



National Council on Alcoholism & Drug Abuse – St. Louis Area
8790 Manchester Road, Brentwood, MO 63144
Phone: 314-962-3456; Fax: 314-968-7394

HOURS

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

NCADA

FILM

CATALOG

Updated 12/11



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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 and counties of St. Louis, Jefferson, Franklin, St. Charles, Lincoln, and Warren.

The NCADA 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, Children's Service Fund, Clifford Willard Gaylord Foundation, Dana Brown, Franklin County Community Resource Board, Missouri Department of Economic Development, Youth Opportunities Program, Missouri Department of Mental Health, Division of Alcohol & Drug Abuse, Missouri Foundation for Health, Siteman Family Foundation, St. Louis County Department 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 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 (RSC) staff consults with community-wide prevention groups through the Missouri Substance Abuse Prevention Resources Network, which is the primary prevention initiative of the Missouri Division of Alcohol and Drug Abuse. They form community coalitions to prevent substance abuse in schools and/or neighborhoods by planning and implementing events and programs such as drug-free activities for youth, educational events, advertising campaigns, parenting forums, health fairs, and social programs. There is no charge or membership fee to become a registered coalition. Please call us if you have any questions.

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 LIBRARY

Our library rental hours are Monday – Friday, 9:00 a.m. – 5:00 p.m. We are located at 8790 Manchester Road, Brentwood, MO 63144 (about 1 ½ miles south of the Galleria). We are in the Society for the Blind Building, which is on the S.E. corner, on Manchester at Brentwood Blvd. It is an outside entrance.

We house a collection of DVD's, 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.)

DVD's rent for \$5.00 for 3 business days. We are closed on weekends & major holidays, and rentals for those days are free, since we only count the business days.

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

Books are rented in person and require a \$5 holding deposit/per book, fully refunded on return in 2 weeks. There is a late fee of 50 cents/business day after the two week due date. There's a one-time renewal option of two weeks/book.

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.

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 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, 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

ADDICTION & THE HUMAN BRAIN (28 min. DVD) For Grades 7 – College. Beginning with how the brain functions normally, 2 professionals continue to discuss the formative brains of adolescents. They then go on to explain how the use of chemicals/drugs in any form, and addiction change the pleasure/dopamine center in the brain and why addiction is a disease. Good enlightening film.

ADDICTION: WHY CAN'T THEY JUST STOP? (4-DVD set, 90 min.) This is an HBO documentary film presentation. It addresses different aspects of the disease to shed light on current and promising developments in the field. In personal stories from addicts and the loved ones who struggle to help them find treatment, common misconceptions are replaced by insight into addiction's complexity.

BATH SALTS: The Deadly Facts (19 min. DVD) Grades 7 – College. Bath salts have caused many young people to end up in the E.R. States are banning this dangerous aromatic product. Viewers hear from teens who have experimented with this drug. This program clearly and memorably lays out the truth about this unregulated drug with the potential to cause great harm.

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.

CHALK TALK ON ALCOHOL, by Father Martin (65 min. DVD) 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) Two experts in the field of drug addiction. Father Martin opens a discussion on drugs and introduces Dr. Cardwell Nuckols, who talks about popular drugs and their effects. After each drug explanation, Father Martin poses a few questions to a recovered addict for their experience, to clarify Dr. Nuckols' statements. Interesting and informative.

CHALK TALK REVISED (3 Father Martin films on 1 DVD)

- 1. CHALK TALK REVISED (45 min.)** This lecture 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.
- 2. RECOVERY & THE FAMILY (40 min.)** 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.
- 3. RECOVERY & FORGIVENESS (46 min.)** Father Martin talks about the importance of forgiveness and guilt in making amends in recovery, for all family members. He intertwines his wonderful little stories and humor to make an interesting lecture.

COCAINE & HEROIN: STILL HERE, STILL DEADLY (21 min. DVD) This film begins with 2 young adults who used to use and deal heroin. They tell us how they got into the drug and how their lives changed. A narrator explains various information on cocaine and heroin. Going back to the 2 young adults, they send strong negative messages about getting involved with these two dangerous drugs.

HEROIN & OTHER OPIATES (31 min. DVD) Dr. David Ohlms begins this film with the history of heroin. It discusses opiate derivatives, synthetic pain killing compounds, prescription and non-prescription opiates, and how it affects the central nervous system, brain, and stomach. He also talks about morphine, methadone, how endorphins work, and how addicts can recover. A storehouse of information!

HIGH ON SPICE: The Dangers of Synthetic Marijuana (14 min. DVD) Viewers will learn the dangers of spice and similar synthetic marijuana products that promise a legal high but instead deliver a terrifying experience. Spice and similar compounds contain untested and potentially lethal chemicals. Armed with knowledge, viewers will be able to make an informed, self-affirming choice to avoid spice and similar untested compounds.

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

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.

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.

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

METH, OUR NATION'S CRISIS: Toolkit for Change (1 DVD & 1 CD for Print Resources)

- **Meth: Shadow Across America (28.17 min. on DVD)**
- **Life After Meth (28.20 min. on DVD)**
- **Walking on Thin Ice: A Methamphetamine Prevention Video (21 min. on DVD)**
- **CD: Print Resources**

This Toolkit for Change comes in a white binder full on information plus the films and CD listed above—an “everything you want to know about Meth” guide. Great information.

MIDWEST HIDTA: 4 FILMS ON METH (45 min. DVD)

1. **Myths About Meth**
2. **Life or Meth: What's the Cost?**
3. **Amy's Story**
4. **Life or Meth?**

MONKEY ON THE BACK: TEENS & HEROIN (28 min. DVD) A great informative film. Frank Savarino, a family drug counselor, gives the history and the effects of heroin, plus withdrawal, crime from use, spotting heroin use, overdose, and recovery options. A recovered heroin user also explains the various phases an addict goes through.

MY NAME IS BILL W.: The True Story of the Founders of A. A. (99 min. DVD) The true story of Bill and Lois Wilson, during and after Bill's alcohol addiction and recovery. Also included is his historical finding and meeting "Dr. Bob", who together start A. A. for other alcoholics, as well. Produced by Hallmark, this is a classic film, well done by great actors.

NIDA POWERPOINT DVD: Slide Teaching Packet This great teaching DVD is a series of topics on various subjects, with pictures and information on the following:

- The Brain and the Actions of Cocaine, Opiates, and Marijuana
- The Neurobiology of Drug Addiction
- Understanding Drug Abuse and Addiction: What Science Says
- The Neurobiology of Ecstasy (MDMA)
- Bringing the Power of Science to Bear on Drug Abuse and Addiction

NO MORE SUNSETS: The Last Days of a Meth Addict (15 min. DVD) The true story of Shawn Bridges, before and after his meth addiction, and the warnings to others who become involved with this dangerous drug.

PLEASURE UNWOVEN: A Personal Journey About Addiction (70 min DVD) Dr. Kevin McCauley explores whether addiction is 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.

SYMPTOMS OF ALCOHOLISM, by Father Martin (22 min. DVD) With the usual great humor and interesting stories, Father Martin describes alcoholism as a disease of the mind. Giving 15 ways to tell if someone is an alcoholic, he says that alcoholism is usually a combination of these 15 factors. He goes on to say that you can't help an alcoholic until he wants help. Once he agrees he has a problem and seeks help, he'll finally be able to get well. He says that A. A. works best for most people.

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 NEW MARIJUANA: Higher Potency, Greater Dangers (15 min. DVD) The film begins with two teens talking about how harmless they thought marijuana was at first, and then the narrator tells the real truth about today's marijuana. Dr. Bruce Phariss, an addiction psychiatrist, adds more concrete facts. Quite eye opening.

THE TOP 10 MYTHS OF ALCOHOL & DRUGS (20 min. DVD) These are the top 10 reasons most young people give for using alcohol and other drugs, and the reasons that they are all false. Statements include "marijuana isn't harmful" and "beer is safer than liquor". This is a great film to conquer strong or rebellious attitudes in drug-using individuals.

CODEPENDENCY, FAMILY, & CHILDREN OF ALCOHOLICS

FEELINGS, by Father Martin (45 min. DVD) Father Martin acknowledges that emotions are abundant and we know very little about them. He shares thoughts and opinions about them, suggesting that negative ones are like double edged swords, that help us if we learn to handle them, or destroy us if we don't.

GRATITUDE by Father Martin (36 min. DVD) Father Martin refers to gratitude as "the queen of the virtues." He says that gratitude nurtures a nature of giving and contributes to happy, meaningful, recovery. A very inspirational film, full of values and good messages that recovering addicts can always use.

RECOVERY & THE FAMILY (40 min. DVD) 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.

RECOVERY & FORGIVENESS (46 min. DVD) Father Martin talks about the importance of forgiveness and guilt in making amends in recovery, for all family members. He intertwines his wonderful little stories and humor to make an interesting lecture.

SHAME & ADDICTION (28 min. DVD) 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.

SOFT IS THE HEART OF A CHILD (26 min. DVD) A beautiful, powerful, and memorable story of a family threatened by alcoholism. Focusing on the children, instead of the alcoholic, it shows three youngsters confused and frightened by a father's drinking, arguments, and violence. Finally, you will see the turning point as other family members resolve not to let their lives be destroyed by alcoholism.

SPIRITUAL ASPECTS OF ALCOHOLISM, by Father Martin (33 min. DVD) Father Martin tells how alcoholism damages our body and our spiritual nature. Through sobriety we heal the body, mind, emotions, and soul. He goes on to talk about humility and the spiritual principles of A. A. through the 12 steps. He finishes with the purpose of A. A. to make right again what went wrong, pertaining to God, the addict's own soul, and others. Another great Father Martin film.

THE INTERVENTION (35 min. DVD) A great "teaching by example" film, that can be used to show the process of an intervention, from beginning to end. A husband/father is going through a tough time because his wife is an alcoholic, in denial. He meets with a drug counselor who suggests an intervention. He then gathers support from family members and friends who attend a practice intervention with him and the counselor. The last scenes show the intervention taking place, with everyone present. There are excellent examples throughout the film.

DRIVING / SAFETY

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.

EDUCATORS & COMMUNITY

DEADLY PERSUASION: The Advertising of Alcohol & Tobacco (30 min. DVD) Jean Kilbourne exposes the manipulative marketing strategies and tactics used by the alcohol and tobacco industries. There is an introduction, then Part 1 covers the advertising of tobacco, and Part 2 covers the advertising of alcohol.

SPIN THE BOTTLE: Sex, Lies, & Alcohol (44 min. DVD) Award-winning media critics Jackson Katz and Jean Kilbourne critique how contemporary popular culture glamorize excessive drinking and high-risk behavior. The film also shows the dangerous ways alcohol consumption impacts the health and academic performance of young men and women with interviews with campus health professionals. It concludes with concrete strategies for countering alcohol propaganda and challenges young people to make conscious decisions about their lives.

THIS PLACE (Approx. 40 min. DVD) A compelling film on underage drinking--in the U. S. alone, alcohol kills more kids than all illegal drugs combined. This powerful movie challenges viewers to recognize the many ways our society allows and encourages children to drink alcohol. It also demonstrates the power of ordinary citizens to take meaningful action to change the culture of drinking in their communities. Included are the topics: Alcohol & the brain, adult role modeling, advertising/sponsorship, binge drinking, community environments, violence, youth access, and people creating change.

HEALTH / PREGNANCY / FAS/FAE SYNDROME

RECOVERING HOPE: Mothers Speak Out About Fetal Alcohol Spectrum Disorders (2 episodes: 60 min.) An intimate and evocative DVD about the mothers and families of children affected by FASD – Fetal Alcohol Spectrum Disorder. Talking about how alcohol use during pregnancy affected their children, they're learning effective new ways to parent, and also have hope for the future. Six researchers and clinicians support their stories with explanations about the physical, mental, behavioral, and learning disabilities associated with FASD, and discuss evaluation and intervention services. A companion brochure, "*Be the Best Mom You Can Be*" may be photocopied, or additional printed copies may be requested through SAMHSA (information with the DVD).

PARENTS

ADOLESCENTS & CO-OCCURRING DISORDERS (24 min. DVD) Teens in recovery from co-occurring disorders share their true experiences: bad drug interactions, cravings for self-medication, and the dangers of relapse. With ongoing therapy and the support of family, friends, and 12 step groups, they can regain control of their disorders and lives. Hope for recovery is reinforced by therapist Janice Gabe, noted for her work with adolescents.

READY, SET, LISTEN! (Board Game) The Ready, Set, Listen Board Game is designed to help parents and young people, 9 – 13, talk to each other about underage alcohol use, why it's not smart, and how to prevent it. Ideally, it should help children and their parents/caregivers see alcohol use as harmful.

THE INTERVENTION (35 min. DVD) A great “teaching by example” film, that can be used to show the process of an intervention, from beginning to the end. A husband/father is going through a tough time because his wife is an alcoholic, in denial. He meets with a drug counselor who suggests an intervention. He then gathers support from family members and friends who attend a practice intervention with him and the counselor. The last scenes show the intervention taking place, with everyone present. There are excellent examples throughout the film.

THINK BEFORE YOU CLICK: Playing it Safe Online (24 min. DVD) This film is designed to help viewers with the social issues that occur during internet use, from “flamers” to harassment, bullies to predators. It provides sound advice about how to have fun, do research, play games and learn, with little fear of harm because they know the risks and how to protect themselves. These strategies for safe and responsible internet use are provided in 12 simple rules.

TOBACCO

ANATOMY OF A PUFF (15 min. DVD) The video highlights the many toxic chemicals found in tobacco smoke, including a description of what these chemicals are, and how they can affect the human body. Viewers will learn how tobacco companies manipulate tobacco ingredients, about the myth that light cigarettes are a less harmful tobacco product, and the dangers of secondhand smoke.

THIS IS YOUR BRAIN ON TOBACCO (16 min. DVD) This film 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. Also, for those who already smoke, they will be given the incentive, resources, tools, and motivation to getting help and overcoming their addiction.

TOBACCO & DEATH: Perfect Together (28 min. DVD) This film graphically shows viewers the many types of damage tobacco causes the body and presents hard-hitting interviews with smokers and their families as they battle with smoking-related diseases. It stresses the importance of never starting smoking, but current smokers are encouraged to reclaim their lives by quitting. Viewers come away understanding that tobacco and death are undeniably linked, and that rejecting tobacco is one of the most important steps toward a healthy life they can make.

TREATMENT & RECOVERY

AM I MY BROTHER'S KEEPER? by Father Martin (36 min. DVD) Father Martin begins to talk about volunteers and the importance of helping others. A. A.'s founder, Bill Wilson, wanted to cure his own alcoholism by helping others' alcoholism. Referring to the 12 steps, he talks about how the first 11 steps are a preparation for the 12th step, and the importance of service to others as an integral aim of the 12th step. With wonderful quotes and a story about his own mentor, Father Martin finishes with Roger Whitaker's last words of "The Last Farewell". An appropriate film for anyone in treatment, recovery, or someone just wanting inspiration to grow in usefulness to others.

GETTING BACK TO BASICS, by Father Martin (51min. DVD) Father Martin explains the simplicity and effectiveness of the design for living set forth in the 12 steps, and the history of how A. A. began.

GOING HOME, by Father Martin (27 min. DVD) Father Martin talks to the treatment graduates from Ashley, a Treatment Center he helped to start (but it's a great film for all recovering addicts)! He emphasizes that "You are not the same person who came here". He talks about good and bad fears the recovery addict may have, and things to do/not to do after treatment, for successful recovery. Information is also given to parents, family, and viewers of great accomplishments made. A wonderful film that leaves high hope for everyone!

THE INTERVENTION (35 min. DVD) A great "teaching by example" film, that can be used to show the process of an intervention, from beginning to end. A husband/father is going through a tough time because his wife is an alcoholic, in denial. He meets with a drug counselor who suggests an intervention. He then gathers support from family members and friends who attend a practice intervention with him and the counselor. The last scenes show the intervention taking place, with everyone present. There are excellent examples throughout the film, such as the importance of putting anger aside.

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

ONE DAY AT A TIME, by Father Martin (30 min. DVD) Father Martin begins with the sayings of A. A.: "Easy Does It", "Let Go & Let God", & "Easy Does It". He talks about how alcoholics can succeed with new perspectives on life. Referring to an addict's past, present, and future, he uses the A. A. Steps 4, 5, and more, to show a bright future ahead.

RECOVERY & THE FAMILY, by Father Martin (40 min. DVD) 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.

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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.

SHAME & ADDICTION (28 min. DVD) 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.

SOFT IS THE HEART OF A CHILD (30 min. DVD) A dramatic film dealing with how children are affected by family alcoholism. A classic alcoholic family situation: dad drinks heavily and mistreats his wife and children; mom is plagued by frustration and guilt, in various ways. Help arrives from a perceptive school counselor and aunt, and the father's alcoholism problem is directly addressed to finally help everyone.

SPIRITUAL ASPECTS OF ALCOHOLISM, by Father Martin (33 min. DVD) Father Martin tells how alcoholism damages our body and our spiritual nature. Through sobriety we heal the body, mind, emotions, and soul. He goes on to talk about humility and the spiritual principles of A. A. through the 12 steps. He finishes with the purpose of A. A. to make right again what went wrong, pertaining to God, the addict's own soul, and others. Another great Father Martin film.

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THE 12 STEPS OF A. A., by Father Martin (45 min. DVD) Father Martin talks about the 12 steps of A. A. in this informative video. He considers AA the most effective therapy on earth. It is filled with the usual good humor and stories Father Martin always delivers, for an informative and entertaining lecture.

VIOLENCE & CONFLICT RESOLUTION

DRAMA QUEENS & TOUGH GUYS (19 min. DVD) Scenes of emotional teens with wrong reactions to situations begin the video, and then are countered with "what if" correct reactions. When emotions and words quickly get out of control, this video helps teens to appropriately express themselves, control their high emotions, learn to cool down, and to find out how to sort out the truth, above rumors, so they won't jump to conclusions. Relaxation techniques are also given.

WOMEN

RECOVERING HOPE: Mothers Speak Out About Fetal Alcohol Spectrum Disorders (2 episodes: 60 min.) An intimate and evocative DVD about the mothers and families of children affected by FASD – Fetal Alcohol Spectrum Disorder. Talking about how alcohol use during pregnancy affected their children, they are now learning effective new ways to parent and having hope for the future. Six researchers and clinicians support their stories with explanations about the physical, mental, behavioral, and learning disabilities associated with FASD, and discuss evaluation and intervention services. A companion brochure, *“Be the Best Mom You Can Be”* may be photocopied, or additional printed copies may be requested through SAMHSA (information with the DVD).

YOUTH – HIGH SCHOOL & MIDDLE SCHOOL

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.

- **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 and far safer than using drugs.
- **3. Natural High 3** Music artists P.O.D., Mya, Switch-foot, & Choreographer Darrin Henson talk about their passions, how drugs ruined the goals for others, & how they avoid the pitfalls of drugs.

BATH SALTS: The Deadly Facts (19 min. DVD) Grades 7 – College. Spice or K-2 has caused many young people to end up in the E.R. Some states are working to ban this dangerous aromatic product. Viewers hear from teens who have experimented with this drug. This program clearly and memorably lays out the truth about this unregulated drug with the potential to cause great harm.

BRAIN SCANS: Alcohol & the Teenage Brain (20 min. DVD) 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 the adolescent brain tissue. Using rats for his experiments, Dr. Swartzwelder shows amazing answers concerning the adolescent brain to alcohol.

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.

DRAMA QUEENS & TOUGH GUYS: Helping Teens Handle Emotions (19 min. DVD) Beginning scenes of teens reacting negatively to emotional triggers, then countered with “what if” positive reactions after, in a discussion of “what went wrong” scenarios. Showing examples of how emotions and words quickly get out of control, this DVD helps teens learn to cool down, control, and tactfully express strong feelings. They also learn how to find out the truth and not fall for rumors, so they won’t jump to conclusions without checking out the facts first.

DYING HIGH: Teens in the E. R. (26 min. DVD) Viewers receive a valuable opportunity to see what happens in emergency rooms, as doctors treat teens for drug overdoses, alcohol poisoning, and traumas from drunk driving. The goal is to remind teens that risk-taking behaviors often lead to serious injury or death. Teens are at risk each time they blindly give in to peer pressure and fail to make safe decisions. This video demonstrates that teens often pay for their reckless actions with their lives, but by making positive choices, they can prevent many E.R. cases, and their new knowledge can make for better decisions in the future.

EVERYTHING YOU NEED TO KNOW ABOUT SUBSTANCE ABUSE IN 22 MINUTES (22 min. DVD) Viewers will learn key facts about: alcohol, tobacco, marijuana, stimulants, inhalants, hallucinogens, performance enhancing drugs, ecstasy, GHB, ketamine, and rohypnol. They will learn their physical and psychological effects, legal consequences, slang terms, ways to say no when pressured to use drugs, know that not everyone uses drugs, and know that drugs aren’t necessary to enjoy life, deal with stress, or relax.

HUFFING: The Latest Facts About Inhalant Abuse (20 min. DVD) This video communicates the truth about inhalants with straight facts and hard-hitting, real-life stories from abusers and their families and friends. Through teen narrators and experts, viewers learn how inhalant abuse begins, recognize warning signs of abuse, see the damaging effects of inhaling toxic substances, and hear the compelling stories of life change and loss. Teens will understand that inhalants are not an easy, harmless way to get high—instead, they are dangerous and even deadly poisons.

MONKEY ON THE BACK: Teens & Heroin (30 min. DVD) A great informative film. Frank Savarino, a family drug counselor, gives the history and the effects of heroin, plus withdrawal, crime from use, spotting heroin use, overdose, and recovery options. A recovered heroin user also explains the various phases an addict goes through.

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 NEW MARIJUANA: Higher Potency, Greater Dangers (15 min. DVD) The film begins with two teens talking about how harmless they thought marijuana was at first, and then the narrator tells the real truth about today’s marijuana. Dr. Bruce Phariss, an addiction psychiatrist, adds more concrete facts. Learn to separate myths from facts, recognize that marijuana is an addictive, illegal, gateway drug, and realize that THC in marijuana has risen significantly in recent years to make it more potent and harmful.

THE TOP TEN MYTHS OF ALCOHOL & DRUGS (20 min. DVD) Here are the top ten reasons most young people use alcohol and other drugs, and why they are all false, including statements like “marijuana isn’t harmful” and “beer is safer than liquor”. This is a great film to debunk common drug and alcohol myths with solid facts, analyze how the myths began, explain health risks, understand how drug use risks permanent brain changes, and so much more. A very worthwhile 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.

MOVIES: ALPHABETICAL LIST

Addiction & the Human Brain 4	Medication-Assisted Addiction Treatment, produced by NCADA 5 + 10
Addiction: Why Can't They Just Stop? 4	Meth, Our Nation's Crisis: Toolkit for Change 5
Adolescents & Co-occurring Disorders 9	Midwest HIDTA (4 films) 5
Am I My Brother's Keeper, by Father Martin 10	1. Myths about Meth
Anatomy of a Puff 9	2. Life or Meth: What's it Cost?
A Natural High: Riding the Drug-Free Wave (Series) 12	3. Amy's Story
1. A Natural High	4. Life or Meth?
2. Natural High 2	Monkey on the Back: Teens & Heroin 6 + 13
3. Natural High 3	My Name is Bill W: True Story of A.A.'s Founders 6
Bath Salts: The Deadly Facts 4 + 12	NIDA Powerpoint DVD 6
Brain Scans: Alcohol & the Teenage Brain 12	No More Sunsets: The Last Days of a Meth Addict 6
Buzz in a Bottle 4 + 13	One Day at a Time, by Father Martin 10
Chalk Talk on Alcohol 4	Pleasure Unwoven 6
Chalk Talk on Drugs 4	Ready, Set, Listen! Board Game 9
Chalk Talk Revised/Recovery & the Family/ & Recovery & Forgiveness 4	Recovering Hope: Mothers Speak Out About Fetal Alcohol Spectrum Disorders 8 + 12
Cocaine & Heroin: Still Here, Still Deadly 5	Recovery & the Family, by Father Martin 7 + 10
Confronting Drunk Driving 8	Recovery & Forgiveness, by Father Martin 7 + 11
Deadly Persuasion: Advertising of Alc. & Tobacco 8	Relapse by Father Martin 11
Drama Queens & Tough Guys: Helping Teens Handle Emotions 11 + 13	Symptoms of Alcoholism by Father Martin 6
Dying High: Teens in the E.R. 13	Shame & Addiction 7 + 11
Everything to Know About Sub. Abuse in 22 min. 13	Soft Is the Heart of a Child 7 + 11
Feelings, by Father Martin 7	Spin the Bottle: Sex, Lies, & Alcohol 8
Getting Back to Basics, by Father Martin 10	Spiritual Aspects of Alcoholism, by Father Martin 7 + 11
Going Home, by Father Martin 10	Symptoms of Alcoholism 11
Gratitude, by Father Martin 7	The Myths of Marijuana Debunked 6 + 13
Heroin & Other Opiates 5	The New Marijuana: Higher Potency, Greater Dangers 6 + 13
High on Spice: Dangers of Synthetic Marijuana 5	The Top 10 Myths of Alcohol & Drugs 6 + 14
Huffing: The Latest Facts About Inhalant Abuse 13	The 12 Steps of A.A., by Father Martin 11
Intervention (The) 7 + 9 + 10	Think Before You Click: Playing It Safe Online 9 + 14
Legal but Deadly: Abusing Prescription Drugs 5	This is Your Brain on Tobacco 9
Lost in Woonsocket 5	This Place 8
Medical Aspects of Chem. Dependency: The Neuro-biology of Addiction 5 + 10	Tobacco & Death: Perfect Together 9