

NCADA

National Council on Alcoholism & Drug Abuse · St. Louis Area

The place to turn

8790 Manchester Road
Brentwood, MO 63144
Phone: 314-962-3456
Fax: 314-968-7394
Film Rentals & Counselors

1723 Pennsylvania Ave.
St. Louis, MO 63104
Phone: 314-664-7550
Fax: 314-664-7599
Some Films/See listings

HOURS

Monday – Friday
9:00 a.m. – 5:00 p.m.
Closed Saturday & Sunday
www.ncada-stl.org

NCADA

FILM

CATALOG

Updated 8/11



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KEY FOR FILM DESCRIPTIONS:

- No notation = Film at Brentwood Blvd. office
- * = Film at Pennsylvania Ave. office
- = Film at both NCADA offices

Please Note: Though most of our films are still listed in VHS, we have switched to DVD, years ago, when purchasing new films. We have quite a few DVDs now.

The material on many VHS tapes were so good that I could not dispose of them, especially since I did not have, or could not find replacements for them. These tapes may be viewed at our Brentwood Library, free of charge, if you do not own a VHS machine or VHS TV.

Karen, Brentwood NCADA Librarian

ABOUT NCADA & OUR SERVICES

The National Council on Alcoholism and Drug Abuse – St. Louis Area (NCADA) is the primary resource on alcohol and other drug abuse, and their related problems in the northeast Missouri area. The Council is a private, non-profit agency with two main offices serving the City of St. Louis and the counties of St. Louis, Jefferson, Franklin, St. Charles, Lincoln, and Warren.

The National Council on Alcoholism and Drug Abuse-St. Louis Area, is a 501 ©(3) nonprofit agency. Your tax-deductible charitable contribution is greatly appreciated. Our work depends on the generosity of people who care. Support for NCADA youth programming throughout metro St. Louis is also provided by foundation grants, individual & corporate contributions, fees for service, contracts, & special events: Cardinals Care, Clifford Willard Gaylord Foundation, Dana Brown, Franklin County Community Resource Board, MO. Dept. of Economic Development, Youth Opportunities Program, MO. Dept. of Mental Health, Div. of Alcohol & Drug Abuse, MO. Foundation for Health, Siteman Family Foundation, St. Louis County Dept. of Health, & United Way of Greater St. Louis.

SPEAKING & TRAINING SERVICES

The NCADA provides speaking and training services. They are available to any individual, group, agency, institution, or company pursuing factual information about alcohol and other drugs, prevention, intervention, and treatment.

Our speakers and trainers have extensive experience to work with all ages, backgrounds, and interests. Due to the specifications and limitations of various funding sources for NCADA programming, some of these services can be provided free of charge, while others can only be rendered on a fee-for-service basis. The nature of the request (subject matter, target group, age level) determines the possibility of a match with a current funding source to cover the costs of providing the service. If no funding source is available, a reasonable fee is charged.

Please call us with any questions about your speaking and training needs. We would love to hear from you!

COMMUNITY-BASED PREVENTION

The NCADA is active at the local, state, and national levels. Our Regional Support Center staff consults with groups implementing community-wide prevention efforts.

TREND (Turning Resources & Energy in New Directions) offers help to youth and adults who wish to provide alcohol/drug free community service, social events, and the annual National TREND Youth Conference. Other community-based services are programs for parents, businesses, churches, and groups, including informational presentations, assistance for those interested in effecting public policy/legislative efforts.

NCADA LIBRARIES

We have two libraries. Hours are Monday – Friday, 9:00 a.m. – 5:00 p.m. The main one for public use is located at 8790 Manchester Road, Brentwood, MO 63144. The second location is 1723 Pennsylvania Avenue, St. Louis, MO 63104--a few duplicate films are available there for public use.

We house a collection of DVD's, videos, books, brochures, fact sheets, NCADA newsletters, and posters related to alcohol and other drug abuse and addiction to support your educational and programming efforts. Many of our resources are free. Fees are very low, and when charged, contribute to our operating expenses. (You may also go online and download our fact sheets and make copies of them for any personal, school, or business use.)

DVDs and videos rent for \$5/3 business days or \$10/6 business days. We are closed on weekends & major holidays; rentals for those days are free. (As a non-profit agency, we are not able to rent outside the agency for a less than the \$5 fee, since professional films, unlike recreational films, cost a minimum of \$100-300 per film).

Films are checked out and returned in person. We do not have a drop-off door slot because our front door is alarm-set. We can reserve films up to three months in advance. Late fees are \$1/day/per film.

We rent books in person. Book rentals require a \$5 hold deposit/each book, refunded upon return in 2 weeks. (There's a one-time renewal option of two weeks/book, if we are notified.) Our late fee is 50 cents/business day (we don't count weekends or holidays).

LITERATURE

We have prevention, intervention, alcohol, drug, and meeting information fact sheets. Single copies are free, and you may duplicate them outside our facility. Extra fact sheets may be purchased for 10 cents/page (to cover our copy costs). You may download most of our pamphlets from our website at www.ncada-stl.org. Also, most pamphlets and brochures are available at a low cost.

LIBRARY POSTERS

These are kept at our Brentwood site. Five of each poster may be taken, free of charge.

The Treatment & Recovery Services Manual sells for \$5.00 (or with current postage rates included for mailing). You may download our manual for free from our internet site. It lists treatment facilities in the metro St. Louis area for adult and adolescent self-help, detox, in-patient, out-patient, residential out-patient, methodone, other medication-assisted treatment, plus Oxford and Harris Houses. An Illinois facility list, plus a national resource list for other information, is also included.

The Key is our free quarterly newsletter. Call 314-962-3456, or e-mail your request to ncada-stl.org to be added to our mailing list. We also keep extra copies in our Brentwood library.

SCHOOL-BASED PREVENTION

For **faculty**, NCADA provides information, training, and consultation. Our programs for **elementary students** include prevention skills, conflict resolution, and mediation trainings. For **middle school and high school students** we offer peer and cross-age teaching opportunities and various peer helping trainings. There are college staff and student trainings.

COMMUNITY-BASED PREVENTION

The NCADA is active at the local, state and national levels. Our **Regional Support Center (RSC)** staff consults with groups implementing community-wide prevention efforts. **TREND** (Turning Resources and Energy In New Directions) offers help to youth and adults who wish to provide alcohol/drug free community service, social events, and the annual National TREND Conference. Other community-based services are programs for parents, businesses, churches and groups including informational presentations, assistance for those interested in effecting public policy/legislative efforts, Red Ribbon campaigns, and Alcohol Awareness Month.

COUNSELING SERVICES

Our counselors are at our Brentwood location. They can answer alcohol and drug-related questions for free, by phone, when they are not in appointments. They give information and referrals to community treatment centers, support groups, and other professional counselors. If you prefer to meet in person, there is a \$35.00 fee for up to an hour session. Appointment times are Monday – Friday: 9:30 & 11:00 a.m., & 1:00 & 2:30 p.m. Sometimes they can do a 3:00 p.m. appointment instead of a 2:30 p.m.

ADULT & ADOLESCENT ASSESSMENT & REFERRAL SERVICES

Our counselors do adult and adolescent assessments, crisis intervention training, and short-term individual and/or family counseling for the problem drinker/drug user, family members, students, and employees who fail drug tests.

Adult assessments, age 20 and over, are \$50.00 for an hour session. Adolescent assessments, to and including age 19, are free; A parent, guardian, or social worker is required, and lasts about 1 ½ hours. All assessment results are put into a letter and addressed to whomever an adult authorizes. We can mail them out or an adult can take them upon leaving. We do not fax results because we cannot assure the confidentiality of results on the other end of the fax.

INTERVENTION TRAININGS

Intervention trainings are given for family or friends who want to do their own intervention for someone with an alcohol/drug problem. Our counselors teach them how to approach the addicted person and get them help. There is no limit to how many people can attend. We charge \$50.00 for a 2 – 2 ½ hour session. If you prefer to have an alcohol/drug counselor present when doing an intervention, our counselors can refer a counselor to contact, outside our agency.

ALCOHOL/DRUG USE, ABUSE & ADDICTION

A.A. – An Inside View (28 min. VHS) A great way to see how A.A. works, showing alcoholics going about their daily lives, and going to A.A. meetings / gatherings. Anonymity is protected.

ADDICTED BRAIN (THE) (26 min. VHS) Page 16.

A FOCUS ON PREVENTION (30 min. VHS) Page 16.

ALCOHOL by Father Martin (16 min. VHS) Father Martin talks about what alcohol is (a carbohydrate & a sedative drug) and what it's been used for. Then he talks about how it affects body organs, and about the outer effects from alcohol, with reason going first, then judgment, and motor coordination.

ALCOHOL/DRUGS & THE BRAIN (28 min. VHS) Joseph A. Pursch, M.D., tells us the intricate workings of the brain and drugs' effects on brain function. Starting with low levels of alcohol or other drugs, he explains the different stages/brain areas affected, with eventual affects from short or long term usage.

ALCOHOL: TRUE STORIES (30 min. VHS) Teens talk about drinking & driving. Hopefully their stories can help other young drivers to avoid drinking and driving.

ALIVE AGAIN (15 min. VHS) The alcoholic stereotype as a skid row bum is dispelled through this educational video narrated by a "typical" skid row person. A view into the lives of six everyday folks tells the realistic story of alcoholism and drug addiction.

AMERICA HURTS: THE DRUG EPIDEMIC (34 min. VHS) The drug epidemic is the #1 crisis facing our country today, according to national opinion polls. In spite of the fact that drug use has dropped slightly among youth, the problem still pervades our society and hurts all of us. This video on how drugs harm individuals, families, communities and what drugs pose the greatest dangers to our society. Narrator Collin Siedor takes a closer look at how the drug epidemic is hurting America.

AMY'S STORY (20 min.) (20 min. DVD & VHS) A young Amy explains her experience with meth, and her talks at public sites as part of her community service payback for the drug usage. Informative and great for teens and young people.

ANSWERS WE KNOW (THE) (25 min. VHS) With simple but powerful images and words, this film explains why medical scientists conclude that alcoholism is a disease; the tragic and irreversible progression of untreated alcoholism; the bio-chemical reasons which appear behind the behavior of an alcoholic mouse and his abstemious mate, who would rather die of thirst before drinking alcohol in any form; and the first meeting between Bill W. and Dr. Robert Smith which led to the formation of A.A.

ATHLETES, ALCOHOL & STEROIDS (23:20 min. VHS) A great film with a lot of information: Facts about athletes' attitudes in general, pressures from the media and peers, what alcohol and steroids do to the body, why there's an attraction to alcohol and steroids, and advice from professionals about many specific medical or legal areas that many people are not aware of.

BINGE DRINKING BLOWOUT (30 min. VHS) High School & College. Interviews with young men and women provide a format for discussion about the effects of alcohol on the body and how it impairs judgment. The dangers of mixing alcohol and other drugs is discussed, as is how over-consumption

can lead to coma or death.

5.

BROTHER EARL'S "STREET TALK"(60 min. VHS) Approaching chemical dependency in a down-to-earth manner, *Street Talk* describes what addiction is; how it affects behavior, performance and judgment. Crucial, basic concepts on addiction are discussed including denial, rationalization, and loss of control.

CHALK TALK (REVISED) (45 min. DVD & VHS) This lecture by Father Joseph Martin about alcohol and alcoholism outlines the scope of the alcohol problem and factors influencing attitudes and behavior. Physiological effects of alcohol are described and developmental stages of alcoholism discussed.

CHALK TALK (1997 REMAKE) (66 min. VHS) Father Martin explains how alcoholism effects the total person. He discusses the signs of alcoholism and emphasizes the need for therapy, for recovery.

CHALK TALK ON DRUGS (55 min. DVD) Father Martin begins the film and introduces Dr. Cardwell C. Nuckols, who talks about how various popular illegal drugs change people's lives. Interviews by Father Martin and previous drug users clarify what Dr. Nuckols states are the norm for each type of drug.

CHASING THE DRAGON: HEROIN ADDICTION (49 min. VHS) Delbert Boone talks openly and candidly with recovering heroin addicts about issues from heroin use; how it affects users mentally, emotionally, and physically. Speaking from personal experiences, he explains how and why people use heroin, and places it takes you, like emergency rooms, hospitals, court rooms, prisons, and morgues. Filmed at the U. of Rochester Medical Center, with interviews/testimonials from inmates, ex-inmates, and recovering addicts.

CLUB DRUGS: THE REAL DEAL (27 min. VHS) This film gives the dangers of club drugs and options to make responsible choices. Drugs addressed are Ecstasy, Rohypnol, GHB, & Ketamine, plus raves.

COCAINE & CRACK: A CRAVING FOR MORE (35 min. VHS) A great learning film of c/c on the body's energy and reinforcement center, neurochemical effects of chronic and high use, how compulsion and addiction develop, and treatment strategies. Computer animation of usage on the brain, interviews with recovering users, and treatment/group session excerpts give an understanding of the physical, mental, emotional, and society effects of cocaine use.

COCAINE MONKEY (28 min. VHS) Brother Earl Canamore, C.A.C., explains why cocaine is probably the most cunning, baffling, and powerful addictive drug. This presentation helps those suffering with the disease of cocaine addiction to understand the true nature of their affliction, and begin taking necessary steps to recovery.

COCAINE UPDATE (33 min. VHS) Dr. Ohlms describes the neurochemical and physiological impact of cocaine on the mind and body. He also discusses the dynamics of cocaine addiction, withdrawal, treatment, and relapse prevention.

CRACK ATTACK (30 min. VHS) Dr. David Ohlms believes crack literally attacks the user physically, emotionally, socially, and spiritually. He believes smokable crack is the most addictive and dangerous substance of drug abuse and addiction because it destroys an individual's ability to feel content, happy, or enthusiastic. In simple terms, he explains how crack or cocaine causes problems at the physical and neuron-chemical level.

DEPRESSION & SUBSTANCE ABUSE (30 min. VHS) Page 16.

DRINKING IN AMERICA (38 min. VHS) A historical account how Americans have used, abused, banned, and studied alcohol depicted from Colonial times to the present. The film looks at early use, attitudes, the temperance movement, the roots of A.A., and current drinking practices.

6.

DRUG ABUSE & THE BRAIN (26 min. VHS) Gives a detailed look at the biological basis of drug addiction how the brain and its reward system work, and how drug abuse causes fundamental changes in the brain.

DUAL DIAGNOSIS: THE MESSAGE OF HOPE (30 min. VHS) Page 20.

ECSTASY: WHEN THE PARTY'S OVER (26 min. VHS) A video for teens and college. Discusses raves, short and long term effects of use, legal consequences, and where to turn for help.

EDUCATE: CREATING INHALANT ABUSE AWARENESS TOGETHER (16 min. VHS) This video talks about Home and school products kids sniff to get high. They and the adults around them often don't realize how dangerous this is.

GOODBYE, COCAINE (31 min. VHS) Brother Earl Cannamore, C.A.C. talks about the compulsion of cocaine addiction, and how old playmates and playpens can trigger addiction relapse even in those with the best intentions. He also discusses common cocaine addiction relapse triggers, including dishonesty, depression, excitement, and sex.

GUIDELINES FOR HELPING THE ALCOHOLIC (45 min. VHS) Father Martin outlines 8 principles proven useful in helping the alcoholic. They are 1)Attitude 2)Recognition 3)Addiction 4)Confrontation 5)Responsibility 6)Family 7)Resource and 8) No discouragement.

HEROIN: WHAT'S THE REAL DOPE? (30 min. VHS) Viewers hear about rising heroin use among diverse and increasingly younger users. Experts give insights about prevention and treatment strategies, plus interviews with Oregon and rural New Mexico community leaders, medical professionals and former users give their views and experiences for prevention and treatment.

HIGH ON SPICE: The Dangers of Synthetic Marijuana (DVD 14 min.) The chemical compounds in Spice were originally created as cancer medicines. Later, these compounds were sold on the internet as a smokable herbal blend. Reactions from Spice are nausea, extreme agitation, fear, paranoia, and elevated heart rates and blood pressures.

INTRODUCTION TO STREET PHARMACOLOGY (50 min. VHS) A no-nonsense, easy to understand discussion of street drugs, what they are, how they're used, and what they do to the body; Also, types of drugs, methods of administering, addiction, loss of control, tolerance, denial, neurophysiology of drug action, the "rush," and actions in brain centers.

IT SURE BEATS SITTING IN A CELL (17 min. VHS) Filmed in U. S. correctional facilities and Canada, this is a story of 4 young people who were in prison as a result of drinking, but today are sober in A.A.

J.R.'s STORY: THE DISABILITY OF CHEMICAL DEPENDENCY (26 min. VHS) Addresses the special challenges of the disabled chemically dependent. J.R. is wheelchair-bound, whose substance abuse is worse, by being quadriplegic. Despite major problems with the law, suspended from school, and sustaining bodily injuries, he sees his drug/alcohol use as an acceptable risk. His friends accept his actions because he's disabled. After being confronted about chemical dependency, J.R. decides if he is to have any quality of life, he must enter a recovery program. When last seen, J.R. is sober, taking life one day at a time.

LIFE OR METH (15 min. VHS) • Filmed in the Midwest, this video discusses the problems of meth labs and users. It shows interviews with convicted meth cookers and users. Symptoms of the addictive power of meth and costs to society are noted. Law enforcement strategies are also mentioned.

LEGAL BUT DEADLY: Abusing Prescription Drugs (19 min. DVD) For High School and beyond. Learn about commonly abused prescription drugs, why they are prescribed, why they are abused, and the physical and psychological effects, signs of abuse, and overdose. Great informative film.

7.

LOST IN WOONSOCKET: A miraculous journey of hope (81 min. DVD) Missing for years from their families, two alcoholics are discovered hiding in the woods of Woonsocket, R.I. by a film crew. A series of profound coincidences lead to a miraculous reunion with their children.

MARIJUANA: AT YOUR OWN RISK (Video 1: 21 min.) (VHS 2: 25 min.) For grades 9-12. In Part 1 the narrator explains to a marijuana prospect the problems marijuana causes, backing statements with past users' comments. Part 2 addresses other problems it causes, after the narrator asks the prospect if he has thought over their first discussion. All "reasons" get eliminated.

MARIJUANA AND HUMAN PHYSIOLOGY (22 min. VHS) Marijuana is the most widely abused drug after alcohol and tobacco; many believe it is harmless. A physician-narrator dispels that belief as he describes the chemical's damaging effects on the sinuses, pharynx, uvula, lungs, heart, brain, reproductive system, central nervous system and immune system.

MARIJUANA; THE BURNING TRUTH (11 min. VHS) A fast-paced video; young people discuss reasons why marijuana remains popular. Harmful effects on the brain, body, and the effects on relationships with family and friends are given.

MARIJUANA WITH DELBERT BOONE (30 min. VHS) Videotaped at Chateaugay Correctional Facility in upstate New York, Delbert Boone discusses the hazards of use, addresses misperceptions, and explains how marijuana impairs one's judgment, skills, ability to concentrate, solve problem, and learning/retaining new information.

MARIJUANA VACANCY: THE LIFE OF A POT SMOKER (12 min. VHS) Conclusive facts are given about marijuana's dangers to young people, including physical and mental effects and evidence of its addicting qualities. Interviews with teens on where they encountered marijuana and why they refused to fall in its trap.

MEDICAL ASPECTS OF CHEMICAL DEPENDENCY: THE NEUROBIOLOGY OF ADDICTION (25 min. DVD) Page 21.

MEDICAL MARIJUANA: A SMOKE SCREEN (11 min. VHS) Information is given how the medical marijuana movement helps pro-drug advocates for legalization of other drugs such as heroin, PCP, LSD, meth, and marijuana. It shows how billionaire George Soros, the Drug Policy Foundation, NORML, Richard Cowan, and Ed Rosenthal, the *High Times* editor, and others support drug legalization.

METHAMPHETAMINE: DECIDING TO LIVE (30 min. VHS) With documentary-style interviews of recovering addicts and treatment professionals, this video helps viewers understand the consequences of meth addiction. It also reassures clients that recovery is possible.

METHAMPHETAMINE: UNDER THE ICE (16 min. VHS) This video explains what meth is, how and where it is made, and what it does to the body. It also discusses addiction, withdrawal symptoms, recognizing and confronting a user, and steps to take if someone needs help.

MIDWEST HIDTA METH: 4 FILMS IN ONE (45 min. DVD) The 4 films are: 1) Myths About Meth; 2) Life or Meth: What's the Cost? 3) Amy's Story 4) Life or Meth? (Life or Meth & Amy's Story are also on video.)

NATURAL HIGHS & THE TRUTH ABOUT SO-CALLED NATURAL DRUGS (18.30 min. VHS) The definition of "high" is at the start and how brain chemicals are involved in how we feel. Different highs are expressed by exercise, sports, breathing deeply, and other "feel good" highs. Unnatural drug highs

can trick the brain chemical reward system, and that's why people use them. Marijuana (a common use drug in teens) is talked about; also the development of the adolescent brain and why adolescents love to take risks. The video ends with "growing naturally: and how we are expected to push ourselves more.

8.

NEW MARIJUANA (THE): HIGHER POTENCY, GREATER DANGERS (OXYCONTIN & OTHER PRESCRIPTION DRUGS (33.26 min. VHS) True stories of people who took prescription drugs for pain, including Vicodin and opioids. People often feel safe because a doctor prescribes them, a pharmacist fills them, and an insurance company pays for them. Victims tell clues how they knew they were out of control, how the addictive cycle worked, about recovery and relapse, pain management, and friend/family support.

PHYSICIAN DOES MAKE A DIFFERENCE (THE) (22 min. VHS) • This video was developed to raise awareness on alcohol and drug abuse among medical and counseling staffs. It motivates physicians to become involved in recognition and management of AOD problems in patients. It also can be helpful with AOD education in the community.

PLEASURE UNWOVEN: A Personal Journey About Addiction (70 min DVD) Dr. Kevin McCauley explores the arguments for and against "Is Addiction Really a Disease", using the spectacular landscape of Utah's State and National Parks to describe the brain areas involved in addiction, turning complex neuroscientific concepts into easy-to-understand visual images to help people in recovery feel better understood and their families and friends feel hope that recovery is possible.

ROOTS OF ADDICTION: DRUG & BEHAVIORAL COMPULSIONS (32 min. VHS) In-depth talks with addicts and why they used. Also, sign of and types of addictions, and levels of use—very informative.

SPANISH VIDEO: La Verdad Sobre La Bebida; The Truth About Alcohol (# 30 min. VHS) Grades 4-12 and adult. Alcohol kills more than 5 times the number of people killed by cocaine, heroin, and every other illegal drug combined; yet today's teens choose alcohol as their number one drug of choice.

SPANISH VIDEO: La Verdad Sobre Las Drogas: The Truth About Drugs (# 30 min. VHS) Grades 6 -12 and adult. Every 24 hours 3,500 teens will try illegal drugs for the first time. Today, 4 million Americans currently use drugs and it is painfully clear that "Just Saying No" is not enough.

THE CASE AGAINST THE LEGALIZATION OF DRUGS (16:20 min. VHS) Drug abuse affects employers, families, friends, pregnant women, crime, and physical / emotional abuse, costing about \$67 billion a year in the U.S. alone. Legalizing drugs would increase statistics and total health care costs would rise too. In Europe crime increased in the countries legalizing drugs, so they had to make big changes, like calling the National Guard, and shortening hours that shops could sell drugs. Many people relapsed or died from overdose.

THE MYTHS OF MARIJUANA DEBUNKED (21 min. DVD) Page 35.

THE NEUROBIOLOGY OF ALCOHOLISM: SIMPLIFIED (30 min. VHS) Dr. Erickson from the University of Texas talks about high quality brain research done on test subjects. He defines alcohol abuse and alcohol dependence, talks about which missing brain chemicals are responsible for addictions. Dr. James West of the Betty Ford Center talks about why treatment works, current forms of treatment, and future treatment types. Very informative.

THINK TWICE: MARIJUANA AND CANCER (19 min. VHS) Addressed mainly to teens and young adults, marijuana is shown to be far more cancer-causing than tobacco! This film dispels myths, answers questions on marijuana and the use of marijuana for medical purposes – includes photos of people who had cancer of the jaw, neck, and mouth, after surgery. Having a hard time convincing someone marijuana is harmless? This film should do it!

PRESCRIPTION TRAP UPDATE (34 min. VHS) Dr. David Ohlms explains the genetic predisposition of alcoholism, 2 types of alcoholism, brain waves of alcoholics, information on how the brain works normally then with alcohol and other drugs. Drink enough, often enough and long enough, and become an alcoholic, no matter who. The good news is that this disease is very treatable.

9.

UNDERAGE = UNPREPARED (22 min. VHS) Presented by the Missouri Division of Highway Safety, this film is designed to help others more clearly understand the magnitude of Missouri's underage drinking problems. Excellent film for parent organizations, schools, youth centers, churches, and health agencies.

VOICES OF EXPERIENCE (27 min. VHS) Signs and symptoms of alcoholism are presented with testimony from individuals describing their behaviors and problems related to their drinking. Withdrawal symptoms, denial, stigma and co-occurring disorders are discussed. It stresses that seeking help and treatment can lead to recovery and a better life.

WHAT IS YOUR DRUG IQ? (17 min. VHS) Page 36.

CHILDREN OF ALCOHOLICS & DRUG ABUSERS

ALCOHOL, CHILDREN & THE FAMILY (26 min. VHS) The destructive effects of alcoholism on families, with special focus on children, are examined in the program by Dr. Timmen L. Cermak. This provides a solid background for examination of the harm done to children in chemically dependent families. He reviews the developmental needs of children and then shows how these needs are not met in families where one or both of the parents are alcoholic. The effects of dysfunction at each stage of development are described in detail.

BROKEN PROMISES (34 min. VHS) Dramatizes 3 sessions of a children's support group led by 2 counselors. Part 1 offers a definition of alcoholism and drug addiction and shows the reality of day-to-day life for children of addicted parents. Part 2 focuses on the importance of discussing feelings and understanding defenses. Part 3 identifies important coping skills. At the end of each session, ideas from the vignettes and the support group presentations are summarized and viewers are encouraged to stop the tape for discussion.

CHILDREN OF ALCOHOLICS: FROM GENERATION TO GENERATION (20 min. VHS) Grown children of alcoholics answer questions about childhood memories, how they changed themselves to accommodate (enable) the alcoholic, and other dysfunctional family members. Tips are given how to help others in their situations. Excellent for all ages.

CHILDREN OF DENIAL (28 min. VHS) A video about youngsters, adolescents, and adults who, as children of alcoholics, were affected by their parents' alcoholism and/or chemical dependency. Claudia Black examines what happens to children raised in alcoholic families and offers some answers for the problems. 3 basic tenets rule children's lives: Don't talk, Don't trust, and Don't feel! These family rules are impressed on youngsters, cultivated in adolescents, and explode into problems in adulthood.

LOTS OF KIDS LIKE US (29 min. VHS) Conveyed with warmth in a bright, visually stimulating style. *Lots of Kids Like Us* tells the sensitive story of young Ben and his sister, Laurie, as they try to cope with their father's alcoholism. Ben and Laurie, elementary school aged, are frequently burdened by feelings of guilt and often exposed to physical and emotional abuse. "You're not alone" and "It's not your fault" are the major messages of the film.

MICHAEL'S JOURNEY (30 min.) & GROWING UP ISN'T EASY (12 min. VHS) *Michael's Journey* follows 2 black boys exemplifying different coping styles of children of alcoholics. Michael people-pleases

and is overly responsible. Bruce acts out with antisocial behavior. The film shows that support is available to both boys through friends, adults, and peers. *Growing Up Isn't Easy* shows how children develop many coping strategies for difficult and painful situations. These coping skills may be the protection these children have against experiencing greater pain in their powerlessness to change their painful environments. This story helps children discover alternative, less destructive coping strategies. Grades 5 – 8.

10.

POOR JENNIFER, SHE'S ALWAYS LOSING HER HAT (34 min. VHS) This video is about growing up in a family where a parent suffers from the disease of alcoholism and the need to help children break the cycle of shame and silence. It is also about recovery and hope. Made by the National Association for Children of Alcoholics, the video is designed to educate adults about problems faced by children of alcoholics and to encourage them to respond appropriately to their special needs.

REFLECTIONS FROM THE HEART OF A CHILD (32 min. VHS) From the creators of *Soft is the Heart of a Child* this updated video tells a moving story of 3 young lives affected by a father's alcoholism and a mother's inability to cope. It brings home the impact of chemical dependency.

SOFT IS THE HEART OF A CHILD (30 min. VHS) A dramatic film dealing with the sensitive subject of how children are affected by family alcoholism. A classic alcoholic family situation: the dad drinks heavily and mistreats his wife and children; the mom is plagued by frustration and guilt, seeing her husband as having all of the fun and little of the responsibilities, and the children suffer the most. Help arrives in the person of an understanding and perceptive school counselor.

STRAIGHT TALK (30 min. VHS) Following the lives of children affected by alcohol and other drug abuse, viewers learn how to deal with serious problems by listening to others' experiences. It includes moving testimonials from chemically dependent adolescents.

CODEPENDENCY/FAMILY

ALCOHOL & THE FAMILY: BREAKING POINT (26 min. VHS) Families of alcoholics are in as much need of professional help as alcoholics. This program depicts the destructive behavioral patterns of the families and friends of two alcoholics. It shows that when family members seek help for themselves, recognizing that rescue of the abuser is beyond their own overtaxed resources, the change in their own behaviors becomes a stimulus for change in the alcoholic's behavior.

CARING FOR OURSELVES (50 min. VHS) If you are putting aside your own needs, ignoring your strengths, or depressed by low self-esteem, Melody Beattie offers realistic suggestions for learning how to affirm and nurture yourself. In this video, Melody and others discuss how you can improve your life by offering yourself the same compassion you willingly give others.

DENIAL? NOT ME (30 min. VHS) Kathy's denial prevents her from realizing she has some problems of her own as a spouse of an alcoholic: rationalizing, covering up, taking responsibility for others, enabling, and blaming. A "guardian angel" (who thinks he's Humphrey Bogart) helps Kathy look at her past behaviors, and with growing awareness, she begins to break through her wall of denial and seek help.

DETACHMENT (30 min. VHS) Father Martin relates how "Detach with love" is a familiar phase often misunderstood. Detachment doesn't mean to abandon, desert or ignore; it is not detachment from the person, but from the behavior. He tells how family members, friends, and co-workers must refrain from enabling the addicted person and refuse to participate in the addict's self-destructive behavior.

DETACHMENT WITH LOVE (22 min. VHS) Martin's wife is recovering, so why does *he* have to go to a meeting? As Kathy, an Al-Anon member, shares her story, Martin begins to understand the family disease of alcoholism, chemical dependency, and himself. Both Kathy and Martin find that detachment with love

is part of a family recovery process leading to serenity.

ENABLING (24 min. VHS) Father Martin says every time you pick up the tab for the alcoholic, you have paid for their next drink. Such behavior only hastens the death of a loved one. This video explores the negative effects of enabling.

11.

FAMILY FIRST (18 min. VHS) This video offers clear and dramatic presentations of codependency involving the family of a functioning alcoholic and the family of an adolescent chemical dependent. Terri Ohlms, ACSW, using actors, explains how codependency illness leads to enabling and tortuous progressive entanglement.

I AM YOUR CHILD: THE FIRST YEARS LAST FOREVER (29 min. VHS) Page 18.

INTERVENTION (28 min. VHS) The Johnson Institute presents this video on the family intervention process. The film opens with a group of concerned persons getting together to discuss a course of action. Dramatic vignettes are presented of the alcoholic as she learns of the movement. The intervention preparation helps the concerned persons to understand the disease of alcoholism and their own involvement in it. It further prepares them for the problems, stresses and rewards of the intervention itself.

INTERVENTION: BACK TO REALITY (28 min. VHS) This video is narrated by Hugh Downs explains to loved ones and friends of chemically dependent persons the benefits of intervention.

INTERVENTION: FACING REALITY (30 min. VHS) This video shows how intervention helps everyone involved face the impact on one man's addiction on their lives.

INTERVENTION: THE RESPONSIBILITY OF FRIENDS (16 min. VHS) This film discusses how interventions are done with the help of a chemical dependency expert. It is geared to help people talk with friends or loved ones having trouble with alcohol or other drugs.

LIVING WITH AN ADDICT (28 min. VHS) This video discusses the impact of addiction on families and friends. Insights on forgiveness and addiction-related issues are offered from a Christian view.

RECLAIM YOUR LIFE (48 min. VHS) From personal experience, Melody Beattie describes how to heal from the pain of living with a chemically dependent family member. Among the lessons to learn are stop trying to control, take care of yourself, and take responsibility for your own actions.

RECOVERY AND THE FAMILY (40 min. DVD & VHS) Father Martin asks "Why isn't the sobriety of the alcoholic enough?" His answer says why each person in the family must get well; each must work at personal recovery. Then, the entire family must interact to make a well family group. He stresses the importance of Al-Anon.

RULE OF THUMB (20 min. VHS) Five women candidly discuss the abusive domestic situations they endured. They also talk about how they stopped being victims and took control of their lives. The viewer learns the steps these victims took establish non-violent home situations. In addition, the video provides clear, concise instructions for obtaining an Order of Protection.

COMMUNITY ACTION

COMING TOGETHER ON PREVENTION (27 min. VHS) This video presents 3 prevention models based on National Institute on Drug Abuse research: A school-based program for high-risk students; a parenting program for substance abusers, with resistance skills taught to their children; and a community-based prevention program.

CREATING HEALTHY COMMUNITIES FOR KIDS (12 min. VHS) Designed to help motivate community leaders to give kids the tools they need to succeed. Included are interviews with people from around the country who are involved in asset-building initiatives.

12.

DEBUNKING THE MYTHS ABOUT MARIJUANA: WHAT CAN YOUR COMMUNITY DO? (7 min. VHS) Teens get mixed messages. Conquering myths will need community, parent, church, and police action. Above all, parents need to know their children's friends and how their children spend their time.

DRINK SELLS THE DREAM (16 min. VHS) This award-winning documentary examines how alcohol is promoted in our society through sports, cultural events, billboards, and other media. The video examines advertising directed at high-risk populations including college students, African Americans, Hispanics, women, heavy drinkers, and youth. It explores what communities have done, and can do to foster safer and healthier attitudes toward alcohol use.

EDUCATE: CREATING INHALANT ABUSE AWARENESS TOGETHER (16 min. VHS) Page 6.

FACES OF ADDICTION (34 min. VHS) Excerpts from 3 HBO Robert Wood Johnson Foundation 1997 TV programs help viewers recognize alcohol and other drugs as real problems. It shows how addiction affects an entire community, as well as a young addict's struggle to become drug free.

FORTY ASSETS (8 min. VHS) The Search Institute President, Peter Benson, provides an overview of 40 developmental assets that nurture competent, caring and responsible children and teens. Parents, community leaders, and youth workers discuss everyday, positive things young people need to succeed.

HOW TO MAKE IT WORK IN YOUR COMMUNITY (42 min. VHS) This documentary/training video is produced by SAMHSA's Center for Substance Abuse Prevention. It begins with a brief overview explaining what prevention is about, why it is needed, and what elements make effective prevention. Nine short segments follow showcasing various types of prevention programs.

MURALS REFLECTING PREVENTION (10 min. VHS) Features suggestions for creating murals and shows how this can provide opportunities to engage young people in an alcohol, tobacco and other drugs dialogue. Designed to enhance existing prevention efforts and encourage involvement by parents and other community members. (Close-captioned for hearing impaired.)

PREVENTION STORY: PROGRAMS THAT MAKE A DIFFERENCE (18 min. VHS) • This video discusses the 3 steps for planning messages, materials, and integrating communications into overall prevention efforts. Features positive examples of successful community prevention projects.

SELLING ADDICTION (18 min. VHS) Narrated by Michael Learner, this video consists of 3 6-minute segments about addiction and helping the viewer analyze typical commercial and advertising techniques. Awareness is made about target marketing.

SEX, LIES, AND PROFITS (17 min. VHS) • Educates viewers on how alcohol advertising glamorizes the effects of alcohol and misleads the public. The video can be used for educational purposes and to advocating new legislation restricting alcohol advertising on licensed broadcast media.

A STONE'S THROW (5 min. VHS) Page 17.

UNDERAGE = UNPREPARED (22 min. VHS) Page 9.

UNDERSTANDING A NEED: AOD PREVENTION FOR PEOPLE WITH DISABILITIES (15 min. VHS) Provides a glimpse into the issues of alcohol, drug prevention, and disability. It seeks to develop a

general awareness, encourages discussion, and engages the audience to identify ways they and their community can become involved in prevention efforts.

YOUTH AS RESOURCES: THE POWER WITHIN (15 min. VHS) Shows how youth solve community problems and how communities and youth benefit on many levels. It presents concepts and provides a basis for the *Youth as Resource* program and youth-community relationships.

13.

DRIVING / SAFETY

AFTERMATH (THE) (24 min. VHS) • Carly Simon narrates this drinking and driving documentary about Olympic diver Bruce Kimball's car crash while intoxicated. The video stresses the physical and emotional pain of the victims.

CONFRONTING DRUNK DRIVING (DVD 26 minutes) Zero-tolerance laws make it illegal in every state for those under 21 to drive with any measurable amount of alcohol in their blood. This program addresses peer pressure, media influences and alcohol advertising having powerful effects on a young person's decision to use alcohol and realistic driving situations.

DRIVING DRUNK: YOUR CHOICE (20 min. VHS) 4 real-life situations are depicted where someone made a decision to drive drunk. The long-term effects of those choices are shown through the stories of 2 mothers who lost children to drunk drivers, a man driving alone who crashed his car, and a young man who insisted on driving drunk, killing a mother and her child.

DRUNK AND DEADLY (45 min. VHS) This is a TV documentary on drinking and driving crashes in a 24-hour period in America. It highlights five accidents, showing the effects on the drinking drivers, their families, and on the victims' families.

STEER CLEAR DWI (17 min. VHS) Dr. David Ohlms details the impact of all major drugs of abuse and addiction on driving skills and safe driving attitudes.

VICTIM'S CRY (23 min. VHS) All too often innocent victims pay the price for drunk driving. This video dramatically shows the consequences of a decision to drink and drive...the tragedy, the heart break, the devastation. After hearing the stories of 4 victims' families and sharing their pain, viewers will be motivated to never get behind the wheel after drinking. (*The Victim's Cry* was created with the help of several local Mothers Against Drunk Driving chapters.)

EDUCATORS

ADOLESCENT TREATMENT APPROACHES (25 min. VHS) Page 20.

ART OF PREVENTION (12 min. VHS) This video encourages middle school teachers to incorporate the arts into their existing alcohol, tobacco, and other drug prevention curricula as a means of more effectively reaching students with prevention messages. It features students engaged in prevention activities using a variety of art forms and includes comments from both students and teachers about the activities.

BROKEN PROMISES (34 min. VHS) Page 9.

CHILDREN OF ALCOHOLICS: HOW SCHOOLS CAN HELP (56 min. VHS) Ellen Morehouse, expert

on COA school-based programs, grades 4-8, presents strategies to help these children – designed to train educational personnel.

CREATING HEALTHY COMMUNITIES FOR KIDS (12 min. VHS) Page 11.

EVERYBODY’S BUSINESS 2: BUILDING BRIDGES (4 1-hour VHS’s) This 4-part series was developed to assist educators in the development of prevention education while emphasizing the Social Development Strategy, a proven model for preventing health and behavior problems in youth.

14.

VHS 1: Bridges to Belonging Researcher J. David Hawkins outlines factors that put youth at risk of substance abuse, delinquency, and other behavior problems. He describes protective factors that buffer those risks. As co-developer of the Social Development Strategy, Dr. Hawkins explains how this model promotes positive, healthy behavior in young people and operates as a solid basis for prevention.

VHS 2: Bridges to Healthy Behaviors focuses on important protective youth factors: setting clear and consistent standards of behavior. Nationally recognized trainers explain how adults can develop and consistently communicate effective rules and standards to young people, showing how to empower youth by helping them set and promote their own standards of behavior.

VHS 3: Bridges to the Community gives an introduction to service learning – what it is, how it works, and why it bonds young people to their communities, giving them opportunities for personal growth and a sense of belonging. It shows how to develop an effective program and explains the central role of structured reflection in helping youth learn from their experience in the community.

VHS 4: Bridges to Learning explores practical steps to consider when young people teach their peers. A practitioner in the use of peer tutoring as prevention strategy explains how to plan effective peer tutoring and train youth in skills they need to be successful, responsible tutors.

FORTY ASSETS (8 min. VHS) Page 12.

GANGS: SIGNS & SYMPTOMS (16 min. VHS) Page 24

GROWING UP BLACK AND PROUD (15 min. VHS) An innovative program for educators and a curriculum for teens, giving both audiences an opportunity to learn how racial identity affects personal identity and how this knowledge is used for prevention. It helps black teens develop a strong, positive identity, a sense of community, and the skills they need to grow into drug-free adults.

PEER HELPING IN ACTION: THE NATURAL HELPERS PROGRAM (16 min. VHS) This is a friends helping friends program to recognize and help solve problems in schools, families, and businesses. Goals build trust, teach compassion, social skills, share feelings, and diversity-training people.

RISK AND REALITY: TEACHING PRESCHOOL CHILDREN AFFECTED BY SUBSTANCE ABUSE (30 min. VHS) This video draws on research and service demonstration programs to identify techniques and interventions to help teachers effectively work with children whose behaviors and learning problems may be related to prenatal exposure of alcohol &/or drugs, or the consequences of living in families and communities where substance abuse is common. Techniques described include creating a nurturing classroom, encouraging cooperative play, minimizing distractions, facilitating transitions, helping children manage their behavior, conducting ongoing assessments, and building strong links with families.

SAFE SPACES: DRUG AND ALCOHOL PREVENTION EDUCATION FOR SPECIAL NEEDS & DRUG EXPOSED K-2 CHILDREN (27 min. VHS) Presented in 2 parts for a staff training video, Part 1 dispels myths and curricula information for responding to children’s concerns. Part 2 deals with early intervention, family/school collaboration, and AOD prevention education for young special needs children.

STARTING SMALL: TEACHING TOLERANCE IN PRE-SCHOOL & THE EARLY GRADES (58 min. VHS) Teachers of young children who speak earnestly in this video work in different communities but

share a common vision: Children can learn to care about other people's feelings, beliefs and welfare. Book included.

UNDERAGE = UNPREPARED (22 min. VHS) Page 9.

WHAT ABOUT GANGS (VHS 1: 18 min.; VHS 2: 40 min.) Page 26.

15.

ELDERLY

WHAT'S WRONG WITH THIS PICTURE (18 min. VHS) Page 36.

ADDICTION & THE ELDERLY (45 min. VHS) There are many reasons why the elderly get addicted: boredom, loneliness, retirement difficulties, distance from children, and the aging process – to name a few. Children frequently fail to recognize an elderly parent's addiction, and doctors often misdiagnose the disease in older patients. Father Martin discusses how to identify and treat elderly chemical dependency.

IT CAN HAPPEN TO ANYONE (26 min. VHS) TV actor, Ed Asner, helps viewers examine alcohol problems associated with older adults. The video focuses on how alcohol affects seniors differently than it once did, and on interaction problems that may result from mixing alcohol and medications. Treatment options are outlined providing an encouraging look at older adults in recovery.

LOOKING FORWARD TO TOMORROW: MEDICAL ASPECTS OF SENIORS & SUBSTANCES (28 min. VHS) The population over 55 is growing rapidly. They'll have losses, grief, waning health, multiple needs, and fear of the future. Medicines are prescribed, over-the-counter remedies are tried and alcohol and tobacco are consumed – frequently leading to mental states that are confused with senility, dementia, and Alzheimers. This video tells about the pitfalls of such chemical combinations and how to prevent, intervene, and treat such problems.

PRESCRIPTION DRUGS: RECOVERY FROM THE HIDDEN ADDICTION (34 min. VHS) Ex-prescription drug addicts tell their stories, and how people in various situations can be at risk for drug abuse.

YOUTH GAMBLING

ANDY'S STORY (14 min. VHS) This video teaches the dangers of gambling, as a recovering young gambler talks about his addiction and recovery. Helps develop knowledge necessary to think critically about gambling.

HEALTH / PREGNANCY / FAS/FAE SYNDROME

ADDICTED BRAIN (THE) (26 min. VHS) This video takes viewers on a tour of the world's most prolific manufacturer and user of drugs – the human brain. It explores developments in the biochemistry of addiction and addictive behavior.

A FOCUS ON PREVENTION (30 min. VHS) Several interviews are given with moms who drank during their pregnancies, plus interviews with an M.D. & R.N. & a social worker. Other facts are given about details on drinking during pregnancy, signs of children with F.A.S. (Fetal Alcohol Syndrome) & F.A.E. (Fetal Alcohol Effects), brain damage, and physical characteristics are discussed. Helpful suggestions are made.

ALCOHOL & HEALTH: WHERE DO YOU DRAW THE LINE? (12.30 min. VHS) 5 vignettes address alcohol and pregnancy, teens, employment, women, and the elderly. Awareness is provided by the National Alcohol Screening Day and the U. S. Dept. of Health & Human Services.

ALCOHOL & PREGNANCY: FETAL ALCOHOL SYNDROME & FETAL ALCOHOL EFFECTS (20 min. VHS) Shows how alcohol adversely affects the developing fetus and points out critical periods during pregnancy when the fetus is most vulnerable. In candid interviews, a realistic look at the daily struggles of FAS/FAE children and their parents or caregivers. The stories underscore life-long FAS physical, behavioral, and central nervous system problems.

16.

A PREGNANT WOMAN NEVER DRINKS ALONE (8 min. VHS) Addresses key aspects of alcohol consumption during pregnancy—the risk of alcohol use to the fetus, an explanation of Fetal Alcohol Syndrome, a description of alcohol-related birth defects, and the fact that FAS is preventable by not drinking alcohol. An agency listing for information/assistance with a drinking problem is provided.

BEGINNING OF A NEW LIFE: A VIDEO ABOUT TEEN PREGNANCY (12 min. VHS) Teens/Adults: This video was made by a teen mother with her best friend, documenting the reality of teen pregnancy and parenting. Helps create understanding and insight as they looked at their life changes.

BODY OF WORK (116 min. VHS) * A real-life story that chronicles the lives of 10 individuals who transform themselves physically, emotionally, and spiritually through a program of body building.

COCAINE'S CHILDREN (9 min. VHS) Dr. Ira Chasnoff narrates this live-action video discussing and illustrating the immediate effects of cocaine on a fetus, the early effects on the newborn, and the long-term effects. Dramatic sequences of cocaine-affected children bring the point home. (Close-captioned for hearing impaired.)

DEPRESSION & SUBSTANCE ABUSE (30 min. VHS) Defines depression and substance abuse, shows how depression leads to substance abuse through self-medication, and how substance abuse leads to depression through the effects on the brain and on one's life. The section on treatment shows options to help both conditions.

DOWN WILL COME BABY (17 min. VHS) • The effects of exposure to alcohol and other drugs on the fetus are shown in this video. The purpose is to raise awareness among teens at risk for both unplanned pregnancy and substance use.

DRINKING, SMOKING & DRUGS (13 min. VHS) Defining the risks of substance abuse in pregnancy, this video addresses the direct relationship between substance abuse and birth defects, providing examples and medical information. (Close captioned for hearing impaired.)

DRUG ABUSE & HIV: REACHING THOSE AT RISK (16 min. VHS) Focuses on several successful public health intervention models used in the U.S. Also shows outreach workers in action (community residents who often are former drug users) visiting "shooting galleries" and other areas where intravenous drug users gather, to dispense kits of condoms, bleach, clean water, and HIV prevention information. In interviews with researchers, counselors, and drug users, the video demonstrates the effectiveness of targeted outreach and counseling intervention to reduce the spread of HIV.

DRUGS & AIDS: GETTING THE MESSAGE OUT (25 min. VHS) This video discusses 3 messages: Don't share needles; go into drug treatment, and stop using drugs; and get these messages to the community concerning drugs and AIDS. Community fear, high-risk behaviors, educational techniques, and approaches are depicted, highlighting ethnic, teen, religious, and pediatric issues.

FETAL ABUSE: THE EFFECTS OF DRUGS & ALCOHOL (VHS) Another good film about FAS/FAE that pregnant women should see.

GETTING STUPID: HOW DRUGS DAMAGE YOUR BRAIN (21 min. VHS) Page 34.

FETAL ALCOHOL SYNDROME (20 min. VHS) Many babies are born addicted to alcohol and other drugs. Even aspirin and cold remedy drugs can hurt a fetus. Facts on the developing baby and the pregnant mother are given, both without and also with a mother using drugs at different stages of pregnancy. Information on how cocaine and alcohol affect the newborn. AIDS, SIDS (sudden infant death syndrome), and a mother's usage of crack, heroin, and nicotine are also covered.

17.

KNOW THE SCORE: THE DANGERS OF PERFORMANCE ENHANCING DRUGS (20 min. VHS)
An interesting film about the dangers of drugs that youths and professionals take to increase sports performance, muscle size, and strength. Included are topics on anabolic steroids, stimulants, diuretics, supplements, human growth hormone, and EPO. Facts are given by health professionals and athletes who have been there in some way.

THINK TWICE: MARIJUANA & CANCER (VHS) Page 8.

TIME TO WAIT FOR SEX (About 30 min. VHS) Renowned speaker Pam Stenzel's personal story and extensive pregnancy counseling experience has given her (and hopefully you, too) a hard hitting look at the consequences of sexual activity outside a monogamous lifetime commitment. In a captivating and inspiring talk, Pam tackles tough issues on sex with candor, insight, and humor while challenging young people to embrace the benefits of abstinence.

PARENTS

ADOLESCENCE OR IS IT PATHOLOGY? (20 ½ min. VHS) Explores the social, emotional, cognitive, and developmental tasks of early, late, and middle adolescence. Provides a framework to distinguish between what is normal and what is pathological.

A STONE'S THROW (5 ½ min. VHS) Shown through the eyes of youth, parents see how their actions, the media, and peers influence youth drinking, and how it is much more serious than people admit.

BUILDING ASSETS IN YOUTH (12 min. VHS) Presents a positive and powerful new approach to nourish youth so they thrive in school, at home, and in all areas of life; reduce youth involvement in many at-risk behaviors; and reenergize commitment to care for the younger generation. Dr. Peter Benson shows how building assets in youth is key to helping them thrive and grow up healthy.

CREATING HEALTHY COMMUNITIES FOR KIDS (12 min. VHS) Page 11.

DRUG FREE KIDS (70 min. VHS) Features host Ken Howard, who leads a dedicated cast through a series of familiar scenes between parent and child. From these role-playing sequences, a viewer learns skills and techniques to communicate with children about drugs. Leading experts in the field offer constructive, sensible advice also.

DRUGS AND YOUTH: THE CHALLENGE (23 min. VHS) Narrated by Michael Gross, of *Family Ties*, this film gives information on alcohol and other drugs, paraphernalia, and symptoms of abuse. Gateway drugs are explored and tips to reduce risk factors. Virginia Satir, family counselor and author, and J. David Hawkins, researcher and author, speak.

EDUCATE: CREATING INHALANT ABUSE AWARENESS TOGETHER (16 min. VHS) Page 6.

FAMILIES FOR PREVENTION (20 min VHS) Guidelines are given for successful family meetings, because family get-togethers are an important part of alcohol and drug prevention and good communication. Hosted by Ben Vereen, there are some great tips.

FORTY ASSETS (8 min. VHS) Page 12.

GANGS: SIGNS AND SYMPTOMS (16 min. VHS) Page 24.

GRAFFITI: THE LANGUAGE OF GANGS (21 min. VHS) Page 24.

18.

HOW TO TALK TO YOUR KIDS ABOUT GROWING UP WITHOUT DRUGS & ALCOHOL (30 min. VHS) A practical, easy way to improve family communication, especially on adolescent substance abuse. Combining interviews with a series of dramatic vignettes, the video discusses communication, adolescent behavior, drug and alcohol use, how to say no, recognizing adolescent drug and alcohol problems, and what to do if a problem exists.

I AM YOUR CHILD: THE FIRST YEARS LAST FOREVER (26 min. VHS) Narrated by Rob Reiner, research in brain development tells us of the vital importance between the caregiver and the newborn in the critical first years of life. New parents have a wonderful opportunity to help their child reach their full potential.

MARIJUANA: WHAT CAN PARENTS DO? (14 min. VHS) • Encourages parents, teachers, and community leaders to be active in preventing drug use. With increased marijuana use by youth, it declares every new generation must hear clear, consistent, and early anti-drug messages from everyone, even parents who are hesitant due to their own past use of the drug.

NOT MY CHILD (40 min. VHS) This video is a tool for parents, PTA and other community groups concerned with chemical dependency in children. It helps convince viewers of the magnitude of the problem facing them, their children, and society. Effective in helping parents who are resistant or who are afraid to look at the alcohol/drug problem.

NOW YOU'RE TALKING (18 min. VHS) Designed to help parents and their children in grades 4 – 9 talk in a straight forward manner about alcohol and other drug issues.

PARENTING IN CULTURES OF CHANGE (3 VHS's: Janice Gabe Series):

VHS 1: Parenting in Cultures of Change (84 min.) Examines family, church, school, and community roles in teaching values to children. Important information to promote value development for children & teens.

VHS 2: Value Based Parenting (77 min.) Parents are presented with a step-by-step process to teach them how to develop a value-based family.

VHS 3: Value Based Discipline (90 min.) A workshop to help parents implement effective discipline which teaches values as well as impacts behavior.

PARENTS: SILENCE CONDONES (18 min. VHS) The great storyteller, Father Martin, conveys surprising experiences many teens have with alcohol, drugs, and sex, and how parents can discipline more effectively. Awareness with teens is on education, communication, cooperation, firmness, fairness, and fun—how you handle these problems make a big difference in parent/child relationships. Father Martin gets to the point with common sense, like a loving friend.

SHATTERED: IF YOUR KID'S ON DRUGS (59 min. VHS) Hosted by Burt Reynolds and Judd Nelson, this video looks at the subtle horror of teenage addiction through the stories of two loving families. It includes an on-screen list of drug and alcohol help and rehabilitation referral centers and offers an urgent message of hope for all parents and teens.

TAKING CHARGE OF YOUR TV (11 min. VHS) Designed to address concerns about the impact of TV violence and commercialism on children. Rosie O'Donnell presents 4 steps to help parents begin a dialogue with their children to turn TV viewing into a positive and educational experience.

TRUE LIES – (VHS) See Page 36.

UNDERAGE = UNPREPARED (22 min. VHS) Page 9.

19.

TEN THINGS EVERY CHILD NEEDS (60 min. VHS) Can you improve a child's I.Q. during the first years of life? Researchers say yes if the child receives 10 influences early on. TV host Tim Reid comments on well-known brain researches and child development experts.

WE UNDERSTAND: URBAN PARENTS REACH OUT TO PARENTS (16 min. VHS) • This video shares a multicultural variety of perspectives on raising children in the inner city today. Directed by Scott Sniffen, it focuses on issues to better communicate with children coping with stress, violence, and drug use in the city, and help available through parenting support groups.

WHAT ABOUT GANGS (VHS 1: 18 min.; VHS 2: 40 min.) Page 26.

WHAT SHOULD I TELL MY CHILD ABOUT DRINKING? (46 min. VHS) Hosted by Meryl Streep, this video offers viewers advice on good parenting and how to discuss alcohol. In 2 parts, it shows the need for parents to discuss alcohol use with children and establish rules/consequences for violation of the rules.

TOBACCO

MEDICAL ASPECTS OF TOBACCO (30 min. VHS) Featuring Dr. Max A. Schneider, this is a great film on the harm tobacco causes— combination of a dramatic story, animation, and interviews.

SCENE SMOKING (2 30-min. VHS segments) Good for high school, general, or college use on tobacco smoking in movie scenes. Rob Reiner narrates how the glamour of smoking fails to show the real-life health issues involved.

SMOKING & HUMAN PHYSIOLOGY (19 min. VHS) Dramatic statistics and inner body photography illustrate the devastating effects of smoking. Viewers will see as a tiny camera follows cigarette smoke into a human lung showing the physical damage smoking causes. Parallels between the addictive nature of cigarettes with other drugs are shown.

STRAIGHT DOPE ON SPIT (THE) (7 min. VHS) An educational video of the dangers of smokeless and chewing tobacco. It highlights new regulations banning tobacco use in high school sports.

THIS IS YOUR BRAIN ON TOBACCO (16 min. DVD) Takes viewers inside a brain lab to see the latest research of nicotine on the brain. A neuroscientist explains how smoking affects brain chemistry and how dopamine and the brain's reward pathways reinforce tobacco use. Good interviews and recent research findings of how nicotine affects the teen brain also.

USE THE FACTS: EXERCISE YOUR POWER (10 min. VHS in 5 parts) Middle School/High School-- This video highlights advocacy efforts for tobacco control, defines advocacy, and gives examples of positive efforts by teens.

TREATMENT & RECOVERY

ADOLESCENT TREATMENT APPROACHES (25 min. VHS) Teen substance abusers have treatment needs different from adults, depending on their stages of social, emotional, physical, and intellectual development. Understanding child development and substance abuse treatment for teens, go hand in hand. Interviews with teens, researchers, and staff in various treatment settings and models.

20.

ASSESSMENT (19 min. VHS) Assessment is the cornerstone clinicians use to provide effective treatment for alcohol and drug-abusing clients. This video discusses the importance of accurate assessment in a patient's treatment cycle, from the initial screening to the final discharge evaluation. Scenes of clinicians assessing clients, discussing clients with fellow staff members, peer-review sessions, and comments from researchers and clinicians about different assessment instruments demonstrate how these tools are used. Professionals also raise issues about the assessment process and its role to prescribe treatment for clients.

BEAT THE STREET: CLEAR & SOBER IN THE CITY SERIES (3 VHS's, 40 min. each) Provides recovering addicts with relapse prevention skills and strategies to help them stay clean and sober in challenging environments. Designed for use by addiction treatment and correctional facilities, the series presents interviews with former hard-core addicts who have successfully managed to "beat the street" and show viewers that recovery is possible, even when faced with challenging environments.

VHS 1: Street Smarts offers 8 specific skills vital to urban relapse prevention.

VHS 2: Back on the Block deals with housing, old friends, and triggers during the first weeks home.

VHS 3: Catching' Feelings shows techniques for handling anger, shame, and pity.

BROTHER EARL'S "Recovery, the Gift" (40 min. VHS) This video discusses the stages of recovery. Newly recovered will gain insight and understand what to look forward to at this stage.

BROTHER EARL'S "What Problem?" (60 min. VHS) How does denial affect, prevent, and interfere with recovery? How does denial affect the family? With contributions from his audience, Brother Earl addresses these and other important issues on denial.

DRUG ABUSE TREATMENT IN PRISON: A NEW WAY OUT (24 min. VHS) This video emphasizes the link between drug abuse and crime, and focuses on specific, effective treatment programs being used in both men's and women's prisons. It contrasts the difference between the male and female treatment programs. The benefits of the programs are outlined, and the steps prisoners take to stay sober following their release from prison are shown.

DUAL DIAGNOSIS: THE MESSAGE OF HOPE (30 min. VHS) When psychiatric illness and chemical dependency coexist, it is difficult to diagnose and hard to treat. Proper diagnosis and treatment are essential for recovery. This video combines lecture and interviews with patients for a "Message of Hope".

FEELINGS, By Father Martin (45 min. VHS) It's been said that resentment and self-pity are luxuries the alcoholic can ill afford. Father Martin acknowledges that emotions are what we have the most of and know the least about and shares some thoughts about human feelings. While not moralizing, he says that negative feelings are like a 2-edged sword, to help us if we handle them, or destroy us if we don't. He says that with help we can make some negative feelings positive, so they work for us rather than against us.

GOING HOME, by Father Martin (27 min. VHS) Father Martin talks about the addicts' graduation from Ashley, a treatment center he helped to start. Information is given to parents, family, and the viewer of the great accomplishments made. Wonderful for all to see, even addicts, as the hope is high for everyone.

INTERVENTION: FACING REALITY (30 min. VHS) Page 11.

INTERVENTION (THE) (28 min. VHS) Page 11

INTERVENTION: RESPONSIBILITY OF FRIENDS (16 min. VHS) Page 11.

LAAM: Another Treatment Option for Opiate Addiction (16 min. VHS) * LAAM (levo-alpha-acetylmethadol) is a pharmacotherapy for heroin addicts participating in opiate maintenance treatment programs. This and methadone, are two medications currently available for heroin addicts. LAAM has a longer duration than methadone, and patients take it only 3 x week instead of daily. Other differences are given too, with both pharmacotherapies. In interviews with clinicians, researchers, and patients using LAAM in maintenance programs, showing LAAM's application and effectiveness.

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MEDICAL ASPECTS OF CHEMICAL DEPENDENCY: The Neurobiology of Addiction (25 min. DVD).

A Hazelden DVD that shows how alcohol/drugs affect brain functions, in an easy-to-understand way. It comes with a Facilitator's Guide of supporting information and reproducible client worksheets.

MEDICATION-ASSISTED ADDICTION TREATMENT (30 min. DVD) Professionals discuss 3 types of medication treatment for addiction and how beneficial they are over no medication at all.

METHADONE: Where We Are (33 min. VHS) For nearly 30 years methadone has been used as a treatment for heroin addiction. During this period it has generated considerable controversy both in the drug treatment community and in the public at large. This video examines the issue of methadone treatment and explores some of the controversy surrounding its use.

PREVENTING RELAPSE (24 min. VHS) Provides information about identifying the triggers that cause relapse and the ways to prevent them from happening. The video includes information about relapse, basic steps of relapse prevention, and personal stories to illustrate the power of an individual relapse prevention plan.

RECOVERY & THE FAMILY (40 min. DVD or VHS) Page 11.

RELAPSE BY FATHER MARTIN (40 min. DVD) In his usual great form, Father Martin uses down-to-earth facts mixed with humor and heart-felt stories to relate the challenges met by an alcoholic. Definitely worthwhile and enlightening.

RELAPSE BY DR. OHLMS (30 min. VHS) Dr. David Ohlms defines relapse as the return of a disease after its apparent cessation. He discusses the signs of relapse which begin when an addict loses conscious contact with the memory of the pain of their addiction.

RELAPSE PREVENTION (25 min. VHS) Relapse is an acknowledged part of the recovery process. Some patients undergo relapse during the first year of recovery. This video examines relapse and craving. Patients engage in group therapy, practicing various relapse-prevention techniques, demonstrate methods found effective for controlling this prevalent part of recovery.

RELAPSE PREVENTION: Part 1 THE BIO-PSYCHO-SOCIAL ASPECTS OF ADDICTIVE DISEASE (30 min. VHS) Terence Gorski describes addictive disease (dependence on a mood-altering chemical) as a biological, psychological and social illness. The main feature is the biological aspects: A brain dysfunction takes 6-18 mos. to partially heal; another 3-5 yrs to return to normal. Protracted withdrawal (6-18 mo.) includes thinking, emotional, memory and sleep problems, and accident proneness. Successful recovery mandates are discussed.

RELAPSE PREVENTION: Part 2 DEVELOPMENTAL MODEL OF RECOVERY (35 min. VHS) Terence Gorski describes the 6 developmental periods of recovery: Pre-treatment, stabilization, early recovery, middle recovery, late recovery, & maintenance. In these periods "stuck" points occur and cause relapse, if not dealt with appropriately.

RELAPSE PREVENTION: Part 3 (30 min. VHS) THE RELAPSE SYNDROME Relapse is a subject most people prefer not to talk about because of fear and frustration. Terrance Gorski talks about why people most likely relapse, and about alcoholism as a neurological disease.

RELATIONSHIPS: ACHIEVING THE REWARDS OF RECOVERY (VHS) Earnie Larson tells us what we need to make loving and solid relationships. An old film, but a great one!

RESPONSIBILITY & RECOVERY (30 min. VHS) Personality disorders and character defects are something we all have. If one of these is dominant in an individual's personality, many lifestyle and personal problems arise. Over-reliance on these defenses must be addressed if interpersonal

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issues are to be resolved and recovery is successful.

SHAME & ADDICTION (28 min. DVD or VHS) In this dynamic presentation John Bradshaw establishes the role of shame in an addictive person and provides the shame-based individual with guidelines for total recovery. Once shame is identified and addressed, the transfer from either alcohol or drug dependency to other addictions such as sex, food and gambling can be avoided.

STAGE II RECOVERY, PART 1: UNDERSTANDING THE BASICS OF RECOVERY (30 min. VHS) Earnie Larsen has helped thousands of recovering alcoholics understand why they still have problems and still hurt even after they're sober. He addresses what it means to enjoy high-level recovery.

STAGE II RECOVERY, PART 2: LIFE BEYOND ADDICTION: IDENTIFYING SELF-DEFEATING LEARNED BEHAVIORS (30 min. VHS) Earnie Larsen shows how to clear self-defeating and learned behaviors so you can enjoy a happier life.

SURVIVING RECOVERY: COPING WITH TRIGGERS (40 min. VHS) Often those in recovery don't *want* to get high, but they are *conditioned* to get high from years of use. Certain people, places and things can trigger our brains into old thought patterns. This video offers help dealing with triggers.

SYMPTOMS OF SOBRIETY, Father Martin (45 min. VHS) Alcoholics *can* get well; where there is proper therapy, (A.A. aided by secondary disciplines) 60-80% of patients treated get well and stay that way. Father Martin maintains that as alcoholic patients respond to proper treatment, they exhibit certain signs or symptoms of recovery, just as they exhibited symptoms of their disease. Talking about the symptoms of the disease, Father Martin draws the contrast of the symptoms of recovery. Isolation from God, others, and self is replaced by a new, deeper relationship with God, others, and self. Sadness, frustration, aloneness, and fear are replaced by a return of a sense of humor, fulfillment, involvement, and freedom.

TREATMENT ISSUES FOR WOMEN (22 min. VHS) Page 27.

THE OTHER SIDE (9.55 min. video) Though this film is an ad for Hanley-Hazelden Center at St. Mary's, a treatment center, viewers get an idea what a client will experience in an in-patient facility.

THE TWELVE STEPS, Father Martin (45 min. DVD & VHS) Father Martin talks about the 12 steps of A. A. in this informative video. He considers AA the most effective therapy on earth.

THE TWELVE STEPS: RECOVERING FROM ADDICTIONS (13 VHS's, 30 min. each)

Step 1: Denial is addicts insisting there is no problem, or if there is a problem, they can handle it, while at the same time, their lives dissolve into chaos. This first step accomplishes the most crucial element of recovery: overcoming denial.

Step 2: To recover, an addict must recognize the irrationality and insanity of an addictive life. In this video, characters describe coming to terms with this realization.

Step 3: This step requires an act of surrender; an acknowledgement that the addict cannot handle life alone, and that a power – any power greater than him or her will handle things better. Step 3 requires a recognition that old ways have to cease and need changed.

Step 4: This step marks the beginning of a lifelong self-discovery, and an invitation to view our wrongs and inventory our positives, as building blocks for the rest of our life.

Step 5: To do the fifth step with another human being is to reveal one's most essential self. For many this is the most terrifying step, and yet the most healing.

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Step 6: While the 12 Step process is not “religious”, surrendering to a higher power is “spiritual” and is crucial. This step involves letting go of old habits, mind-sets, and beliefs that continue the cycle of addiction.

Step 7: This step simply asks a Higher Power for help in changing the patterns of self-destruction. For many addicts, the act of asking for help in any form is difficult, and essential to survival.

Step 8: Facing the consequences is where the support of the group and an individual's hard work begin to come together. Addicts are responsible for what they've done as a result of the disease. Part of recovery is recognizing that.

Step 9: Making amends to those the addict has injured in the course of addiction begins the course of responsibility for one's own life. Step Nine is the enactment of the principle of honesty, the foundation of the program.

Step 10: Addiction is a life-long disease with no cure; there is only recovery, or in clinical terms, remission. Remission continues as long as the addict constantly examines his or her behavior and reorients that behavior to the program's principles.

Step 11: For some, the idea of a Higher Power is the group itself; for others, God is their friend in the program, or the program itself, or the power of nature and natural existence; for others God is female, genderless or universal. Step Eleven requires the recovering person to take time everyday to still the mental chaos, to reflect, to simply be, and to continue to change and grow along spiritual lines.

Step 12: One saying in the program is, ‘we keep what we have by giving it away,’ and Step Twelve is where that happens. Those in recovery know that the easiest way to make a person feel understood is to offer him or her a chance to understand you, through the telling of your own story. The program must be carried into the daily life of every addict.

Episode 13: Relapse In this episode, recovering addicts tell what they do to stay clean and sober. They each have an individual life plan; everyone must be allowed to find that plan for himself or herself.

WORKING A PROGRAM: HOW TO GET WELL AND STAY WELL (30 min. VHS) Earnie Larsen focuses on what a personal recovery program is and how to make it work.

VIOLENCE/HATE/CONFLICT RESOLUTION

ANGER, RAGE, & YOU (23 min. VHS) Designed for Grades 5-9. A good inner city film. Rap music in background parts. This video is divided into 3 parts, all taking place at school. Tips are given on acknowledging one's feelings and analyzing anger to prevent displaced anger.

ANGER, YOU CAN HANDLE IT (24 min. VHS) For Grades 7-12, this video addresses anger triggers

and anger styles by showing scenarios. Addressing the differences in people, it shows how different students have different anger triggers. Also shown are tips on anger control, what makes one angry, and how taking action is important. Also mentioned is making angry energy work for you.

BOYS ON BULLYING (30 min. VHS) Profiles 5 young men who talk about how bullying affected their lives, and emphasizes the importance of getting support from peers, family, and community.

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CHOKING GAME (THE) (19 min. VHS) Although slang names such as Space Monkey, Space Cowboy, Flat Lining, American Dream Game are used, this is definitely not a game. This video begins with a real 911 call by a 13 year old girl about her brother. Interviews with family members, students, a teacher, and health providers. Also given are warning signs and other important information.

DATE RAPE DRUGS: WHAT YOU NEED TO KNOW (23 min. VHS) Page 26.

DEPRESSION & ANGER (20 min. VHS) Presented by Cardwell C. Nuckols, Ph.D., he shows how depression and anger are often methods we use to cope in the world and how these survival methods can interfere with our relationships and recovery. Strategies are given for dealing with people, places, and things that provoke the old reactive anger or depression.

DRAMA QUEENS & TOUGH GUYS (18.55 min. VHS) Scenes of emotional teens with wrong reactions to situations begin the video, and then are countered with “what if” correct reactions. As emotions and words get out of control quickly, this video helps teens to express themselves, control their high emotions, learn to cool down, and try to find truth above any rumors so they won’t jump to conclusions. Relaxation techniques are also given.

GANGS, GUNS, GRAFFITI (30 min. VHS) At a time when communities are becoming increasingly concerned about the wide-spread danger of gangs, this video graphically illustrates the consequences of gang membership and gang violence. *Gangs, Guns, Graffiti* reveals the truth about gang loyalty, gangs and guns, drug money, and graffiti. Through interviews with actual gang members, victims and prosecutors it presents a realistic picture of life in the streets.

GANGS: SIGNS & SYMPTOMS (16 min. VHS) Parents, educators and the community will find this video helpful to identify signs and symptoms of gang membership. By recognizing the early indications of gang involvement, concerned adults may be able to redirect at-risk youth. Explained are a variety of gang-related behaviors and tools, including physical appearance, body language, “Mad Dogging,” flashing signs, tattoos, graffiti and weapons. The program also discusses signs and symptoms of drug abuse.

GRAFFITI: The Language of Gangs (21 min. VHS) Graffiti is a precursor to violent acts of revenge, gang warfare, and loss of life. The first step to preventing and combating gangs is learning to understand the language of gangs - graffiti. Step-by-step this video takes professionals and parents through the symbolism found in graffiti and provides insight into gang-related behavior. With this awareness, the community can rally to eliminate and prevent graffiti, gangs and violence.

GUNS AND TEENS (15 min. VHS) Summarizes the pain and anger families and victims of gun violence go through to recover from shootings. It talks to victims of shootings and teens who have used guns for violent purposes. Teens speak out against gun violence and offer options to prevent the use.

HEART ON A CHAIN (15 min. VHS) Teen date violence issues are addressed directly to young abusers and victims. Viewers get a clear understanding of what constitutes abuse in a relationship, why it happens, and what is a healthy relationship.

HOW TO DEAL WITH DIFFICULT PEOPLE (3 VHS's 4 hrs, 45 min. total) Learn to coexist with people who delight in making your life miserable--know-it-alls, bullies, back stabbers, and more. Free yourself from their grip.

IN THE MIX: Behind Bars – Keepin' It Real (30 min. VHS) Various speakers discuss how incarceration works for teenagers; also, how the rules of crimes plus prison have become tougher. Teens are younger and are more aggressive because of survival issues, and they know where to get guns and drugs, but not jobs. Hand-made prison weapons are shown and incarceration is described. New job skills are discussed and how they make the prisoners feel.

25.

LIFT IT UP (6 min. VHS) A riveting video that connects alcohol and violence. It tackles the controversial issue alcohol plays in assault, murder, child abuse, rape, emotional trauma, and physical violence. Starting softly, through poetry, the video unmask the immensity of the issue, then cranks up the volume to get to the heart of it, and ends with an inspirational challenge for all of us.

MAKING PEACE SERIES (60 min. VHS each) Consists of 4 tapes addressing violence issues and a 12 min overview tape. **Making Peace Series trailer** is an introduction to the series. It includes excerpts from the other videos.

#101 - Soul Survivors Part 1 looks at how mothers who lost children to violence have banded together to teach children to “wage peace.” Part 2 shows a father and son working with young gang members.

#102 - Healing the Family Part 1 tells the story of a woman who, with help, left an abusive relationship and is building a “big sister” program to help other battered women. Part 2 portrays children who live amid violence and how their school teaches them social survival skills, responsibility and accountability.

#103 - Rebuilding Our Communities Part 1 shows how a white victim of rape by a black man worked on her recovery by founding Turn-A-Lot-Around, bringing together impoverished Afro-American men and white volunteers to reclaim vacant lots and abandoned buildings. Part 2 profiles an African Rites of Passage program for teen males.

#104 - Facing Racism is about five people from diverse backgrounds who talk openly about racial issues at a workshop on *Unlearning Racism*.

REAL PEOPLE: Violence in the Family (33 min. Video) This video offers teens help to live with violence. It shows first-person dramatic stories and interviews with experts. It defines domestic violence, gives examples of verbal and emotional abuse, helps viewers distinguish between a normal and abnormal family, learn coping skills, shows effects on children's cognitive and physical development and the family roles they take on. Best of all, it gives hope that one can survive a seemingly hopeless situation, how and where to find help, and coping strategies.

RULE OF THUMB (20 min. Video) Page 11.

SHADOW OF HATE (40 min. Video) Produced by *Teaching Tolerance*, examines the history and consequences of intolerance in America with documentary footage and eyewitness reports. Religious, racial, and sexual intolerance is addressed.

STARTING SMALL: Teaching Tolerance in Preschool & the Early Grades (58 min. Video) Page 14.

A TIME FOR JUSTICE: AMERICA'S CIVIL RIGHTS MOVEMENT (38 min. Video) Narrated by Julian Bond, introduces the civil rights movement through the ordinary people who risked their lives, many of them young. It challenges students to understand fundamental democratic principles behind the civil rights movement, identify the sacrifices made, and to reflect on the meaning of individual sacrifice.

21 WAYS TO DEFUSE ANGER & CALM PEOPLE DOWN (2 Videos, 1 1/2 hrs. each) Learn to prevent blowups, mediate disputes and foster teamwork. You'll discover 21 anger-reducing techniques you can use with your co-workers, employees, bosses or anyone who needs a cool head to calm them down.

TWISTED LOVE: DATING VIOLENCE (30 min. VHS) This video features interviews with young women who were emotionally and physically abused and have managed to get out of these relationships. Young men who were abusers are also interviewed. Prevention strategies are highlighted, and advice on where teens can go for help is given.

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WHAT ABOUT GANGS? (VHS 1: 18 min.) (VHS 2: 40 min.) This two-part program uses education to prevent the growth of gangs in both urban and suburban areas.

1) **Gangs: Decisions and Options** helps students, parents, and educators counter the growth of gangs in their communities. Issues of low self-esteem, dysfunctional families and fears of gang violence and reprisal are covered with realism and sensitivity.

2) **For parents, teachers and administrators** this 2nd segment gives an in-depth panel discussion offering common-sense suggestions for educators dealing with the effects of gang-related activity and issues. Panel members include a member of the Chicago Police Force, a sociologist-counselor, a gang expert/community activist and a principal.

WHEN ANGER TURNS TO RAGE (27 min. VHS) Grades 5-9. This film gives anger scenarios and shows teacher/parent involvement, as excellent solutions for anger control and working the problems out. It also has questions for discussion. This is another good student teaching film.

YOUNG MEN'S WORK (27 min. VHS) This video is meant to provoke discussion and to challenge accepted beliefs about young men and violence. It can be shown as a recruitment tool to interest young men in joining a group. The video stresses the importance of working together to solve problems without resorting to violence.

WOMEN

ALCOHOL & WOMEN (20 min. VHS) Alcohol advertiser used to target men; now they also target women. A factual video giving physical effects of drinking alcohol to women, and even to their unborn fetuses. Also, comparisons of "same amounts" of alcohol effects between men and women, and details future health problems related to alcohol.

THE BETTY FORD STORY (100 min. VHS) This made-for-TV movie aired on Channel 2 on March 2, 1987, about the former First Lady's struggle with an addiction to prescribed pain medication and alcohol. The movie dramatically portrays the progressiveness of her illness and her family's successful efforts to confront the problem through a structured intervention approach.

DATE RAPE DRUGS: What You Need to Know (23 min. VHS) Drug facilitated rape has been a problem in the US. Date rape drugs are easily disguised in alcoholic drinks. This video features testimonials from teen and adult victims, rape advocates and law enforcement. Viewers get familiar with the drugs used by perpetrators, how they use them, and practical tips on self-protection.

RULE OF THUMB (20 min. VHS) Page 11.

TREATMENT ISSUES FOR WOMEN (22 min. VHS) Physically, psychologically, and sociologically, substance-abusing women are different from substance-abusing men. Women have gone through treatment programs designed for men; but professionals recognize that women have distinct treatment challenges. This video examines women's unique needs, with scenes from women's group therapy, and participant and staff interviews about their experiences on women-oriented recovery programs.

WOMEN & ALCOHOLISM (34 min. VHS) Narrated by former Lt. Governor Harriet Woods. Women recovering and professionals explore the effects of alcoholism in women and issues surrounding sobriety.

WOMEN & CHEMICAL DEPENDENCY (38 min. VHS) Women of courage and candor share their experience, strength, and hope with unusual clarity and poignancy. They discuss issues of chemically dependent women, social and cultural pressure, family life and men.

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WORKPLACE

AMERICA IN JEOPARDY: DRUGS IN THE WORK PLACE (20 min. VHS) • A fast-moving video with interviews of recovering drug users telling viewers that mixing alcohol/drugs with work is a big mistake. Viewers learn how alcohol/drugs affect the body and mind, and are encouraged to get help for themselves if they have a problem. It suggests talking to an appropriate person if they think a co-worker has a problem.

CHEMICAL DEPENDENCY IN NURSING (30 min. VHS) The video is designed to help hospital administrators, nursing supervisors and in-service health care trainers detect, monitor, and successfully deal with nurses impaired with alcohol and drug problems. Although the video was produced primarily as a health care management training tool, it is also suitable for viewing by staff nurses, other medical workers and nursing students. The video uses powerful dramatic sequences of an impaired nurse and a colleague's futile attempt to help her, intercut with narration and interviews with professionals experienced in the detection, intervention, and treatment of impaired nurses.

DOWNSIDE OF DRINKING & USING OTHER DRUGS (25 min. VHS) Dr. Ohlms takes a group of staff and management company employees on an anatomical physiological-neurological tour of the human body, describing the impact of alcohol and other drugs on worker productivity. This production is not just about alcoholism or drug addiction - it is about the potential workplace problems that can result from so-called "normal" or "acceptable" use of alcohol and drugs.

DRUGS IN THE WORKPLACE SERIES (VHS's 19-24 min.) This 4-part series, developed by the National Institute on Drug Abuse, addresses drugs in the workplace. Viewers hear from employers who successfully implemented comprehensive drug-free workplace programs, and employees who have benefited from them. Videos for both employee and employer are available.

1) **Drugs at Work** explains how drug use affects individuals and their performance in the workplace. It also outlines a 5-part strategy for creating a drug-free workplace, a strategy adopted by Federal Government agencies and many private sector employers.

2) **Getting Help** describes a range of responses to an employee with drug and/or alcohol problems, and how Employee Assistance Programs (EAP) are used to help employees with these problems.

3) **Drug Testing: Handle With Care** explains how a urine drug testing program can be incorporated into a comprehensive drug-free workplace program, and procedures that have been developed and implemented to operate a fair and accurate testing program.

4) **Finding Solutions** describes how community involvement in drug-free workplace programs, coupled with the efforts of companies/organizations can be beneficial.

HANDS AND MINDS (28 min. VHS) Dr. David Ohlms discusses the impact of alcohol/drugs on

manual skills and job safety. He also talks to managers and supervisors about denial issues and the need to document employee behaviors related to job performance.

WORKPLACE CODEPENDENCY (19 min. VHS) Terri Ohlms, ACSW, demonstrates how managers, supervisors, and co-workers become entangled in codependency in this eye-opening training video.

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YOUTH - ELEMENTARY SCHOOL

BRAINSTORM: THE TRUTH ABOUT YOUR BRAIN ON DRUGS (4 15-min. VHS segments) This video helps young people learn how alcohol and drugs affect the human brain and body. It answers kids' questions about why they should say no to drugs. For 8-12 year olds. (Close-captioned for hearing impaired.)

CARTOON ALL-STARS TO THE RESCUE (30 min. VHS) The National PTA encourages parents, teachers, and other adults to share this video with kids. Cartoon All-Stars to the Rescue is an excellent resource in educating kids about the dangers of alcohol and other drugs. Used in addition to other programs, this video can help kids stay drug-free. - Ann Lynch, President, National Parent Teacher Association. (An Academy of Television Arts & Sciences Presentation.)

DR. COOPER & HIS FRIENDS (6 Vignettes: 1 hr. VHS) A series of 6 vignettes featuring puppets – Dr. Cooper, a scientist, and his lab assistants, Martha mouse, and Melvin the dog. Together they investigate the negative effects of marijuana, alcohol, cigarettes, inhalants, and household chemicals.

- **Leave it Alone** (9 min: Household Chemicals)
- **Butt is Out** (14 min: Cigarettes)
- **Never Listen to a Bottle** (9 min. - alcohol)
- **Alcohol: The Inside Story** (9 min. - alcohol)
- **Keep Off the Grass** (9 min. - marijuana)
- **Nothing to Sniff At** (9 min. - inhalants).

DRUG AVENGERS (10 5-min. VHS Episodes) • Features a group of students from 2050 when planet Earth has a terrible drug problem. Earth's leaders send a student group back to the 20th century to teach children drug use dangers. 4 episodes, grades 1-3; five for grades 4-6, and a common "pilot" episode.

EDUCATE: CREATING INHALANT ABUSE AWARENESS (30 min. VHS) Page 6.

EVERYTHING YOU NEED TO KNOW ABOUT SUBSTANCE ABUSE IN 22 MINUTES (22 min. VHS) An overview is given of alcohol, tobacco, spit, marijuana, inhalants, stimulants, club drugs including ecstasy, rohypnol, and GHB; also performance enhancing drugs are covered. Finally, substance abuse and the law is shown with short clips of convicted felons. Penalties are stated for underage drinking and driving and illegal drug possession.

HIDDEN DANGERS (14 min. VHS) A lifeguard compares the hidden dangers of swimming in the ocean to the dangers of drinking alcohol to help students identify peer influence, adult role models, and TV ads on drinking behavior. Also included are ways to achieve personal satisfaction without drinking, actions to show respect for a person's decision not to drink; and effects of drinking on safe walking and driving.

I GET SO MAD! (13 min. VHS) Makes students aware that anger is a natural emotion everyone experiences at times. It shows them that it's not the getting angry that counts, but what they decide to do about it. Easy-to-understand ways to cope are presented.

LEADER OF THE PACK (16 min. VHS) Done in animation, for elementary students grades 1-3. Henry has moved to a new neighborhood. He first meets Smokey, a talking cigarette. Smokey tries to influence him into smoking cigarettes by showing him how they can change his life. Henry remembers what his parents said about not smoking. He makes an amazing decision and becomes a hero to some new friends held captive by Smokey. 3 questions are asked at the end to help students think about what they just saw.

LOTS OF KIDS LIKE US (29 min. VHS) Page 9.

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ME & THE MONSTERS (9 min. VHS) This animated video depicts a little boy who faces six of his fears (monsters) and deals with them.

PLAY IT SMART (27 min. VHS) Here's a powerful message presented in an upbeat, appealing approach that can benefit every child. Safety Kids Play it Smart makes it "in" to be straight. The songs are so much fun and the characters so lovable that all kids will want to be like them and stay safe from drugs, too!

PROUD TO BE DRUG FREE – Just Say No Puppet Show (10 min. VHS) Todd and Julie, the main characters, are anxious to be popular their first year in middle school. When some older kids try to convince them they'll have to take drugs in order to be popular, the power of peer pressure is evident.

RESPECT YOURSELF & OTHERS TOO (15 min. VHS) Respect is a word children hear often, but respect is a far richer and broader concept than mere politeness. It is part of the glue that holds society and relationships together, and its implications are far-reaching. This interactive video explores the concepts and applications of respect.

SOOPER PUPPY (19 min. VHS) Baxter, a live-action puppet, learns the secrets of personal success through the power of a strong self-image. This video deals with breaking rules, drinking liquor, and smoking cigarettes.

STANDING UP FOR YOURSELF (11 min. VHS) This skills-building program helps children identify their personal rights and their right to feel good about themselves. It helps children explore ways to protect these rights without sparking conflict and shows that sometimes it is important to get help from adults.

A STORY ABOUT..SERIES (Each VHS 25 min.):

A Story About Sibling Fighting – Casey's Revenge This animated video brings to life a concept by using the activities of the Human Race Club characters. *Casey's Revenge* is a story about Casey and a lesson he learned about fights between brothers and sisters. Kids learn why revenge doesn't work and how everyone wins when brothers and sisters respect one another.

A Story About Making Friends –The Fair Weather Friend This video brings to life a single concept by using the activities of the Human Race Club characters. *Fair Weather Friend* is about A.J. and an important lesson he learned about friendships. Kids understand that being a friend takes effort and that friends should be chosen for who they are, not for what they have.

A Story About Earning Money – A High Price To Pay This video brings to life a single concept by using the activities of the Human Race Club characters. *A High Price to Pay* is about Teddy and an important lesson he learned about money and possessions. Kids learn how they can find satisfaction in the choices they make and also encourages them to respect the choices of others.

A Story About Handling Emotions - The Lean Machine Gives concepts using the activities of the Human Race Club characters. *The Lean Mean Machine* is about Maggie and a valuable lesson she learned about handling uncomfortable feelings. Kids learn how to handle strong emotions and uncomfortable feelings.

A Story About Self-Esteem -The Letter On Blue Stationery Gives concepts by using the activities of the Human Race Club characters. *The Letter on Light Blue Stationery* is about Pamela and an important lesson she learned about the value of each and every person. Kids are encouraged to value themselves and others by learning to appreciate every human being.

A Story About Prejudice & Discrimination - The Unforgettable Pal Brings to life single concepts by using the activities of the Human Race Club characters. *The Unforgettable Pen Pal* is about A.J. and a lesson he learned about discrimination and prejudice. Kids learn the negative effects of prejudice and the importance of forming their opinions about others intelligently.

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STRAIGHT UP (90 min. VHS in 6 Parts) • Six 15-minute adventures feature TV star Chad Allen as a boy named Ben who faces peer pressure to use alcohol/drugs. Ben's journeys in the "fate" elevator to the Dungeon of Ignorance, the Land of Illusion, and Drug City teach him valuable lessons about why drugs/alcohol are harmful and show him how to resist peer pressure.

STUDENT WORKSHOP: CONFLICT MANAGERS (28 min. VHS) Grades 3-6. Kids learn how to do mediation training to solve conflicts, showing real conflicts in action.

TELL 'EM HOW YOU FEEL (20 min. VHS) 6 year old Adam is upset because his dad broke a promise to take him fishing, setting off a chain of emotional and physical outbursts against his mom and best friend. Adam meets a friendly bridge troll and 2 bickering dragon pups, and learns that telling others how you feel, and calm discussion with good listening skills, are the first steps to constructively resolve personal conflicts.

THE DANGER ZONE: STEERING CLEAR OF DRUGS (4 VHS's) (best if used as a set) for grades 3-7. Similar analogies to the old "Twilight Zone" with scenes of temptations, facts to think about, and denial techniques that work, plus assertiveness skills – a wealth of information.

1. Dangers in Your House (17 min.) Covers inhalants, prescription drugs, and medicine cabinet drugs, this video shows how abuse can start in innocent situations and how to handle these situations.

2. Alcohol, Tobacco, & Marijuana (19.30 min.) Shows an animation of your body before drugs and on drugs, why it is important never to get started using them, and scenes / techniques to say no.

3. The Power of No (15.45 min.) Besides telling how to say no assertively, it also covers advertising techniques used, gives young people skills on developing confidence (not only to refuse drugs but to open up to others), and finally how to set positive goals and achieve them.

WHY I WON'T DO DRUGS (10 min. VHS) For grades 1-3. A great up-to-date, positive & informative video about the basics of how the body works what tobacco, alcohol, & marijuana do to your body.

YOUTH - MIDDLE SCHOOL & JUNIOR HIGH

A NATURAL HIGH: Riding the Drug-Free Wave (Set of 3 DVD's, each 20 min.) All are produced by a man who lost 2 brothers to drugs. Great for Red Ribbon week, geared to today's teens and top artists. (Continued on next page.)

1. A Natural High: Riding the Drug-Free Wave About surfing & skateboarding professionals & their views on drugs & staying professional. Interviews with Tony Hawk, Malia Jones, Kelly Slater, Willy Santos, Felix Arguelles, Christiana Janssen, Taylor Knox, Ray Barbee, & Tim Curran. Great action clips & interviews with personal views on those they knew with special talents who dropped out to spend time getting high & losing their life goals & direction.

2. Natural High 2 From hip-hop, motocross, rock climbing, & snowboarding, to extreme skiing, kite boarding, skateboarding & surfing, this DVD includes interviews & action clips of Tony Hawk, Gretchen Bleiler, Ricky Carmichael, Wendy Fisher, Laird Hamilton, Mr. Wiggles, Nina Heiberg, Dave Downing, Tori Allen, Travis Pastrana, & Kelly Clark. Their adrenaline highs are better than any drugs can give, & the consequences of drugs.

3. Natural High 3 Music artists P.O.D., Mya, Switch-foot, & Choreographer Darrin Henson talk about their passions, how drugs have ruined that for others, & how they avoid the pitfalls of drugs.

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ANGER, RAGE, & YOU (23 min. VHS) Page 23.

ALCOHOL: TRUE STORIES (VHS) Page 4

ART OF PREVENTION (12 min. VHS) Page 13

BRAIN SCANS: Alcohol & the Teenage Brain (20 min. VHS) Monica, a young narrator, explains how most teens think they can drink for 20 - 30 years before any serious physical problems develop. To challenge that belief, she speaks with Scott Swartzwelder, PhD, a neuropsychologist of Duke University. Questions arise about drinking and adolescent brain tissue. Using rats for his experiments, Dr. Swartz-welder shows amazing answers concerning the adolescent brain to alcohol.

EASY WAY OUT (8 min. VHS) A discussion film to show how some young people face problems: To escape making decisions by slipping into the world of drugs and alcohol. Is such escape really harmful? To help the viewer find the answer, the film parallels a situation in nature. Chicks hatching from eggs must struggle to break free of the eggshell. It's a long, exhausting struggle, but the chicks develop the necessary strength to stand on their legs and start an independent life outside the egg. The human also struggles as a natural part of development; to escape through drugs/alcohol may do serious psychological damage.

GOLDTOOTH (27 min. VHS) A cartoon about children on the streets where drugs, alcohol, and inhalants are used daily by a bad man named Goldtooth. It teaches young people about the dangers of substance abuse and street life in a very simple way.

KNOW THE SCORE: The Dangers of Performance Enhancing Drugs (20 min. VHS) Page 17.

LOOKING GOOD (2 29-min. VHS's) • 2 dramas based on actual incidents show refusal skills and how a handful of concerned students with school and community help, build a peer support group to resist peer pressure to use drugs.

MICHAEL'S JOURNEY & GROWING UP ISN'T EASY (30 min. & 12 min. VHS's) Page 9.

RIGHT TURNS ONLY (7 22-min. VHS's) 7-video series on alcohol/tobacco/drug prevention for young teens. The story involves a 7th grade class in a cooperative group assignment to make a film about the causes and consequences of drug use. Videos can be viewed as a series or as stand-alone topics:

VHS 1: Group Belonging & Peer Pressure Teens learn the significance of friendship, learn to work in groups, how to accept each other, and identify positive and negative examples of peer pressure.

VHS 2: Responsibility and Identity Teens learn medical & legal problems using crack cocaine, identify positive points of responsibility to their self, family, & community, & learn what high self-esteem is.

VHS 3: Goals & the Media's Mixed Message Teens learn the importance of responsibility for school attendance and family obligations, the importance of setting short- and long-term goals, learn various

ways alcohol and tobacco advertisers entice people to buy products, and advertising gimmicks used in racial, gender, and cultural groups.

VHS 4: The Strength of Families & the challenge of Alcoholism & Other Drug Abuse Teens distinguish different aspects of family support and become aware of the diversities of family structures, identify childrens' point of views living in a substance-abusing families, and learn positive peer pressure to prevent the use of alcohol and other drugs.

VHS 5: Alcohol & Other Drugs - At-Risk Behavior Concerning AIDS -Teenage Pregnancy Students learn the importance of abstaining from alcohol and drugs. They learn the consequences of alcohol/drug use in influencing at-risk behaviors for AIDS and sex, identify effects of alcohol/drugs on a fetus and newborn's health, and learn the misconceptions about alcohol/drugs, AIDS, and sexual behavior.

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VHS 6: Problem Solving & How to Deal with Hard Times Students learn problem-solving techniques to reduce violence, identify the dangers of inhaling chemical fumes, and safety procedures to respond to emergencies involving dangerous fumes. It shows the relationship between illicit drugs and violence.

VHS 7: Life Can Be Fun Students learn the importance of balance to a good life. It lists drug-free activities. Helps students recognize the dangers of steroids, and the importance of cooperation, friendship and positive peer relationships.

SPANISH VHS: La Verdad Sobre La Bebida; The Truth About Drinking (30 min. VHS) Page 8

SPANISH VHS: La Verdad Sobre Las Drogas; THE TRUTH ABOUT DRUGS (30 min. VHS) Page 8

STRAIGHT AT YA (44 min. VHS in 3 Parts) * This 3-part comedy stars Kirk Cameron of TV fame as a substitute class monitor in a junior high classroom. Cameron engages students in discussions of peer pressure, mustering the resolve to say "no," and choosing positive and healthy lifestyles.

THE CHOKING GAME (19 min. VHS) Page 24

THE REAL TRUE & FALSE ABOUT ALCOHOL, MARIJUANA, & INHALANTS (15 min. VHS)
Questions are given in a true/false quiz. The right answers may fool you! This is a great teaching film.

THINK BEFORE YOU CLICK: Playing It Safe Online (24 min. DVD) Helps young people realize the dangers of the internet. There are 12 important rules to stay safe online. Areas covered are harassment, bullying, hacking, predators, playing games, ramifications from private information made public (example: MySpace), threats, web cam usage, plus things to do and avoid in dangerous or possible legal situations, with interviews from victims and law enforcement.

UNDERAGE DRINKING: KNOW THE FACTS, KNOW THE RISKS (26.30 min. VHS) Similar to the film "Dying High; Teens in the E.R." Victims' photos with facts given by an E.R. doctor, a district attorney, a policeman, a mother who lost two sons, and teens talk about the social pressures of drinking, give an eye-opening account of drinking consequences (or prospective drinking) teens may not know—facts such as the four leading causes of teen deaths (car crashes, homicides, drowning, and suicide) have one common factor: alcohol. Health, legal, family, and emotional areas are at stake.

USE THE FACTS: EXERCISE YOUR POWER (10 min. VHS in 5 parts) Page 19.

HIGH SCHOOL

ANGER: YOU CAN HANDLE IT (24 min VHS) Page 23.

AFTERMATH (THE) (24 min. VHS) • Page 13

ALCOHOL & THE FAMILY: BREAKING POINT (26 min. VHS) Page 10

ALCOHOL: WHAT YOU DON'T KNOW (30 min. VHS) A PBS *In The Mix* program on alcohol includes segments on teen binge drinking, an interview with a young man who was left partially brain damaged from drinking and driving, and a profile of a teen recovering from alcoholism. Featured also is a doctor who dispels alcohol myths; additionally, a peer program is discussed.

BEGINNING OF A NEW LIFE: A VIDEO ABOUT TEEN PREGNANCY (12 min. VHS) Page 16

A BETTER PLACE...A BETTER TIME (35 min. VHS) Page 13

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BE YOUR BEST SELF: ASSERTIVENESS TRAINING (26 min. VHS) True to life teen situations show how students can stand up for their rights, be their own best self, and act in their own best interest. The video models assertive behaviors and gives students practice in using them.

BINGE DRINKING: KNOW THE FACTS, KNOW THE RISKS (24 min. VHS) This video reports the dangers of binge drinking. Testimonials from emergency room personnel and young people and parents are included as well as facts of the effects of binge drinking on the body. Consequences both physically and legally are also included.

BINGE DRINKING BLOWOUT (VHS) Page 4

BUZZ IN A BOTTLE (17 min. DVD) Young people have no idea how bad caffeine-spiked energy drinks are, especially when they are drinking a few of them a day. Also, mixing with alcohol is a deadly combination, and this DVD explains why.

CHANGING YOUR MIND (17 min. VHS) Explains the physical, behavioral, and cognitive effects of alcohol and drug use.

CLUB DRUGS: THE REAL DEAL (VHS) Page 5

DOWNFALL: SPORTS & DRUGS (29 min. VHS) This video features athletes and their experiences with drugs in sports. Their stories have a universal appeal to all young people. *Downfall* is not just for gym classes or athletes. It can be used in health education, social science, science, or any other appropriate class. It is designed to promote student, school and community awareness about the dangers of drugs.

DOWN WILL COME BABY (17 min. VHS) • Page 16

DRUGS & YOU: EVERYBODY ISN'T DOING IT (45 min. VHS) Gives students the help they need to identify a variety of subtle types of pressure to use alcohol or other drugs. Young people talk frankly about what peer pressure is really like. They also comment on other types of pressure, e.g. rock music, advertising, and movies. Through scenarios, students learn how to resist pressure and avoid being manipulated. They also see how the power of positive peer pressure works.

DYING HIGH: TEENS IN THE E. R. (26 min. DVD & VHS) Stories from a friend, father, doctors & nurses, relaying actual E. R. scenes of young people who end up in the E.R. without knowing the effects of drugs. Graphic, to-the-point, educational, but can scare kids straight! One of our best films yet!

ECSTASY – WHEN THE PARTY'S OVER (26 min. VHS) Page 6.

FACES OF ADDICTION (34 min. VHS) Page 12.

GANGS, GUNS, GRAFFITI (30 min. VHS) Page 24.

GETTING STUPID: HOW DRUGS DAMAGE YOUR BRAIN (21 min. VHS) Mainly for teens, this film explains how the brain works, then with drugs, including alcohol, marijuana, ecstasy, and inhalants. Examples given show MRI's for a non-drinker vs. a heavy drinker, and a sober rat vs. a drunken rat.

GUNS & TEENS (15min. VHS) Page 24.

HEART ON A CHAIN (15 min. VHS) Page 24.

I DON'T HAVE A PROBLEM (28 min. VHS) This video dramatizes the story of a teen who progresses from his first joint to snorting cocaine, while he repeatedly denies he has a problem. His example gives insight into the addiction process.

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IF YOU CHANGE YOUR MIND (31 min. VHS) Teens talk about their experiences with drug addiction. Drug addiction is explained, doctors give short talks, and the brain is viewed with and without addictions. Also shown are animal experimentation with drugs to help addictions, and examples of prenatal drug use.

KNOW THE SCORE: THE DANGERS OF PERFORMANCE ENHANCING DRUGS (20 min. VHS) 17.

LET'S CONNECT (3 Vignettes – 12 min. VHS) *Nobody's Business* engages a high school activities sponsor in discussion with teens about who in their community should address underage drinking. *Nobody's Listening* presents a high school band student and his father attempting to communicate about their relationship. *Nobody's Baby* shows a teenage girl who drinks regularly, trying to confront her parents about their indifference to her behavior.

LET'S TALK (6 2-3 min. VHS Episodes) • These vignettes promote discussion about teen drinking and encourages young people to think about the choices they make about alcohol, tobacco, and other drugs.

MARIJUANA: THE BURNING TRUTH (11 min. VHS) Page 7.

MARIJUANA: VACANCY – THE LIFE OF A POT SMOKER (12 min. VHS) Explains how marijuana users appear ignorant and lazy because the drug lowers the user's I.Q. and robs them of motivation.

MY POT VIDEO (17 min. VHS) A high school student under court order produced this video on pot use among teens. At first the student isn't serious, but then, through interviews with former users, a counselor, and friends struggling with their own denial and addiction, the truth is presented about this drug.

NEGOTIATION SKILLS (25 min. VHS) This video teaches high school students to resolve conflicts with compromise. They learn to base compromises on what they want, need, and on what others want or need too. They learn how to negotiate when their word is less than good and when they have to deal with people who are busy, angry, or vague in their responses.

NOTHING TO RAVE ABOUT (15 min. VHS) This video discusses the pitfalls of the rave scene. Major rave drugs are examined and the dangers of overdose, date rape etc.

NOT ME (40 min. VHS) A drama about crack abuse and teens. The story is open-ended, engaging teens in a discussion to examine the play's themes and explore how the topics raised impact their own lives.

PERFORMANCE EDGE (THE) (7 min. VHS) • Teens hate to be told not to do something. When it comes to advice on tobacco, alcohol and drugs, most teens know how to reject tactics that are self-righteous, condescending, or out of touch. This video shows the effects of smoking and drinking on physical performance.

POSITIVE I.D. (19 min. VHS in 3 segments) Designed to help teens understand they are unique individuals confronted with lots of pressures to conform to the world around them. It explores why the pressure to be involved in harmful behaviors remains strong and encourages viewers to think about others and challenges them to praise others instead of cutting them down.

PRIVATE VICTORIES (4 29-min. VHS Episodes) • 4 dramas emphasize how young people can achieve private victories by caring about themselves to reject drugs. Students learn the devastating effects drugs have on academic performance, health, and family relationships, and that deciding against drug use can also influence friends to do the same.

PROUD TO BE ME: DEVELOPING SELF-ESTEEM (60 min. VHS) This 4-part video program gives high school teens insight into the ways they see themselves, and skills to gain control over the way they feel about themselves. Combines dramatic scenarios with interviews of other teens so they can choose from

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a variety of voices, impressions, qualities, or thoughts that strike a chord with their own experiences. Self-esteem is defined and strategies for setting goals and making changes are discussed.

REALITY 101 (26 min. VHS in 4 Segments) Designed to be a discussion starter—it looks at the world we live in, addressing issues of violence, AIDS, alcohol and drugs. It challenges viewers to take responsibility for their futures.

SELLING ADDICTION (18 min. Video) Page 12.

SEX, LIES, AND PROFIT (17 min. Video) • Page 12.

SMOKING AND HUMAN PHYSIOLOGY (19 min. Video) Page 19.

THE MYTHS OF MARIJUANA DEBUNKED (21 min. DVD) Many teens believe that marijuana is a safe drug, not knowing that it is often mixed with other drugs, or that the levels of THC, the most active ingredient in marijuana, have risen from 1% in 1975 to 14% in 1985. More THC means more side effects for users—such as impaired brain responses, fatigue, loss of motivation, and decreased memory function.

THE POWER OF CHOICE: 9 VHS's for Teens Michael Pritchard is a juvenile probation officer turned standup comic. After years of using humor as a powerful counseling tool, Pritchard took his act public. With snippets from his high school comedy talks and question/answer sessions, he asks important questions that every young person should think about - great films!

VHS 1: The Power of Choice (1 hour)

VHS 2: Acting on Your Values (30 min.) (No Videos on 3, 4, or 7)

VHS 5: Drugs & Alcohol - Part 1 (30 min.)

VHS 6: Drugs & Alcohol - Part 2 (30 min.)

VHS 8: Sex (30 min.)

VHS 9: Friendship & Dating (30 min.)

VHS 10: Depression & Suicide (30 min.)

VHS 11: Communicating with Parents (30 min.)

VHS 12: Raising Your Parents (30 min.)

THE STRAIGHT DOPE ON SPIT (7 min. VHS) Page 19.

STRAIGHT TALK (30 min. VHS) Page 10.

TALKING HELPS (29 min. VHS) Teaches middle and high school teens how to be peer helpers. Using the steps of *The Helping Skill*, students help friends work through and avoid problems, and provide support. The problems involve preparing for a school test, dealing with a relationship, or finding a place to get professional help with a serious problem.

TARGETS (20 min. VHS) This film uses a drinking and driving accident with 5 teens to discuss the importance of being your own person and not falling victim to other people's behavior. Sensitive issues discussed include domestic violence, molestation, alcoholism, peer pressure, and social stereotypes.

TEEN-PARENT CONFLICT: MAKING THINGS BETTER (29 min. VHS) Helps teens understand the nature of teen/parent conflicts and offers techniques to deal with them. Role-playing is used to rehearse new behaviors.

TEENAGE DRUG & ALCOHOL ABUSE (20 min. VHS) Depicts the problems of alcohol and drug abuse of teens and the counselors who deal with them. It intersperses contemporary scenes with vignettes and interviews that relate the impact of alcohol/drug use and their outcomes.

A TIME FOR JUSTICE: AMERICA'S CIVIL RIGHTS MOVEMENT (38 min. VHS) • Page 25.

TRUE LIES (VHS 1, 30 min.) SEX & DRUGS; (VHS 2, 48 min.) VIOLENCE & SUICIDE Great for parents. Is today's entertainment killing this generation? Phil Chalmers, creator of the popular video,

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"Music to Die For" examines the teen entertainment industry and uncovers their message to teens: lies about sex, drugs, violence, and suicide in music, movies, T.V., the internet, and video games.

Video 1: Sex & Drugs. This video covers sex and drugs in the music industry, the internet porn industry, interviews victims of rape, and teens who have destroyed their lives with drugs and alcohol.

Video 2: Violence & Suicide. This video, besides featuring violence on TV, media, and the movies shows interviews with a school shooter, survivors of rape and murder, and parents of suicide victims.

TWISTED LOVE: DATING VIOLENCE (30 min. VHS) Page 26.

WAKING UP FROM DOPE (39 min. VHS) Former drug abuser and rock musician, Jevon Thompson, uses drama and humor to drive home the hard facts about substance abuse and chemical dependency. The kids in the video get excited, involved, and motivated.

WHAT ABOUT GANGS (VHS: Part 1, 18 min.; Part 2, 40 min.) See Page 26.

WHAT'S COOL: THE POPULARITY GAME (18 min. VHS) Why is it so easy for some teens to be popular and so difficult for others? Learn the answers to these questions and more. This is a great film for teens, parents, and professionals.

WHAT IS YOUR DRUG IQ? (17 min. VHS) Covers common beliefs about current drugs of abuse. Each belief is either proven or disputed with accurate information on alcohol, marijuana, LSD, cocaine, heroin, and inhalants. The audience can participate by offering true/false responses to each belief.

WHAT'S WRONG WITH THIS PICTURE? (18 min. VHS) Five scenarios address school safety issues on drug abuse and trafficking, intimidation and violence, teacher burnout, and theft. This trigger film is intended to generate discussion from its viewers.

WHEN THINGS GET TOUGH: TEENS COPE WITH CRISIS (38 min. VHS) This video helps teens understand that feeling bad when bad things happen is normal and that the crisis will pass. Skills are taught for coping with stress.

YOUNG MEN'S WORK (27 min. VHS) Page 26.

YOUTH AS RESOURCES: THE POWER WITHIN (15 min. VHS) Page 12.

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