples dealing with a variety of contemporary sexual health and relationship issues is presented in the context of a party. The couples and their peers reveal their experiences and feelings about committed relationships, sexual involvement, sexually transmitted infections (STIs) and pregnancy. The role of alcohol in unplanned sexual activity is a key focus, as are male responsibilities and safer sex. Demonstrates the realities of unplanned sexual activity and the value of peer support for healthy decisions. Other subjects introduced include: Virginity; Laws about sex and child support; Effects of alcohol on judgment and sexual behavior; Communication; Teen pregnancy and parenthood; Unplanned pregnancy; Contraception; Infidelity; and, Abortion.

#10312/2003 20 minutes 2006 \$99.95

RAPE UNDER THE INFLUENCE: Sexual Assault on Campus

For most students, date rape is a confusing issue. This "survivor" documentary discusses the realities of an actual date rape where alcohol and drugs were involved. Viewers will see a young victim's devastation after a violent gang rape, hear from a police detective committed to pursuing serial acquaintance rapists, and share in a discussion as college students talk about sexual assault on campus. Upperclassmen teach incoming freshmen how to use date rape prevention strategies, such as recognizing the crime's danger signals. An excellent rape prevention tool for police, campus security, orientation and counseling services.

**The DVD includes downloadable PDF Guide*

#7726/0505 30 minutes 2001 \$99.95

DRINK SPIKING: Awareness and Avoidance

Drink spiking has become an increasingly disturbing health issue. The immediate effects of these incidents range from mild sickness to temporary loss of consciousness but their hidden effects can linger for a long time. This informative and practical program explains what drink spiking is and how to recognize and avoid situations that may increase susceptibility to drink spiking. Explores the prevalence and nature of drink spiking, situations where it is likely to occur, the people who do it (including friends!) and how victims are chosen. Using expert opinion, narration and dramatized scenarios, the program delivers balanced information about the substances commonly used in drink spiking, potential health consequences to the victim and strategies to minimize the risks of it occurring. An empowering program about health in a young person's world.

#13210/0545 29 minutes 2008 \$129.95

ALCOHOL: True Stories with Matt Damon

"ALCOHOL: TRUE STORIES is among the very best videos on the issue. It doesn't preach - it underscores the value of connections and communication with friends and family. A valuable tool for communities nationally." Bobby Heard, National Director of Programs, Mothers Against Drunk Driving

Young people tell their powerful stories about drinking and driving, drug addiction, and avoiding alcohol use.

#14596/0680 20 minutes Grades 5 to 12 \$99.95 *Discussion Guide on the DVD

GAMBLING: It's a Losing Bet

Compulsive gambling affects more than one million young people between the ages of 12 and 18. School problems, suicide, violence, broken families, and financial ruin are among the outcomes of this growing problem spotlighted in this realistic, compelling series. Each of the programs in this series uses a different setting and situation to deliver the message that compulsive gambling is a problem that can, and must, be addressed.

SAFE BET: Recognizing the Problem

Mike, a high school student, faces the fact that he has a serious gambling problem after a "visit" from his uncle who committed suicide because of his heavy gambling debts. The influence of a family history of gambling is explored in this program. 13 minutes

DONE DEAL: Choosing Not to Gamble

Viewers see Mike, after he has dropped out of college as the result of his participation in on-campus gambling. As he struggles to avoid becoming involved in betting again, his resolve is strengthened by his external support network. 15 minutes

PLAY TO WIN: The Deadly Consequences of Gambling

The potential for gambling-related violence is the central focus of this program, as Keenan, a young man, is threatened with a gun when he loses at a dice game and doesn't have enough money to pay the winner. His teacher, whose grandson recently committed suicide because of gambling debts, helps Keenan understand that playing to win in life is more important than playing to win at gambling. 21 minutes

#9326/0235 Three programs 2005 \$79.95 each or Series \$199.95

NO KINDA LIFE

This is a stark and biting documentary filmed entirely behind bars at a Penitentiary featuring prisoners "telling it like it is" about the realities of losing their freedom at an early age for drug related crimes. In dramatic settings, they relate their individual stories, telling how and why they were locked away, describing drab daily prison routine and inmate struggle, and in so doing impart a strong sense of personal loss and regret. Ultimately this "living testimony" concludes with compelling advice to teenagers not to choose drugs, not to let crack cocaine and other dangerous substances ruin their lives. This program will make your most at-risk students sit up and take notice.

#9325/0505 20 minutes 2004 \$79.95

DRUGS: True Stories

"A brilliantly produced and very hopeful piece. It illustrates very nicely the progression that goes with addiction." Richard Falzone, M.D., Clinical Instructor in Psychiatry, McLean Hospital, Harvard Medical School

Abuse of alcohol and marijuana led Joel to prescription painkillers. Joel and his family describe addiction, denial, and recovery. Trevor finds support to avoid drug use. H. Westley Clark, M.D., SAMHSA, and Howard Shaffer, Ph.D., Harvard Medical School, answer FAQ.

#14597/0680 28 minutes 2007 \$99.95 *Discussion Guide on the DVD

DRUGS: Facts and Fiction

Drug use/abuse is something that is likely to affect most people at some point in their lives. But really just how harmful or harmless is it? Featuring case studies of two young adults who have been affected by drugs, this program seeks to explore what drugs are, legal and illegal drugs, the effect of drugs on a person's health and wellbeing, what to do in a crisis and prevention and treatment strategies.

#14598/0545 23 minutes 2009 \$99.95

PRESCRIPTION DRUG ABUSE: A Prevention DVD

Teens tell the real story about prescription drug abuse in this prevention video. Students will learn important information about the dangers of misusing these drugs (stimulants, opioids, depressants, and anti-depressants) as well as the dangers of abusing over-the-counter drugs (diet pills, cold medications, and steroids). **Includes Teacher's Guide*

#9770/0795 15 minutes 2004 \$224.95

DRUGS ON TRIAL: Prescription Drug Misuse

This prevention program for high school addresses the dangers and consequences associated with prescription drug misuse. Provides the most current information regarding prescription drugs as well as captivating storylines to enhance learning and keep students engaged and interested. Includes the audio CD and a CD-ROM with facilitator's guide, prosecutor's files, reproducible materials, and parent information.

#13754/0795 18 minutes CD & CD-ROM 2010 \$69.95 *Note - this is not a DVD

DRUG ABUSE BEYOND MARIJUANA AND ALCOHOL: Crossing the Thin Line

Today's teens are more likely to abuse prescription and over the counter medications than many other illegal drugs such as marijuana. This is often referred to as "pharming." Abuse of these drugs to get "high" is now an entrenched behavior among teens. Also, steroid use is often encouraged by role models in society. With the use of these many kinds of prescription drugs, teens are damaging their health, experiencing date rape, black outs, becoming unconscious and in some cases, losing their lives. Hear from real teens as they discuss their exposure and knowledge of pharmaceutical drugs and dangerous chemical substances.

#12526/2003 20 minutes 2008 \$89.95

STEROIDS: True Stories with Curt Schilling

"An important resource for every school, community and family. It doesn't preach but offers the truth about these dangerous drugs. Boys and girls will see the adverse effects steroids have on one's physical and mental health."

Parents who view this program will want to talk honestly with their kids about steroids, and intervene when they sense trouble."
Dr. Roberto Olivardia, Clinical Instructor of Psychology, Harvard Medical School
Boston Red Sox pitcher Curt Schilling tells about Craig's anabolic steroid abuse. Craig, his parents

and sister describe their five-year "nightmare". Nate, 18, builds strength naturally. Roberto Olivardia, Ph.D., Harvard Medical School, answers FAQ. 20 minutes. Recommended for grades 6 through college, parents and other caregivers.
#14594/0680 20 minutes 2006 \$99.95
***Discussion Guide available on the DVD**

YOUTH IN RECOVERY

THE HIP HOP GENERATION SERIES

Today many of the clients sitting in your office or in your treatment program are a part of the Hip Hop Generation, a group of young adults that many find hard to understand. In these two videos on Hip Hop Sobriety, Delbert Boone addresses the influencing factors of this often controversial group. In Part One, **THE ROOTS OF THE HIP HOP GENERATION**, primarily a staff training program, Delbert Boone describes the Hip Hop Generation as those born between 1965 and 1984. He explains how those at the end of the Civil Rights and Black Power Generation were essentially the ones who gave birth to the movement that has been defined as the Hip Hop Generation and why those at the beginning of the generation have a vastly different interpretation of hip-hop music and culture than those at the end. Delbert then provides strategies for effectively working with these clients and explains why achieving wealth, by any means necessary, is more important than most anything else to this generation. 40 minutes
In Part Two, **BUILDING A BRIDGE TO THE HIP HOP GENERATION**, a client education program filmed with a group of young adults, Delbert Boone discusses the influencing factors of their generation and how they have relied on clothes and music to define their culture. He addresses their values and morals, rites of passage, social norms and the mixed messages they have received from the media and their peers. He discusses why most of them got their education off

the street and why they felt that school and jobs were not going to do them any good. Boone also addresses interpersonal relationships and why most young people of their generation often isolate and start using drugs and why drug trafficking appeals to them. 44 minutes
#9490/2180 Two programs 84 minutes
2004 \$199.95 each or Series \$299.95

MATRIX MODEL FOR TEENS AND YOUNG ADULTS FAMILY CURRICULUM (Intensive Outpatient Alcohol and Drug Treatment Program)

Family participation in treatment enhances a client's progress, especially in the case of young clients. This package is evidence-based adapted from the best-selling intensive outpatient program for adults. Like the adult program, the teen Matrix Model comes with a family component. The Family Program is available separately so you can implement it with existing treatment or outpatient programs. This 12-week package includes a facilitator's guide, handouts (hard copies and on CD-ROM), and three DVDs: Road Map for Recovery, Triggers and Cravings, and Families in Recovery. The Family Program is divided into two subgroups, one for patients and one for parents/caregivers, providing information in ways that each group responds to best.
#11550/0795 Three DVDs, Guide & Handouts 2007 \$429.95

PREVENTING RELAPSE: Taking the Necessary Steps

It's a long, long road for a teenager or young adult working on being clean and sober for the rest of their lives... and let's face it, many of the challenges to recovery hit hardest early in the process. This video presents some 18-25 year olds who have faced the risk of relapse. Speaking from personal experience, they tell viewers how to spot the danger signs, how to identify the self-destructive thoughts and actions that can derail recovery, and how to deal with them. With tips and tactics for getting through cravings, breaking off risky relationships, and turning down offers of alcohol and other drugs, this video is as practical as it is inspiring. It shows recovering young people that they can make it, and how. ***Includes Viewer's Guide**
#10997/0795 21 minutes 2001 \$149

DONE DRINKING: Getting Straight, Staying Sober

Something powerful happens when kids speak from the heart. And when the topic of discussion is alcoholism - their alcoholism - the unscripted words of teens who've been there tell the real story of this chronic and progressive disease. In this compelling and hopeful program, teen alcoholics in recovery talk about why they started drinking, how alcohol took over their lives, what they did to get sober, and who they've become in recovery. The result is an honest look at what it means, and what it takes, for a teen to be "done drinking". ***Includes Facilitator Guide**
#6156/0795 13 minutes 2002 \$149 *CC

D.W.I. & YOUTH

FOUR MORE DAYS: The Dangers of Drinking and Driving

***RECOMMENDED!**
School Library Journal
Just four more days until high school graduation. Tara and her friends are beginning to feel the nostalgia associated with saying their final goodbyes to teachers and friends. Their exuberance remains high with just two more days to go when something terrible happens. They can't believe it - two friends dead and another charged with negligent homicide for driving under the influence. As curious bystanders look on, their faces are intermingled with images of medical personnel and the police, as the dramatic impact of this tragedy gradually unfolds. This highly realistic portrayal of the dangers of adolescent behavior that connects alcohol to accidents is absolutely guaranteed to make teens think twice about drinking and driving.
#14592/0697 16 minutes 2007 \$169.95



DRINKING AND DRIVING: A Teenager's Nightmare

"Alcohol use is the number one drug problem among young people. More college undergraduates will die from alcohol-related causes than will receive a masters or doctorate degree. During a typical weekend, an average of one teenager dies each hour in a car crash. Nearly fifty percent of those crashes involved alcohol!"

Mothers Against Drunk Driving (MADD)
In this program outstanding high school athlete Eric Johnson's illusions of invincibility are shattered when he reluctantly gives in to peer pressure and tries alcohol at a party. The consequences of drinking and driving are powerfully portrayed when Eric kills an old woman crossing the street. The causes of teen drinking are also explored including family history, buried feelings, and sense of not belonging, and the pressures of growing up. Flashbacks to Eric's childhood show the trauma of growing up with an alcoholic

father. Despite his athletic success, Eric suffers from low self-esteem. After Eric's dreams for the future have turned into a nightmare, he returns to tell his classmates, "A year ago something happened that would change my life forever; it can happen to anyone." This program demonstrates to teens and young adults that they are not invincible, their actions have consequences, and drinking and driving is dangerous.
#13440/0450 30 minutes 2008 \$149.95

DUI - It's Just Not Worth It!

This program graphically illustrates the truth about how alcohol affects the body and the ability to drive. Includes a sobriety test administered by the State of Indiana Toxicology Department that clearly illustrates how drinking, even below the legal limits, can affect reaction times and the operation of a car. Viewers are exposed to first hand accounts from victims, loved ones, and police, of the senseless slaughter of innocents. They also hear directly from offenders how their lives and the lives of their families were changed forever by their conviction for D.U.I.
#5426/0970 30 minutes 2001 \$89
Grades 9 to 12



FOR PARENTS, TEACHERS & COUNSELORS

WHEN YOU LIVE IN AN ALCOHOLIC FAMILY

"RECOMMENDED!" by *Quest International, Booklist, School Library Journal*

This program is one of the very best at demonstrating that, for children of alcoholics, family life is a constant state of anxiety that often approaches the unbearable. Helps teen viewers living in an alcoholic family understand that they are not the cause of their parent's drinking, nor can they control or cure it. Suggests specific steps such young people can take to make things better for themselves, identifies sources of help. Offers sound advice on dealing with their feelings of anger and shame. The disease concept of addiction is explained and a deeper understanding of the term children of alcoholics is provided.

#5175/0433 33 minutes \$119.95

***Includes Guide**

*****See also Page 23 & 30 for kids and parents with addictions**

New! WHERE DO I TURN?**Answers for Parents of Adolescent Drug Users**

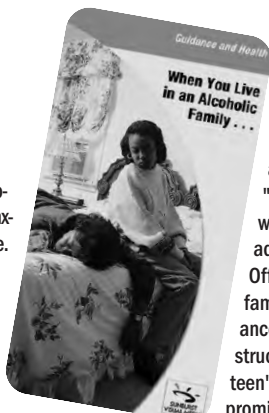
Shock, fear, embarrassment, guilt - these are the emotions that many parents experience after discovering their children have taken drugs. Then comes a painful uncertainty about what to do next. Based on a top ten list of parents' frequently asked questions, this program provides answers from national substance abuse experts, parent advocates, and recovering addicts and drug users. Topics ranging from "Did I Do Something Wrong as Parent?" to "How Do I Find Money to Pay for Treatment?" to legal and law-enforcement issues are covered. Reenactments are used to illustrate some concepts. An excellent tool for family therapy and educational outreach as well as clinical and care facility staff training.

#14604/0635 50 minutes 2008 \$149.96

LETTERS TO A STREET CHILD

Street kids are now a feature of the urban landscape, an underclass that fascinates and repels. This program, made by a woman who spent her early teen years as a street kid, offers her own story as a runaway. But, as the title indicates, the emotional turmoil felt by her parents as they watch their young daughter slip further and further away into the nether world of the street plays a significant part as well. Based on the letters her father wrote to her while she was on the streets at age 13-14, the filmmaker honors the nightmare that her family also survived. She employs the letters as a structure to contrast the parents' fear and pain against the violent reality created by their daughter's drug addiction. Moving between the underworld of the streets and the father's insomnia, we witness the scars of addiction, the isolation of the family, the idyllic memories of a happy childhood and the parents' attempt to save their daughter. Throughout, the program reminds us that the pain of the family left behind is as valid and deep as that of the young addict. Parents aren't ALWAYS the cause of the problem... ***Includes Guide**

#7812/0345 23 minutes \$89.95

**NEXT DOOR: A Documentary about a Teenage Alcoholic and Her Family**

The documentary film NEXT DOOR takes an in-depth look into the intricacies of a "normal" family who failed to see the warning signs of teenage addiction and admit to a family legacy of alcoholism. Offers a realistic look into the life of a real family who believed they had created a balanced life for their children until addiction struck at its core. The film illustrates the teen's descent into substance abuse, sexual promiscuity, rebellion, manipulation and lying, and how her choices affected her

younger siblings who watched in silence. NEXT DOOR investigates the teen's addiction, and her ability to manipulate and control the family's every reaction to her actions. It delves into the web of secrecy, fear and confusion that surrounded the younger siblings as the teen's life spiraled out of control. This program provides something else that I found unique, there is an additional interview, two and a half years later, which reveals what the family and more specifically, the teen, has learned after nearly five years of recovery. Offers a unique insight into how recovery is a very personal choice, and even if no one else participates, you can succeed. Also includes a final interview with the teen and her family after nearly five years of recovery. I would recommend NEXT DOOR to both educators and parents, as it offers valuable insight into the emotions, fears, confusion, shock, anger and denial experienced by those dealing with addiction in their lives.

***Includes Discussion/Activity Guide**

#9342/0600 53 minutes 2003 \$149.95

**THE PARENTING FOR PREVENTION SERIES**

Who's the adult here anyway? If it's sometimes hard to tell, read on! This excellent and comprehensive series teaches six powerful parenting skills to help kids make secure decisions - and be safe from alcohol, drugs, and violence. Every parent and concerned adult can quickly learn simple skills to help toddlers through teens cope with major prevention issues. There are six programs on this DVD:

1. How to stop enabling and start empowering kids
2. How to set limits for kids
3. How to enforce consequences when kids violate limits
4. How to confront kids when they're doing wrong and encourage them when they're doing right
5. How to teach kids to handle anger without violence
6. How to teach kids to resolve conflicts without violence

***The Facilitator's guide on the CD provides thorough background information, class-by-class notes, and reproducible handouts. Booklets provide parents with backup information for each of the programs.**

#12324/0795 Six 15-minute programs \$499.95

THE REAL LIFE PARENTING SKILLS SERIES

This series teaches basic healthy parenting skills that many have never learned due to growing up in dysfunctional households such as addictive. Reassuring parental responsibility once we achieve sobriety presents a dramatic change that our children may not welcome and we may be ill-equipped to handle. The information in this series helps those of us who are parents recovering from substance abuse: Understand what limits are and how to set them jointly with our children; Learn how to establish consequences, and determine when and how to enforce them; Define our own personal limits and be good role models for our children; and, Use family meetings and contracts. Each of the three programs dramatizes new or relearned parenting skills.

BUILDING TRUST, 15 minutes

HANDLING ANGER, 17 minutes

SETTING RULES AND LIMITS, 15 minutes

#13580/0795 Three programs

\$99.95 each or Series \$249.95 *CC

***Also available is a package containing the above as well as 30 copies of 3 Pamphlets and 30 copies of 3 Workbooks #14140**

TRUE LIES PART ONE:**How Music, Movies and the Media Promote Premarital Sex, Drugs and Alcohol**

Through television, music videos, movies, the

internet, and video games, adolescents today are relentlessly exposed to gratuitous sex and violence, alcohol and drug use, and various other forms of morally questionable behavior. Abstinence (from both sex and intoxicating substances), non-violence, generosity, tolerance are subjects that don't sell a lot of products it seems so they also do not get featured by the entertainment industry. This program aimed at both teens and adults (parents and teachers) focuses on the irresponsible manner in which this multi-billion dollar industry has actually promoted dangerous and carefree sexual behavior and encourages alcohol and drug abuse and immorality.

#7698/1405 33 minutes 2002 \$49.95

TRUE LIES PART TWO:**How Music, Movies and the Media Promote Violence and Suicide**

Who is really educating teens today? What are teens learning from movies, music, television, video games, and the Internet? Did you know that in the U.S. over 4000 people under the age of 25 will commit suicide and over 2500 teens will commit murder this year? Today's media is lying to teenagers about sex, violence, drugs, alcohol, and suicide. They tell them that violence is a way to solve your problems, and that suicide is an easy escape. Today's teens need to know that using violence to solve problems will land you in prison, or even worse, dead!

#7699/1405 45 minutes 2002 \$49.95

ADDICTION IN THE FAMILY & CODEPENDENT RELATIONSHIPS

PROMISE ME: Parents with Addictions

Ann is forced to face the grim reality that her parents' addictions (alcoholism and gambling) are slowly destroying her family. Ann is forced to face the truth about her alcoholic mother's denial of reality and her father's gambling problem when he gambles away her college fund. She soon grows deeply depressed. Her brother and best friend sense something is wrong. Will they be able to avert a potential tragedy...?

#13821/0235 28 minutes 2010 \$89.95

SECOND HAND HANGOVER

Three Reel Grrls tell their stories as children of parents with drug and alcohol addictions, and express with touching honesty how their parents' battle with substance abuse affected their lives.

Includes the following films: Dear Stranger by Sami Muilenburg; Breaking the Cycle by Andrea Roldan; Love You, Hate Your Addiction, by Monica Olsson.

#14246 10 minutes \$99.95

**Includes PDF Discussion Guide*

CHILDREN OF SUBSTANCE ABUSERS

Danielle's father is an alcoholic, as are both of Luke's parents. Nicole's mother is recovering from crack cocaine addiction. How have these teenagers dealt with such overwhelming conditions? This video explores the emotional confusion and trauma affecting children of substance abusers, showing how many young people are able to break the cycle of addiction and create a healthy pattern for their own lives. Important steps in that process are featured - most importantly, realizing that your parent's problems come from his or her sickness and are not your fault. Self-worth, acceptance, forgiveness, and the concept of the "parentified" child are all explored.

#10785/0635 2006 \$49.95 *CC

BREAKING THE SILENCE with Dr. Claudia Black

Dysfunctional families... addictions... sexual abuse are often part of a package. Sexually abused children make a "secret" out of these experiences because of intense feelings of fear, guilt, and shame. The "silence" that plagues these victims includes phobias, flashbacks, suicide, eating disorders, etc. This powerful program encourages adult children to realize that disclosure is essential and that there are some procedures that make this painful process a little easier and more likely to meet with success.

**#10257/0110 30 minutes 1992 \$129.95
Grades 9 to Adult**

THE SOUND OF SILENCE

"RECOMMENDED FOR

PURCHASE!" Addiction Research Foundation
In this ground-breaking program, DR. CLAUDIA BLACK first drew the connection between parent substance abuse and the sexual/physical abuse of children. It has become a practical training and treatment tool for adult children treatment programs and people who work in them. It introduces viewers to a world of childhood terror that most adults never experience or understand.

#4696/0110 26 minutes 1986 \$89.95



DRINKING APART: Families Under the Influence

**Recommended by the National Institute on Drug Abuse (NIDA) and by Psychiatric News, the Newspaper of the American Psychiatric Association.*

The Ackerman Institute for the Family helps people with drug and alcohol addictions to save their relationships, their futures, and their very lives. This award-winning program examines and explains the methods used at this highly acclaimed facility. Viewers follow a husband and wife, a

mother and teenage daughter, and a young couple over a three-year period as they fight their way toward recovery. Candidly filmed at Ackerman and other facilities as well as in the subjects' homes, this gripping documentary provides valuable insights into the devastating effects of substance abuse and the methods being used to assist in breaking addictions. "Reality television pales in comparison with the reality offered up by documentarian Ken Rosenberg in this HBO special," says the Los Angeles Times; extensive footage of family counseling sessions is only one of the reasons why.

#9209/0635 71 minutes 2000 \$149.95

COPING WITH AN ALCOHOLIC PARENT: Tips to Improve Family Life

One parent is an alcoholic, and the family's life is in chaos. Alcohol addiction has taken over the life of your parent - and your family. But there are things you can do - while your parent is drinking, and even if he or she stops - to make things easier on your family life, and on your kids. This dramatic program takes you into the lives of real people who have embarked on the long road to recovery from addiction, and it shares the intimate struggles of families dealing with this all too common disease. There are real tips here, solid information on how you can improve your family life until your alcoholic parent gets help. A program about recovery and family dynamics.

**#10683/0145 26 minutes 2006
\$149.95 *CC**

ADDICTION IN THE FAMILY: The Domino Effect

Roll-backs, cut-backs, budget problems, insurance issues - all have impacted the extent of treatment programs. Often to their detriment. DR. CLAUDIA BLACK says: "I believe that any experienced professional who has worked in the chemical dependency field would agree just how important it is for family members to experience recovery. Not only is the family deserving of recovery, but their recovery has a direct impact on the ongoing recovery of the addicted person. With respect to financial and personal limitations, you will find this program an important tool that will allow you, in one or two sessions, to focus on primary treatment issues with family members, individually or in groups." Dr. Black presents three particular areas that greatly impact the family:

- **POWERLESSNESS** recognizing that they are powerless over the disease.
- **UNMANAGEABILITY** that their lives have become unmanageable as a result of the addiction & their co-dependency
- **TOUGH LOVE** to recognize their enabling and to commit to non-enabling behaviors.

#9207/0110 28 minutes 1998 \$189.95

THE ADDICTIVE RELATIONSHIPS SERIES

Almost everyone has habitual relationships... with family, friends, lovers, co-workers. But certain of these relationships go beyond or outside of the healthy realm and begin to take on some of the characteristics often associated with addiction. Elements of compulsion, obsession, denial, codependence take hold. Claudia Black and Terry Gorski host the three programs in this series:

COMPULSIVE RELATIONSHIPS: The Players and The Personalities

Describes two particular role players in an addictive relationship - the Counter dependent and the Codependent - and lists the characteristics of each. 36 minutes, #8201

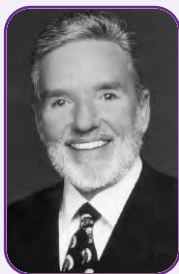
RELATIONSHIP STYLES: Compulsive, Apathetic & Healthy

Examines three types of addictive relationships: Compulsive - both partners crave intensity without sharing any real substance; Apathetic - both partners seek to avoid pain, they want to get along with each other with minimum of involvement, expectations and discomfort; and, Healthy - both partners find mutual respect and happiness in a relationship that does have its ups and downs. 31 minutes #8202

RELATIONSHIP BUILDING: Achieving Intimacy

What constitutes a healthy relationship and what steps are involved in the building of one. 33 minutes #8203

**#10254/0110 Three programs 1990
\$129.95 each or Series \$349.95**



THE JOHN BRADSHAW DVD COLLECTION

BRADSHAW ON CREATING LOVE

John Bradshaw talks about how to create healthy, loving relationships in every part of life:

1. **MYSTIFIED LOVE** - early life experiences & cultural influences "mystify" love.
 2. **SOULFULNESS** - this natural-life affirming state can be crushed by certain child-rearing practices.
 3. **PARENTAL LOVE** - A concrete model for soulful parental love.
 4. **THE POSSIBILITY OF LOVE** - exercises to finish the past and free ourselves to love.
 5. **LOVE OF GOD** - ways to connect with our spirituality.
 6. **SELF LOVE** - exercises for learning to love and accept one's self
 7. **FRIENDSHIPS** - the dynamics of friendship and the importance of community.
 8. **SPOUSAL LOVE** - four stages of childhood that are re-enacted in every love relationship and how to develop true intimacy.
 9. **LOVE IN THE WORKPLACE** - dysfunctional family patterns can be re-created in the work setting - how to build a "soulful" workplace
 10. **LOVING THE EARTH** - a new cosmology in which all life is viewed as equally vital to the Earth's health
- DVD Series #8851/0280 Ten one-hour programs 1990 \$199.95**

BRADSHAW ON HOMECOMING

John Bradshaw assists viewers in finding and championing their wounded inner child.

1. **THE PROBLEM OF THE WOUNDED INNER CHILD** - how a dysfunctional family system creates a wounded inner child.
2. **ORIGINAL PAIN** - the positive results of reconnecting with early emotional pain and the fear of abandonment.
3. **RECLAIMING YOUR INFANT SELF** - how unfulfilled infancy needs can affect adult life.
4. **RECLAIMING YOUR TODDLER SELF** - the ways in which toddler needs are often violated.

5. **RECLAIMING YOUR PRE-SCHOOL SELF** - how the sense of purpose developed at this stage may get misshapen by rigid family systems.
6. **RECLAIMING YOUR SCHOOL-AGE SELF** - moving toward competency, industry, and a conscious identity.
7. **CHAMPIONING: NEW PERMISSIONS** - 10 ways to increase enjoyment of life and instructions on how to "give yourself a new childhood".
8. **CHAMPIONING: PROTECTION AND PRACTICE** - supplying unmet childhood needs by choosing a new "family of choice" and finding a loving "higher power".
9. **THE WONDER CHILD** - the emergence of the "wonder child", the authentic natural self who reclaims and champions the wounded inner child.
10. **THE INNER CHILD AS REGENERATION** - spiritual aspects of the "wonder child" - life purpose, integration and homecoming.

DVD #10940 Ten one-hour programs 1990 \$199.95

BRADSHAW ON THE FAMILY

John Bradshaw focuses on how the dynamics of the family relate to compulsive and addictive behavior.

1. **THE FAMILY IN CRISIS** - an overview of what constitutes a family in crisis.
2. **THE HEALTHY FAMILY** - how a healthy, functional family operates.
3. **THE UNHEALTHY FAMILY** - characteristics of the dysfunctional family.
4. **THE COMPULSIVE FAMILY** - compulsive behavior, the core of all addictions.
5. **THE PERSECUTED** - incest and violence within the family.
6. **THE "BAD" CHILD** - shame and guilt, moral and emotional abuse.
7. **THE MOST COMMON FAMILY ILLNESS** - codependency, the most common untreated addiction.
8. **HELP FOR THE FAMILY** - dealing with resentments, getting to forgiveness.
9. **HEALTH FOR THE FAMILY** - stopping the denial of problems, making interventions within the family.
10. **HOPE FOR THE FAMILY** - healing ourselves, healing the world.

DVD #4447 Ten one-hour programs 1990 \$199.95

ADULT CHILDREN OF DYSFUNCTIONAL FAMILIES

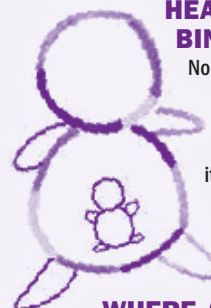
In these lectures, John Bradshaw addresses the problem of compulsive behavior patterns exhibited by adults raised in dysfunctional families. He outlines a three-phase process of recovery, uncovering and discovery.

DVD #8850 Two 60-minute programs on one DVD \$69.95

HEALING THE SHAME THAT BINDS YOU

No emotion brings greater unhappiness than toxic shame. In this program, John Bradshaw explains what this debilitating phenomenon is, where it comes from and outlines various stages of recovery from toxic shame.

DVD #4389 60 minutes \$69.95



WHERE ARE YOU FATHER?

The absence of physical or emotional fathering during childhood affects each person differently. John Bradshaw offers an index to measure this loss, along with a positive focus on what can be done to heal the wounds of father loss.

DVD #8887 90 minutes \$59.95

IT'S NOT MY PROBLEM!

John Bradshaw

Families of alcohol and drug abusers experience problems related to the substance abuse in the family. Many feel responsible for their relative's behaviour and respond by assuming the role of "family caretaker". John Bradshaw, co-founder of The Centre for Recovering Families, advises that this behaviour is unhealthy. Until family members recognize their own needs and accept responsibility for their feelings they will continue to be "co-dependent" with the substance abuser.

DVD #9206 32 minutes \$149.95



SLICK AND SAUL SPEAK ON COUPLES RECOVERY

There are two programs in this series: SEEING THE DAMAGE helps people understand how addiction negatively impacts couples' relationships; and, HEALING THE DAMAGE provides strategies to heal those relationships. Both programs include interviews with spouses and significant others interspersed with Saul and the puppet Slick who provides humorous, bad advice designed to create conflict in the relationship. A unique program designed to be clinical, fun and easy to use. Both programs are on one DVD with Free Downloadable Worksheets.

#11677/1905 60 minutes 2007 \$199.95

RECOVERY: A Family Affair

The focus of this video is family issues related to addiction, recovery and returning to the community after treatment. Rosetta Oliver takes the audience through several stages of recovery. Discussions are focused on the behaviors and expectations of the alcoholic or addict and their family prior to and after release from treatment and/or incarceration. She clarifies the terms relapse and recovery, identifies stressors that often frustrate families when an active addict settles down to abstinence, building support systems, positive relationships and healthy boundaries.

#9208/2180 30 minutes 2000 \$249.95



SURVIVING THE ABSENT FATHER with Guy Wheeler

Treatment therapist Guy Wheeler addresses the issues of growing up in a fatherless home. During this fast paced two-part video, Wheeler makes it a point to recognize that even when a father is in

the home, he can still be emotionally and physically absent. Keywords to this program are family issues, anger management, criminal justice and addiction recovery.

#9192/2180 69 minutes 2003 \$299.95

CHILDREN OF DENIAL: Growing Up With Addiction

When the original CHILDREN OF DENIAL first appeared it was recognized as a profound groundbreaker in the understanding of the effects on children of growing up in a family where one or more members is suffering from an addiction. So much has happened since to increase that understanding and yet Claudia Black's special relationship to the subject matter remains unequalled. In this revised edition, Dr. Black maintains the heart and soul of the original work and impacts the viewer on the three basic rules of a troubled family system - Don't Talk - Don't Trust - Don't Feel. Using children's drawings and stories Claudia explains how these rules start as defenses for the child. However, viewers then learn that the same rules often become significant barriers to developing a healthy, emotional intelligence, to speaking honestly, and to learning to trust themselves and others. Children of Denial provides information and validation for children and adults who have been impacted by addiction in the family. Because of the emotional effects on the viewer, this presentation has proven to be immensely effective in breaking the denial of the addicted person. This video is effectively utilized with individuals, families and groups.

#6879/0110 28 minutes 2002 \$129.95

FAMILY ISSUES FOR THE CHEMICALLY DEPENDENT

Early recovery can be a difficult transition period - for the person in recovery as well as family members. We need to learn to balance the demands of recovery with the demands of family life. Through dramatizations of three different family scenarios, this video vividly depicts the family issues we commonly face when we begin to recover. We learn how we can gain trust from family members, initiate honest and open communication, relearn family roles, set new and healthy boundaries, develop new coping techniques, and learn to forgive so that we may begin living a new life. Above all, this video emphasizes the importance of love, communication, and trust in keeping the family healthy.

#3870/0795 35 minutes \$149.95

FRANK OCHBERG ON PTSD

Dr. Ochberg is widely recognized as an expert on PTSD. This series makes the results of his years of study available to professionals everywhere. In the first program - PTSD - Dr. Ochberg explains what the disorder consists of, why and when it happens, and how client fear, confusion and stigma can be overcome. Intervention and therapy techniques are covered. 58 minutes. In PTSD IN CHILDREN, he explains the circumstances, symptoms, and therapy techniques for PTSD as it appears in children. Very informative for therapists, counselors and educators. 40 minutes. The third program - THE COUNTING METHOD - Dr. Ochberg explains this powerful and effective tool for mastering flashbacks and intrusive recollections that plague PTSD sufferers. 25 minutes

#5750/0755 Three programs on one DVD 2003 \$159.95



FAMILY STRATEGIES TOOL BOX with Claudia Black

Those who work in the addictions field know the importance of having their "tools" in one easily identifiable location. The Family Strategies Toolbox combines three related tools:

1. FAMILY STRATEGIES: Practical Tools for Professionals Treating Families Impacted by Addiction - A 244-page Workbook
2. ADDICTION IN THE FAMILY - DVD - You will find this video an important tool that will allow you, in one or two sessions, to focus on primary treatment issues with family members, individually or in groups.
3. LETTING GO Imageries audio CD - used in assisting one to relax, to become more centered, to let go of hurtful processes and pain, to focus on a specific issue, and/or to develop insight.

***All in a specially designed box.

#10265/0110 2006 \$219.95

SECRETS TO SUCCESSFUL RELATIONSHIPS SERIES

In these programs, Earnie Larsen tells how to find strength through relationships and explains the difference between a functional and dysfunctional relationship and why our ability to build the former is so important to overcome any kind of addictive behavior. ANATOMY OF A RELATIONSHIP, 54 minutes
REAL STUFF TAKES RIGHT STUFF: GOOD FAITH, 48 minutes

COMMUNICATION TECHNIQUES, 45 minutes

NO LIMIT RELATIONSHIPS, 42 minutes

This series is delivered on two DVDs and are not available for purchase individually.

#9515/1295 Four programs Series \$349.95

STAGES OF FAMILY RECOVERY

For families, the pain of living with a loved one's addiction can lead to shame, secrecy, and isolation. This program is an encouraging, empowering video that 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 from Stephanie Brown, Ph.D., help families progress through stages of recovery. Covers six key clinical areas: individual/conjoint therapy, early recovery, relapse prevention, family education, social support, and urine testing.

#9568/0795 36 minutes 2005

*Includes Guide \$225

REFLECTIONS FROM THE HEART OF A CHILD

This exceptional program combines excellent performances with highest production values. The powerful message and gripping realism make this a resource whose value will be measured in the number of lives it will touch and change. Takes the classic story of a family in the grip of addiction and the resulting family violence to new emotional heights and draws viewers into a world when childhood is altered irrevocably. As witnesses to three young lives ravaged by a father's alcoholism and a mother's inability to cope, the true impact of chemical dependency hits home.

#10557/0795 29 minutes \$339.95

UNDERSTANDING ADDICTION AND EMOTIONAL CHILD ABUSE

"Directed by psychologist Oliver Tuthill, two interviewees discuss their parents' heavy drinking and the subsequent physical abuse they faced, while one describes how easily she slipped into drugs because of her parents' marijuana-induced obliviousness. The video is a good conversation-starter for training." Youth Today

Psychologist Oliver Tuthill takes viewers into the often misunderstood world of drug and alcohol addiction and explores the link between addictions and how one was treated as a child. Three recovering addicts share their stories while researchers and clinicians offer insights into this often ignored hypothesis. This is an excellent video to use for training with therapists and to share in support groups. It is a great discussion starter.

#10727/0145 24 minutes 2002 \$149.95



TWEE, FIDDLE AND HUFF

This delightful and very informative animated cartoon explains to young children, perhaps especially those from "addicted" households, the nature of addiction, and how it affects adults (i.e. parents). Children are reassured that the behavior of their parents is not anything that they should blame on themselves. Kids are told that if they find the burden of dealing with this behavior too great, there are other adults who are ready, willing and able to help them.

* Includes Facilitator's Guide

#8165/1823 12 minutes \$149.95

Grades K to 3

WHAT DO I SAY TO MY KIDS? With Claudia Black

One of the greatest sources of pain to newly 'clean and sober' parents is what impact addiction has had on their children. In this warm and highly instructional video, Claudia Black offers mothers and fathers a language in which to talk with their kids of any age about drugs and alcohol. Claudia addresses the value of talking openly about addiction as a disease, multiple addictive disorders, and recovery practices. Recognizing that "walking the walk" is vital to parents, Claudia presents strategies for reconnecting with even the very skeptical, non-trusting child as well as an adult child. For parents with children still at home, she identifies protective factors that lessen the risk factors and she offers hope and direction. Throughout this presentation are five young people, ages seven to twenty-two, expressing common thoughts and attitudes relating to being in an addictive family system.

#9956/0110 26 minutes 2005 \$169.95



DUAL DIAGNOSIS & CO-OCCURRING DISORDERS

ADOLESCENTS AND CO-OCCURRING DISORDERS

Mental health issues combined with addiction - also known as co-occurring disorders - are devastating, especially for youths. But recovery is definitely possible. In this program, teens in recovery from co-occurring disorders share their true experiences: the bad interactions, the cravings for self-medication, the dangers of relapse. But 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 by therapist Janice Gabe, noted for her work with adolescence.

The facilitator's guide features supporting information and includes reproducible client material.

#10029/0795 24 minutes 2003

\$225 *CC

ADULTS AND CO-OCCURRING DISORDERS

Through testimonials and interviews of treatment experts, this important video identifies emotional and psychological disorders that commonly accompany addiction. Ideal for use in a group setting. Clients will gain insight into keeping their recovery on track while dealing with a dual disorder.

**Includes Facilitator's Guide*

#10215/0795 20 minutes 2003 \$225

CO-OCCURRING DISORDERS: Mental Health and Drugs

Designed primarily for clients who have a dual diagnosis and secondarily for those involved in the treatment of these disorders who need a deeper understanding of this common phenomenon. By first examining the mental illnesses that are part of a dual diagnosis (e.g., schizophrenia, bipolar, depression) and then showing how psychoactive drug use can aggravate or induce these illnesses, the video helps explain the relationship between the two conditions. Related issues such as the difficulty of giving an accurate diagnosis, self-medication with street drugs, the use of psychiatric medications to control the illnesses, and the problems of relapse are discussed. Interactions from a dual diagnosis group as well as from many clients with co-occurring disorders emphasize not only the difficulties of treating co-occurring disorders but also show how clients can function in society and gain hope through effective treatment.

#9036/0410 36 minutes 2005 \$195

THE CO-OCCURRING DISORDERS PROGRAM

The Co-occurring Disorders Program (CDP) was developed and authored by nationwide leaders in the research and treatment of co-occurring disorders. The authors are faculty members from Dartmouth Psychiatric Research Center, Department of Psychiatry, Community and Family Medicine Department, and Dartmouth Medical School. The Dartmouth Psychiatric Research Center developed and tested the Integrated Dual Disorder Treatment (IDDT) model, an established evidence-based practice designed for people with severe mental health disorders. The Co-occurring Disorders Program (CDP) draws upon the numerous randomized controlled trials using the IDDT model and adapts them for patients with non-severe mental health disorders.

This package consists of five 3-ring binders, The Clinical Administrator's Guidebook with CD, and the DVD:

Curriculum One: Screening and Assessment

Curriculum Two: Integrating Combined Therapies

Curriculum Three: Cognitive-Behavioral Therapy

Curriculum Four: Medication Management

Curriculum Five: Family Program

The Co occurring Disorders Program Clinical Administrators Guidebook with CD and the DVD - A GUIDE FOR LIVING WITH CO-OCCURRING DISORDERS (also available separately)

**Detailed descriptions of all of the above are available*

#5150/0795 Full Package 2008 \$1,395

COGNITIVE-BEHAVIORAL THERAPY FOR PTSD (3-Ring Binder and CD-ROM)

One out of three patients in addiction treatment has post-traumatic stress disorder (PTSD). Now more than ever, treatment professionals require reliable and effective resources to address the needs of patients with substance use and post-traumatic stress disorders. Based on research funded by the National Institutes of Health, Cognitive-Behavioral Therapy for PTSD is an easy-to-implement, evidence-based program for the integrated treatment of co-occurring substance use and post-traumatic stress disorders. The curriculum - a brief six-module intervention with three optional modules - combines Mindful Relaxation, Flexible Thinking, and Patient Education to provide a safe, effective, and well-tolerated approach for patients healing from the impact of trauma in their lives. The clinician's guide outlines the research and development of the intervention step-by-step instructions for each module solutions

to common problems that arise when professionals use CBT to treat patients Cognitive-Behavioral Therapy for PTSD - combined with the video A Guide for Living with PTSD: Perspectives for Professionals and Their Clients - offers a complete package for patients in recovery from PTSD and addiction. It is published under the Dartmouth PRC - Hazelden imprint, a unique collaboration between the Dartmouth Psychiatric Research Center and the Hazelden Foundation that provides evidence-based resources for behavioral health.

#13633/0795 CD-ROM 2010 \$189.95



DEPRESSION STRATEGIES TOOL BOX with Claudia Black

Dr. Claudia Black explains clearly to viewers why depression is a serious, life-threatening, chronic illness and how

depression combined with addiction is especially debilitating. Without treating depression in an addicted person, the depression becomes a major contributor to a lack of recovery, relapse and possibly suicide. Both depression and addiction are treatable illnesses. Covers the causes of depression, recovery, use of anti-depressants and therapy / recovery practices. Designed for use with patients and clients individually or in groups. This package includes the Depression Strategies Book (247 pages), the Imageries CD, and the video DOUBLE JEOPARDY: Addiction and Depression.

#1089/0110 28 minutes 2003 \$219.95 (DVD only #4483 \$169)

DEPRESSION AND SUBSTANCE ABUSE

Describes the dynamic of how alcohol and drugs affect a person with depression. Issues are explored such as genetics, psycho-social dynamics, coping behaviors and brain mechanics. Treatments such as psychological therapy, 12-step programs and anti-depressant drugs are also presented.

**Includes Teaching Resource Guide*

#9239/1420 19 minutes 2004 \$119.95

NUMBING THE PAIN: Substance Abuse and Psychological Trauma

Based on the clinical training series TRAUMA AND SUBSTANCE ABUSE (see #2360) and intended for patient education, this video explores the function of substance abuse in trauma survivors' lives, and describes the challenges and benefits of therapy.

#9578/0290 30 minutes 1998 \$49.95

New!

THIS EMOTIONAL LIFE

This three-part series explores ways to improve social relationships, learn to cope with depression and anxiety and become more positive, resilient individuals. Each program weaves the compelling personal stories of ordinary people and the latest scientific research, along with revealing comments from celebrities such as Chevy Chase, Larry David, Alanis Morissette, Robert Kennedy Jr. and Richard Gere. Professor Gilbert, whose research examines why people so often mispredict what will make them happy, says, "Science has revealed three important facts about happiness: You can't be happy alone; you can't be happy all the time; you can be happier than you are. Our three shows examine each of these three facts." **FAMILY, FRIENDS AND LOVERS**
FACING OUR FEARS
RETHINKING HAPPINESS
#13304/1725 360 minutes on 3 discs
2009 \$129.95

DOUBLE TROUBLE IN RECOVERY

Since 1989, clients with severe co-occurring addiction and mental health disorders have found experience, strength, and hope through the Twelve Step group Double Trouble in Recovery (DTR). This new program helps you be an advocate for clients who wish to start and run a DTR self-help group. The components help you support the initiative and well-being of your clients. The entire collection includes:

STARTING AND RUNNING A DOUBLE TROUBLE IN RECOVERY GROUP

A fresh, informative DVD that takes professionals and peer leaders, step-by-step, through the process of starting and running a DTR group.

HOW TO START A 'DOUBLE TROUBLE IN RECOVERY' GROUP

This new manualized resource is composed of a manual that helps professionals guide clients in starting a DTR group, and a CD-ROM featuring two printable posters and reproducible handouts for starting and running a DTR group. Topics and worksheets include suggestions for starting a meeting, the role of sponsorship, sample meeting notices, and readings for meetings.

DOUBLE TROUBLE IN RECOVERY: BASIC GUIDE

This is the equivalent to the Big Book for those dealing with severe mental illness and addiction. Priced economically for care-free distribution to group members.

#13292/0795 DVD, CD-ROM & Guide
2010 \$229.95

DRUG ABUSE AND BIPOLAR DISORDER

This video describes exactly what bipolar disorder is. The dynamic of how alcohol and drugs affect a person with bipolar disorder is examined. Issues such as: genetics, depression, mania and brain mechanics are explored. Treatments such as psychological therapy and anti-depressant drugs are also presented.

#9241/1420 19 minutes 2003

***Includes Guide \$119.95**

PTSD AND SUBSTANCE ABUSE

Persons with PTSD are more than twice as likely to abuse substances as are those in the general population. This program explains this relationship and outlines a strategy for safely treating both conditions. The uses of safe medications, cognitive behavioral therapy and several forms of exposure therapy are described.

***Includes Resource Material**

#12247/1420 20 minutes 2009 \$119.95

THE CO-OCCURRING DISORDERS SERIES

This series is newly updated and reformatted to be a better value than ever. Each collection includes a video program on DVD plus a CD-ROM with the following materials: a facilitator guide, a patient workbook, video discussion questions, and the pamphlet "A Family Guide to Coping with Dual Disorders". Author Dennis Daley is nationally renowned for developing and managing treatment services for addiction and dual disorders.

UNDERSTANDING OCD AND ADDICTION

Helps chemically dependent clients reclaim their day-to-day lives and relationships from obsessive-compulsive behaviors such as constantly rearranging books on a shelf or washing one's hands over and over.
20 minutes

UNDERSTANDING BIPOLAR DISORDER AND ADDICTION

Explains the different aspects of bipolar disorder, such as mania and depression, and explores how the disorder interacts with chemical dependency. Examples illustrate the importance of medication, abstinence, and spirituality. **19 minutes**

UNDERSTANDING BORDERLINE PERSONALITY DISORDER AND ADDICTION

Provides support for recovery from borderline personality disorder (BPD) and addiction, and explores ways to cope with common behaviors and thoughts associated with BPD. **21 minutes**

UNDERSTANDING DEPRESSION AND ADDICTION

Explores ways to cope with the common behaviors and thoughts associated with depression and provides support for recovery from depression and addiction. **25 minutes**

UNDERSTANDING DISSOCIATIVE DISORDERS AND ADDICTION

Explores the cause of dissociative disorders, the role of medication, the prognosis for recovery, and coping strategies that can lead to a fuller, more integrated life. **20 minutes**

UNDERSTANDING SUICIDE AND ADDICTION

Helps clients recognize warning signs, stay involved in a recovery program, keep sobriety a high priority, think through suicidal thoughts, and build and use a support system. **20 minutes**

UNDERSTANDING POST TRAUMATIC STRESS DISORDER AND ADDICTION

Suggests recovery and relapse prevention strategies for addiction and PTSD, plans along with ways for clients to handle the emotional pain and flashbacks associated with PTSD. **28 minutes**

UNDERSTANDING MAJOR ANXIETY DISORDERS AND ADDICTION

Provides a step-by-step process to identify anxiety triggers and recognize ways to change thoughts and reactions. **24 minutes**

UNDERSTANDING SCHIZOPHRENIA AND ADDICTION

Dispels the shame that clients often feel and explores how medications, counseling, self-care, and a support system offer hope for recovery. **20 minutes**

UNDERSTANDING PERSONALITY PROBLEMS AND ADDICTION

This program is one of the few recovery resources to discuss addiction as it relates to problematic personality traits: being antisocial, passive-aggressive, self-centered, perfectionistic, controlling, or dependent. **24 minutes**

PREVENTING RELAPSE

An important part of recovery from a co-occurring disorder is being able to identify the triggers that cause a relapse and the ways to prevent it from happening. This program includes crucial information about relapse, the basic steps of relapse prevention, and personal stories that illustrate the power of an individual relapse prevention plan. **24 minutes**

#13880/0795 Eleven Programs 2004
\$99.95 each or Series \$999.95 *CC

GUIDE FOR LIVING WITH CO-OCCURRING DISORDERS: Help and Hope for Clients and their Families

This program educates patients and families on the treatment of co-occurring disorders. Also provides an educational overview of co-occurring disorders, offers interviews from people who have them, and discusses ways that patients can participate in treatment to better manage their recovery from both disorders. Included are dramatic vignettes, as well as professional narration, to show a comprehensive look at all the issues of recovery.

#12442/0795 83 minutes 2008
\$229.95 *CC

***** See also...
INTRODUCING CANNABIS:
Risks, Laws and Habits
and MESSING WITH HEADS:
Marijuana and Mental Illness
on Page 7**

S P E C I F I C A L L Y N A T I V E

A MOTHER'S CHOICE

This video examines the root causes of FAS/FAE (Fetal Alcohol Syndrome/Effects) from the perspective of native mothers. Focuses on an FAS support group whose members provide strong messages about drinking while pregnant. Ideal for workshops, discussion groups as well as couples who are considering having a child.

#10272/0735 30 minutes \$159.95

BROKEN CORD: Louise Erdrich and Michael Dorris

In this program with Bill Moyers, authors Louise Erdrich and the late 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 lives. The devastating effect of fetal alcohol syndrome on their adopted son and on the Native community as a whole is also discussed. The issues discussed in the program are underscored by the tragedy of Dorris's untimely death.

#9576/0635 30 minutes \$99.95

CARVED FROM THE HEART and WORDS FROM THE HEART

This DVD contains two programs....

CARVED FROM THE HEART

**Best Documentary Short -*

American Indian Film Festival

**Best of Show/Best Short Documentary*

- Red Earth Film Festival

**Best Documentary Under 30 minutes*

- Dreamspeakers Festival

One man loses his son to a cocaine overdose. Grieving, Stan Marsden, a Tsimshian wood carver, decides to create a totem pole and invites the town of Craig, Alaska to help. The project grows; it brings people of diverse backgrounds and ages together, acknowledging common problems of personal loss, intergenerational grief, substance abuse, suicide and violence and it promotes healing within the community. 30 minutes

"I've watched CARVED FROM THE HEART a few times. The first time I watched it all I could see was the pain, then I could see the strength. The last time, I could see beauty. It brought to mind the same process as recovering from chemical dependency."

Charlie Knapp, Community Health Worker

WORDS FROM THE HEART is intended to facilitate discussion of the life-altering issues raised in the multi award-winning CARVED FROM THE HEART, including suicide, grief and loss, addiction, racism and family violence. The video features drawings and murals by youth, letters, poetry, interviews and ceremony to show how a story that started in one small town has become a catalyst for expression and community transformation. 15 minutes

**User's Guide includes both titles*

#9836/0705 45 minutes \$249.95

WALKING IN PAIN

This program is truly unique in that it focuses on a Native counselor and patients in session at a treatment centre located on a reserve. An addict may be an addict but the special problems, rooted in self-esteem and alienation, experienced by the aboriginal population, and contributing to the substance abuse epidemic that afflicts them, have not been well documented. Offering counselors clear insight to the many facets of this problem, the video is also very useful for helping Natives especially, and other minority members, to identify and confront their symptoms, to make recovery possible.

#8055/0895 50 minutes \$149.95

CHIEFS!

This documentary video from Academy Award-winning producer Donna Dewey (Homeboys) follows a team of Native American teens as they, with amazing community support, strive to recapture the state basketball championship while battling against poverty, alcoholism, drugs and racism. After graduation, the young men's next challenge is to convert the pride and success they experience on the basketball court into success in their adult lives-including higher education and employment. CHIEFS portrays the very real consequences of choices made by each member of the team. Thanks to thrilling game footage and a sympathetic portrayal of the players' lives, viewers will root for them all and learn many valuable lessons along the way. The video is split into three distinct sections for easy viewing and discussion.

#11022/0155 89 minutes 2002 \$99.95



COPING WITH AN ALCOHOLIC PARENT: Tips to Improve Family Life

One parent is an alcoholic, and the family's life is in chaos.

Alcohol addiction has taken over the life of your parent - and your family. But there are things you can do - while your parent is drinking, and even if he or she stops - to make things easier on your family life, and on your kids. This dramatic program takes you into the lives of real people who have embarked on the long road to recovery from addiction, and it shares the intimate struggles of families dealing with this all too common disease. There are real tips here, solid information on how you can improve your family life until your alcoholic parent gets help. A program about recovery and family dynamics.

#10683/0145 26 minutes 2006

\$149.95 *CC

COUNSELING AND THERAPY WITH NATIVE AMERICAN INDIANS

Teresa LaFromboise, Miami Nation and Stanford University, has become the best-known expert on counseling and treatment with Native American Indians. This program deals with assumptions Native American Indians hold about counseling and therapy; cultural factors which must be considered in treatment strategies; and, the Network Treatment Plan, valuable in all multicultural counseling and therapy. It also provides many specifics important in all multicultural helping.

**Includes Leader Guide and subtitles.*

#10979/1410 70 minutes \$109.95

FETAL ALCOHOL SYNDROME and Other Drug Use During Pregnancy

This program profiles an eight-year-old Apache Indian boy born with FAS, showing how alcohol ingested by the mother crosses the placenta and enters the bloodstream of the fetus, remaining long after it has left the mother's bloodstream. It describes the common defects of children with FAS - small eyes, flattened face, short nose, long, smooth upper lip, small head circumference - and the learning disabilities, mental handicaps, and behavioral problems that are common. The program also explores babies born to cocaine-addicted mothers, illustrating how cocaine affects the fetus, and explaining that crack babies are at risk for low birth weight, impaired brain growth, and malformed kidneys and genitals.

#9536/0635 19 minutes \$149.95

FITNESS AND THE FATHER

This captivating reconstruction tells the story of Father Jean-Marie Mouchet, a Catholic Priest and French Resistance fighter, who diverted youths in Canada's Northern communities from devastating lethargy and addiction that had come with the decline of hunting and gathering societies. Father Mouchet inspired them to reconnect with the latent power of their own bodies, and reawaken the "physiology" that linked them to the land. Instead of preaching, he taught them to ski. The rigors of his cross-country skiing program produced Olympic champion skiers from the Vuntut Gwitchin people in Old Crow and he proved that intense physical exertion is a direct route to wholeness and confidence.

#6240/1329 45 minutes 2002 \$149.95

NAVAJO NATION: The Native American Battle with Alcoholism

Gallup, New Mexico, is known as a "drunken town", a reputation that was created by the frustration of people living in poverty and with unemployment. Meet the proud Navajo people and learn of their struggles and triumphs with alcoholism. See how the enslavement of alcohol challenges the freedom that is so important to the Navajo people.

#10684/0145 28 minutes 2003 \$145

*** SEE ALSO...

WHAT MADE ME STOP DRINKING and HOW I STOPPED DRINKING described on Page 10 featuring **Hector, a native man who overcame alcohol addiction which had become the summary of his life experiences - sexual abuse, racism, illiteracy and unemployment.**



HEADS UP! A Self-Esteem Video

Native girls look at fashion mags too, and moan about their bodies compared to the supermodels!!! The dramatizations in this video take place in a remote northern community on the Canada-Alaska border. Teen issues like body-image, peer pressure to drink, smoke, have sex, parent problems, school pressures are right at home here too. This video was designed to be used by schools and community groups as a tool to encourage discussion around various issues involving self-esteem that face young women today. The video deals with a number of serious issues such as living with alcoholic parents and party-rape.

#9152/2295 28 minutes *Includes User's Guide \$149.95

INNOVATIVE APPROACHES TO COUNSELING NATIVE - AMERICAN INDIAN PEOPLE

**Featuring Art Martinez and Nora Martinez.* Aligning the client with destiny is the goal. The client has left the Red Road, paying insufficient attention to traditional values. The therapist draws out alcohol and family concerns in a cultural context. Particularly helpful to the client (and to viewers) are connections drawn between the client, family, community, and broader cultural context.

#11029/1410 30 minutes \$109.95

HEALING ROAD: The Native American Tradition

**Features Robert Ryan, Filmmaker and Activist, Multitribal Community of California and includes commentaries by Eduardo Duran, Teresa LaFromboise, and Derald Wing Sue.*

Native American Indians have suffered violence for centuries. This video helps address the issue of multicultural healing. Native American practitioners raise questions about the appropriateness of current theoretical approaches. Historical trauma, intergenerational posttraumatic stress, and the Soul Wound are concepts that will change the ways students and professionals consider treatment. Community action and prevention are central to this innovative approach to individual, family, and group work.

**Includes 50-page Leader Manual*

#11028/1410 60 minutes \$169.95

RECOVERY FROM THE HEART SERIES

This series encourages Native clients in addiction treatment programs to set attainable goals, create strategies for results, and build in follow-through experiences. Based on the teachings of the Medicine Wheel, the Twelve Steps, and a system of principles, values and laws common to many Native tribes, it assists clinicians in maximizing client comprehension of crucial recovery concepts through workbook exercises in conjunction with the videos' dramatic scenes and thought-provoking discussions. *Three 30-minute programs on one DVD with four CDs that address specific Twelve Step issues from a Native American perspective. Traditional music emphasizes, soothes, and deepens the meaning of the messages. Also includes a WORKBOOK in which questions and lists bring together the realities of Native American struggles with positive recovery planning.

#11710/0795 Package \$229.95

ONE MOTHER'S JOURNEY

Presents the story of a Native woman and her fight to overcome an abusive and alcoholic family life, the demeaning experience of residential schools, early motherhood and a bout with her own addictions. Finding strength in a return to her roots and a study of the culture of her ancestors gives her the momentum to overcome her many problems, get control of her life and reclaim her family. It is a journey of hope, courage, love and growth.

#9852/0930 24 minutes \$149.95



From the SEEKERS SERIES

Native... North American Indian... First Nations... Aboriginal... The following three programs are for, and about native youth... addresses questions and problems... offers answers and considered opinions and solutions to teens.

SUBSTANCE ABUSE

Seekers visit the

OnenTo: Kon Treatment Centre at

Kanesatake. "It's not about surviving any more. It's about starting a new life and living it to its fullest," more firmly rooted in culture and Tradition. **#7763 GAMBLING**

The definition of "gambling" is the act of risking money, property or something of value in an activity with an uncertain outcome. Explores different aspects of gambling in an attempt to answer why people take such risks. **#7762**

MENTAL HEALTH

Examines issues of self-esteem, depression and suicide and considers ways to heal and work towards positive mental health. Show segments include: Suicide deaths accounted for nearly one-third of all deaths among Aboriginal youth. For every suicide, there are 50 to 100 attempts; Profiles a young drug and alcohol counsellor, Agnes Fabian, Dene Nation; Strength and courage; specific ways to help someone who is depressed and/or suicidal; and, News Desk includes extensive resource listing for help with personal and mental health issues. **#11039**

Three 24-minute programs \$129.95 each (see item numbers above)



Brand New! LATINOS BEYOND REEL: Challenging a Media Stereotype

Latinos are the fastest-growing segment of the U.S. population, and among the most diverse accounting for one-sixth of all Americans and tracing their origins to more than 20 countries. Yet across the media landscape, from the broadcast airwaves to cable television and Hollywood film, the reality and richness of the Latino experience is virtually nowhere to be found. This ground-breaking new film examines how American media portray - and do not portray - Latinos.

Drawing on the insights of Latino scholars, community leaders, actors, directors, and producers, they uncover simultaneous patterns of gross misrepresentation and gross under-representation - revealing a world in which Latinos appear, if at all, as murderers and Mexican bandits, harlots and hookers, gang bangers and welfare-leeching illegals. In the end, the film shows us why media representations matter, pointing to the tragic consequences that result when a narrow range of distorted images are allowed to stand in for an entire population. Featuring Chon Noriega, Isabel Molina, Alex Nogales, Moctesuma Esparza, Luis Ramos, Luis Vidal, and others.

#14625/0685 56 minutes 2012 \$149.95 (Colleges & Universities \$279.95)



PROFESSIONAL DEVELOPMENT

BRIEF THERAPY FOR ADDICTIONS SERIES

This series consists of the following programs:

1. STAGES OF CHANGE FOR ADDICTIONS model with John C. Norcross

Years of research by Dr. Norcross and his colleagues have helped to identify the stages people go through in addressing and confronting addictions. In a psychotherapy based on this model, strategies and relationship stances are matched to the individual client's stage. See Dr. Norcross works with a client who is in early recovery from cocaine addiction and contemplating changing his use of alcohol. #11536

2. MOTIVATIONAL INTERVIEWING with William R. Miller

Dr. Miller demonstrates how Motivational Interviewing helps people resolve their ambivalence about changing addictive behaviors. The therapist creates an atmosphere that is conducive to change by expressing empathy and encouragement, rolling with resistance, and helping the client explore the gaps between their current behaviors and the life they would like to lead. In this video, Dr. Miller works with a client who is considering changing his alcohol use and smoking habits. #11537

3. COGNITIVE THERAPY with Bruce S. Liese

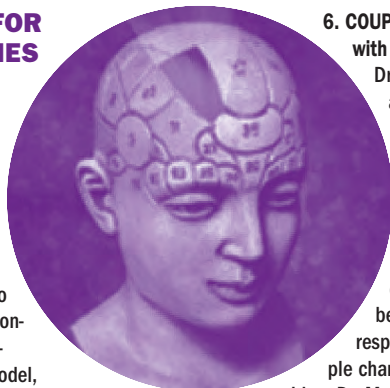
Watch Dr. Liese demonstrate his cognitive therapy approach for addictions, as he collaborates with the client to identify and change the thought patterns and maladaptive beliefs that relate to addictive behaviors and lead to substance abuse. In this video, Dr. Liese works with a client whose issues include alcohol abuse, cocaine abuse and involvement in the criminal justice system. #11538

4. INTEGRATING THERAPY WITH 12-STEP PROGRAMS with Joan Ellen Zweben

Psychotherapy and 12-step groups have complementary roles in a client's process of recovery, so illustrates expert on addictions Dr. Zweben as she focuses on the role of such groups as Alcoholics Anonymous and Narcotics Anonymous within the therapy session. In this video, Dr. Zweben works with a Desert Storm veteran who is currently drinking and who is considering the possibility of contacting Alcoholics Anonymous. #11539

5. HARM REDUCTION THERAPY FOR ADDICTIONS with Dr. G. Alan Marlatt

Harm Reduction Therapy is an innovative approach that focuses on reducing the harmful consequences of drug use. The therapist accepts the client on his or her own terms and tries to reduce barriers to treatment. In this video, see expert on harm reduction therapy and relapse prevention, Dr. Marlatt, work with a heroin-addicted client who is considering entry into a methadone program. #11541



6. COUPLES THERAPY FOR ADDICTIONS with Dr. Barbara S. McCrady

Dr. McCrady reminds us that alcohol and drug problems always exist in a context that includes families and relationships, and that couples therapy is an important model for working with addictions. Dr. McCrady uses a behavioral approach that helps the client change his or her addictive behaviors, helps the partner learn to respond differently, and helps the couple change the relationship itself. In this video, Dr. McCrady works with a young couple trying to change behaviors related to alcohol and marijuana use. #11542

7. REALITY THERAPY FOR ADDICTIONS with Robert Wubbolding, EdD

Watch as Dr. Wubbolding adapts his renowned Reality Therapy approach to work with clients struggling with addictions. His practical and systematic approach helps clients evaluate the effectiveness of current behaviors and focus on practical plans of action for change. In the video, Dr. Wubbolding works with a client whose recovery from cocaine addiction is complicated by depression. #11543

**Each program includes a Guide*

**#11535/1745 Seven programs
2007\$159.95 each or Series \$959.95**

INTERACTIVE GROUP THERAPY IN ADDICTION: Interventions for Dynamic Groups

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 process and techniques of interactive group therapy for drug and alcohol dependent persons. The purpose is to facilitate understanding and sensitivity to group process across cultures and to demonstrate the most important function of a group leader - directing the focus of the group through interventions that promote dynamic interaction. Using a series of seven vignettes - 13 to 32 minutes each - easily manoeuvrable via these DVDs - the program follows a group through their development from the Acquaintance Phase to the Working Phase. It details various forms of resistance that group leaders can expect to meet and offers guidelines to bring about optimal results. DVD # 1 will contain the three programs entitled Bridging, Group Resistance and Individual Resistance. DVD # 2 will contain four programs. Transference, Counter-Transference, Corrective Emotional Experience and Reality Testing and Feedback.

**Includes 49-page Guide for professional training*
#9223/2045 1999 \$379.95

New!

MOTIVATIONAL INTERVIEWING: Three Demonstrations

This program features James "Diego" Rogers, Ph.D. San Diego State University; Ian Schere, Ph.D., Clinical Psychologist, San Diego Youth and Community Services

Motivational Interviewing is a collaborative, person-centered conversation to elicit and strengthen motivation for change while addressing issues of ambivalence to change. Motivational Interviewing is an evidence-based practice with a high rate of positive effect. This video reviews the "spirit of MI", MI Principles, OARS, Rolling with Resistance, and Eliciting Change Talk. This video guides you through each aspect of MI with clinical demonstrations throughout. The authors work with Connor, an adolescent male trying to quit smoking; Ray, a Latino adult male struggling with a major life decision; and Rochelle, an African American young woman mandated to treatment after a DUI.

#14607/1410 60 minutes 2011 \$169.95

THE THERAPEUTIC COMMUNITY SERIES

Since the 1950s therapeutic communities (TCs) have effectively treated people with the most severe cases of substance abuse. The focus on an all encompassing community and peer support model is still thriving in TCs today. This comprehensive series blends historical and contemporary footage from active TCs with George De Leon's expert lectures on the framework, methods and components of an ideal TC.

Volume 1: THE THERAPEUTIC COMMUNITY PERSPECTIVE

De Leon lays out the framework and theory underlying a therapeutic community, including the TC approach to substance abuse treatment and recovery. He explains that the TC is different from other treatment models in that it views substance abuse as a disorder of the whole person, and aims to treat that whole person, not just the drug addiction. Thus, TCs create social living situations where all aspects of a person's personality are displayed in work, formal groups and social activities, and then addressed directly by the community. 54 minutes

Volume II: COMMUNITY AS METHOD

De Leon explains how a therapeutic community uses its social environment to change individuals' behaviors, lifestyles and identities. The community is the method itself: constant participation, evaluation, feedback and reinforcement of personal responsibility are core components of daily life. 44 minutes

Volume III: COMPONENTS OF GENERIC THERAPEUTIC COMMUNITY

De Leon goes beyond theory to explain the specific operations of an ideal therapeutic community: what happens on a daily basis, what the physical space looks like, what activities are involved, and what are the functions and roles of the staff and community members. He emphasizes that all TCs can maximize their efficacy by enhancing and adhering to these components. 79 minutes

**#12825/1745 Three programs 2009
\$129 each or Series \$299.95**

New! HOUSING FIRST: The Pathways Model to End Homelessness for People with Mental Illness and Addiction

Research proves that the "Housing First" approach is more effective than traditional models at dramatically reducing homelessness among those with mental health and substance use disorders. This program includes a manual and a DVD. The step-by-step manual provides a solid foundation for introducing this evidence-based approach - provide housing first, followed by supportive treatment services - into new locations, and evolving existing programs into those based on the ideals of the "Pathways Model to End Homelessness". It guides you in structuring policies and programs that respect and respond to the voices of men, women, and families in your community, and provides easy-to-follow tools and tips for implementation. The DVD illustrates the concepts presented in the manual, offering client success stories, helpful tips, and model teams in action.

#14313/0795 20 minutes 2010 \$269.95

***Includes a DVD and MANUAL**

*** A package of the DVD with 10 copies of the manual is also available at a special price.**

RATIONAL EMOTIVE BEHAVIOR THERAPY FOR ADDICTION with Albert Ellis

Learn to use REBT with clients struggling with addiction by watching the originator of the method in an actual therapy session. Albert Ellis demonstrates his signature style with a difficult client; using rationality, strong language, and forceful directives, he is remarkably effective in just one session. Orville would like to reduce his marijuana, alcohol and hallucinogen dependency but doesn't know how. Ellis immediately focuses in on Orville's low frustration tolerance and "self-downing" as the irrational beliefs that sustain his drug and alcohol addictions. Ellis debunks Orville's claim that if he doesn't always behave well, he is a bad person. He clarifies that it is certainly highly preferable to behave well, but that we are all fallible human beings who screw up sometimes. Orville's distractibility and flights into tangential stories challenge Ellis to keep Orville on task. You'll be impressed to see how Ellis remains focused on the issue at hand, pushing Orville to grapple with beliefs that are tough to change and addictive behaviors that are difficult to conquer.

#13154/1745 52 minutes 2009 \$159

TREATING ALCOHOLISM IN PSYCHOTHERAPY with Stephanie Brown, Ph.D

There are two programs in this series...

Volume I: DEVELOPMENTAL MODEL IN ACTION

Finally, a video that shows clinicians of all orientations how to provide effective treatment for alcoholics, without having to choose between a 12-step versus psychotherapeutic approach! Dr. Brown demonstrates the course of treatment through the four stages of her Developmental Model: Drinking, Transition, Early Recovery, and Ongoing Recovery. In a dramatic re-enactment of key moments in seven outpatient sessions over the course of five years, we see Dr. Brown address the multitude of challenges inherent in the treatment of alcoholics.

Psychotherapists and chemical dependency counselors alike will find a wellspring of material in this program to enhance their existing skills in working with this difficult population.

Volume II: THE DEVELOPMENTAL MODEL IN THEORY: A Live Workshop

In this program Dr. Brown provides viewers with an in-depth understanding of the critical phases required to lead alcoholic clients through their recovery.

***Includes Training Manuals for each program**

#10860/1745 Two programs

**Volume I - \$229.95 Volume II - \$139.95
or Series \$299.95**

SUBSTANCE ABUSE: Assessment and Intervention

This four-part series covers interview and assessment, coping mechanisms, treatment modalities, and recovery and prevention of relapse.

INTERVIEW AND ASSESSMENT

Delineates situational and genetic factors that place a client at risk, as well as physical and behavioral signs of chemical dependence. 22 minutes

COPING MECHANISMS

Illustrates the use of coping behaviors to maintain fragile levels of functioning. Identifies dysfunctional family roles and patterns which support addictive behavior. Demonstrates the professional's role in slowly helping the patient and family substitute adaptive coping mechanisms for maladaptive ones. 25 minutes

TREATMENT MODALITIES

Illustrates family involvement in counseling and recovery. Describes philosophy and effectiveness of 12-step programs. Illustrates importance of aftercare and acceptance that recovery is a life-long process. 38 minutes

RECOVERY AND PREVENTION OF RELAPSE:

Demonstrates counseling techniques for helping a client recognize and circumvent the negative patterns. Reviews the challenges of avoiding relapse and illustrates how a client can be helped to return to recovery. 21 minutes

**#14420/0430 Four programs \$325 each
or Series \$969.95**

TRAUMA AND SUBSTANCE ABUSE SERIES

As in cases of other types of dual diagnosis, the questions surrounding the treatment of substance abuse problems of some PTSD sufferers have been a dilemma for therapists and a barrier for those being treated. This series offers the latest therapeutic findings on this schism and how to overcome it. Working with substance abusers who are either combat veterans or victims of child abuse or other violence and showing signs of PTSD raises questions on priorities and coordination of treatment. These videos show the way.

TRAUMA AND SUBSTANCE ABUSE I:

Therapeutic Approaches

This video discusses the incidence of substance abuse among trauma survivors, and the associated life problems they experience. Therapeutic principles for working with this population are outlined, and new treatment models are described. 46 minutes

TRAUMA AND SUBSTANCE ABUSE II:

Special Treatment Issues

Working with substance abusing trauma survivors presents particular challenges to the therapist. This program examines such issues as counter-transference and co-dependence, crises and relapses, twelve step programs and medications. The importance of clinical cross-training is emphasized. 40 minutes

**#9570/0290 Three programs \$149.95
each or series \$249.95 *Includes Guide**

***See also NUMBING THE PAIN** - This is a condensed version for clients of the above clinical training series. Explores the function of substance abuse in trauma survivors' lives, and describes the challenges and benefits of therapy. **#9578 30 minutes \$59.95**



ENCOUNTER GROUPS FOR ADDICTIONS

Encounter groups are at the heart of therapeutic communities. They demonstrate a break from traditional addiction counseling techniques and have been proven to be an effective and important means for change. However, institutional demands including increased paperwork and funding cuts have recently threatened the livelihood of encounter groups. In this series, Rod Mullen creates a strong argument for how and why we need to keep the encounter group thriving. Illustrated with powerful and compelling vignettes from actual encounter groups, these videos explore how encounter groups have evolved, what we can do to improve groups and overcome pitfalls, and what the keys are to leading successful groups.

Detailed descriptions of each program in this series are available on our website.

Volume 1: EVOLUTION OF THE ENCOUNTER GROUP
65 minutes

Volume 2: PITFALLS AND SOLUTIONS 75 minutes

Volume 3: KEYS TO FOSTERING GROWTH 75 minutes

**#12824/1745 Three programs 2009
\$129 each or Series \$299.95**





THE CLINICAL INNOVATORS SERIES

This series presents signature topics by industry leaders who define today's (and tomorrow's) standards of substance abuse treatment. Watch the video workshop, read the clinician's manual, then take the post-test.

OLDER ADULTS AND ADDICTION

By the year 2020, SAMHSA expects over a 60% increase in people aged 50 and over needing substance abuse treatment. Compared to adults whose drug use began in the 1960s, this future audience faces an increased risk of comorbid diseases and mental health consequences. Perhaps the nation's leading authorities on this client population, Frederic Blow and David Oslin present evidence-based strategies found in SAMHSA's promising practices. This program is essential for treatment centers, nursing homes, and community service centers.

DVD #11321 35 minutes 2007
\$179.95 *CC

METHAMPHETAMINE: New Knowledge, New Treatments

With all the information available about meth addiction and treatment, separating myths from reality can be difficult. Richard Rawson of UCLA has conducted research and developed treatment systems for substance abuse for over 20 years. He examines in detail the latest research on meth use and brain imaging. He also discusses promising treatment strategies, resources for treatment providers, and the prospects of effective medications.

DVD #10207 65 minutes 2006
\$179.95 *CC

THE NEUROBIOLOGY OF ADDICTION

Continuing revelations about the human brain are transforming our approaches to medical treatment, education, and human development. In this guide, Dr. Carlton Erickson, director of the Addiction Science Research and Education Center at the University of Texas, writes not only a "brain science 101" text, but helps explain how developments in neurobiology call for basic changes in the very ways that addiction professionals discuss, define, and treat chemical dependence. In an easy-to-understand language, Dr. Erickson renders the complex neuroscience of dependence in a clear and refreshing approach to facilitate understanding and use in treatment and recovery. This guide brings the hidden world of neurotransmitters, axons, receptors, vesicles, synapses, and neuroscience to light as an educational tool for clinicians to use with their clients. This manual builds on the content of the video. The post-test contains thirty questions.

#13918/0795 50 minutes 2009
\$179.95 *CC



BRIEF INTERVENTIONS

Brief intervention has become the leading approach for clients whose patterns of abuse are low to moderate. Almost all national and state funding initiatives include a strategy on evidence-based brief intervention. Ken Winters is a national authority on brief intervention and the Director of the Center for Adolescent Substance Abuse Research. Brief Intervention is an evidence-based practice combining motivational interview, stages of change, and cognitive behavioral theory, to help clients identify, assess, and understand their own patterns of abuse. The product provides the clinician with direct access to Ken Winters on the theory and practice of brief interventions. In the video, he explains in detail about brief interventions and how to implement with a broad range of client profiles in a variety of settings. *A comprehensive manual is included.*

DVD #9047 80 minutes 2004 \$179.95 *CC

WOMEN AND ADDICTION: A Gender Responsive Approach

Women's treatment involves more than simply providing women-only group settings. Program content, staff selection, and even site selection are all components of an environment in which gender-responsive treatment thrives. In this program, Stephanie S. Covington explains how to create effective recovery services for women and girls; services that reflect an understanding of the realities of their lives and address their unique challenges and strengths. Dr. Covington's comprehensive, integrated approach is based on years of theory, research, and clinical experience.

Includes a 104-page clinician's manual written by Covington.

DVD #11304 75 minutes 2007 \$179.95 *CC



TREATING CO-OCCURRING DISORDERS

Treatment that integrates mental health and substance abuse issues can offer clients long-term hope and optimism. Dartmouth Medical School psychiatrist Robert Drake is nationally known for his work in evidence-based psychiatry, especially among substance-abusing clients with severe mental disorders. He has the data to prove that treatment for occurring disorders works, and he shares it in this video workshop and manual.

Includes a video workshop, a clinician's manual written by Drake, and a test that allows you to earn continuing education contact hours.

DVD #10208/0795 65 minutes 2006
\$179.95 *CC

STAGES OF CHANGE & ADDICTION

"Stages of Change" is proving to be a seminal theory in treatment today; part of a larger picture known as the transtheoretical model. This program examines "the stages of change" in context as presented by a true innovator, Carlo DiClemente. It's also an effective prevention tool, as addiction develops in stages as does recovery. Includes an 80-minute video workshop, a clinician's manual written by the workshop speaker, and a NAADAC-approved test allows you to earn continuing education contact hours - all packaged in a handy binder.

DVD #9046 80 minutes 2004
\$179.95 *CC

ADOLESCENT DRUG ABUSE

Today the exciting field of adolescent substance abuse treatment is one marked by enormous growth and change. In this program, Dr. Howard Liddle - director of the University of Miami Center for Treatment Research on Adolescent Drug Abuse - guides the reader through new adolescent substance abuse treatment that has emerged from the shadows of adult treatment as a separate, clinically creative field of study where considerable scientific progress has been made in our knowledge about the causes and correlates of adolescent problems. Dr. Liddle explores the multiple factors that contribute to the development of adolescent substance abuse on its accompanying emotional and behavioral problems, co-occurring disorders and juvenile justice, and finally about treatment and what makes it work. He clarifies how today's best practices strive to be comprehensive, involving the teen's parents, family, peers, and other significant individuals in the teen's life. The manual builds on the content of the video. Also included is the thirty-five question post-test.

#13917/0795 65 minutes 2009
\$179.95 *CC

APPLYING ASAM PLACEMENT CRITERIA

The need for standardized client care was recognized in 1991, when the American Society of Addiction Medicine published its Patient Placement Criteria for treating psychoactive substance use disorders. The newly revised ASAM-PPC-2R manual takes on renewed importance with today's emphasis on evidence-based practice. David Mee-Lee presents a clear and concise overview of the new ASAM criteria. You'll learn to: Use those criteria to support sound clinical perspectives; Validate key thoughts; and, Explore new ways of viewing your work without negating your current services.

**Includes a video workshop on DVD, a 104-page clinician's manual written by Mee-Lee and Tomlin and a test that allows you to earn 10 continuing education hours.*

DVD #11303 75 minutes 2007
\$179.95 *CC

SUBSTANCE ABUSE, VIOLENCE & CRIME

New! **THE BRO CODE: How Contemporary Culture creates Sexist Men**

This program takes aim at the forces in male culture that condition boys and men to dehumanize and disrespect women. Filmmaker Thomas Keith breaks down a range of contemporary media forms, zeroing in on movies and music videos that glamorize womanizing, pornography that trades in the brutalization of women, comedians who make fun of sexual assault, and a groundswell of men's magazines and cable TV shows that revel in old-school myths of manhood. Even as epidemic levels of men's violence against women persist in the real world, the message Keith uncovers in virtually every corner of our entertainment culture is clear; it's not only normal - but cool - for boys and men to control and humiliate women. Arguing that there's nothing normal, natural, or inevitable about this mentality, *The Bro Code* challenges young people, young men and women alike, to step up and fight back against the idea that being a real man means being sexist. Features interviews with Michael Kimmel, Robert Jensen, Shira Tarrant, J.W. Wiley, Douglas Rushkoff, Eric Anderson, and Neal King.

**Viewer discretion advised - contains violent and sexual imagery*

**#14454/0685 Five sections total
58 minutes 2011 \$125
(Colleges & Universities \$249.95)**

MANHOOD AND VIOLENCE: Fatal Peril

The Resolve to Stop the Violence Program places male convicts in highly structured encounter groups, helping them recognize the warped concepts of masculinity behind their violent behavior. This documentary follows nine inmates through the rigorous self-discovery process, recording their growing sense of accountability and willingness to change. With commentary from law enforcement officers, violence-prevention experts, victims' relatives, and the inmates themselves, the video also follows up on RSVP participants after their release, highlighting the ultimate benefit of the program - a dramatic reduction in recidivism among its graduates.

#1097/0635 58 minutes 2003 \$149.95

TOUGH GUISE: Media Images and the Crisis in Masculinity

Is it nature or nurture? Male violence has received a lot of public attention recently. Violence by young males even more so. While femininity has been widely examined, the role of masculinity has recently remained largely undefined. *TOUGH GUISE* offers viewers the chance to look systematically at the relationship between the images of popular culture and the social construction of masculine identities. Is there a

crisis in masculinity? Has there always been? What actually comprises the masculine and what benefit does society receive from it?. Using excerpts from movies, music videos, and other media representations, *TOUGH GUISE* is a great discussion starter for both men and women on a very relevant subject. Psychology, sociology, media studies, gender relations both private and work-related are all covered. Presented in two parts...

Part 1 - UNDERSTANDING VIOLENT MASCULINITY

Part 2 - VIOLENT MASCULINITY IN ACTION

This version #5782 is abridged 57 minutes - less historical context and verbal profanity.

The full length version is 82 minutes

**#5782/0685 Abridged version 57 minutes
\$149.95 (less historical context and verbal profanity)
#7417/0685 Full length version
82 minutes \$149.95
(Colleges & Universities \$279.95)**

BEAT THE STREET SERIES: Clean and Sober in the City

This cutting-edge series imparts the latest research into urban relapse prevention strategies. Prior to release, it was screened and revised based on input from hundreds of streetwise recovering addicts, and a panel of national experts. Features credible role models, engaging visuals and music, realistic reenactments, narration by recovering inner-city addicts, and highest quality production, special effects and graphics. Each part covers a different aspect of urban recovery and relapse prevention:

Part 1: STREET SMARTS - Learning to Avoid Relapse - Eight specific skills vital to urban relapse prevention.
Part 2: BACK ON THE BLOCK - Early Recovery - The first weeks home: Dealing with housing, old friends, triggers.
Part 3: RECOVERING RELATIONSHIPS - Families, Partners & Kids - Coping with relapse traps that occur in relationships.
Part 4: CATCHIN' FEELINGS - New Ways to Cope with Emotions - Techniques for handling anger, shame, guilt, self-pity.
Part 5: MAKING IT HAPPEN - Work, Money, School and Good Times - Going for your dreams in long-term recovery.
**Includes 170-page Counselor's Guide*
**#9170/1805 Five 35-minute programs
\$749.95**

VIOLENCE AND SUBSTANCE ABUSE

This program dramatizes the excuses violent offenders use to justify their behavior. Viewers are also shown how often violence has a direct correlation to substance abuse. Scenarios demonstrate the thinking patterns that commonly lead to violence, while explaining how to analyze those patterns and find alternatives to them. From this powerful presentation, viewers begin to see that violence is an intentional act, and that they really aren't the victims that many of them claim (and some actually believe) themselves to be.

#3838/0795 28 minutes \$129.95

BEYOND ANGER & FROM THE INSIDE OUT: Life Skills for Inmates & Parolees

Earnie Larsen is a renowned author and lecturer in the field of recovery, addiction, and unwanted behaviors. In these two programs, Larsen explains the importance of relationships as well as how anger can get in the way of progressing in life.

BEYOND ANGER: Connecting with Self and Others

This program is divided into four sessions. In the first session, Larsen defines anger, explains how it is learned early in life, and describes how cycles of anger develop when a person continues to express anger in unhealthy ways. An ex-offender shares the moving story of how he learned as a child to deal with anger, and he acts out a scene from his life where he is forced to confront his anger. In Session Two Larsen shows how healing anger is possible. He points out each person's responsibility in the process and lays out a five-step process for healing anger. In Session Three he explains that recognizing anger is important, but that without forgiveness, recognizing anger will only create resentment. An ex-offender tells the painful story of his struggle. And in Session Four Larsen addresses the question of reconciliation. A powerful scene shows the struggle of one man trying to reconcile in a deeply wounded relationship.

#9051/0795 50 minutes \$169.95 *CC

FROM THE INSIDE OUT: Taking Personal Responsibility for the Relationships in your Life

This program is divided into four sessions. In Session One, Larsen introduces nine ex-offenders who tell their stories. Then Larsen explains why the primary reason for relapse and recidivism is the inability to make relationships work. In Session Two Larsen introduces the concept of good relationships and explains why many of us don't know what good relationships look like. Ex-offenders reveal some of the loving relationships in their lives. Relationships depend on what we bring to them-often a continuation of pain and abuse from the past. In Session Three Larsen makes those connections clear. Ex-offenders share stories and role-play a scene from a bad family relationship. Many people aren't able to make relationships work. In Session Four, Earnie Larsen explains the skills that are vital to making relationships work.

#14606/0795 40 minutes \$149.96 *CC

CRIMINAL AND ADDICTIVE BEHAVIOR TACTICS

In a group setting as participants in a cognitive-behavioral treatment program, real inmates candidly discuss how they manipulated, intimidated, physically assaulted, and even murdered individuals who got in the way of what they wanted. Raw, real, and tragic, their stories reveal: how distorted thoughts and unresolved feelings fuel criminal behavior; why using drugs and committing crimes are fundamentally linked; and, what it really means to take charge of your life and respect others. The result is a powerful, direct, and liberating message about finding a life of recovery and freedom.

#12732/0795 24 minutes 2002 \$149

New! THE VOICES OF VIOLENCE SERIES

Effective therapy with criminals has the power to significantly reduce violence in our communities, yet forensic populations can be volatile and especially intimidating to work with. These two videos provide deep insights into one of society's most intractable issues, and in opposition to the punitive approach to violence prevention, make a compelling case for treating violent offenders with human dignity and responding to violence with psychological treatment and education. It will likewise challenge the viewer to see the humanity within violent individuals and inspire new ways to think about how to reduce violence in our communities.

THE ROOTS OF VIOLENCE

In this program ten experts elucidate the root causes of violent behavior. They offer a probing look into the unsettling childhood experiences of violent offenders, examining the disturbed parent-child attachment styles, destructive thought processes, and distorted social perceptions that underlie violence. In addition to the expert commentary, riveting interviews with both incarcerated and rehabilitated offenders offer direct insight into the thinking that led to violent crimes.

EFFECTIVE TREATMENT OF VIOLENT INDIVIDUALS

Part Two examines the critical components of effective treatment programs for violent individuals by focusing on prison programs in California and the U.K. Beyond the creation of an environment of safety and respect, these therapists confront the patriarchal beliefs, social misperceptions, and destructive thoughts that precipitate violent responses to real or perceived threats. Vignettes of actual therapy sessions, along with interviews with incarcerated men, display the remarkable insight these individuals can achieve through treatment. Their chilling accounts of violence will challenge the empathy of even seasoned therapists, yet many of their stories are ultimately redemptive, as they learn to make use of their violent pasts by working to prevent violence in their communities. This video demonstrates vividly that conventional assumptions about crime and punishment fail to endure close scrutiny.

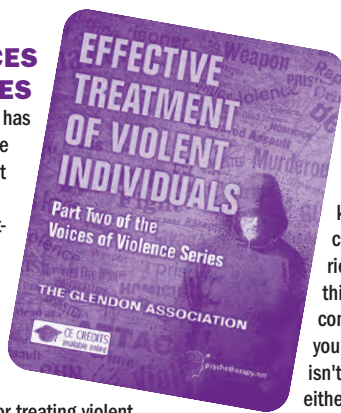
**Featured experts include: Dr. James Gilligan, Dr. Peter Fonagy, Andy Smith, Dr Robert Firestone, Dr Lisa Firestone, Dr Donald Meichenbaum, Hamish Sinclair, Dr. Peter Bennet, David Jones, Dr. Felicity de Zulueta*

#14470/1745 Two programs 2011 \$297.95

GOIN' HOME TO STAY with Delbert Boone

Delbert Boone talks to inmates at Big Muddy River Correctional Center in Illinois, about going home, but more importantly, staying there once they get there! In a straight-forward style, Boone discusses anti-social behavior, lifestyles, value systems, "hidden angers", addiction disease and its progression. He challenges viewers to take a good look at themselves and what has happened in their life as a result of alcohol and drug use.

#10579/2180 90 minutes \$249.95



BREAKING THE CHAINS: A Story of Recovery

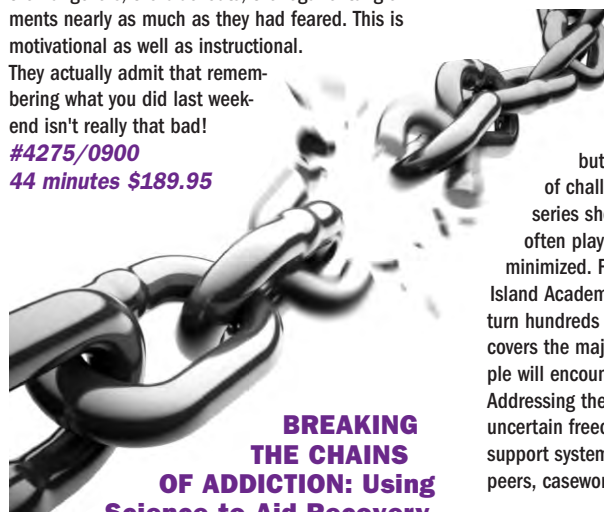
Here's the dilemma - and it's a real one for a lot of people! You're a biker, or a hooker, or a musician or who knows. You don't particularly want to change your life into the straight, married with children, picket fence type-of-thing. You also realize that you have lost control of a substance abuse situation, you're killing yourself with it BUT death isn't exactly in your immediate plans either!!! So what do you do? That's what

BREAKING THE CHAINS is all about. It's fitting 'clean and sober' into a lifestyle that doesn't usually accommodate it. People who have been there explain how they don't really miss the sickness, the hangovers, the blackouts, the legal entanglements nearly as much as they had feared. This is motivational as well as instructional.

They actually admit that remembering what you did last week-end isn't really that bad!

#4275/0900

44 minutes \$189.95



BREAKING THE CHAINS OF ADDICTION: Using Science to Aid Recovery

Crime and addiction are often close associates but what is the science behind that association? How can that scientific knowledge be used to help in the recovery process and in reducing recidivism? Dr. C.C. Nuckols, renowned specialist in the field, explains his research findings to inmates in a correctional facility. Consists of three parts:

Part One - Graphically explains what happens to the brain when drugs are administered. 39 minutes

Part Two - MANAGING A CRAVING - Addresses the memory of drug use, dopamine, common craving triggers and craving management. 31 minutes

Part Three - TELLING YOUR STORY - Demonstrates how one's past provides the ingredients for the present but breaking old patterns opens up new possibilities and allows us to break away from old destructive behaviors. He discusses the importance for those in recovery of telling their story to help them understand where they came from and where they are now. 37 minutes

Part Four - GETTING CONNECTED - Discusses how addicts connect in life through drugs and explains three alternative types of recovery connections; community, close friendships and family, and a Higher Power. He explains mirror neurons and how to make new connections with other people. 38 minutes

#1050/2180 Four programs 2005 \$549.95

CHALLENGING THE LIFESTYLE and THE RE-ENTRY TRAP with Michael Johnson

This two part series focuses on the age-old question ... 'Does crime pay or not?!?!' In CHALLENGING THE LIFESTYLE, Michael Johnson gets right to the point in making clear that there are big personal costs to involvement with the criminal lifestyle and the abuse of alcohol and drugs that often goes with it. And in THE RE-ENTRY TRAP he explains why getting out of prison and going back to the 'hood' can be the most challenging experience of all for someone who wants to change their lifestyle. Perfect for pre-release and transition programs, viewers get in-depth examination of all the things they will encounter that can jeopardize recovery and re-integration.

#9194/2180 Two programs 2004 \$249.95 each or Series \$449.95

GOING HOME: Teens Re-entering Society

All former inmates have a hard time adjusting to life outside prison, but teenagers face their own specific set of challenges after doing time. This two-part series shows how that adjustment process often plays out and how its hardships can be minimized. Filmed in large part at the Riker's Island Academy, a GED-level school that has helped turn hundreds of inmates' lives around, the series covers the major sources of conflict that young people will encounter when reentering society. Addressing the day-to-day challenges of newfound, uncertain freedom, these programs illustrate how a support system can be built with the help of family, peers, caseworkers, and even correctional staff.

The series consists of two programs:

FROM THE INSIDE: Personal Challenges for Teens Reentering Society

This program shows teen inmates preparing to face the corporate world, their families, and themselves. Overcoming illiteracy, building marketable work skills, and becoming familiar with employment counseling and job search techniques are some of the subjects explored. The emotional side of leaving prison - including homecomings with elated parents and siblings and the counseling that often accompanies those reunions - is also illustrated in depth. 21 minutes

ON THE OUTSIDE: Social Challenges for Teens Reentering Society

Following young people who have been discharged from Riker's Island Academy, this program focuses on the payoffs that come from educational and counseling services for those behind bars. A lively peer-to-peer class setting is featured, while the process of court-ordered drug-testing is illustrated in detail by a visit to an ex-offender's home - highlighting a central concern of many young people trying to find meaning and success on the outside. A wealth of insight is also provided on the advantages gained from structured vocational and recreational programs. 23 minutes

#11532/0635 Two programs 2008 \$99.95 each or Series \$179.95

New! PREDATOR: The Master of Illusion

Delbert Boone here presents a brand new perspective on addiction and sobriety - one of the disease of addiction as a skillful destroyer, an elusive enemy, and the ultimate deceiver. Throughout the video, Delbert skillfully interweaves his main message with stories of his very early struggles with addiction for the first time ever on video. He also draws from examples of his recent struggle and success against colon cancer. Although this video was shot on-location at Robinson Correctional Center in Illinois, anyone who suffers from addiction can and will benefit from the messages in this presentation. Addiction treats all of its victims the same and unless you have the tools to recognize addiction you are doomed to its outcomes. This all new energetic presentation consists of two 38 minute segments for easy presentation at your venue or classroom, plus bonus footage of interviews and comments from the staff and inmates.

#14524/2180 Two 38-minute segments 76 minutes 2011 \$249.95

HIGH ON CRACK STREET

This shattering documentary offers insight into the personal lives of the drug addicted. It is a shocking portrayal of the devastation that can be brought to, what seem to be, relatively intelligent people. Often those same people don't really have a very clear an idea of what their lives actually look like. The program documents the nature of their codependent relationships while clearly demonstrating the all-consuming nature of addiction. Self-respect, family, desires or ambitions all disappear in a puff of crack smoke. Selling yourself, or anyone else, to get your hands on the next high is all that counts. A real motivator for behavioral change!

#10176/0530 60 minutes \$249.95

MAKING THE RIGHT CHOICES with Michael Johnson

Filmed inside 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.

#9407/2180 51 minutes 2002 \$249.95

LIFE ON LIFE'S TERMS: Release and Reintegration Preparation

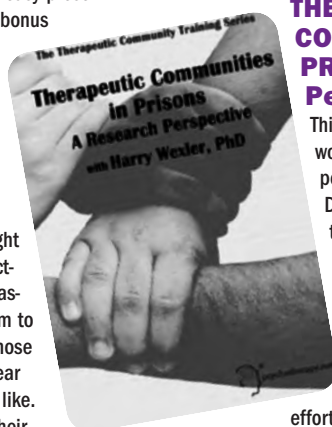
Recidivism is a complex and confounding issue, at the heart of which lies an equally chronic problem - substance abuse. This program provides a powerful, cognitive-behavioral treatment program for male chemically dependent offenders.

#11117/0795 32 minutes 2002 \$149.95

HOW YOU GOT HERE: Reflections of a Lost Childhood

Replace the description of HOW YOU GOT HERE (top of 2nd column) with the following shorter one... During this intense presentation Michael Johnson exposes what he calls the lost piece in recovery - our childhood, the roots of our personal defects, the deprived childhood, the underpinnings of pain, suffering and destruction. Without a doubt this program will help the viewer understand how they became addicted to drugs, have had problems with personal relationships and criminal behavior. Tackles the issues that must be addressed and overcome in order to begin and succeed in any re-entry or 12-Step program. In the end, Michael reveals the secrets of healing, forgiveness, and love.

#12166/2180 30 minutes 2008 \$279.95



THERAPEUTIC COMMUNITIES IN PRISONS: A Research Perspective

This video is a must for all those working in and developing therapeutic communities in prisons! Dr. Harry Wexler walks through the past and current research developments on the efficacy of Therapeutic Communities in prisons. A timeline from the 1950s to present details how the model developed in prisons, and what research efforts supported that development.

Wexler discusses a breadth of topics including: the evidence that prison treatment alone is insufficient for long-term change, and the importance of after-care; the benefits and potential problems of manual-based treatment; the need for incentives; the importance of bridging TC members and facilitators with their outside communities; and the promising new research of TCs in maximum-security prisons and the potential of reducing violence among their prisoners.

#12833/1745 43 minutes 2009 \$119.95

SOBRIETY: Straight Up with Delbert Boone

Filmed at the Gateway Free and 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 to recognize and understand 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 addicts engage these qualities while actively pursuing their drug of choice, and outlines how these same positive qualities can be used during recovery to help them stay straight and maintain healthy sobriety. This video will assist clinicians in identifying positive personal attributes and cognitively isolate the positive and negative behavior patterns in their clients to help motivate them towards seeking to remain sober.

#3148/2180 33 minutes \$249.95

OVERCOMING EARLY LIFE TRAUMA: Creating a Second Chance

Dr. Caldwell C. Nuckols addresses why early childhood neglect or abuse, often related to parental substance abuse, is a consistent finding in criminal justice offenders and chronic relapsing alcoholics and addicts. He explains, citing personal experience, 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. This program outlines proven strategies that provide the viewer the opportunity to overcome the past and create a second chance. Presented in front of a live audience.

#11661/2180 Two 30-minute parts 2007 \$249.95

PAROLE: Getting Out and Staying Out

Prison life is hard - but for most ex-convicts, life on the outside is tough too. This video follows paroled prisoners as they re-enter civilian life and face challenges both large and small. Upon release from jail, the lives of these young men are suddenly filled with critical decisions. Some are dreaded, such as the split-second choice of whether or not to engage in violence; the wrong choice will put them back behind bars. Other dilemmas are unexpected, like having to decide what to wear every morning. The program provides an eye-opening look at the typical parolee's struggle to find work, stay away from drugs and former friends, and maintain a positive attitude about the future.

#11533/0635 16 minutes 2006 \$69.95

SET-UP FOR RELAPSE with Michael Johnson

This video has had a remarkable response from viewers. Another of our corrections customers told us it was the first drug video that inmates ever asked to see again! It's funny. It's smart. It's right to the point. In no uncertain terms viewers are told that all the wishful thinking in the world will not change where they came from or what they have done to their lives or their families...and it sure won't prevent them from relapsing! Michael Johnson's keen eye and ironic sense of humor bring clarity to the predicament in which so many find themselves.

#9335/2180 30 minutes 2000 \$249.95

KNOW WHEN TO SAY NO with Guy Wheeler

Guy Wheeler discusses the trickery that can result from not knowing how or when to say no. He discusses the hooks that "so-called friends" or family members use to manipulate, trick and con you into using drugs or getting involved in criminal activity. He provides the viewer with tools to help them work through these issues and emphasizes that you must learn to take control of your life or you will continue to go back to treatment, jail or die because you do not know how to say no.

#9577/2180 26 minutes 2003 \$249.95

New! A NEW DIRECTION: A Cognitive Behavioral Treatment Curriculum Revised

This package is the new edition of Hazelden's pioneering treatment program specifically for criminal justice professionals - now better than ever! With a streamlined format, updated information, and an affordable price, this revised version is sure to make a positive impact in your residential substance abuse treatment program or with any of your law-involved clients. A NEW DIRECTION is a comprehensive cognitive-behavioral therapy treatment program that gives chemically dependent offenders the tools and techniques to challenge their thinking in order to change their criminal and addictive behavior patterns.

- Real inmates tell the real story about recovering from a life of addiction and crime ... the cognitive-behavioral approach helps inmates see how their attitudes and assumptions fuel destructive behaviors
- Modular structure allows for easy customization to meet individual, facility, and budget needs
- Can be wholly implemented as a new program or implemented in part to enhance your existing program
- Features built-in tools for measuring outcomes provides framework for standardized treatment from facility to facility

SIX MODULES - Consists of six core modules: Intake & Orientation, Criminal & Addictive Thinking, Drug & Alcohol Education, Socialization, Relapse Prevention, and Release & Reintegration Preparation. Each module features videos, client workbooks, and facilitator's guides.

- Now included in the "Release and Reintegration Preparation" module is Hazelden's groundbreaking video "The Turning Point: Breaking the Cycle of Addiction and Incarceration" (also available separately). The addition of this poignant video brings new depth to this important module.

*Also includes a CD-ROM containing all program information, worksheets, and supplemental information as well as the Outcome Study Guidebook, Staff Guidebook, and Administrator's Guidebook.

NOTE: The 11 DVDs in this package are also available for purchase separately as a whole or individually.

#14285/0795 45 minutes 2011 \$4,695

BOYS AND MEN HEALING

"Boys and Men Healing" addresses the critical problem of child sexual abuse and its horrific ramifications for both the individual victim and society at large. It shows the link between early sexual abuse and subsequent substance abuse, criminal activity, and continuing the cycle of abuse against future generations of innocent children. We as a society cannot afford to ignore the important messages this film has to offer. Rhonda Perkins, Customer Care Coordinator, Prevention Education, Childhelp, USA

A documentary about the epidemic of the sexual abuse of boys, the impact on individuals, families, and society, and the importance of male survivors healing and speaking out to end the cycle. The film features non-offending male survivors. Whether it was shame, intimacy problems, post-traumatic stress, substance abuse, or rage that led to violence, the effects plagued their lives. Yet, each man ultimately chose the arduous task of healing, giving them a voice

to reclaim their lives through counseling, support groups, and speaking out while taking action toward prevention for other boys. The documentary offers hope within a seemingly hopeless issue that affects us all, and is witness to survivors thriving and leading fulfilling lives.

**#13285/0995 52 minutes
2010 \$99.95**

BOYHOOD SHADOWS: I Swore I'd Never Tell

"A gut-wrenching study of heartbreak and redemption" Marc Cabrera, Monterey Herald
"An amazing film." Elaine Alquist, State Senator
"Powerful and Hopeful" Michael D. Reid, Times Colonist Victoria BC

*Headlining at the American Psychological Association Convention - August 2010 - San Diego, CA

BOYHOOD SHADOWS is the gripping story of young boys who were molested... the dark secret they carry for the rest of their lives... and how they cope. These boys-turned-men don't understand why a trusted adult did this to them. Literally, it takes a lifetime of trying to figure it out! They struggle... abuse drugs, alcohol, sex, running from their pain, not able to tell anyone. This three-part program is an electrifying milestone in bringing healing and transparency to this darkness suffered by countless innocents in our society. A compelling and sensitive film that gives fresh urgency to this issue through the voices of grown men who speak out about the experiences. The wide-spread violation of trust and abuse of individual children and their families extends to the larger community as well. Directly or indirectly, all of us are victimized by perpetrators of these crimes. The effects ripple throughout the culture. With increased awareness comes release, healing and greater protection for vulnerable ones. Paradoxically, "Boyhood Shadows" is an uplifting film that celebrates the resilience of the human spirit. These men touch the heart with their honesty, their hard-won wisdom and their commitment to changing how the world perceives and responds to this deeply troubling problem.

#13930/1130 78 minutes 2009 \$299.95

A ROOM FULL OF MEN

This two-part video program has been very successfully used in men's treatment groups, both in and out of corrections settings, to help men understand where their violent attitudes toward women originated. Part I covers the dimensions of abuse and its roots in values and beliefs, as opposed to being an angry reaction to a provocation. Part II focuses on the men themselves and the individual stories that brought them there. Also very useful for professional development and for use with groups of battered women who gain a real insight into the depth of the problem that haunts their husbands and partners. Includes Guide

#7799/0810 48 minutes \$129.95



COUNTDOWN TO FREEDOM for MEN & WOMEN

This empowering set of DVDs helps reduce recidivism and takes offenders step-by-step through the transition from incarceration to community integration. Candid interviews with professionals and ex-offenders offer a unique perspective on what offenders should expect to face throughout their journey from incarceration back into society.

Offenders learn what steps to take prior to their release, what actions are essential to a smooth and successful transition, how to prevent relapses, overcome barriers, and more. This series consists of six programs for male offenders and six for female offenders. Though they must overcome similar barriers, men and women will face different challenges throughout their transition. Customized for a specific audience, these DVDs address the unique needs of male and female viewers.

PREPARATION FOR RELEASE: Part One - The first DVD in the series focuses on changing the mindset of offenders. Professionals and former offenders discuss strategies for creating change in one's life, how to make those changes happen, and how to surround oneself with people and events that breed success.

PREPARATION FOR RELEASE: Part Two - Offenders learn how to create a proactive plan of action for their reentry into society and access "Outside the Walls" assistance. Professionals and former offenders discuss the importance of pre-release planning and how to do it.

DAY OF RELEASE - For some offenders the day of release can be one of the most terrifying events of the entire incarceration period. This DVD discusses what offenders should expect on the day of their release and the actions they can take in their first 30 to 60 days after release to increase their chances of making a successful transition from incarceration to society. Former offenders offer guidance on how to plan ahead, surround oneself with positive people, and move toward community integration.

RELEASE AND BEYOND: LIFESTYLE CHANGES - It is imperative that offenders change in regard to their patterns of behavior if they are truly interested in being free. This DVD encourages offenders to evaluate their behavior and the factors that influence it, and to develop specific strategies to persevere in overcoming barriers.

RELEASE AND BEYOND: RELAPSE TRIGGERS - Upon their release, all offenders are subject to facing relapse. This DVD helps offenders understand what factors may trigger their relapse and how to avoid and replace those triggers. Finally, viewers are introduced to rationale self-counseling as a means of helping them see circumstances clearly.

RELAPSE AND BEYOND: SUPPORT SYSTEMS - Offenders learn how to develop support systems of people who can hold them accountable for their actions and get them off to a positive start. Successful offenders, community leaders, and service providers discuss the help available to offenders and techniques for developing these support systems in communities where they may not currently exist.

**#14611 Six programs for male offenders
2007 \$5129 each or Series \$699.95**

**#14612 Six programs for female offenders
2007 \$129 each or Series \$699.95**

***SPECIAL OFFER - Both Series #14610
Twelve DVDs \$1,299.95**

YOUTH CORRECTION VIDEO SERIES ... for YOUNG MEN and YOUNG WOMEN

This engaging series addresses the challenges today's youth face and empowers them to make better decisions. Featuring the insights of former inmates, teachers, counselors, and people who work in the juvenile justice system, this series provides a unique perspective on what youth can do to build a support network, live healthy, and achieve success in school and in life. The six programs are available in two versions: one that speaks to young men and one that speaks to young women. Though they must overcome similar barriers, young men and women face different challenges as they grow up. Each program is approximately 20 minutes.

WHY AM I HERE AND WHAT'S NEXT?

This program begins to explore the major issues surrounding incarcerated youth. Young viewers hear from former inmates, counselors, teachers, and people who work in the juvenile justice system. Listening to their candid interviews, viewers will understand that they are not alone, every choice has a consequence, and making better choices can change their lives.

BLOOD FAMILY: FINDING SUPPORT

This program looks at a family's influence on incarcerated youth. Viewers explore the relationship between families and illegal actions. Viewers learn three key concepts: They cannot choose their family. They're family can help and hurt them. They alone are accountable for their own actions.



CREATED FAMILY: CHOOSING FRIENDS WISELY

In this program, viewers learn why it's important to have a strong support network. Also reinforces the idea that who viewers choose as friends can determine whether they live a life successfully or behind bars.

MY BODY, MY WELL-BEING

Demonstrates that good decision-making is essential to a healthy lifestyle. Discusses drugs and alcohol, sex, and personal hygiene. Viewers learn that addiction can be conquered and that their friends can encourage them to live a healthy lifestyle.

LIFE SKILLS

This program covers the skills and documents young people need to survive as adults. Viewers gain useful recommendations from counselors, former inmates, and others. Viewers also learn how to think ahead, access available resources, and manage their money.

CHANGING THE GAME FOR A BETTER LIFE

This program recognizes that change is never easy... but it is possible. In this program, youths learn how to change. They learn three vital points: Only they can make the choice to change their lives. A strong support group is needed to make change happen. And that they are worth it.

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RIGHT FROM THE START

This video is a very good resource on male violence towards women in dating relationships. In one scenario, the victim's response is portrayed two different ways to help young women recognize danger signs and what they can do to help protect themselves. It is emphasized that learned behaviour, low self-esteem and peer pressure contribute to male violence.

English DVD #9261 French DES LE DEBUT #9439 23 minutes \$155 *Includes Guide

WHAT ABOUT US?

Many children silently witness family violence and spouse abuse for several years before any treatment or counselling takes place. Secretiveness and feelings of shame, as well as physical and mental terror contribute to certain identifiable behaviour patterns. This video for children ages 8 to 17 was produced from a child's point of view and can be used to help explain what has happened and why these children feel the way they do.

DVD #9156 28 Minutes \$155

TIME TO CHANGE

Shows the effect of men's treatment programs in the prevention of family violence. This sequel to "ONE HIT LEADS TO ANOTHER" (see above) inter-cuts the dramatic vignettes from the abusing husband's life story with testimonials from abusers who themselves have gone through the treatment program to become counselors.

DVD #7798 26 Minutes \$155

***Includes Guide**

IT'S NOT LIKE I HIT HER!

This program examines emotional abuse directed at women by their male partners. It's not about arguing or disagreeing; it is about chronic criticism, verbal degradation, intimidation and isolation imposed on women to keep them in a socially and emotionally unsupported position. The aim, and the result, is to wear down and destroy women's self-esteem and their spirit. Both male and female viewers learn the basis for this kind of behavior in males. Tools for confronting and ending this type of abusive behavior and the treatment options available for abusers are covered.

DVD #7189 or Muted Version #9457 23 Minutes. \$179.95 *Includes Guide

SEEN BUT NOT HEARD

This companion video to "WHAT ABOUT US" is for counselors and teachers. It explains recognizable behaviour patterns often seen in children from violent families. This video demonstrates how to help these children with such behaviour once it is identified. The dramatic sequences of the video are interspersed with information and comments from professionals in the field.

DVD #7297 28 Minutes \$155

***Includes Guide**

ONE HIT LEADS TO ANOTHER

A powerful docu-drama designed to stimulate discussion and destroy common myths surrounding the issue of wife assault. Combines real life interviews with brief dramatized scenarios all based on actual stories told by abused women, their partners and counselors.

English DVD #7807 French "On Ne Frappe Pas Q'Un Fois" #4962 26 Minutes \$155

***Includes Guide**

WHAT'S AGE GOT TO DO WITH IT?

This riveting program looks at the devastating effects of abuse upon older women within intimate or spousal relationships as well as abuse by adult children. Covers a diversity of seniors, representing many different social values, upbringings and experience. In common however, many women over fifty retain strong beliefs about privacy and self-reliance, are more likely to practice a religion, and are traditionally committed to the family, the husband and the home.

DVD #8676 14 minutes \$179.95

***Includes Guide**



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