

Available DVD Rentals

Addiction

ADDICTION: WHY CAN'T THEY JUST STOP? (HBO, 4-DVD set, 90 min) The feature length documentary film Addiction brings together the nation's leading experts on drug and alcohol addiction with a collection of award-winning filmmakers to shed light on addiction, its causes and the latest and most prominent developments in treatments. Its focus is on case studies and new medical treatments. A supplementary series of 13 short films delves deeper into the various dimensions of addiction.

LOST IN WOONSOCKET: A Miraculous Journey of Hope (81 min) 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 (Hazelden, 25 min) This fascinating and authoritative video on how addiction affects brain function and chemistry.

PLEASURE UNWOVEN: A Personal Journey About Addiction (The Institute for Addiction Study, 70 min) The important question about addiction is: "Is it really a "disease?" This video essay, filmed in high-definition and recipient of NAATP's Michael Q. Ford Journalism Award 2010, presents the arguments for and against this question. Reviewing all the latest research about addiction along the way, the film uses the spectacular landscape of Utah's State and National Parks to describe the brain areas involved in addiction, turns complex neuro-scientific concepts into easy-to-understand visual images that will help people in recovery feel better understood, and their families and friends feel hope that recovery is possible.

Addiction – Intervention

THE INTERVENTION (Hazelden, 35 min) This film shows what happens when a family takes the first steps toward recovery through intervention.

Addiction – Youth

ADDICTION AND THE HUMAN BRAIN (HRM, 28 min.) For Grades 7 – College. Drug addiction is a disease of the brain, and teens are at highest risk for acquiring this disease. That is the startling conclusion recently arrived at by brain experts, based on the latest research findings. This program illustrates the amazingly complicated structure and function of the brain using colorful and compelling visuals and computer animations. It explains the changes to the brain caused by prolonged use of drugs such as cocaine, heroin, nicotine, alcohol and methamphetamine, and shows why voluntary drug use eventually becomes involuntary and compulsive. Studies indicate that drugs affect the developing brain more than the brain of someone more mature, thus putting teens at a higher risk of addiction. Interviews with recovering teen addicts, an addiction counselor, and brain experts and researchers give the program realism and intensity, and provide sobering thoughts to viewers.

ADOLESCENTS & CO-OCCURRING DISORDERS (Hazelden, 24 min) 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.

DRUG ABUSE, ADDICTION AND THE ADOLESCENT BRAIN (BSCS. Middle school science – 5-8 45 minute sessions) This is an exciting and informative curriculum supplement from BSCS that presents students with a new way to think about drug abuse and addiction. The program features five classroom lessons and an integrated video. This module focuses on the science that explains the effects drugs have on the brain and helps students 1) Understand that drugs of abuse change the way a person's brain functions, causing changes in thoughts, feelings and behaviors and 2) Learn that adolescents respond differently to drugs than do adults.

TWELVE (Kinetic Video, 45 min) Kat grew up in an alcoholic home. John made drinking the center of his life at a young age. Rene's parents divorced when he was five, while Chris and Dante both seemed to have everything they wanted - but all became substance abusers. Through detailed, candid conversations, this program goes inside the childhood memories and emotional lives of recovering addicts who started their habits at, or close to, age 12. Their stories reveal unique qualities and experiences as well as patterns seen over and over again among alcoholics and drug abusers - often involving crime and social isolation. In addition to their pain and regret, the participants also discuss the most daunting challenge of all: the ongoing process of recovery.

The Advertising Industry

DEADLY PERSUASION: The Advertising of Alcohol & Tobacco (Media Education Foundation, 30 min) Bestselling author and influential advertising expert Jean Kilbourne examines the ever-evolving marketing and sales strategies of the alcohol and tobacco industries. Kilbourne takes a close look at how both industries have re-tooled their strategies in the face of rising public health concerns, showing how ad executives continue to mobilize a highly sophisticated understanding of gendered identity -- and the psychology of addiction -- to override rational resistance to what they're selling. With its close analysis of a wide sampling of cigarette and alcohol ads, *Deadly Persuasion* is as much a case study in media literacy as it is a public health tool.

SPIN THE BOTTLE: Sex, Lies, & Alcohol (Media Education Foundation, 44 min) *Spin the Bottle* offers an indispensable critique of the role that contemporary popular culture plays in glamorizing excessive drinking and high-risk behaviors. Award-winning media critics Jackson Katz and Jean Kilbourne contrast these distorted representations with the often disturbing and dangerous ways that alcohol consumption affects the lives of real young men and women. Illustrating their analysis with numerous examples, Katz and Kilbourne decode the power and influence these seductive media images have in shaping gender identity, which is linked to the use of alcohol. Nowhere is this link more cause for concern than on America's college campuses. *Spin the Bottle* shows the difficulties students have in navigating a cultural environment saturated with messages about gender and alcohol. Interviews with campus health professionals provide a clear picture of how drinking impacts student health and academic performance, but it is the students' own experiences and reflections that tell the real story behind alcohol's alluring public image.

Alcohol

ALCOHOL, DRUGS AND THE BRAIN (Dr. Carlton Erickson, 40 min) A complete overview of how alcohol and drugs affect the brain by University of Texas professor of pharmacology, Dr. Carlton Erickson. The difference between abuse and dependence is explained, who is at risk, and how to get help.

CHALK TALK ON ALCOHOL: Remembering Father Martin (Ashley, Inc., 65 min) In 1972, the United States Navy filmed "Chalk Talk." It was used throughout the U.S. military and Father Martin emerged as a leading figure in the addiction treatment field. He became a highly sought after speaker and traveled tirelessly throughout the world, giving his now legendary presentations. This adaptation of *Chalk Talk on Alcohol* - Original features a brief opening that chronicles this film's origin and a closing segment that cites the passing of a truly legendary figure.

CHALK TALK: SYMPTOMS OF ALCOHOLISM, by Father Martin (Kelly Productions, 22 min) Many DUI & DWI programs, detox facilities, outpatient programs, schools, and hospitals, show this film to help individuals self diagnose. Who is an alcoholic? Do you know one? Is there one in your family? Could you be one yourself? You can ask all of these critical questions through the use of this film.

Alcohol – Youth

ALCOHOL & THE TEENAGE BRAIN: A VIDEO GUIDE FOR PARENTS & PROFESSIONALS (HRM, 15 min) This no-nonsense, straightforward video presents the latest research about how alcohol impairs the growing adolescent brain. The context is delivered by neuroscientist and researcher Scott Swartzwelder Ph.D. of Duke University whose groundbreaking research will be a wake up call for parents, school administrators and substance abuse professionals who want to learn more about the damaging effects of alcohol on teens. Swartzwelder explains that ten years ago researchers used to believe that the brain was finished developing at birth. Now scientists know that the brain is growing and developing through adolescence and into one's early twenties. The research has further shown that adolescents experimenting with alcohol and binge drinking are literally putting their futures at risk by compromising the full potential of their brains to learn, conceptualize and prepare for college and the workplace.

ALCOHOL & YOUR BODY: ASSESSING THE DAMAGE (HRM, 26 min) This video reveals the latest information on the many ways that drinking alcohol can damage bodily systems and cause disease. Leading doctors and researchers demonstrate new facts about alcohol absorption and the effects of alcohol on the brain, the liver, the digestive system, and the immune system. Viewers of *Alcohol and Your Body* will come away with plenty of new reasons to seriously consider abstinence.

BRAIN SCANS: Alcohol & the Teenage Brain (HRM, 20 min) This video takes teens on a tour of several labs across the country including one at the University of California at San Diego where doctors are researching the effects of alcohol abuse in teenage brains. The show's young host has a scan performed on her own brain, and then has the chance to see how it compares with the brains of other teens who drink alcohol regularly. The ground-breaking studies highlighted in the video dramatically connect long-term brain damage to underage drinking. Your students will see first-hand how alcohol affects teens as young as fourteen and fifteen years old. They will also learn why alcohol seems to harm younger brains more profoundly than older ones both in short term and long term, impairing memory, coordination and motivation and causing addiction. Video delivers a strong caution to teens considering any use of alcohol.

Alcohol – Youth continued

CONFRONTING DRUNK DRIVING (HRM, 25 min) This memorable video features the true story of Mike Poveromo, a young man who killed his two best friends in a drunk driving car crash when he was a teenager. Today, Mike tours the nation's high schools to share his story, and to warn students never to drink and drive. In addition to interview segments that recount Mike's dramatic story, viewers will also hear from law enforcement officers who explain the legal risks involved in drinking and driving, including harsh jail sentences for those convicted of driving under the influence (DUI). Viewers will also hear from emergency room physicians who describe the traumas and deaths they have seen as a result of drunk driving. Teens will also hear from parents and family members who have been left devastated by the loss of a child as a result of drunk driving. In addition, Confronting Drunk Driving offers important tips for how to avoid being a passenger in a car driven by an intoxicated driver. Teacher's Resource Book offers many useful and thought-provoking worksheets for classroom use.

THIS PLACE (FACE, 40 min) 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.

TOO MUCH: THE EXTREME DANGERS OF BINGE DRINKING (HRM, 26 min) Against the backdrop of Spring Break overindulgence in Panama City, Florida, this documentary examines the harrowing and tragic consequences of underage drinkers who do not understand the real risks of out-of-control alcohol abuse. Introduces two brain and alcohol researchers who take students on an eye-opening video field trip, using their tools-of-the-trade (including MRIs and PET scans) to graphically show alcohol damage in the brain. Using 3-D images of the brain, the researchers describe what happens as drink after drink is consumed, causing the brain to ultimately shut down the autonomic nervous system, causing death. A young teenage girl who was sexually assaulted during a Spring Break drinking binge presents her painful story. Also interviews the parent of a student who died from alcohol poisoning while partying with his friends. Interspersed throughout is footage of alternative, alcohol-free Spring Breaks, featuring real teens who decided to do something constructive with their vacations, such as building housing for needy families.

UNDERAGE DRINKING: A VIDEO GUIDE FOR PARENTS & PROFESSIONALS (HRM, 33 min) This video clearly straightforwardly engages parents and arms them with crucially important information about setting firm guidelines to their teenage children. Program reveals the latest research on adolescent brain damage due to alcohol, the increased risk of accidents and driving fatalities and most importantly lets parents know that they are the best deterrent to stopping underage teen drinking. Program also informs parents of their legal liabilities if teens are drinking in their homes or at unsupervised parties.

UNDERAGE DRINKING: IS IT WORTH IT? (HRM, 27 min) Underage drinking is a national epidemic. The risks are sky-high for teens and for our communities. This gripping docudrama video program lays out the many risks of underage drinking. The message avoids hysterics as it uncovers the eye-opening facts in detail. Counselors, law enforcement personnel, DUI victims, former teen abusers, medical experts and family members contribute dramatic insights. New scientific studies show how even small amounts of alcohol can create chronic health issues for teen brains. Viewers learn that DWI and DUI take thousands of lives every year. Students are asked: Is it worth it? Is it worth getting caught with a fake ID and risking a permanent police record? Is it worth riding in a car with a drunk driver? Is it worth risking your brain's health? Is it worth causing serious injury to someone else? Is it worth dying for?

Drugs

CHALK TALK ON DRUGS (Ashley, Inc., 55 min) The film offers a look at four categories of drugs, stimulants, opiates, prescription drugs, and marijuana, with a description of how the drug effects the user. Appearing throughout the film are personal testimonials and one on one interaction between Father and recovering individuals.

EMERGING DRUGS OF ABUSE (HRM, 20 min) Newspaper headlines are filled with horror stories about the devastating effects of new synthetic drugs like Spice and K2 (synthetic marijuana) and bath salts (a cocaine substitute). This powerful, no-nonsense video shows teens how underground labs profit by concocting new compounds that mimic the effects of illegal drugs. Filmed in a gritty, documentary style, former users pull no punches as they tell your students just how dangerous these new drugs are. Law enforcement is stretched thin trying to keep up as drug dealers concoct new poisons in their basement labs including Spice, K2, bath salts, Kratom, Krokodil, Oxidado, and salvia (old but making a comeback), as well as new versions of dextromethorphan and crystal meth. The message is clear: Anyone taking these or any new, unknown drugs is risking serious injury or death.

EVERYTHING YOU NEED TO KNOW ABOUT SUBSTANCE ABUSE IN 22 MINUTES (HRM, 22 min) This production totally saturates viewers with one unrelenting message: If you use dangerous drugs like alcohol, marijuana and Ecstasy, you are risking your future and your life. The video bombards teens with plain facts that are indisputable: alcohol damages the growing adolescent brain, marijuana can cause head and neck cancers as well as lung cancer, methamphetamine is one of the most addictive substances on earth, one huff from an inhalant can result in sudden death and much more. After watching this video, your students are sure to reevaluate their thoughts and behavior concerning substance abuse. Substances covered are tobacco, alcohol, marijuana, inhalants, stimulants, club drugs and performance-enhancing drugs.

Drugs – Bath Salts

BATH SALTS: The Deadly Facts (HRM, 19 min) Bath salts are the newest drug scourge to hit the US. They are currently available online, in gas stations and convenience stores across the nation. In the first few months of 2011, poison control centers nationwide reported a record-breaking increase in ER visits related to bath salts. This timely program gives viewers the hardcore truth about this highly addictive substance which causes intense paranoia, psychosis and suicidal thoughts. A drug abuse expert who treats young people in the grips of bath salt addiction speaks bluntly about this methamphetamine-like drug. The gut-wrenching story of Jarrod Moody, a young man who took his own life after a binge on bath salts caused him to spiral out of control, makes a powerful case against experimenting with bath salts.

Drugs – Heroin

AN AMERICAN EPIDEMIC (Steered Straight, Inc., 142 min) A documentary exposing the opioid and heroin epidemic that has now traversed Nationwide with footage from 40 states. This film uncovers the far-reaching effects of America's most serious public social health crisis through the eyes of parents, siblings and recovering addicts. You will meet those affected directly by this epidemic as well as the collateral consequences this problem causes. This is a wake-up call to the country that we must come together to solve a problem that affects us all.

COCAINE & HEROIN: STILL HERE, STILL DEADLY (HRM, 21 min) "I was 15 the first time I tried it. I was at my girlfriend's house." These words, spoken by a real teen in recovery, set the tone for this powerful video which recounts the stories of two teens who became ensnared in the dangerous and all-too-common worlds of cocaine and heroin abuse. Both teens describe step-by-step how they were sucked into trying the drugs for the first time, how they became addicted, and how incredibly difficult it is to recover from their addictions. Their harrowing testimonies will resonate with viewers and impel them to steer clear of cocaine and heroin. Program includes strategies for recognizing the dangers and avoiding these destructive drugs. A special section detailing the dangers of "starter heroin" is presented with a strong no-use message.

HEROIN & OTHER OPIATES (NIMCO Inc., 31 min) The paraphernalia of cocaine freebasing, plus the need to come down from cocaine highs has made heroin more acceptable among middle and upper-class drug users. Discusses opiate derivatives and synthetic pain killing compounds and prescription and non-prescription opiates.

MONKEY ON THE BACK: TEENS & HEROIN (NIMCO Inc., 28 min) Especially powerful considering the re-emergence and popularity of heroin among young adults today. Teens learn that heroin use is not "chic" and trendy in fashion or lifestyle, but that heroin is still the classic "monkey on the back" deep addiction that it has always been.

STL HEROIN FILM PROJECT – ANATOMY OF AN OVERDOSE (Pelopidas, LLC) A film produced, written, and directed in St. Louis, MO. With powerful storytelling, this film explores both the science and the human toll of heroin overdoses. It was filmed over the course of a year and takes a harrowing look at heroin from a chemical perspective. The film includes interviews with recovered heroin users, as well as with the Chief Medical Examiner for the City of St. Louis, police officers, and physicians.

Drugs – Inhalants

HUFFING: The Latest Facts About Inhalant Abuse (HRM, 20 min) This gripping program shares unforgettable real stories of teens fighting their abuse of inhalants, as well as two families who lost children to inhalant abuse. One interview segment involves an Ohio police officer whose son died after a brief experiment with inhalants. Another recounts a recovering user who learned first-hand that huffing inhalants is not only perilous, but can quickly lead to other types of drug abuse. In between the real stories, a group of teens talk directly to viewers addressing the addictive nature of inhalants and clearly outlining the damage these toxic chemicals cause to the brain, heart and lungs. Teacher's Resource Book provides additional follow-up assignments and reinforces the program's powerful never-use message.

Drugs – Marijuana

THE DOWNSIDE OF HIGH (Dreamfilm, 45 min) This film tells the stories of 3 young people from British Columbia who believe, along with their doctors, that their mental illness was triggered by marijuana use. All 3 spent months in hospital psychiatric wards, and still wage a battle with their illness. Today's super-potent pot may be a big part of the problem. Modern growing techniques have dramatically increased the amount of THC, the psychoactive ingredient in marijuana, ramping up the threat to the developing teenage brain.

HIGH ON SPICE: The Dangers of Synthetic Marijuana (HRM, 14 min) In this hard-hitting program, viewers learn the dangers of a newly banned drug called Spice or K2. Until December 2010, Spice was legally sold around the country as incense ("not for human consumption") in convenience stores, head shops and on the Internet. Hundreds of ER visits and calls to poison control centers nationwide prompted the DEA to categorize Spice as a Schedule I substance. Although now illegal, Spice continues to be abused by teens who assume the herbal mixture—which is sprayed with various synthetic cannabinoids—is a substitute for marijuana. Viewers hear from young adults who were hooked on Spice with scary and sometimes life-threatening results including terrifying anxiety attacks, hallucinations, escalated blood pressure and addiction. The program also interviews drug counselors and law enforcement personnel who emphasize the dangers of experimenting with any substance that contains unknown quantities of experimental chemicals. Program clearly and memorably lays out the truth about this unpredictable drug and its potential to cause great harm.

Drugs – Marijuana continued

MARIJUANA: A VIDEO GUIDE FOR PARENTS & PROFESSIONALS (HRM, 26 min) This video points out the latest research that marijuana is not a harmless drug. This program introduces viewers to the groundbreaking research of Dr. Michael Roth and Dr. Zuo-Feng Zhang of the UCLA School of Public Health in which the connections between head and neck cancer and marijuana have been clearly made. We also hear from Paul J. Donald, MD, a head and neck cancer surgeon who has had to deal up front with the devastating results of these cancers. Also presented are the disturbing facts that link marijuana use to lung cancer and the difficulty teenagers have in quitting once they have started.

THE NEW MARIJUANA: Higher Potency, Greater Dangers (HRM, 15 min) The potency of THC, the mind-altering chemical in marijuana, has more than doubled in the last twenty years creating a greater risk for impairment and a far higher risk of addiction. Video presents viewers with up-to-date information on THC potency and looks at how THC affects the brain, how you become addicted, how marijuana impacts brain chemistry, cognitive function as well as mental and physical health. Research experts and former teen users drive home this message: Marijuana is NOT a benign or safe drug. Stronger doses of marijuana can cause intense and disturbing reactions such as paranoia and hallucinations with permanent damage to cognitive abilities; marijuana limits your ability to learn and retain information; the stronger doses of THC cause more intense highs, putting teens at an even greater risk for car wrecks and other accidents; and marijuana use harms your brain, lungs, liver, heart, and reproductive health.

OTHER SIDE OF CANNABIS, THE : Negative Effects of Marijuana on Our Youth (HeartsGate, 72 min) This video tells the stories of a variety of individuals of all ages, as well as interviews with top researchers across the United States. The film elaborates on the effects of marijuana facing our adolescents, teenagers, and youth adults-whose brains are still forming.

Drugs – Methamphetamine

METH, OUR NATION'S CRISIS: Toolkit for Change (Hazelden, 78 min) This two-disk kit contains everything you need to start a comprehensive community campaign against meth. On the DVD are three meth-awareness videos for teens and adults. On the CD you'll find 170 pages of print-ready resources to copy and share community-wide. These include five action guides for community leaders, schools, parents, employers, and health care professionals; a 16-page *Meth Primer; Campaign Resources* with sample press releases, talks, and posters; and a *Meth Resource Directory*. As inviting and easy to read as a news magazine, these reproducible resources teach the facts about meth, expose the myths, and inspire action.

MIDWEST HIDTA: 4 FILMS ON METH (45 min) Videos include 1) Myths About Meth; 2) Life or Meth: What's the Cost?; 3) Amy's Story; and 4) Life or Meth?

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

Drugs – Prescription Drugs/Opiates

CHASING THE DRAGON – THE LIFE OF AN OPIATE ADDICT (FBI Academy TV Studios) A documentary exposing the truth behind the opiate epidemic that is devastating communities across the country. Opiate addiction is unlike any other, and it is the strong grip of this addiction that creates an unyielding demand for prescription pain killers and heroin. This film was developed as a resource for law enforcement, educators, and even parents to educate young people on how opiate addiction destroys lives. The goal in showing this film goes beyond raising awareness. It is intended to help people understand the depths of the critical components of opiate addiction - how easily it can begin, the heinous downward cycle that ensues, followed by the tragic consequences. The documentary is a compilation of unscripted, raw interviews of actual people affected by opiate addiction. The gut-wrenching emotion and graphic stories in this documentary are a glimpse into the terrifying reality of addiction that producers hope will deter young adults from venturing into the drug culture.

LEGAL BUT DEADLY: Abusing Prescription Drugs (HRM, 19 min) Prescription drugs like OxyContin, Ritalin, Vicodin, Xanax and codeine based cough syrup are making headlines around the nation as teens continue to abuse these "legal" drugs by crushing the pills and snorting or injecting the powder or drinking the liquid. Studies continue to offer evidence of an emerging problem with OxyContin and Ritalin addiction among young people. Sadly, too many teens don't realize how dangerous their experimentation can be. This timely video highlights several recent cases of teens that became addicted to prescription drugs and the resulting consequences. Program highlights kids' false beliefs about these drugs and the all too common belief that because these drugs are prescribed they are therefore safe. On camera physicians also describe the severe side effects of prescription drugs and how these drugs seriously compromise the brain's functions. The video makes clear that any misuse of a legal drug is not only illegal but, can also be fatal.

Energy Drinks

BUZZ IN A BOTTLE (HRM, 17 min) With the lure of an over-the-counter jolt, kids are consuming more energy drinks than ever before and in many cases mixing them with alcohol. Through vivid interviews with teens and health experts, the video describes the many physical effects that these concoctions have including dizziness, fainting, heart palpitations, caffeine poisoning, headaches, fatigue, diminished concentration, anxiety, insomnia, shaking, nausea, and high blood pressure. Even more alarming is the trend of mixing these beverages with alcohol, thus allowing users to drink more alcohol than they normally would and putting them at a greater risk for alcohol poisoning. This program arms kids with the facts and gives a strong “no-use” message with particular emphasis on the real health risks of too much caffeine and the grave danger of combining alcohol and caffeine-spiked drinks.

Families & Children of Addicts

ADDICTION IN THE FAMILY: The Domino Effect (Mac Publishing, 28 min) With the major changes that have occurred in the delivery of addictions treatment, the availability of family programming has lessened or become non-existent. If you deal with addictions and you believe that family must be involved in the recovery process, then this video is made for your use.

METHAMPHETAMINE & DRUG ENDANGERED CHILDREN: Breaking the Cycle (Marathon County Sheriff's Department, 55 min) Methamphetamine is a highly addictive and extremely toxic street drug. Its use affects the addict, their children, and the community. Children living in homes where drugs are used, sold, or manufactured are at great risk for physical, emotional, and sexual abuse. This DVD is a 4-part film series:

- **Drug Endangered Children: Breaking the Cycle** is a 20 minute video presenting an overview of the need for the Drug Endangered Children (DEC) Program, who typical DEC team members are, and what their roles are.
- **Angels Among Us** is a 7 minute music video depicting two drug endangered children scenarios.
- **Methamphetamine: A Vicious Cycle** is a 28 minute documentary, examines the physical, psychological, relational, and criminal damage wrought by Methamphetamine use and production.
- **Public Service Announcements** (30 seconds each) One drug endangered children and three methamphetamine awareness public service announcements are included and can be used by your local TV stations.

CHALK TALK: RECOVERY & THE FAMILY (Kelly Productions, 40 min) Most divorces in alcoholic homes occur after the alcoholic recovers. Too many family members believe all will be well if one recovers. Since each member of the family gets sick, each needs care and treatment. It is recommended that the friend or loved one of an individual in active addiction or in recovery open him or herself to attending Al-Anon or Nar-Anon, joining a homegroup and attending meetings. All family members, loved ones, or friends of a recovering alcoholic or drug addict, should own a copy of this excellent film.

REFLECTIONS FROM THE HEART OF A CHILD (Hazelden, 32 min) Vividly portrays the impact of chemical dependency on the family as three young lives are ravaged by a father's alcoholism and a mother's inability to cope.

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

STAGES OF FAMILY RECOVERY (Hazelden, 36 min) For families, the pain of living with a loved one's addiction can lead to shame, secrecy, and isolation. This encouraging, empowering video lets families know they're not alone – and that recovery is possible. Teens, parents, and grandparents share stories of despair and hope, helplessness and optimism. Clinical insights help families progress through the stages of recovery.

Internet Safety

THINK BEFORE YOU CLICK: Playing it Safe Online (HRM, 24 min) While the Internet is a place of promise and progress, it is also a place of peril for young teens. Chat rooms, e-mail, sites such as MySpace, and instant messaging allow teens to keep in touch with friends, but also offer the potential for youngsters to be abused in ways they have not considered. Using real teens in a peer-to-peer format, this video helps teens navigate problems and learn important rules and strategies to keep them safe while surfing the net. Program explores online bullying and rumor spreading, identity theft, blogging and the real threat of sexual predators. Viewers learn to “think before you click” in order to avoid embarrassing yourself or hurting others, while keeping yourself and others safe. Your students will conclude that while the Internet is a fun, exciting place, it is always important to be smart about what you say and whom you befriend online.

Life Skills

FEELINGS, by Father Martin (Ashley Inc, 45 min) It has been said that resentment and self-pity are “luxuries the alcoholic can ill afford”. Father Martin, acknowledging that emotions are abundant and we know very little about them, shares some thoughts and opinions about them. We all have feelings, positive and negative, and most of us feel guilty about the negative ones. He suggests that negative feelings are like a double edged sword that can help us if we learn to handle them or destroy us if we don't. This film is particularly useful for the patient just leaving treatment and is also highly recommended to show to patients while in treatment.

GRATITUDE by Father Martin (Kelly Productions, 36 min) Father Martin refers to gratitude as "The Queen of the Virtues." It is thought that a grateful person in recovery won't pick up. If you've received the incredible gift of recovery or are seeking it, you can benefit from Father Martin's moving explanation of how to nurture an attitude of gratitude. Father insists that gratitude is an action not a statement and that action in you will begin with this powerful lesson. Gratitude nurtures a nature of giving and that is what we know contributes to happy, meaningful recovery. Reinforce your understanding of gratitude with this informative and inspiring talk from Father Martin.

Tobacco

ANATOMY OF A PUFF (HRM, 15 min) Using scientific facts and targeted humor, program alerts viewers to the variety of toxic, carcinogenic and addictive substances found in every puff of cigarette smoke. A young host describes how nicotine is by some measures more addictive than cocaine and heroin, and how tar contributes to lung diseases such as emphysema, chronic bronchitis, and lung cancer. Describes the industrial uses of benzene, arsenic, cyanide, formaldehyde, and ammonia, toxic chemicals all found in every puff. Students learn that cigarette smoke contains radioactive polonium-210 and that a pack-and-a-half a day smoker absorbs a level of radiation equivalent to 300 chest x-rays a year! Viewers learn that it is not just smokers who are exposed to these risks. Thousands of nonsmokers die from lung cancer and heart disease each year from exposure to second-hand smoke.

SECONDHAND SMOKE: A MATTER OF LIFE & BREATH (HRM, 10 min) This powerful video takes a hard look at secondhand smoke—also called passive smoke—and its continued impact upon non-smokers. Today, secondhand smoke is the third leading cause of preventable death in the United States, causing the deaths of 53,000 Americans each year. The video helps viewers learn more about this dangerous health concern. Viewers are offered information about two different kinds of secondhand smoke: mainstream smoke, which has been inhaled and filtered by the smoker's lungs, and sidestream smoke, which rises directly from the tip of a burning cigarette. Sidestream smoke is 20 times more toxic than mainstream smoke. Students learn that secondhand smoke can cause serious diseases such as asthma, bronchitis, emphysema, heart disease, pneumonia and cancer. The video includes helpful advice from teen advocates who encourage viewers to avoid situations where they will be exposed to these carcinogenic toxins, and urge them not to smoke or support tobacco companies. Class activities in the Teacher's Resource Book allow students to expand their knowledge about the dangers of tobacco.

THIS IS YOUR BRAIN ON TOBACCO (HRM, 16 min) Program takes viewers inside a brain lab to show the latest research about the effects 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. Interviews with teen smokers deliver the message that smoking can lead to dependence and addiction; that cravings for nicotine persist; and that people who try to give up smoking often relapse. The program also describes recent research finding that the teenage brain is still developing and why this may mean that teens are at greater risk for long-lasting addiction. The program also profiles teens who have managed to quit.

TOBACCO & DEATH: Perfect Together (HRM, 28 min) Documentary interviews of real people whose lives have been ravaged by tobacco use are intertwined with actual images of diseased lungs, damaged hearts, and various cancers to give viewers a true picture of the effects of tobacco. Real victims deliver a powerful no-use message. This compelling program delivers an unflinching expose on the terrible toll of smoking—one that will linger in the minds of teens long after viewing it. Program opens with riveting photos, transforming a healthy Bryan Curtis into a diseased shadow of his former self. Bryan's widow tells her emotional story of losing her husband, and the father of their young child, only weeks after his cancer diagnosis. In each case depicted, viewers learn the terrible toll of smoking, chewing tobacco, and secondhand smoke exposure. Leading anti-tobacco experts weigh in with the latest statistics on morbidity and mortality rates, including the rising numbers of deaths of young adults due to tobacco use. In conclusion, real people speak about their own tobacco addictions, or those of beloved family members, and tobacco's eroding effects on health and family. Armed with a barrage of damaging testimony, pictures, facts and graphics, viewers will be “grossed out” into “tossing out” tobacco.

Treatment & Recovery

THE 12 STEPS OF A. A., by Father Martin (Hazelden, 45 min) Clients learn about the Twelve Steps with the gentle and informative presentation by Father Joseph C. Martin, one of the most effective speakers in the field of alcoholism recovery.

AM I MY BROTHER'S KEEPER? By Father Martin (Hazelden, 36 min) In this film, Father Martin explores the founding of Alcoholics Anonymous and points to the importance of helping others. Being of maximum service to others is an integral aim of the Twelve Steps. Father

Martin reminds viewers that some of the most important 12 Step work recovering individuals do is at home. This film is very insightful and is appropriate for the individual in treatment or the person in recovery that wants to grow in usefulness to others.

BILL'S OWN STORY (Alcoholics Anonymous, 60 min) Co-founder of Alcoholics Anonymous, Bill W., tells of his drinking and recovery.

Treatment & Recovery continued

CHALK TALK ON ALCOHOL REVISED: RECOVERY & THE FAMILY; RECOVERY & FORGIVENESS

- 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. He stresses the importance of Al-Anon.
- 3. RECOVERY & FORGIVENESS (46 min)** In this film, Father Martin shares his thoughts on forgiveness and the role it plays in resolving guilt. Individuals entering recovery cope with the challenges of forgiving others and allowing themselves to be forgiven.

GETTING BACK TO BASICS, by Father Martin (Kelly Productions, 51min) Some things must be accomplished first or there will be nothing to come second. In this film, Father Martin discusses the basic concepts of recovery. Great film to watch if you have been sober for multiple years or if you just left treatment.

CHALK TALK: GOING HOME, by Father Martin (Kelly Productions, 27 min) In this film, Father Martin shares some of his thoughts and suggestions for those leaving treatment. He suggests some of the things that will protect and deepen the alcoholic's new found sobriety: joining a home group, working the steps, attending meetings and seeking sponsorship. First things first. He or she must avoid slippery places, people and circumstances that could precipitate going back to active addiction. This film provides the newly sober individual a few hints on how to preserve his or her sobriety as they return home from treatment and embark on their journey in recovery.

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

MY NAME IS BILL W.: The True Story of the Founders of A. A. (Warner Home Video, 99 min) World War I veteran William Wilson has everything: loving wife, good health, Wall Street career - and a "drinking problem." After bottoming out, he meets Bob Smith, an Ohio surgeon with the same "problem." Together they discover a way to stay sober...one day at a time. Their triumph would become the world's. James Woods won a Best Actor Emmy® Award for his no-holds-barred portrayal of Wilson in a powerful true story of how two lives intertwined at a crucial time - and how that friendship led to the formation of Alcoholics Anonymous. With over 100,000 chapters worldwide, the work of Wilson and Smith (James Garner) goes on everywhere, heroically...one day at a time. JoBeth Williams and Gary Sinise also star in this moving and memorable story.

ONE DAY AT A TIME, by Father Martin (Ashley Inc, 30 min) Most alcoholics and drug addicts ask questions regarding the future. Will I still be drinking or using 5 years from now? Will my family ever love me again? Will I ever be able to repay all my debts? Will I ever stop hurting? Father suggests, "Easy Does It". First plan something to do today; then do it. Remember, Rome was built "One Day at a Time."

PREVENTING RELAPSE (Hazelden, 25 min) They've faced tough questions and troubling thoughts – and here these recovering teens reveal what it takes to confront and overcome the risk of relapse. Speaking from experience and straight from the heart, they tell viewers how to spot the danger signs, how to identify the self-destructive thoughts and actions that can derail recovery, and how to deal with them. With tips and tactics for getting through cravings, breaking off risky relationships, and turning down offers of alcohol and other drugs, this video is as practical as it is inspiring – showing recovering teens that they can make it, and showing them how.

THE PROMISES OF A A, by Father Martin (Ashley Inc, 40 min) The Promises of Alcoholics Anonymous are a series of positive life changes that are purported to occur when an individual adheres to the design for living set forth by the 12 steps. Father Martin explains each of the Promises to the viewer and describes how one's life is thought to improve by implementing the principles of recovery. He offers numerous examples of how the Promises have taken hold in individuals' lives.

RECOVERY & FORGIVENESS (Ashley Inc, 46 min) Father Martin shares his thoughts on forgiveness and its importance in resolving guilt. Individuals in recovery are faced with the challenges of forgiving others and learning to forgive themselves.

RELAPSE, by Father Martin (Ashley Inc, 40 min) In this film, Father Martin defines relapse, as a return to active addiction after a period of sobriety. Father examines some roadblocks to recovery and identifies the challenges faced by an individual returning from a relapse.

SHAME & ADDICTION (FMS Productions, 28 min) In this dynamic presentation, John Bradshaw, one of the leading figures in the fields of addiction/recovery and family systems and a three-time bestselling author, establishes the role of 'shame' in the 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, can be avoided.

CHALK TALK: SPIRITUAL ASPECTS OF ALCOHOLISM, by Father Martin (Kelly Productions, 33 min) Father Martin tells how alcoholism damages our body and our spiritual nature; through sobriety we heal the body, mind, emotions, and soul.

Youth – Prevention

DYING HIGH: Teens in the ER (HRM, 26 min) This hard hitting, reality-based video gives viewers a chance to see what goes on inside the nation's emergency rooms as doctors treat teens for some of the most common types of injuries among young people: drug overdose, alcohol poisoning, car wreck traumas and more. Dying High offers a glimpse into the nightmarish reality of what can happen when young people take risks with their health, their safety and even their lives. New federal data indicates a 20% increase in drug-related ER visits for teens under the age of 17. Yet drug-related emergencies are only part of the bigger picture. This video presents a series of episodes which allow viewers to see common life-and-death ER moments. The goal of this video is to remind teens that risk-taking behaviors can often lead to serious injury and death. Thought-provoking activities in the Teacher's Resource Book allow students to continue their exploration of this subject.

A NATURAL HIGH: Riding the Drug-Free Wave (Sundt Memorial Foundations, 20 minutes each, 5 volume series) Many of the world's most talented professional surfers and skaters ride the drug-free wave. The athletes in this video chose to avoid drugs as they've watched many of their friends waste their talents and lives on drug use. Young people learn that drug and alcohol use are a dangerous way to gain acceptance and pleasure, and that by fully committing to healthy activities while living drug-free, they can enjoy life to a much greater degree.

TOP 10 MYTHS OF ALCOHOL & DRUGS (HRM, 20 min) Too many teens are either ignorant about the dangers of drugs or are in denial about the hazards they pose. This program, with its clever use of satire, graphics and mock pop quizzes, captivates student attention as well as educates. The following myths are exposed and exploded: Everybody's doing it; I can stop when I feel like it; Beer isn't as bad as hard liquor; I can get high and still be in control; I can drive a car high on marijuana; Marijuana isn't harmful or addictive; Prescription drugs can't hurt me because they're legal; Drugs help relieve stress; Drugs and alcohol do not damage the brain; and Steroids do not damage the body. Each of these dangerous and destructive myths is rebutted with cold, hard facts, challenging students to recognize harmful behaviors in themselves and others and to take full responsibility for their personal health and safety.