

# DVDs

**Available from the Idaho RADAR Network Center  
Video/DVD Lending Library  
Revised October 1, 2009**

## **Abusing Over-the Counter Drugs (cc)**

Teen drug abuse isn't limited to illicit drugs. Many OTC (over-the-counter) drugs are misused by kids—from cold remedies to pain killers to diet pills. This program explores the most common abuses of OTC drugs and shows the chemical, biological and psychological damage that can result from abusing these ordinary drugs. Particular attention is paid to DXM, the powerful medication linked to recent deaths of young people across the country. DXM is a legal drug found in many OTCs, but it has the same qualities as drugs considered much more dangerous like heroin. The cold tablet form of this drug is the basis of a new and dangerous form of OTC drug abuse called skittling, which can also result in coma or even death. The dangers of this kind of abuse are brought home through the tragic story of Jennifer Darling, a high school student whose apparent experimentation with the drug was a cause in her own death. Students will also hear a no-nonsense message from a district attorney describing the severe legal consequences teens can receive if found driving or committing a crime while under the influence of these substances. The program also teaches viewers how to carefully read and understand OTC drug labels for active ingredients and potential overdose.

Grades 7-College 20 min. 2005 DVD-5073

## **Access and Excess**

This compelling 17-minute documentary takes a realistic and local look at the current problems and the factors in the community – attitudes and norms, access and availability, media messages and policies – that accept, allow and encourage underage and binge drinking among teens and young adults in Ventura county. Suggestions are made for parents, youth and community members to help reduce the problems. [www.straightupvc.org](http://www.straightupvc.org)

Junior High School/High School/Adult 17 min. 2007 DVD-4185

## **Addiction**

One in four Americans has a primary family member who is struggling with addiction. This 90-minute documentary strives to break through the myths and explain what addiction really is (a brain disease), what causes it (a variety of genetic and psychosocial factors) and how to get the best available treatment (by seeking out evidence-based medical and behavioral treatments).

Adult 300 min. 2007 DVD-4183 & DVD-4184

## **Addiction and the Human Brain (cc)**

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.

Grades 7-College 25 min. 2005 DVD-4169

## **Advertising, The Media and Your Health (cc)**

Today's teens are often labeled Generation M because of the extent that media saturates their lives. This program examines how different forms of media encourage young consumers to smoke more, drink more, eat more unhealthy foods, and take greater risks with sexual behavior. Using the latest tools in brain imaging, program also demonstrates how violent video games may make people more accepting of violence while increasing feelings of anxiety or vulnerability. This unique presentation reminds today's teens that as they become skilled creators of media—making their own films, music and blogs—they can learn to look critically at media tricks. Real teens deconstruct ads to expose the emotional hooks used to encourage teens to buy unhealthy products. This video and print package will help your students become savvy media consumers.

Grades 7-College 20 min. 2007 DVD-4196

## **AfterSchool Programs: Bureaucratic Barriers and Strategies for Success (a toolkit for school leaders)**

This DVD features urban, suburban, and rural superintendents commenting on barriers to afterschool programming, promising practices, and advice to other superintendents on overcoming these barriers.

<http://www.aasa.org/focus/content.cfm?ItemNumber=2116&snItemNumber=2117>

Adult 17 min. 2005 DVD-5094

**Alcohol and Its Effects**

Using graphics, animation, and brain scans, along with the voices of recovering users, top alcohol researchers, and treatment professionals, this comprehensive and current video describes: The effects based on blood alcohol levels and length of use; The neurochemistry of tolerance and withdrawal; Emotional and physical reasons for drinking and craving; Genetic and environmental contributions to alcoholism; Causes for different levels of drinking (e.g. binge); Social effects of drinking (e.g., DUI, violence); Effects on the developing fetus (e.g., FAS & FAE); and Treatment and recovery strategies.

Adult 60 min. 2001 DVD-4008

**Alcohol Facts: Straight Up**

Two engaging teens hosts present the unvarnished facts about alcohol, while realistic scenarios reveal the physical, emotional and social consequences of drinking.

Grades 5-9 18 min. 2005 DVD-4170

**Alcohol: the Medical Consequences, pt. 1**

According to Dr. Keppler, alcohol is the most accessible and commonly used and abused drug by people of all ages. In terms of being harmful to your health, it is also the substance that people think of least. But the reality, as shown in this series, is that alcohol is far from harmless. Computer graphics and brain scans illustrate precisely what alcohol is capable of inside the human body. **Part One** focuses on alcohol's effects on the pharynx, throat, stomach, pancreas, and liver. Dr. Keppler explains that alcohol's unique tendency to remain in the body considerably longer than other drugs bathes these organs in toxic material for extended periods. A bonus Q&A segment follows.

Adult 31 min. 2004 DVD-4142

**Alcohol: the Medical Consequences, pt. 2**

**Part Two** discusses alcohol's target organ: the brain. Viewers learn how alcohol affects the chemistry, biology, and structure of the brain. Additional topics include effects on skeletal, heart, and hormonal systems. A bonus Q&A segment follows.

Adult 32 min. 2004 DVD-4143

**Altered States: A History of Drug Use in America**

Whether it's caffeine, nicotine, or morphine, drugs of choice have defined our lives and history, with sometimes benevolent, sometimes tragic results. This program focuses on the history of America's drug use and abuse, from the days when the early European settlers became enamored with tobacco, through Prohibition, and up to today. Substance abuse is not exclusive to the 20<sup>th</sup> century. The problems we see today existed in other forms and with other drugs throughout our history. The reasons for using drugs have also remained constant: to ease pain, alleviate boredom, or to expand our consciousness. The program traces the patterns of American drug use and abuse and documents the cultural, social, and political movements that impacted, or were impacted by, the use of drugs.

High School/Adult 57 min. 1993 DVD-9

**American Society of Addiction Medicine Placement and Treatment Planning, Day 1**

Brief review of how a client accesses treatment, then ASAM Dimensions 1-3.

Adult 103 min. 2005 DVD-11

**American Society of Addiction Medicine Placement and Treatment Planning, Day 2**

ASAM Dimensions 4-6.

Adult 97 min. 2005 DVD-12

**American Society of Addiction Medicine Placement and Treatment Planning, Day 3**

Clinical Documentation, treatment plans and progress notes.

Adult 99 min. 2005 DVD-13

**Anatomy of a Puff (cc) [HOPE TO ORDER]**

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.

Grades 7-College 15 min. 2009 DVD-

### **Anger: Creating New Choices**

In this powerful program, ex-offenders and people in recovery look at the cost of anger and aggression in their own lives – and learn how to create new choices. They discover that destructive actions don't "just happen" in an instant; they grow out of a pattern of thoughts, beliefs and feelings. Viewers learn an array of effective alternatives and practical skills which make it possible to stop aggression before it's too late. Exploding in anger need not be an automatic response; it is possible to create new choices – and a different kind of life.

#### **A Closer Look, v. 1**

Does rage explode "out of nowhere?" A closer look reveals that many things happen before we get angry: thoughts, beliefs and feelings all play a crucial role. Discovering that we do have time to do something different is a crucial first step in creating new choices. *Viewer discretion advised.*

Adult 36 min. 2001 DVD-1001 79 page guide plus four overheads

#### **Catch It Early, v. 2**

When anger begins to grow, adrenaline flows and major changes take place in our bodies. Learning how to notice these changes allows us to see what's coming before it's too late. *Viewer discretion advised.*

Adult 35 min. 2001 DVD-1002

#### **Practical Skills, v. 3**

Aggression can become a habit; we can invite anger even when we don't intend it. Our habitual body language and manner of speaking can take us down an all-too-familiar path. Learning practical skills for "keeping things cool" – for being assertive instead of aggressive – opens a new door, giving us the ability to do something different: the power to create new choices. *Viewer discretion advised*

Adult 35 min. 2001 DVD-1003

### **Athletes, Alcohol and Steroids: What's Wrong With This Picture? (cc)**

New research has indicated that school athletes, both male and female, are at a greater risk of abusing alcohol and steroids than non-athletes. The video and print package explain why the risk is greater (media images, advertising alcohol with sports events, peer pressure), and how knowledge about the problem can be a first step in reducing athletes' alcohol and steroid use. Interviews with coaches, teens and professional athletes highlight the problem and emphasize how alcohol use undermines sports success. The medical health deficits of steroids are clearly presented as well as eye-opening information that explains that steroid use causes breast development in boys and acne and masculine hormones in girls.

Grades 7-College 23 min. 2005 DVD-4162

### **B Careful When U Text: The Dangers of Texting and Sexting (cc)**

A nasty rumor spreads through school with lightening speed. A bully's taunt reaches its target instantly. A young teen is caught "sexting"—sending sexually explicit images or words over a cell phone. Today, kids no longer have to wait to get to a desktop computer to see and hear all the latest gossip. It's right in their hands, on their cell phones, mobile email devices and handheld computers, giving them the ability to take and send pictures and videos and instantly access social networking sites like Facebook and Twitter. Using dramatic scenarios as well as first person experiences, explores the positive and negative sides of this new technology. Gives viewers a primer on the Do's and Don'ts of text messaging, including the laws on privacy and child pornography, setting and maintaining personal boundaries, dealing with unforeseen consequences, and underscoring the need to "think before you click".

Grades 5-9 18 min. 2009 DVD-5133

### **Behind Closed Doors: Trauma Survivors and the Psychiatric System**

The award-winning documentary, **Behind Closed Doors**, was produced with funds from a SAMHSA grant. The film tells the story of four women who spent years struggling to overcome childhood abuse only to be traumatized again within the walls of psychiatric hospitals. Their journeys toward healing began when they entered a non-traditional community program that offered safety, compassion, and hope.

Adult 20 min. 2007 DVD-20

### **The Big Deal About Bullying and What You Can Do About It**

Bullying makes people feel bad and often scared. Internet bullying is even becoming common because you can't see the perpetrator. Students will understand what bullying is: such as teasing, name-calling, hitting, gossiping, and other hurtful behaviors. Understand why some kids like to be bullies. Learn strategies to use if you are a target of bullying or a bystander who wants to interrupt the bullying. Includes interviews with real kids and experts on bullying, being a victim - including Internet bullying, and ways to cope.

Grades 6-12 20 min. 2005 DVD-5095

### **Boys on Bullying (cc)**

Five boys tell how bullying affected their lives and how supportive relationships with friends, family and community helped. Includes guide for leading discussions with young people. Excerpts shown on The Oprah Winfrey Show.

Ages 13-19 2003 2003 DVD-5074

**Broken Glass: the Crystal Meth Explosion**

BROKEN GLASS focuses on the lives of two men who have gone through the hell of crystal meth addiction, and a young woman whose path through addiction to redemption is a warning to us all. Crystal meth is a predator drug that knows no social or environmental boundaries. This documentary sends the message to young people that meth is a drug that can not only ruin your life and the lives of your family, but can ultimately end your life. Funded by the New Jersey Department of Human Services, and produced through the Rowan University Center for Addiction Studies, this documentary seeks not only to serve as a warning to young people who have not yet used crystal meth, but also as a mirror to be held up to current users to recognize the pain that they put themselves through, and send the message that there is still hope, and that it is not too late to get free from meth. *Viewer discretion is advised.*

Adult 20 min. 2006 DVD-234

**Bullies Are a Pain in the Brain (cc)**

Every kid runs into a bully sometimes, and our hero Jack is no exception! After being picked on, pushed around, and threatened by Henry the bully, Jack tries self-defense, insults, and even disguises to stop the bullying - but nothing's working. Finally, he comes up with a fail-safe solution - stay home from school forever! But, of course, Trevor and Jack's friend Skye aren't going to let him off so easy. From sketchpad to schoolyard, Trevor teaches Jack ways to handle a bully and the secrets for becoming bully-proof.

Ages 8-13 28 min. 2004 DVD-5072

**Burning Out (cc)**

In today's world it is very common to get mixed messages on the issue of marijuana. BURNING OUT uncovers the harmful truths about smoking marijuana by dealing with the people who have suffered the pain and tragedy of addiction. It is important to inform high school and college kids that they live in a world where drugs are available, and taking advantage of that proximity, even just once, can have devastating consequences.

High School/Adult 23 min. 2007 DVD-204

**Buzz in a Bottle: the Dangers of Caffeine-Spiked Energy Drinks (cc) [IN PRODUCTION]**

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.

Grades 7-College 20 min. 2009 DVD-4013

**Can You See My Pain? (cc)**

*Can You See My Pain?* powerfully explores the topic of self-injury. Nearly 3 million people in the United States are currently estimated to self-injure. As a disorder that is just beginning to come to light, it engenders confusion and mixed responses. Even among professionals, as people struggle to identify the causes and treatment strategies for self-injury. Personal accounts of women, ages 14 to 57, and statements by professionals, Karen Conterio and Dr. Wendy Lader, authors of the book *Bodily Harm: The Breakthrough Program for Self-Injurers*, provide a comprehensive look at this problem. *Can You See My Pain?* presents treatment strategies and messages of hope for those who self-injure.

High School-Adult 60 min. 2000 V-5051 or DVD-5051

**The Case of Cool Al: A Johnny Clue Mystery (cc)**

*A mystery adventure designed to teach young viewers about the dangers of alcohol.*

Kids, have no fear, ace detective Johnny Clue is on the case of evil dude "Cool Al". When Johnny uncovers unmistakable evidence that bad things are happening to the kids hanging out with Cool Al, his investigation goes into high gear. He uncovers evidence of the crime--kids drinking alcohol, having memory problems, and even blackouts. More compelling evidence is provided by Stella Sparks, a scientist who specializes in studying the damage alcohol causes to kids' developing brains. Also on the case is Detective Filbert, a cop who provides all the legal facts kids need to know about underage drinking. In the climactic ending, Johnny Clue unmasks Cool Al at a big bash where all the kids discover that drinking alcohol is uncool, illegal, and really bad for your brain.

Grades 3-6 20 min. 2008 DVD-4204

### **Celebrate What's Right With the World**

In *Celebrate What's Right With The World*, Dewitt Jones asks: Do we choose to see possibilities? Do we really believe they're there? He assures us that there is always more than one right answer. Celebrating what's right with the world helps us recognize the possibilities and find solutions for the challenges before us. This inspirational, best-selling training program utilizes stunning photography and powerful dialogue to help viewers approach their lives with celebration, confidence, and grace. PowerPoint Presentation, Video Transcript, PowerPoint Viewer, Leader's Guide & Workbook included.  
High School-Adult 22 min. 2001 DVD-5099

### **Challenge Day**

The Challenge Day DVD includes two short and powerful documentaries: a 15 minute excerpt from the Emmy award winning "Teen Files: Surviving High School" and the entire 23 minutes "The Bully Solution".

[www.bethechange canada.ca](http://www.bethechange canada.ca)

High School 38 min. 2006 DVD-5041

### **Children, the Internet and Pornography: The Preschool and Elementary Years, v. 1**

### **Children, the Internet and Pornography: The Adolescent and Teen Years, v. 2**

### **Children, the Internet and Pornography: Child Porn, Molesters and the Internet, v. 3**

With the rapid growth of the Internet and its many benefits it also has a dark side. Today children are being exposed to porn via the internet at an alarming rate. In this video series, we will show you as the educator, caregiver and parent, how to deal with this phenomenon. From preschool, Jr. high and high school the warning signs to look for, installing parental controls, parental involvement, the role of the educator or caregiver, group therapy and much more...

Adult 66 min. 2004 DVD-5078

### **The Choking Game (cc)**

This program exposes "the choking game"...a shockingly foolish and deadly activity among 9-14 year olds that has resulted in the tragic deaths of children across the country. Through interviews with children who have participated in the "game", siblings and parents of children who have died, and experts and physicians, young viewers get the straight and alarming facts about just how dangerous this "game" is. One young teen describes his personal experiences with the "game" and how his twin brother Gabriel died from it in an attempt to get high without drugs. Dr. Thomas Andrew, a medical examiner, describes what actually happens to the brain when the blood flow gets cut off causing brain damage and possible death. A parent describes and details the tragic death of her son in an attempt to prevent others from the same fate. Gives young viewers information explaining the difference between healthy and dangerous risk taking.

#### **2007 Notable Children's Videos**

Grades 5-9 19 min. 2006 DVD-5100

### **Choose Life or Choose Meth**

Choose Life or Choose Meth is designed to prevent first time use by de-marketing Methamphetamine. It does this by contrasting the importance of living a healthy life against the inherent toxicity of Meth, which is systematically presented as a poison that destroys the physical, mental and social health of the user. This video replaces the ignorance that leads to bad decisions with a solid curriculum that leads to good ones. We believe that choices empower people and if they know what they'll be giving up to use Meth then more people will make informed choices that lead to healthier lives. Choose Life or Choose Meth Main Feature: 40 minutes - introduces methamphetamine, a powerful, toxic, man-made stimulant that is extremely addictive. Initially it causes feelings of euphoria and sleeplessness so that many people who try it feel they can work a double shift, stay up all night studying, or even party all night. In reality meth is a poison that destroys the teeth and vital organs including the brain, heart, liver and skin. Users often become addicts, sometimes with in a week, and start down a long, tragic road that is fraught with crime, mental illness, STD's and physical abuse. This documentary will educate you about what methamphetamine is and why it is so dangerous. We have many choices to make in life. By the end of this video you will know why you can Choose Life... or you can Choose Meth. Choose Life or Choose Meth Special bonus feature: 30 minutes – takes a specific look at several aspects of methamphetamine addiction in greater detail. We explore the effects of methamphetamine on healthy sexuality and sexually transmitted diseases. Prenatal exposure and the effects on the unborn child, children living in meth abusing homes, and environmental issues raised by meth labs are discussed. Also included is a mother's perspective on the loss of a son to methamphetamine addiction.

High School/Adult Main Movie: run time 39 min./Bonus Feature: run time 28 min. 2007 DVD-

### **Close to Home/Moyers on Addiction Series**

#### **The Hijacked Brain, v. 2**

Aided by powerful new diagnostic tools, scientists are making dramatic discoveries about how addiction affects the brain. In this program, Moyers goes into the laboratory to follow researchers engaged in charting an "image of desire" in the brain. We actually see images of a cocaine user's brain as the drug takes effect, and a doctor explains how these scans reveal addiction as a chronic relapsing brain disease. Moyers observes a genetic researcher as he monitors a variety of factors that may determine who is likely to develop alcoholism.

High School/Adult 57 min. 1998 DVD-36

### **Cocaine & Crack: A Craving for More**

*Cocaine & Crack: A Craving for More* is an examination of the powerful stimulant cocaine and its smokable form crack. The video looks at cocaine's effect on the body's energy supplies and reward/reinforcement center; the neurochemical effects of chronic and high-dose use; the reasons compulsion and addiction develop; and treatment strategies when users want to recover. Precise computer animation, compelling interviews with recovering cocaine abusers, and excerpts from powerful treatment sessions gives a comprehensive view of the ramifications of cocaine use.

High School/Adult 35 min. 2003 DVD-40

### **Cocaine and Heroin: Still Here, Still Deadly (cc)**

"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 that 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.

Grades 7-College 21 min. 2007 DVD-41

### **Confronting Drunk Driving (cc)**

This memorable video features the true story of Mike Proveromo, 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.

Grades 7-College 27 min. 2003 DVD-4144

### **Co-Occurring Disorders: Mental Health & Drugs**

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

Adult 36 min. 2004 DVD-51

### **Country Boys (Outreach Module)**

From David Sutherland, acclaimed director of *THE FARMER'S WIFE*, comes **Country Boys**, an inspirational coming-of-age story about two boys from Eastern Kentucky's Appalachian region. Cody Perkins and Chris Johnson struggle to overcome numerous obstacles related to their unique family lives and the economic circumstances of this region. At the same time, their individual stories offer valuable insights into the universally complex problems faced by all teenagers and those who love and support them. **Country Boys** traverses the emotional terrain of two boys who are about to become men. Through intimate cinematography and extraordinary sound design that puts the viewer inside the skin of the story's colorful and compelling characters, the film documents the boys' struggles to overcome hardship and poverty and to find meaning in their lives. Trailer: 7 minutes

High School/Adult 55 min. 2005 DVD-5091

### **Cross Addiction: The Back Door to Relapse**

Cross-addiction is the single greatest relapse factor. Those who seek treatment generally have an honest desire to remain abstinent from alcohol or another drug of choice. Yet most can also name a drug they've tried that they considered "safe" for themselves, one they believe they can control. Firsthand testimony from recovering alcoholics and addicts, chemical dependency professionals, and a medical doctor dispel the myth that there is any such thing as a "safe" substance for people in recovery. The video ends with a message of hope as the recovering individuals share the joys and triumphs complete abstinence has brought to their lives.

Adult 40 min. 2005 DVD-52

### **Crystal Misery**

The film shares real-life stories of people in Washington County (Hillsboro, OR) who were impacted by meth - by becoming victims of those caught up in it, or through the tragic consequences of their own addiction. Forget the hype. *Crystal Misery* gives you the real story about methamphetamine. Hear the straight up truth from people who have been there - people who smoked it, cooked it, and sold it.  
High School/Adult 22 min. 2005 DVD-236

### **The Deadly Consequences of Drunk Driving**

Three educational videos entitled *The Crash* (20 minutes), *Left Behind* (23 minutes), and *Choices* (25 minutes) tell the story of Katie, a 13-year old killed by a drunk driver.

**The Crash** is the story of a fatal car crash that killed Katie DeCubellis, 13, and Marsha Bowman, 44, on October 29, 1999. That night, Katie and her friend Becky were on their way to the mall. Marsha, Becky's mother, was driving when a drunk driver slammed into them from behind, sending their car into oncoming traffic. Becky survived that night and speaks openly about her experience, as does Katie's family, and all those who were involved.

Grades 7-Adult 20 min. 2004 DVD-4171

**Left Behind** explores the shattered lives of the people who loved Katie DeCubellis and Marsha Bowman. This story focuses on the after effects of the drunk driving crash that took their lives and left Marsha's daughter Becky forever scarred by the tragedy. Now, John DeCubellis and Meg DeCubellis, and Becky Bowman, work ceaselessly to raise public awareness for the need to make responsible decisions. However, no amount of work can erase the pain or loss for those left behind.

Grades 7-Adult 23 min. 2004 DVD-4171

**Choices** reveals the ripple effects of one decision made by Stephen Reise on the night of October 29, 1999, when he chose to drive while impaired. Both Katie DeCubellis and Marsha Bowman were killed on their way to the mall when Reise slammed into the back of Marsha's car. Reise is currently serving 14 years imprisonment and a total of 30 years of probation. Both families, however, are serving life sentences as a result of his choice.

Grades 7-Adult 25 min. 2004 DVD-4171

### **Deadly Persuasion: the Advertising of Alcohol & Tobacco**

In *Deadly Persuasion: The Advertising of Alcohol & Tobacco*, Jean Kilbourne exposes the manipulative marketing strategies and tactics used by the tobacco and alcohol industries to keep Americans hooked on their dangerous products. Illustrating her analysis with hundreds of current advertising examples from mainstream and trade sources, Kilbourne presents a compelling argument that these cynical industries have a clear and deep understanding of the psychology of addiction— an understanding they exploit to create and feed a life-threatening dependency on their products. *Deadly Persuasion* casts a critical eye on the corporate interests that lie behind the industries whose products kill more than 450,000 Americans each year.

High School/Adult 60 min. 2003 DVD-4145

### **Death by Alcohol: The Sam Spady Story**

Sam Spady had a wonderful life. She had loving parents and adoring friends. She was a homecoming queen and class president. She had looks, brains, youth and promise. She had everything to live for. But all that came to a sudden and horrific end in the summer of 2004 when Sam shared too many shots of vanilla flavored vodka, passed out and died alone inside a cluttered fraternity house. Her death was an unintended tragedy. Binge drinking kills more than 1,400 college students each year. The epidemic is growing at high schools, colleges and universities across the nation. We hope kids, parents, families and friends will watch Sam's story, learn her lesson and know when to say no.

<http://www.samspadyfoundation.org>

High School/Adult 21 min. 2006 DVD-4166

### **Defending Yourself: Bullying, Teasing & Put-Downs**

This emotionally charged video makes children really think about the issues related to bullying, teasing, and put-downs by posing important questions about bullies and their victims. *Defending Yourself: Bullying, Teasing, and Put-Downs* also offers children positive suggestions on how to resolve bullying behavior in safe yet effective ways. Through testimonial interviews, children share their experiences with bullying, teasing, and put-downs and provide comment on what worked to stop it, and what did not. In addition to the children's testimonials, counselors and youth workers offer their expertise on why bullies act out and what makes someone a victim of this behavior. 2003 Parent's Guide To Children's Media, Honor Award

Ages 8-Adult 35 min. 2002 DVD-5096

### **Dialogue/Meth in Idaho**

On this episode of "Dialogue," guests take a closer look at the methamphetamine situation in Idaho. State law enforcement officials and treatment providers are growing increasingly concerned about the use of meth in the Gem State. After marijuana, it is the second most common drug in possession of arrestees. But according to prison officials, meth is the single biggest factor in prison growth in Idaho, and this summer, more than half of released inmates said meth was their primary cause of incarceration. A lack of in-patient detoxification and treatment centers contributes to the problem. Guests include: Shelley Odlum, a former meth user who ended up needing skin grafts to repair damage done when a meth lab exploded in her home; Idaho State Police Lieutenant Dan Thornton, commander of the investigative division of Region 4; and Joe Beckett, clinical director of Powder Basin Associates, which operates five drug and alcohol treatment centers in north Idaho. Aired 10/27/05.

High School/Adult 30 min. 2005 DVD-237

### **Discipline: Teaching Limits with Love (cc)**

Renowned child development expert Dr. T. Berry Brazelton explains why children actually look for behavioral limits. The video shows that a firm but gentle approach is best and demonstrates useful techniques to promote discipline. Learn why the limits children learn in their first few years can build a foundation for the rest of their lives. Dr. Brazelton also offers advice to help parents and caregivers manage their own emotions and avoid using physical punishment.

High School/Adult 27 min. 2000 DVD-2011

### **Don't Drain Your Brain: How Alcohol Damages the Brain/No Vacies Tu Cerebro: Como el Alcohol Dana el Cerebro (cc)**

This powerful video uses lively animation and compelling images of the human brain to deliver the latest scientific findings about young people and alcohol. Viewers will learn that early alcohol use causes serious damage to the brain and significantly reduces many important brain functions that are necessary for young people to be successful in life. Young teen presenters review important brain structures and explain how vital they are to normal, healthy functioning—including thinking, moving, speaking, hearing and smelling. Viewers get a chance to see what actually happens inside the brain when alcohol is consumed, and witness how normal brain functioning is short-circuited by alcohol. Viewers will learn that the human brain continues to grow and develop until we are in our early twenties. For students who watch the video and participate in the Teacher's Resource Book full of informative follow-up activities, the message will be clear: drinking alcohol can damage your brain and cause great harm to your future.

Grades 3-6 15 min. 2003 DVD-4138 V-8015 (Spanish version)

### **Don't Suffer in Silence: Sexual Harassment**

When a group of students decide to make a video about sexual harassment, they encounter a female student who actually is being sexually harassed. They convince her to report the situation to a counselor. The counselor conducts a hearing, interviewing the targeted student as well as the harasser himself. Intertwined with the story are interviews with law enforcement and school officials who define what sexual harassment is, show how targeted students can empower themselves, and explain a range of consequences for students who harass others.

Grades 9-12 29 min. 2003 DVD-5079

### **D.O.P.E. (Death or Prison Eventually) [HOPE TO ORDER]**

**DOPE (Death or Prison Eventually)** is a film by Southern California's Chris Aherns and filmed by Chris Laurie. Chris Aherns is novelist, surfer and writer for San Diego counter culture magazine RISEN. This film is a look at four legendary world champion skateboarders; Jay Adams from Dogtown's Z Boys, Christian Hosoi, Dennis Martinez (world champion), Bruce Logan (world skateboarding champion owner of Logan Earth Skis number one skateboarding manufacturing company in 1980s) and it examines their rise to the top and their eventual descent into the drug and crime culture. By concentrating on their redemption and current lives as well as their fame and fall from fame this film carves a unique posture in the world of sports/skater pictures and documentaries in general. Narration is by legendary tattooed actor Danny Trejo (Blood In Blood Out, GrindHouse, Delta Farce, Con Air, Spy Kids,) and the movie title track was written by hardcore platinum selling P.O.D. with additional music by Switchfoot, Arrested Development, Red Cloud and Dance Floor Prophets. Archival period, rare skateboard footage never seen before along with current interviews makes this a must see project. Interviews with legend Stacy Peralta (producer of Dog Town Z Boys), police officers, transients, skateboarders, parents and loved ones shows the true affects that drug use brings to our society as well as the intense pain and misery it causes. This documentary has twists and turns that most documentaries don't follow; it shadows the main characters from their sun soaked youth and triumph and tracks their paths in and out of their world of darkness and misery then finally documenting their rugged path back from addiction. Part of the film was recorded in prison (current home of star surf-skater Jay Adams Z-Boys) and under bridges (past residence of skater entrepreneur Bruce Logan) and a drug and alcohol treatment center for men.(Dennis Martinez's current work, "90% of the men come straight from prison and live with us for 4-6 months as they transition into society" ) where unfolding real life stories grip the audience. For those who are considering 'sampling' drugs and dream about escaping unscathed from that lifestyle this is a good prescription to help them avoid the pitfalls and destructiveness that awaits many who embrace this lifestyle. No preachiness, no talking down, just hard core music, action and real life drama. It doesn't get more real than **DOPE**.

<http://www.carangel.com/dope-the-movie>

High School/Adult 60 min. 2007 DVD-

### **Drama Queens and Tough Guys: Helping Teens Handle Emotions (cc)**

Intense emotions are part of every teen's life. Too often, however, these emotions spill over into "dramas" with groups of kids reacting to and escalating the impact of the drama. The by-product is a ripple of emotional chaos that extends beyond the group members and can negatively affect the atmosphere of the school. Using four "real life" scenarios, the program enables viewers to recognize emotional "drama" and helps them find legitimate ways to handle intense emotions. In one scenario, news of Jenna and Kyle's break-up travels through the school via cell phones, blogs and gossip. Jenna goes ballistic as groups of friends take sides and escalate the problem. Each scenario is used to underscore teaching points and strategies for coping with strong emotions, to understand why drama often overwhelms an emotionally charged situation, and to learn "drama avoidance" skills.

Grades 5-9 18 min. 2006 DVD-5113

### **Drug Education for Teens Series**

This informative series empowers teenagers to make responsible decisions by providing them with honest and realistic information and accessible scientific foundation to base them upon. Students get an in-depth look at the most prominent drugs and teen health issues of the day, as well as an understanding of the history of the drugs that currently populate the nation's landscape. Cutting-edge graphics and animations illustrate the immediate physiological effects of abuse and a sharp mix of expert interviews and first-person testimonies of teens shed light on the long-term psychological effects, as well as the social and legal consequences of drug use.

#### **Drug Education for Teens Series/Alcohol & Alcoholism, v. 1 (cc)**

In *Alcohol & Alcoholism*, viewers learn about the dangers of alcohol abuse and the signs and symptoms of alcohol dependence, while the many factors involved in the disease of alcoholism are highlighted. Whether it is beer, wine or liquor, alcoholic beverages all belong to a class of drugs known as depressants and use can lead to dependence and addiction. Viewers explore the devastating long- and short-term effects of alcoholism through candid interviews with users and family members, and learn about treatment options for those suffering from alcoholism.

Grades 7 & up 23 min. 2003 DVD-4163

#### **Drug Education for Teens Series/Alcohol: Teenage Drinking, v. 2 (cc)**

Advertising portrays alcohol consumption as fun, relaxing, romantic, exciting and adventurous. Yet, alcohol is the most abused drug in the world, and one that is often abused by teens with tragic consequences. In *Alcohol: Teenage Drinking*, students will get the facts on how alcohol affects the brain and body, with vivid animations explaining how drinking impairs motor skills and judgment. This compelling video encourages viewers to ask hard questions about the risks and benefits of drinking, highlighting some tragic personal stories with teen interviews and explanations from experts. This program approaches the topic with straight talk about the dangers of binge drinking and the choices teens are faced with every day.

Grades 7 & up 23 min. 2004 DVD-4164

#### **Club Drugs, v. 3 (cc)**

Ecstasy, GHB and ketamine are among a number of 'designer drugs' that are often taken by teens at clubs, parties and all-night raves. *Club Drugs* gives viewers an opportunity to get an in-depth look at the effects these drugs have on the user, both physically and mentally. First-person accounts powerfully relate the damaging and often lethal consequences of use, while vivid animations illustrate how these drugs can irreversibly alter the chemistry of the brain.

Junior High School/High School 23 min. 2003 DVD-73

#### **Drug Education for Teens Series/Cocaine & Crack, v. 4 (cc)**

Cocaine is a highly addictive and widely abused stimulant. In *Cocaine & Crack*, students delve into the history of cocaine and examine this dangerous drug's impact on the individual and society as a whole. With vivid animations and gritty interviews, students learn harsh facts about the effects of using both the powder and crystal form of cocaine. This program explores the desperate cycle of tolerance, physical dependence and addiction that many abusers face and showcases the physical and psychological damage that occurs as cocaine changes the brain's chemistry.

Junior High School/High School 23 min. 2003 DVD-74

#### **Hallucinogens, v. 5 (cc)**

Mind-altering drugs known as hallucinogens are powerful substances that can bring about changes in perception that may last for hours, days or, in the worst cases, forever. *Hallucinogens* takes an in-depth look at the history of drugs such as LSD and points out a frightening link between drug use and mental illness. Interviews with former users and experts allow students to see how dangerous 'tripping' can be, affecting the lives of not only drug users but everyone around them.

Junior High School/High School 23 min. 2003 DVD-75

#### **Heroin & Other Opiates, v. 6 (cc)**

People have grown opium poppies for thousands of years, but not because they're pretty. Powerful drugs called opiates come from these plants. Opiates are among the most potent painkillers known to medicine, but when they are misused the consequences can be illness, addiction and death. In *Heroin & Other Opiates*, students learn how highly effective pain relievers such as morphine and codeine work in the brain and body, while getting an in-depth look at the dangers of one of the most widely used illegal drugs in the world -- heroin. Tolerance, physical dependence and the horrors of addiction are discussed along with the harsh facts about withdrawal and the long-term effects of opiate abuse.

Junior High School/High School 23 min. 2003 DVD-76

**Inhalants, v. 7 (cc)**

It's tragic, but true: Sniffing readily-available household products kills. *Inhalants* explains the dangers of breathing in toxic substances with animations and graphics that illustrate what happens to the brain and body when it is exposed to poisons. Because no matter what you call it -- sniffing, huffing, ragging -- inhaling chemical fumes to get high is breathing poison. Students will learn of the extreme danger from the vapors of volatile solvents and will hear the terrifying stories of kids whose lives were lost because they weren't aware of the deadly ramifications of inhalants. A segment illustrates how abusing gases like nitrous oxide is far from a laughing matter.

Junior High School/High School 23 min. 2003 DVD-77

**Marijuana, v. 8 (cc)**

It's referred to as weed, hemp, cannabis or pot, but regardless of what you call it, marijuana is arguably the most widely used illegal drug today. But what does smoking pot do to your mind and body? In *Marijuana*, students explore the physical consequences of abuse as well as the controversy surrounding its medicinal uses. Amazing animations give viewers an in-depth look at the short- and long-term impact that marijuana has on the brain. Interviews with users and experts explain the crippling effect that marijuana can have on the motivation, memory and future of even the most casual user.

Junior High School/High School 23 min. 2003 DVD-78

**Methamphetamine & Other Stimulants, v. 9 (cc)**

What are stimulants? Where do drugs like methamphetamine come from? And what happens to the body and mind of someone who abuses them? This compelling video answers these questions and more with first-person accounts from young addicts and leading experts. Students get an in-depth look at the effects stimulants have on the body, while examining the deadly consequences of methamphetamine use. Physical dependence and tolerance are discussed along with the harsh facts about withdrawal and the long-term effects of drug use.

Junior High School/High School 23 min. 2003 DVD-79

**Steroids, v. 10 (cc)**

Everybody strives to be a winner, and on the playing field, most athletes do this by exercising and eating right. Unfortunately, steroid use by high school athletes trying to take a shortcut and gain an edge is gaining in practice. In *Steroids*, students examine the use of illegal anabolic steroids and steroidal supplements, profiling case studies that provide a comprehensive overview of the detrimental effects these drugs can have. Vivid animations and expert testimony shed light on what is happening to the mind and body of a steroid user, whose quest to look healthier and more fit ends up doing just the opposite.

Junior High School/High School 23 min. 2003 DVD-80

**Teenage Depression & Suicide, v. 11 (cc)**

Being a teenager is a huge challenge, and while it's normal for teenagers to feel sad or stressed, there can be times in a teen's life when sadness engulfs them. While "depression" is a normal human emotion, when feelings of depression persist for a lengthy period and interfere with a person's ability to function, it becomes a mental health issue. In *Teenage Depression & Suicide*, students will get the lowdown on the causes, symptoms and treatments available for those suffering from depression, outfitting students with the necessary tools to deal with both friends and themselves.

Grades 7 & up 23 min. 2003 DVD-81

**Tranquilizers & Other Depressants, v. 12 (cc)**

Tranquilizers are prescription drugs that belong to a group of substances known as depressants. While they have been used legally throughout history to induce sleep, relieve stress and reduce anxiety, these drugs are easily abused and are no safer than street drugs. *Tranquilizers & Other Depressants* introduces students to the history of drugs like barbiturates, benzodiazepines and other substances known as "date rape drugs." Compelling animations explain the effects they have on the chemistry of the brain and the body. Students will get a clear understanding of the consequences of abuse and dependence through user interviews and expert testimony, as well as learning about the treatment options that are open to those in need.

Grades 7 & up 23 min. 2003 DVD-82

**Drug Wars: The New Marijuana**

What is the truth about marijuana? Anyone who views this video will be clear about the dangers of smoking marijuana. Eric Martin, Executive Director of the Addiction Counselor Certification Board for the State of Oregon, makes it simple by dispelling the myths about marijuana. Martin discusses the effects of marijuana on the brain, heart, lungs, and immune system. Viewers will see how using this addictive substance will affect even the simplest activities in their daily lives.

High School/Adult 23 min. 2003 DVD-206

**Drug Wars: Up Against the Stem**

Several teens are in drug treatment counseling talking about how their marijuana use spiraled out of control. They tell stories about being kicked out of school, losing the trust of friends and family, selling possessions that were important to them, missing out on activities like sports, and getting in trouble with the law. In all the teens' stories we hear how they never expected to suffer all the consequences of marijuana use when they first decided to try it. Instead, they were surprised to find how desperate they became in their need to get high. The teens' stories are integrated with the scientific side of marijuana use. Eric Martin, a national expert on drug abuse, explains how marijuana use can cause permanent damage to the brain, heart, lungs, and immune system. By describing changes in growing techniques, he also presents a convincing case that marijuana is no longer a natural substance.

High School 23 min. 2003 DVD-207

**Drugged Driving: The Road to Disaster (cc)**

Intoxicated teen drivers are responsible for 18% of motor vehicle deaths each year. Alcohol abuse is a major factor, but teen drivers' abuse of over-the-counter drugs, prescription drugs and marijuana is rising at an alarming rate. Teens are driving impaired and putting their lives and the lives of others at grave risk. In this video, ER doctors and police investigators specially trained to recognize drug-impaired driving present a hard, on-the-scene look at how drugs impact driver alertness, reflexes and perception skills. A prosecutor specializing in DUI cases explains the legal consequences following a drugged driving crash. Finally, a mother recreates the tragic story of how her daughter died in a drugged driving crash caused by marijuana smoking. Viewers get a comprehensive view of the devastating effects of drugged driving on teens, their families and their communities.

Grade 9-College 25 min. 2008 DVD-4205

**Drugs and Youth: Meeting the Challenge**

Young people experiment with drugs, including alcohol, for a variety of reasons – to satisfy their curiosity, to rebel, or to feel grown up. Research shows that parental influence is a significant reason when youth choose not to use drugs. Most teens that do not use alcohol, tobacco or other illegal drugs credit their parents as a major factor in that decision. This video was developed to give parents and educators tools to help prevent drug abuse in the lives of young people. This informative DVD features interviews with students, teachers, parents and drug abuse experts who provide valuable information about the reasons young people turn to drugs and what kinds of drugs are most commonly used. The video concludes with experts providing insight into how a parent, educator or another caring adult can help youth prevent drug abuse and tips on how to intervene if a problem has already started to take hold of a young person's life.

Adult 28 min. 2004 DVD-88

**Drugs: Crime and Punishment (cc)****Available December 2009**

Powerfully presents the life-altering impact of a drug arrest, trial, conviction and incarceration. The accounts and dramatic reenactments of young people who broke the law and got caught, show the harsh realities of being handcuffed, arrested, booked, fingerprinted and locked in a cell. Program underscores the fact that any drug arrest has life-long consequences for the individual, family and friends. It affects finishing high school, college admissions, job prospects and employment, immigration status, and the rights that attach to citizenship. Program also looks at the legal consequences of using a fake ID; underage possession and use of alcohol; and drunk or impaired driving. The costs of crime are very high—from the legal fees to the toll on lives and the stigma of a criminal record that cannot be erased.

Grades 7-College 20 min. 2009 DVD-

**Drugs in Cyberspace**

A click of the mouse is all it takes these days to commit a crime with limits as large and vast as cyberspace. And no one is immune from falling victim to it -- from everyday hard-working law abiding citizens, to large banking institutions and corporations. Identity Theft is spreading as fast as a computer virus -- and infecting our lives with a whole new breed of crime. Criminals are stealing identities, credit card numbers, banking and investment information and social security numbers in order to steal money to fund drug use, abuse and trafficking. And that's not the only drug-related crime that's seeping into cyberspace. Ordering drugs on the internet -- from prescription medication to marijuana, cocaine and ecstasy to recipes on how to cook your own methamphetamine, illegally buying and distributing Drugs on the Internet is a problem that is also a serious rising crime. Sometimes the drugs are ordered one day and delivered the next right to the doorstep via overnight delivery! This one-hour training broadcast will explore how it's happening, how you can protect yourself from being a victim of it and how law enforcement is fighting it. Aired June 22, 2006.

<http://ncadi.samhsa.gov/multimedia/webcasts/w.aspx?ID=465>

Adult 60 min. 2006 DVD-239

**Drugs: True Stories**

Joel's abuse of alcohol and marijuana in seventh grade led to addiction to OxyContin®. Joel, his parents, and sister describe their denial, Joel's spiraling addiction, and his ongoing recovery. Trevor, 18, resists the use of drugs with support from his mother and mentors. H. Westley Clark, M.D., C.A.S., Center for Substance Abuse Treatment, SAMHSA, and Howard J. Shaffer, Ph.D., C.A.S., Director, Division on Addictions, Harvard Medical School answer frequently asked questions.

For grades 5 through college, parents, and other caregivers 29 min. 2007 DVD-

### **Drunk in Public**

"Drunk In Public" is now a feature documentary directed by award winning filmmaker David J. Sperling. This film chronicles the unimaginable last 15 years in the touching, tragic and thought provoking life of Mark David Allen, a man arrested more than 450 times.

This documentary provides a non-judgemental objective long term look at alcoholism...It is somber, educational, sometimes funny and entertaining. Audiences seem to respond to this unique presentation on an issue that affects nearly everyone. Therefore it is ideal for rehabilitation programs, teenagers & their families, law enforcement training, churches, schools and anyone else touched by the trauma of addiction.

Since its first version, "DRUNK IN PUBLIC" has screened in 15 festivals and collected 5 awards. The completed version is now screening at film festivals and just captured the "BEST EDITING" trophy at the 2007 BOULDER INTERNATIONAL FILM FESTIVAL. *Viewer discretion advised.*  
High School/Adult 81 min. 2009 DVD-4018

### **DUI: the Hard Truth (cc)**

Hosted by a career EMT, this video reveals the hard truth and horrifying ordeals resulting from driving under the influence of alcohol—a young girl recounts how she was critically burned after her car was hit by a drunken teenager; a young woman tells of having to identify her little sister's body at a morgue after she was killed by an intoxicated teen driver; an ER doctor talks about "breaking the news" to parents whose daughter was killed in a drunk driving crash; and a young man shares the details of his living nightmare when he killed his best friends while he was DUI. Each incident is told "live" in front of an audience of students, parents, teachers and medical professionals who add their expertise. Dramatic video reenactments hammer home the indisputable truth that driving while drunk or impaired results in unforgettable pain, suffering and death. *This program contains graphic images which may disturb some viewers.*

DVD Extras: 1) A 911 Every Year 2) Life in Prison 3) No Safe Amount 4) A Message From Jacqui  
Grades 7-College 20 min. 2007 DVD-4027

### **Dying for Meth**

**Dying for Meth** is a methamphetamine prevention DVD that runs just over 40 minutes. This DVD was directed by award winning documentary and movie director Matt Farnsworth and has been recognized for its entertainment value as well as its anti-meth message. The DVD was produced by Mr. Farnsworth and movie producer Diane Foster for the purpose of delivering an entertaining, informative message to groups.

**School Curriculum and Assemblies** - The information in this DVD is imperative for students to understand BEFORE they are presented with the opportunity to use meth under peer pressure;

**Government Agencies** - For training of government officials, particularly those whose jobs require knowledge of meth and its related problems;

**Law Enforcement Agencies** - Ideal for training of officers who may be facing meth

High School/Adult 40 min. 2005 DVD-240 [www.dyingformeth.com](http://www.dyingformeth.com)

### **Dying High: Teens in the ER (cc)**

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 overdoses, 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 high-powered video is to remind teens that risk-taking behaviors can often lead to serious injury and death. Activities in the Teacher's Resource Book allow students to continue their exploration of this subject.  
Grades 7-College 26 min. 2003 DVD-99

### **Effective Anti-Drug Coalitions: Elements for Success**

The problem of drug abuse cannot be addressed without dealing with underlying causes. Coalitions are among the most effective means for communities to address these complex issues. However; a coalition's capacity to deal with those issues is only as good as its ability to sustain its efforts over time. A new video highlighting the key elements needed to build effective anti-drug coalitions is now available. The video, and accompanying booklet, identify six key elements that are vital to a coalition's lasting effectiveness and sustainability: 1) vision, 2) leadership, 3) inclusiveness, 4) relationships, 5) funding and 6) community support.

#### **Bonus Video Material**

- Where Meth Goes... Violence and Destruction Follow! (15:00)
- Daniel Bryant Youth and Family Treatment Center (4:26)
- Solano County Drug Court (4:27)
- Vallejo Police and Corrections Team (P.A.C.T.) (5:30)
- Santa Barbara Youth Service System (5:09)
- Vallejo Fighting Back Partnership (10:16)

- Santa Barbara Fighting Back Coalition (6:14)

#### Additional Information

- Effective Anti-Drug Coalitions: Elements for Success Booklet – PDF (864K, 29 pages)

Adult 22 min. 2003 DVD-241

#### **Ella the Elegant Elephant**

The littlest elephant in Little Village is also just a little bit shy. She's moved to a new neighborhood, and has to start at a brand-new school. Good thing she has her grandma's lucky hat to take along. But Belinda Blue the bully doesn't like Ella. And she doesn't like the hat. And that means trouble with a capital "B". Based on the 2004 picture book by Carmela and Steve D'Amica.

Ages 4-6 10 min. 2005 DVD-

#### **Elephant in the Living Room**

This live-action video is an allegorical dramatization of the denial and secrecy that pervades life in an alcoholic home or any other type of dysfunctional family. It points out the need for awareness and the amount of courage necessary to expose the elephant of addiction and dysfunction in our living rooms and expel the no-talk rules from our lives. It emphasizes the importance of talking about each family member's feelings rather than pretending they don't exist. The elephant helps you to disperse the fear and shame that enmesh families in shrouds of secrecy.

Elementary School/Junior High School/High School/Adult 25 min. 1991 DVD-4050

#### **Ethics: Cheating and Plagiarism (In the Mix Series)**

Is copying homework from a friend considered cheating? What about getting material from the Internet? The issue of cheating in schools is more prevalent and relevant than ever in today's culture; polls show that 80% of high school students admit to having cheated. In this program, teens speak out frankly about why they feel the need to cheat, and raise questions about the definition of cheating. We also meet ninth graders from a New Jersey high school who are required to participate in a series of ethics courses and, in a cheating and plagiarism workshop, wrestle with typical situations and solutions. The students also discuss the long term effects of cheating and ways that it might be prevented. According to Booklist, "This video addresses a troubling topic in an intelligent manner... questions serve as potent classroom discussion starters."

Grades 5-12 30 min. 2004 DVD-5080

#### **Every 15 Minutes: Meridian High School Warriors**

Meridian High School students learn first-hand about the consequences of drinking and driving. A mock crash leaves them with sobering thoughts, as they get ready for prom weekend.

Junior High School/High School/Adult 18 min. 2004 DVD-4052

#### **Everything You Need to Know About Alcohol in 22 Minutes (cc)**

Using vivid case studies involving teens, along with interviews with health experts, shows that teenage drinkers are more likely to experience health problems, school problems and social dysfunction. Using a fast-paced format, shows the effects of alcohol on the liver, immune system, and gastro-intestinal system; and how binge drinking can lead to alcohol poisoning and death. Explains how alcohol impacts brain development during adolescence and permanently damages parts of the brain associated with memory. Details how a mother's drinking during pregnancy can cause Fetal Alcohol Syndrome and its impact on her child's entire life. Includes harrowing first-person accounts of teens' DUI tragedies involving serious injury, passenger deaths and imprisonment. Describes the legal ramifications of underage drinking. Helps viewers determine whether they have a drinking problem, plus where and how to get help.

Grades 7-12 22 min. 2009 DVD-4211

#### **The Eyes of Nye/Addiction: Disease or Behavior? (cc)**

Finally someone insightfully tackles today's issues from a scientific perspective. In Bill Nye's new show The Eyes of Nye, Bill shows the science of the disease of addiction with the help of Dr. Drew Pinsky. Bill examines the controversial question of whether addiction is a disease. Segments focus on doctors who seek to better understand addictive behaviors by studying brain chemistry, psychology, and social factors; individuals who live with substance abuse issues; and scientists who are working to identify the genes that may lead to addiction.

High School 25 min. 2005 DVD-4201

### **The Family Unit with DVD Matrix: A 12-Session Alcohol and Drug Education Program for Families**

The family education component of The Matrix Model is also available individually as *The Family Unit*. It helps families understand the process of addiction and recovery. Includes facilitator material, lecture notes and handouts (which are also on CD), and three DVDs: *Road Map for Recovery*, *Triggers and Cravings*, and *Families in Recovery*. *The Matrix Model* is an evidence-based outpatient treatment program with over 20 years of research and development. It was recently tested in the CSAT Methamphetamine Project and is one of the few treatment programs to be endorsed by NIDA.\* The comprehensive, multiformat program covers six key clinical areas: individual/conjoint therapy, early recovery, relapse prevention, family education, social support, and urine testing.

Triggers and Cravings, Lecture 1/56 min. DVD-4176

Road Map for Recovery, Lecture 2/52 min. DVD-4177

Families in Recovery, Lecture 3/60 min. DVD-4178

Adult 2005

### **Fetal Alcohol Exposure: Changing the Future**

How are fetal alcohol spectrum disorders diagnosed? What are the primary and secondary disabilities associated with FASD? And—most important of all—what is the human cost? This program addresses these questions through the firsthand experiences of Ann Streissguth, director of the University of Washington's Fetal Alcohol and Drug Unit; Kathy Mitchell, vice president of NOFAS; Erica Lara, who works at a residential drug and alcohol treatment facility designed especially for women with young children; and Erica Gitis-Miles, a college student who has FASD. The in utero effects of alcohol are considered as well, as are the facial, bodily, neurological, cognitive, and behavioral characteristics of FASD.

Grades 9-up 31 min. 2006 DVD-4186

### **Finding Forever Families**

In the United States and Canada, thousands of children are legally freed for adoption. These children are often considered unadoptable because of their age, race, physical or emotional handicap or desire to be placed with siblings. This video dispels the myth that any child is unadoptable and provides best practices on how to recruit families for children based on the child's desires and needs.

Adult 35 min. 2002 DVD-124

### **Food & Fitness Matter: Raising Healthy, Active Kids**

The dramatic rise in childhood obesity is one of the most serious health problems facing our country today. Reversing this trend starts with healthier habits at home. But parents can't do it alone. Many schools also play a role by serving unhealthy foods and cutting back on physical education and recess. **Food & Fitness Matter** provides parents the information and support they need to make changes at home and in their local schools. In the video, health and nutrition experts, including former U.S. Surgeon General Dr. David Satcher, explain:

- the causes for the dramatic increase in overweight kids;
- the health problems posed by the childhood obesity epidemic;
- how unhealthy food at school contributes to the obesity problem, as well as to learning and discipline problems.

High School/Adult 24 min. 2006 DVD-2014

### **Four More Days [ON ORDER]**

Hard to believe, but it is just four more days until high school graduation. Tara and her friends are beginning to feel the nostalgia associated with saying their final goodbyes to teachers and friends, excitedly capturing their comments by creating a reality based video yearbook. Their exuberance remains high with just two more days to go when something terrible has happened. A car accident has left two friends dead and another charged with negligent homicide for driving under the influence. As curious bystanders look on, their faces are intermingled with images of medical personnel and the police, as the total impact of this tragedy gradually unfolds. A highly realistic portrayal of the dangers of adolescent behavior is absolutely guaranteed to make teens think twice about drinking and driving.

Grades 7 & Up 18 min. 2007 DVD-

### **Getting Stupid: How Drugs Damage Your Brain (cc)**

This video presents to middle schoolers the latest scientific information on how alcohol, marijuana, inhalants and other drugs cause serious and potentially permanent damage to the human brain. Video includes interviews with scientists who use actual brain scans of drug users to explain how the brain's chemistry is harmed by drugs. Hi-tech images of the human brain make the evidence compelling and memorable. Students will clearly see those areas of the brain that are impacted, such as the hippocampus, blood vessels and nerve cells. New research has demonstrated that the ability to do common thinking tasks is seriously compromised in the still developing brains of teenagers who drink alcohol. Program delivers an urgent wake-up call to viewers who may not be aware of the real dangers of how taking drugs can damage the brain. Utilized for training by Mothers Against Drunk Driving (MADD). *The Inhalants section is 17 minutes into the video/DVD.*

Grades 5-9 23 min. 2003 DVD-162

### **Harm Reduction with High School Students**

*Harm Reduction With High School Students* illustrates a brief intervention for working with risk-taking high school students that emphasizes helping students to recognize the potential outcomes of their risky behavior and creating motivation for change. Dr. Mary E. Larimer works in this session with a high school boy who regularly drinks to excess. After taking an assessment of his risk-taking behavior, Dr. Larimer goes over the assessment with her client and, in a neutral, nonjudgmental manner, brings him to recognize the harm he is doing to himself and, potentially, to others. <http://www.harmreduction.org>

Adult 100 min.+ 2005 DVD-4179

### **Heroin: A Dose of Reality**

**Message to Instructors/6:14 min.**

**The Works/9:11 min.**

**The Documentary/26:50 min.**

Takes a hard look at the world of heroin addiction. 2005 CINE Award Winner: Best Documentary

*This documentary contains serious content and some graphic images. These are not actors. These are real people with real stories.*

Adult 42 min. 2005 DVD-136

### **The High Is a Lie**

This video was produced by a physician, Dr. Mary F. Holley, Director of Mothers Against Methamphetamine. It is designed for use in the ninth grade health curriculum for education of youth against methamphetamine use and addiction. It presents both a human story of a person ravaged by addiction, and the biochemical details of how methamphetamine works. The stages of addiction, the brain dysfunction resulting from methamphetamine use, and resulting personality changes are illustrated and dramatized.

Grades 9-up 40 min. 2005 DVD-243 <http://www.mamasite.net/highlievideoteacherguide.pdf> [guide]

### **The High Is a Lie/Classroom Edition**

This video was produced by a physician, Dr. Mary F. Holley, Director of Mothers Against Methamphetamine. It is designed for use in the ninth grade health curriculum for education of youth against methamphetamine use and addiction. It presents both a human story of a person ravaged by addiction, and the biochemical details of how methamphetamine works. The stages of addiction, the brain dysfunction resulting from methamphetamine use, and resulting personality changes are illustrated and dramatized.

Classroom Edition 36 min. 2005 DVD-244 <http://www.mamasite.net/highlievideoteacherguide.pdf> [guide]

### **Hooked: Illegal Drugs and How They Got That Way Series**

**Marijuana and Methamphetamine/Opium, Morphine and Heroin, v. 1**

**Cocaine/LSD, Ecstasy and the Raves, v. 2**

There has been a “drug culture” since the dawn of civilization. Sumerian cuneiform tablets from 3000 BC show a poppy harvest as do ancient Egyptian scripts and Greek statues adorned with poppy crowns. Far more recently, Freud sung the praises of cocaine that was included in the original recipe for Coca-Cola. But since the industrial revolution, drug use has changed dramatically society’s response to this – particularly in America – has been to demonize users and make drugs illegal. HOOKED explores the world of illegal drugs, meeting with pharmacologists and scientists to learn exactly what effect they have on us and exploring the social and legislative changes that have transformed (and, some would argue, created) the drug culture of the 20<sup>th</sup> century. Outspoken advocates on both sides of the “war on drugs” illuminate this polarizing issue, and fascinating accounts and artifacts illustrate the role of drugs throughout history.

High School/Adult 90 minutes/90 minutes 2000 DVD-245

### **Huffing: the Latest Facts About Inhalant Abuse (cc)**

This gripping program shares unforgettable real stories of teens fighting their abuse of inhalants, as well as families who lost a child to inhalant abuse. Compelling interview segments include an Ohio police officer whose son died after a brief experiment with inhalants—which his friends assured him were a “safe way to get high”—and a recovering teen who learned first-hand that huffing inhalants is not only perilous, but can quickly lead to other types of drug abuse. National experts discuss the addictive nature of inhalants and clearly outline the damage these toxic chemicals cause to the brain, heart and lungs. Teacher’s Resource Book provides follow-up assignments and reinforces the program’s powerful no-use message. *2008 Notable Children’s Videos*

Grades 5-9 20 min. 2006 DVD-5114

### **Humor in Treatment Series [HOPE TO ORDER]**

Getting Here, v. 1

Being Here, v. 2

Leaving Here, v. 3

Mark Lundholm's skillful use of comedy is a welcome respite from the rigors of recovery. That he is also able to teach and inspire all those who listen is perhaps the greatest gift of all. In three sequential phases — Getting Here, Being Here and Leaving Here — the series supports the therapeutic rehabilitation of people in addiction treatment. The creators use the healing power of laughter to help individuals make sense of their story, the gauntlet of recovery, and how to re-enter life beyond.

[http://www.funnyrecovery.com/about\\_us.cfm](http://www.funnyrecovery.com/about_us.cfm)

Adult 200? DVD-

### **Illegal Drugs – A Shattered Life!**

A true to life presentation about how former athlete T.L. Crandell's life was shattered because of the drugs he abused as a youth. Today's youth are up against even tougher challenges. Is there anything that can help them understand that the choices they make today will be the reality they will be living with tomorrow? Crandell's answer: "There definitely is! Education is the key to this problem. Young people are smart. They want to make good life choices. Once they understand the "deeper issues" involved, it is impossible to live the lie." Take a stroll with Crandell through the beautiful mountains of southern Idaho and listen to the story of how illegal drugs ruined his life and why taking drugs for pleasure destroys good lives.

Junior High School/High School/Adult 21 min. 2004 DVD-146

### **The IMPACT of Your Choice: Underage Drinking and Reckless Driving**

The uniqueness of this educational documentary is in the examination of families in the aftermath of a young person making the wrong choice. This film shows the emotions and life changes of people impacted by alcohol-related and reckless driving crashes. This documentary of four separate crashes interviews victims' families, survivors and an offender. It shows what occurs after alcohol related crashes. Revealing the daily emotional trauma felt by the parents, sisters and brothers of the victims, survivors and offenders. The difficulty their families have living with day-to-day remembrances of life before the crash, the choice their loved one made and life after the crash.

High School 23 min. Parents Perspective 5 min. 2007 DVD-4187

### **In Real Life: You Can't Rewind**

This lesson is provided by Idaho Department of Juvenile Corrections as a prevention tool. The lesson, activity and accompanying video are aimed to show students the consequences of poor choices, ways to use refusal skills in real life situations.

Grades 5 & 6 7 min. 2007 DVD-4092

### **In the Mix Series/Voices from Inside: Incarcerated Teens Speak Out**

With the 'get tough' legislation spreading across America, more teens are being tried in court as adults, with 77,000 youths incarcerated in adult jails and prisons. This program features teens, as well as former inmates, sentenced to juvenile and adult detention facilities in California, New Jersey, and New York for crimes such as burglary, assault and homicide. They expose the grim truth about life in prison, shattering the unrealistic illusions of others who might view prison as a badge of honor. They also send a strong message to teens to think about the consequences of their actions and gang associations that could have an impact on their lives and families forever.

Teens 30 min. 2006 DVD-

### **An Introduction to Mediation, Family Group Conferencing, and Concurrent Planning: Pathways to Permanence**

This 30-minute video resource, provides a quick, easy to follow, and accurate overview for those interested in these three emerging strategies. Narrated by a young woman who spent many years in foster care, the first segment of this video discusses the philosophies and processes of Family Group Conferencing. Used by trainers nationwide, this video's opening segment creates an emotionally compelling portrait of this approach.

Adult 30 min. 2000 DVD-175

### **The Killing Screens: Media & the Culture of Violence**

Addressing specifically the question of violence and the media, *The Killing Screens* urges us to think about the effects of the media in new and complex ways. In contrast to the relatively simplistic behaviorist model that media violence causes real-world violence, George Gerbner encourages us to think about the psychological, political, social and developmental impacts of growing up and living within a cultural environment of pervasive, ritualized violent images. *Due to its subject matter, this program contains scenes of graphic tv and movie violence that may disturb some viewers. DISCRETION IS ADVISED.*

High School/Adult 34 min. 1994 DVD-5117

**Killing Us Softly 3: Advertising's Image of Women with Jean Kilbourne**

Jean Kilbourne's pioneering work helped develop and popularize the study of gender representation in advertising. Her award-winning *Killing us Softly* films have influenced millions of college and high school students across two generations and on an international scale. In this important new film, Kilbourne reviews if and how the image of women in advertising has changed over the last 20 years. With wit and warmth, Kilbourne uses over 160 ads and TV commercials to critique advertising's image of women. By fostering creative and productive dialogue, she invites viewers to look at familiar images in a new way, that moves and empowers them to take action.

High School/Adult 34 min. (& approx. 25 min. interview) 2000 DVD-5118

**Know the Score: the Dangers of Performance Enhancing Drugs (cc)**

This video reveals the truth about many performance drugs such as steroids, creatine, Human Growth Hormone, diuretics, blood doping hormones and stimulants like ephedrine and amphetamines. Also included is an investigation of so-called "nutritional supplements" that claim to help users lose weight and gain muscle but in reality may set the stage for physical ailments like headaches, muscle weakness and irregular heartbeats. Speakers include young athletes who share their views on "competing clean" without chemical enhancements as well as sports medicine doctors who explain the adverse physical effects of misusing performance drugs. Viewers learn the dangers involved in abusing steroids, stimulants, diuretics and other drugs. Interviews with student athletes emphasize that using drugs to win at sports is the same as cheating. The message of this program is clear: sports competitions are meant to be fun, healthy and drug-free.

Grades 7-College 20 min. 2002 DVD-

**Leader of the Pack (cc)**

This entertaining, animated video helps young viewers recognize the dangers of tobacco use through the power of storytelling and compelling cartoon characters. Students will instantly connect with likable young Henry as he meets up with Smokey, an animated cigarette who wants Henry to join a secret club known as "The Pack." Smokey lures Henry into a special amusement park with spooky rides like The Tar Pits, The Amazing Aging Machine and an exhibit called The Girl Who Couldn't Stop Smoking. Before long, Henry realizes he has been fooled—Smokey's club isn't cool, it's a prison! The video concludes with Henry's dramatic escape from the clutches of Smokey and "the Pack." Along the way, Henry has learned many of the hazards of cigarette smoking — the physical damage to the body, the persuasive power of advertising and the dangerous grip of addiction. An extensive Teacher's Resource Book with fun activity sheets and cartoon-based puzzles accompanies the video. With Henry as the Leader of the Pack, students are sure to have fun as they learn about the perils of tobacco.

Grades 2-6 16 min. 2003 DVD-3016

**Legal Consequences of Alcohol and Other Drugs (cc)**

Interviews with teens, attorneys, and law enforcement illustrate the real world consequences of adolescent alcohol and drug use in this video created expressly for high school students. From underage drinking violations to drug possession to drinking-and-driving accidents to assault, this no-nonsense video shows the serious social and legal ramifications of teen drinking and drugging. *Legal Consequences of Alcohol and Other Drugs* comes with a free facilitator's guide containing background information, a session outline, and a reproducible parent newsletter.

Grades 9-12 23 min. 2005 DVD-4154

**Life or Meth**

KTVB revisits their award-winning 1998 documentary on methamphetamine, updated with new information - new trends and new stories.

High School/Adult 53 min. 2007 DVD-250

**LifeSteps Series with Michael Pritchard (cc)**

This 12-part video series combines age-appropriate comedy, exciting dramatizations of real-life moral dilemmas, and insightful, problem-solving sessions to help students develop the necessary social and emotional skills to become responsible, knowledgeable, caring and successful in life. Michael Pritchard uses his uncanny ability to foster lively, spontaneous, teen-centered discussions to give students insight on how to become the best people they can be.

**The ABC's of Emotional Intelligence, v. 1**

Success in life requires a complex set of intellectual, emotional, social and ethical skills. This introductory program outlines the key elements of emotional intelligence - Assets, Balance, and Character - as students discover they have the power to bounce back, balance emotional and academic demands, and make positive choices.

Teens 30 min. 2003 DVD-5101

**Knowing Who You Are, v. 2**

This video helps teens think about their behavior, learn from experience, develop a realistic sense of their strengths and weaknesses, and understand and express their emotions. Moral knowing, a key element of good character, is explored as students discover the benefit of knowing their values, and living by them.

Teens 30 min. 2003 DVD-5102

**Taking Charge, v. 3**

To become independent, teens must incorporate a range of social and emotional skills. This program focuses on the emotional side of responsibility as students explore the key elements of self-control: coping with stress, avoiding impulsive behavior, delaying gratification, and managing anger.

Teens 30 min. 2003 DVD-5103

**Bouncing Back, v. 4**

Resiliency is perhaps the most important skill teenagers need to bounce back from the common disappointments of adolescence. In this program, they learn essential resiliency skills: developing realistic expectations, identifying obstacles, persisting and maintaining a sense of self-worth and optimism. More complex issues such as depression and suicidal thoughts are also discussed.

Teens 30 min. 2003 DVD-5104

**Empathy, Caring and Compassion, v. 5**

This video explores the skills that build empathy, the importance of compassion, and the moral imperative to help others in need - particularly the victims of bullying. Teens learn how labeling, prejudice, and cynicism impede the development of caring relationships.

Teens 27 min. 2003 DVD-5105

**Creative Problem Solving, v. 6**

This video presents our eight-step problem-solving approach. Highlights include: naming the problem, brainstorming, evaluating options, and choosing the best solution. Viewers are taught the basic skill of cause-and-effect thinking and the benefits of a positive problem solving attitude.

Teens 26 min. 2003 DVD-5106

**Getting Along With Others, v. 7**

In this program, teens discover positive ways to assert themselves, express complaints, handle misunderstandings and block rumors. They learn specific social skills - mediation, negotiation, active listening, and messages - and how to apply these skills to cooperative-learning groups and student-led activities.

Teens 29 min. 2003 DVD-5107

**Building Character, v. 8**

As teens in this program grapple with the common problem of friends who make bad choices about substance abuse, viewers learn that character means recognizing the need to make a change and having the courage and will power to stick to tough choices. Teens learn that the key to making good choices is to listen to their conscience and to the feelings they experience when their actions violate their values.

Teens 30 min. 2003 DVD-5108

**Respect, v. 9**

This video explores respect as a fundamental social value that allows us to resolve conflicts, prevent violence and bridge cultural differences. Barriers to respect, such as prejudice and bigotry, are explored as students learn that empathy and respect are the basis of healthy, successful relationships.

Teens 30 min. 2003 DVD-5109

**Responsibility, v. 10**

Teens learn the first rule of responsibility: to do no harm to themselves or others. The program also explores sexual responsibility, dependability, and trustworthiness, as teens are taught to ask themselves the guiding question: What is the most important thing I need to be doing right now?

Teens 30 min. 2003 DVD-5110

**Developing Healthy Relationships, v. 11**

Healthy relationships are fundamental to emotional well-being. In this program, teens learn to build their own personal support system, recognize true friends, and develop positive refusal skills. The video emphasizes the importance of trust and caring in successful relationships and highlights the critical skill of negotiating with parents.

Teens 30 min. 2003 DVD-5111

**Doing Your Best, v. 12**

This program explores the intellectual and emotional skills essential to success: coping with anxiety, setting goals, identifying obstacles, maintaining self-esteem, and identifying personal resources. An appreciation of excellence is emphasized as students learn the importance of resourcefulness, perseverance and an optimistic view of life.

Teens 30 min. 2003 DVD-5112

**Lighting Up: Gruesome Facts About Cigarette Smoking**

Teens talk to teens in this straightforward, compelling video that explores the shattering consequences of smoking in the real world. Addiction, the dangers of secondhand smoke, health issues, dealing with peer pressure, corporate marketing tactics, self-value and advice on successfully quitting are the key aspects that make this a powerful tool in encouraging an adolescent audience to think about the risks involved with tobacco use.

Grades 5-12 20 min. 2004 DVD-3026

### **The Listening Heart**

*The Listening Heart* is the story of four families, all of whom adopted a child with Fetal Alcohol Syndrome. Unlike any other film produced about FAS, *The Listening Heart* utilizes the voices of the children and parents to tell their stories about how FAS has affected their lives. Each family's story focuses on a different aspect of FAS, ranging from the behavioral difficulties to the learning disabilities and social problems that affect the children's everyday functioning. Because *The Listening Heart* was originally produced as an educational documentary for professionals, teachers, and adoptive parents, it utilizes interviews with medical experts who navigate through the information provided by the parents' testimonials, and, using hands-on methods, offer solutions and techniques to dealing with the issues of FAS. *The Listening Heart* is a simply told story of both the harsh realities of living with a disability and the hope that endures through the love and selflessness of dedicated parents. It is a tale of fostering children's strengths and embracing patience while battling a devastating disease that cannot be cured. *The Listening Heart* both teaches and compels; it is one of those rare films that has the potential to change lives.

High School/Adult 37 min. 2004

*The Listening Heart* Special Edition was designed to help both professionals and parents teach about Fetal Alcohol Syndrome.

Included in this package are three tools that complement each other, providing the most comprehensive set of educational materials available about FAS. DVD-4148

### **Lost Childhood: Growing Up in an Alcoholic Family (cc)**

In this moving film, you'll visit a summer camp program for children of alcoholics and hear youngsters tell their experiences in their own words. Then 15 years later, meet some of these same children as adults who received the tools they need to grow up and lead full, healthy lives. It's an important message of hope for treatment professionals, persons working in the juvenile justice system, clergy and other faith community professionals, parents, and educators. <http://www.lostchildhood.org/camp.htm>

High School/Adult 27 min. 2004 DVD-4137

### **Making a Place for Faith-Based Organizations in the Recovery Movement [Kevin Monroe]**

Faith-based and community organizations (FBCO) are finding their niches at the recovery table across the country. Kevin will share the insights he has gained after spending almost three years in the field working with the Substance Abuse and Mental Health Services Administration (SAMHSA) in eleven states and Puerto Rico, engaging FBCO with their single state authority to "level the playing field" for faith-based organizations and expand recovery services. This keynote will include a survey of Charitable Choice legislation and its impact on faith-based organizations, community-based organizations, traditional treatment providers, and government agencies. Through stories, he will illustrate some of the barriers as well as the benefits of health partnerships between local and state governments, traditional treatment providers, and FBCO. Kevin will highlight Idaho's Access To Recovery as the ideal opportunity to engage all of the providers in the community in new models of recovery support. Kevin Monroe is currently the Program Development Manager for *We Care America*, serving as its liaison with various federal agencies for the development and implementation of technical assistance workshops and conferences. After receiving his degree in Theology, he served in various ministry capacities. After fifteen years in the business arena – many in management and leadership positions with a Fortune 500 telecommunications company, he became Director of Urban Development with Genesis Global Development Network.

Adult 54 min. 2005 DVD-202

### **The Making of a Hangover**

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

Adult 51 min. 2002 DVD-4131

### **Making the Most of Middle School (cc)**

This documentary-style program challenges middle school students to start thinking about their academic futures. It asks the question, "What do I need to do today to build a strong foundation for success in high school?" A bright academic future depends on organization and study skills, setting goals, optimizing resources, recognizing opportunities and avoiding negative behaviors. Four highly successful high school students share their personal stories to model how to make the most of middle school. Encourages viewers to explore extracurricular activities, do volunteer work, assess their values and interests, think about possible future goals, and most importantly, understand that middle school academics need to be the #1 priority for high school preparation. Viewers take home the message that a solid academic schedule, good study habits, and extracurricular activities are all part of making the most of middle school.

Grades 5-9 19 min. 2009 DVD-5131

### **Marijuana: Neurochemistry & Physiology**

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

Adult 34 min. 2005 DVD-216

### **Marijuana Papers: Research Update (cc)**

This program reveals the latest scientific research about how marijuana changes the adolescent brain, impairs the brain's ability to perform complex tasks, lowers the body's immune system and can become powerfully addictive. Using a format similar to popular TV detective shows such as CSI, several real teens travel across the country in search of answers to important questions like: Is it true marijuana's not addictive? And how can something "natural" like marijuana be harmful? Along the way they meet Dr. Susan Tapert from the University Of California in San Diego, a research scientist using MRI's to track brain function in teens who've experimented with marijuana. She shows them how new studies have scientifically linked loss of memory function to teenage marijuana use. The teenage sleuths also speak to Dr. Michael Roth a researcher dealing with marijuana's harmful effect on the immune system. Dr. Roth gives them a first hand demonstration in his laboratory which graphically shows how the active ingredient in marijuana actually inhibits the body's normal healing process. The teens also speak to drug counselors who introduce them to other real teens whose lives have been forever damaged by the drugs devastating effect on an individual's potential to do well in school and to function normally as an adult.

Grades 7-College 21 min. 2005 DVD-5081

### **Marijuana: The Escape to Nowhere (cc)**

This video challenges myths about marijuana by clearly stating that marijuana is addictive and use results in physical, emotional, and spiritual consequences. It also explains to clients in simple language the pharmacology of today's more potent marijuana and shares the hope and healing of recovery.

Adult 40 min. 1999?? 2005?? DVD-220

### **Medical Aspects of Chemical Dependency: The Neurobiology of Addiction (cc)**

This fascinating and authoritative video on how addiction affects brain function has been recently updated to reflect the latest research on brain chemistry. Includes commentary by Dr. David E. Smith, founder of the Haight Ashbury Free Clinic. Also includes a free facilitator's guide. This video is also used as part of Hazelden's A New Direction. A New Direction is a comprehensive cognitive-behavioral therapy treatment program that trains chemically dependent offenders to challenge their thinking in order to change their criminal and addictive behavior patterns.

Adult 22 min. 2003 DVD-228

### **Medical Consequences of Addiction**

Released in the spring of 2005, this video uses animation, graphic medical footage, and interviews with experts as well as those suffering from these diseases to illustrate the physical problems caused by the heavy and long-term use of psychoactive drugs. The video explores the medical dangers of the method of use, the users' lifestyles and the drugs themselves.

Adult 36 min. 2005 DVD-227

### **The Meth Epidemic**

Speed. Meth. Glass. On the street, methamphetamine has many names. What started as a fad among West Coast motorcycle gangs in the 1970s has spread across the United States, and despite lawmakers' calls for action, the drug is now more potent, and more destructive, than at any time in the past decade. In "The Meth Epidemic," FRONTLINE, in association with *The Oregonian*, investigates the meth rampage in America: the appalling impact on individuals, families and communities, and the difficulty of controlling an essential ingredient in meth—ephedrine and pseudoephedrine—sold legally in over-the-counter cold remedies.

High School/Adult 60 min. 2006 DVD-253

### **Meth: Inside Out Series**

Meth Inside Out is a groundbreaking video-based treatment curriculum on methamphetamine addiction and recovery. The series is designed to equip meth users, their families, and the professionals who assist them with a solid understanding of the biological basis of addiction, effective tools for recovery, and, most importantly, hope for the future.

#### **Brain and Behavior, v. 2**

BRAIN & BEHAVIOR equips viewers with an understanding of how meth changes the brain and, consequently, behavior. 3D animations, accessible explanations, and personal accounts help viewers understand complex scientific concepts. Users learn how to better cope with the stages of meth addiction and recovery by gaining an understanding of the biological underpinnings of the high, tolerance, craving, paranoia, aggression, anhedonia, and healing.

**Special Features:**

- 10 state-of-the-art 3D brain animations that can be shown individually
  - 36 page Brain & Behavior Handbook
- DVD-

**Meth: Recovery Is Possible**

In this film, Earnie Larsen, famed author and lecturer, brings together an assorted group of recovering meth addicts of all ages and backgrounds. In a group format, they discuss the issues surrounding meth recovery. The group members in this program, some with meth histories spanning more than two decades, are a testament to the fact that it is possible to get off meth, and stay off – no matter how long you’ve been using. Main topics of discussion include Hitting Rock Bottom/Turning Points, Withdrawal from Meth, and What it Takes to Stay Clean from Day to Day. The program also includes three “Medical Minutes” in which group members and viewers get a chance to learn about how meth works our body and impacts the way we think, feel, and behave.

Adult 48 min. 2006 DVD-257

**Methamphetamine: Neurochemistry & Recovery**

This powerful video examines how methamphetamine changes the brain both chemically and structurally and how these changes interfere with the recovery process. Compelling interviews with a cross section of people in recovery along with comments from treatment professionals present a realistic picture of the challenges inherent in recovery, stress the need for patience, and present a profound sense of hope.

Adult 30 min. 2006 DVD-262

**Methamphetamine New Knowledge New Treatments Curriculum with DVD**

Finding the time and funds to attend conferences or to earn continuing education contact hours isn't always possible. The Hazelden Clinical Innovators Series makes it easier for you. With all the information available about meth addiction and treatment, separating myths from reality can be difficult. Where do you start? With solid, believable, proven information from an industry leader. Richard Rawson of UCLA has conducted research and developed treatment systems for substance abuse for over 20 years. He examines in detail the latest research on meth use and brain imaging. He also discusses promising treatment strategies, resources for treatment providers, and the prospects of effective medications. You'll learn:

- Why an addict's cravings for meth are stronger than cravings for basic survival needs such as food
- The reasons behind the "meth is untreatable" perception
- Why contingency management--positive reinforcement for positive behavior - can help sustain abstinence
- Which treatment protocols work-and which don't

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

Adult 65 min. 2006 DVD-263

**Methamphetamine: A Prevention Trilogy**

This DVD contains the Crime and Violence Prevention Center's three award-winning videos about methamphetamine. "Meth...The Great Deceiver" provides insight for teens on how meth can damage young lives, featuring first-hand accounts from young people themselves. *English & Spanish* "Where Meth Goes, Violence and Destruction Follow" examines the havoc caused when meth use and clandestine meth labs gain a foothold in our communities. *English & Spanish* "Hidden Dangers: Meth Labs" offers tips on recognizing potential meth labs and what to do when a meth lab is suspected.

High School/Adult 17min./18 min./18 min. 1998-2000 DVD-

**Methamphetamines: The Hard Facts (c)**

In this hard-hitting program, students will learn what methamphetamines are, how they are illegally produced in underground “labs” by drug dealers, and how addictive and deadly they are to those who experiment with them. Known by dozens of street names – such as speed, crank and crystal meth – these powerful central nervous system stimulants are highly addictive and can cause permanent damage to all systems of the body. The emotional roller coaster of devastation that results from methamphetamine use is also described. Viewers will hear harrowing true stories from young people who have learned the hard facts about meth, and are now struggling to regain control of their lives. The program provides viewers with many startling details, including the fact that possession of methamphetamine carries a mandatory prison sentence of at least five years. Teacher’s Resource Book includes many helpful fact sheets and student activities designed to reinforce the video’s strong no-use message.

Grades 7-College 25 min. 2003 DVD-

### **Motivational Interviewing Series**

This series of six videos, produced at the University of New Mexico, is intended to be used as a resource in professional training, offering six hours of clear explanation and practical modeling of component skills. Because it is helpful to see how a method is practiced in various contexts, the videos include clinical demonstrations of the skills of motivational interviewing, showing ten different therapists working with twelve clients who bring a variety of problems. Drs. Miller and Rollnick are deeply grateful to Terri Moyers, who volunteered many weeks of her time for the planning, directing, editing, and completion of these videos.

#### **A. Introduction to Motivational Interviewing, v. 1**

The introductory tape is a conversational interview with Bill Miller and Steve Rollnick, conducted in the summer of 1997 by Theresa Moyers. They review the background and current directions of motivational interviewing, explore its essential and theoretical and conceptual underpinnings, and discuss its five basic principles. This is by no means a comprehensive introduction to motivational interviewing. Rather, it sets the context for the demonstration tapes that follow.

Adult 41 min. 1998 DVD-410

#### **B. Phase 1, Part 1: Opening Strategies, v. 2**

This is the most complex of the videos, and spans two cassettes. It is designed to illustrate the skills involved in the opening phase of motivational interviewing. Phase I focuses on identifying and strengthening the person's intrinsic motivation for change. It begins with the first contact and continues until the transition into Phase II, illustrated on Tape F.

Adult 39 min. 1998 DVD-410

#### **B. Phase I, Part 2: Opening Strategies, v. 3**

This is the most complex of the videos, and spans two cassettes. It is designed to illustrate the skills involved in the opening phase of motivational interviewing. Phase I focuses on identifying and strengthening the person's intrinsic motivation for change. It begins with the first contact and continues until the transition into Phase II, illustrated on Tape F.

Adult 51 min. 1998 DVD-410

#### **C. Handling Resistance, v. 4**

Motivational interviewing includes a set of strategies for handling and decreasing resistance. The information presented in this video is particularly useful during Phase I, although the methods are applicable throughout counseling. The phenomenon of "resistance" is discussed, and various strategies are explained and demonstrated.

Adult 62 min. 1998 DVD-410

#### **D. Feedback and Information Exchange, v. 5**

One context in which motivational interviewing has been widely practiced is the "check-up" or feedback of assessment information. This specialized application involved much more talking on the part of the therapist, in that more information is being imparted to the client. How does one take this more active, information-giving role and still be consistent with the spirit of motivational interviewing? That is the focus of this video.

Adult 55 min. 1998 DVD-410

#### **E. Motivational Interviewing in Medical Setting, v. 6**

A rapidly growing application of motivational interviewing is in general health care settings. Here it is often necessary to compress the process of counseling into a shorter period of time. This video explores how the spirit of motivational interviewing can be applied in busy health care settings.

Adult 48 min. 1998 DVD-410

#### **F. Phase II: Moving Toward Action, v. 7**

How do you know when to move from Phase 1 (building motivation for change) into Phase 2 (consolidating commitment to a change plan)? What counseling methods are used in Phase 2, and how do they differ from the opening strategies of motivational interviewing? That is the focus of the final video in this series.

Adult 37 min. 1998 DVD-410

### **Montana Meth/HBO**

**Montana Meth** paints a broad, harrowing picture of the meth problem in Montana, which ranks second in the nation for teenage and adult abuse of the drug. The filmmaker speaks with several addicts and recovering addicts including 16-year-old Graham, a former straight-A student and athlete reduced to a shifty-eyed dropout after one year of using meth; 22-year-old Crystal, whose life has fallen apart in the three years she has used the drug and 21-year-old Rhianna, who traded "hard sex" for meth before she stopped using a year ago. Prominently featured is a member of the Chippewa Cree tribe known as "Weasel," a meth user for half of his 22 years who lives with his addict father and whose girlfriend had her two children taken away because of meth use. The cheapness and availability of meth - which one Montana tribal leader describes as an epidemic - is taking a huge toll on the local Native American population. **Montana Meth** explores the physical and psychological damage caused by this particularly vicious drug, whose effects range from tooth decay and skin lesions to brain damage and death. It also shows law enforcement and the justice system's efforts to grapple with the magnitude of the problem. *Viewer discretion is advised.*

Adult 60 min. 2006 DVD-

**The Myths of Marijuana Debunked (cc)**

*Marijuana is not addictive. It doesn't harm the body. It doesn't harm the brain. Marijuana doesn't impair driving or negatively impact teens' futures. There's no connection between marijuana use and unhealthy risk taking.* These statements are just plain wrong—yet many kids believe they are true. The program forcefully debunks these misconceptions with the latest facts, science and statistics to prove the deadly danger of marijuana use. This high impact video will turn kids' heads and lead them to seriously question marijuana use as something “fun, harmless and natural.” Juxtaposing commentary from real kids with real ex-users intercut with fast-paced narration, this video drives home the message that marijuana is a dangerous drug. Along with the follow-up print materials, this program delivers a strong no-use message.

Grades 7-College 21 min. 2007 DVD-5115

**Myths About Meth, #1; Life or Meth: What's It Cost?, #2; Amy's Story, #3; Life or Meth?, #4**

Dr. Alex Garza, MD discusses the physical effects of methamphetamine abuse by youth. 10:22 min.

A short video for presentation to youth groups. This video explains the stinging consequences faced by teenagers who have chosen to experiment with methamphetamine. Two haunting stories of meth users, told in their own words. 11:39 min.

Live accounts of Amy Cresswell's substance abuse prior to incarceration in a federal prison. 19:25 min.

Methamphetamine has taken a hold of the Midwest. 15:12 min.

Adult 56 min. 1998 DVD-

**Natural High 2**

This video gives kids the chance to listen to their peers and their “heroes” who include professional surfers, skateboarders and models who speak out against drug use. Such talent as Tony Hawk, Travis Pastrana, Tori Allen, Mr. Wiggles, Nina Heinberg, Windy Fisher and more share the message of a drug-free life.

Junior High School/High School 20 min. 2004 DVD-360

**Natural High 3**

Within the cosmic collection of feedback gathered from Natural High 2, students and teachers across the country requested music as the theme for the next Natural High DVD. So the Foundation decided to do just that! Natural High 3 celebrates singing, song writing, musical instruments and performance as a natural high. It features several of Billboard's top artists - Mya, P.O.D. and Switchfoot, as well as Darrin Henson, choreographer to Prince, Britney Spears and Michael Jackson. Natural High 3 is loaded with heartfelt quotes, inspiring behind the scene stories, and real applicable messages. New on Natural High 3 are Spanish subtitles and an updated Going Deeper discussion guide with corresponding video clips. *Spanish subtitles*

Junior High School/High School 26 min. 2007 DVD-

**Neurochemistry of Relapse and Recovery**

The reasons that people give up their compulsive use of psychoactive drugs vary, but they almost always include survival. This film explores the phases of recovery; detoxification, initial and long term abstinence and recovery. The neurochemistry of the brain's memory function is explored using compelling animation, providing viewers with new insights. Memories are closely tied to relapse and interviews with recovering addicts and treatment professionals provide a window into the most daunting obstacle to any stage of treatment - relapse. The film focuses on understanding the origin of the craving and learning ways to effectively control them.

Recovery is a life-long pursuit and relapse is an insidious specter waiting in the wings to derail the journey. Interviews with people on that journey allow viewers to learn from the real-life stories that are used as a thread throughout the film. The Neurochemistry of Relapse and Recovery presents the “whys” of relapse and the “hows” of remaining clean along with a clear message of hope for those committed to recovery.

Adult 31 min. 2009 DVD-

**No Ifs, Ands or Butts: Smoking Kills (cc)**

Hairy tongue, head and neck cancers, lung cancer, tar, phlegm, bad breath, yellow teeth, wrinkled skin, people with laryngectomies and many other sights and sounds are presented in this definitive look at the ravages of tobacco. Teen viewers discover that they are prime targets of tobacco advertisers who need new young customers to replace the older ones who have died from the many tobacco-related diseases. Video introduces viewers to young victims such as 20 year-old Brandon Carmichael who lost half of his leg due to a tobacco related disease and his inability to quit smoking. Program also alerts teens to the newest tobacco dangers of herbal cigarettes and bidis that attract teens with special packaging that makes this product look appealing. After viewing this video, students will come away with a lasting impression that tobacco use only leads to death and disease.

Grades 7-College 24 min. 2002 DVD-3073

**No Name Calling: Creating Safe Environments (cc)**

This energetic video is sure to grab your students' attention as it explores the important topic of name-calling. Experts agree that bullying and harassment in school usually starts with name-calling. Name-calling can be especially tough on younger students whose self-esteem development is at a critical phase. No Name-Calling demonstrates the damage that can be done when kids are targeted by hurtful words like "fatso," "retard," "faggot," and "bean pole." Viewers will follow a classroom of real students as they work on inaugurating a "No Name-Calling" week at their school. Interviews with real kids are interspersed with dramatic vignettes that model name-calling scenarios which many viewers will recognize. The video clearly states why this kind of harassment is unfair, painful and perhaps even illegal. Additionally, the video offers constructive ways for creating a positive school environment where everyone will feel safe and free to learn. Accompanied by a Teacher's Resource Book filled with thought-provoking worksheets to help reinforce the lessons for students.

Grades 6-8 27 min. 2004 DVD-5085

**No Safe Amount: Women, Alcohol and Fetal Alcohol Syndrome (cc)**

Interweaving interviews with real teens who have experimented with alcohol, animated sequences demonstrating how a growing fetus is affected by alcohol use inside the womb, plus an up-close and personal look at a young woman growing up afflicted with Fetal Alcohol Syndrome (FAS), this program clearly demonstrates the unique risks that alcohol poses to women. One girl tells about being raped after a night of drinking. Another, about almost dying after binge drinking and being in a coma for three days. Program follows the girls as they learn the impact of alcohol use on women's bodies—how women metabolize alcohol differently than men; why size and gender matter when it comes to drinking; the biology of alcohol addiction and the link to permanent brain damage; and the indelible horror of FAS.

Grades 7-College 18 min. 2007 DVD-4197

**Not A Game [HOPE TO ORDER]**

Cheap, easy to get, and highly addictive, crystal meth has become the drug of choice in North American small towns, not only for teenagers, but for younger kids as well. This provocative film issues a stark warning to young people of all ages, but is especially aimed at those pre-teens and younger children who might be influenced by older kids to "experiment." The program opens with young children talking about what they'd like to be when they grow up, but quickly cuts to an increasingly disturbing series of young and not so young addicts describing what they had wanted to do with their lives before they got hooked. There are interviews with older meth users who have lost jobs, homes, families and — in one case — even limbs because of their drug abuse. Some of the scenes shown are very graphic. A plain-talking physician explains the mental and physical changes meth can cause; he talks about all the things our brain enables us to do and asks "What part of your brain would you like to do without?" Engaging classroom scenes show students learning and practicing ways of dealing with peer pressure, including "refusal skills," expressing the film's overall message that "you have a choice."

11 min. 2007 DVD-

**Omar & Pete**

Omar and Pete are determined to change their lives. Both have been in and out of prison for more than 30 years – never out longer than six months. This intimate and penetrating film follows these two longtime African-American friends after what they hope will be their final release. *Viewer discretion advised.*

<http://www.pbs.org/pov/pov2005/omarandpete>

Adult 71 min. & extras 2005 DVD-4168

**On the Rocks: the Epidemic of Teen Drinking**

Research statistics tell a sobering story: 75 percent of 12th graders have tried alcohol; 30 percent say they've been drunk in the *past month*; and nearly 150,000 teens wind up in the emergency room each year with alcohol-related injuries. Experts say too often parents send kids mixed messages, saying "hey, it's part of growing up," or it's "just alcohol." But teen drinking is illegal and it's a parent's responsibility to protect kids from its dangers. When teens drink, they drink to get drunk – and that's what makes it so dangerous. **On The Rocks: The Epidemic of Teen Drinking** tells real-life stories ... two girls who convinced their dads to help them host an 18th birthday party for a friend that turned into a drunken brawl, complete with police ... of alcohol-induced comas ... and other teen drinking escapades that led to accidents, crime and life-changing mistakes. Too often when there's alcohol, parents are present. Learn what you can do to stop the drinking trend. Watch **On The Rocks** with your family and start an important discussion, armed with facts, details of real-life situations, and expert opinion about teen drinking and its effects. No one wants their kids to spend their childhood drunk – and it's time to stop the trend.

Grades 5+ 22 min. 2007 DVD-4207

**Pack of Lies: the Advertising of Tobacco**

*Pack of Lies* reveals, with powerful insider information, the deception of tobacco industry claims that they do not seek to addict children to nicotine. It provides important analytical background from which to view the current debate.

High School/Adult 35 min. 1992 DVD-5119

**Painkiller Abuse: Out of Control**

There are many drugs that teens are exposed to everyday, but none are as readily available and concealable as painkillers. This makes them one of the most sought after drugs by today's youth. Painkillers can be anything from ibuprofen to oxycodone and can be as dangerous and addictive as heroin. Find out about the various types of painkillers ingested by teenagers. Also, discover the physiological and psychological signs of dependence. The consequences of addiction will be discussed along with ways to get help if you or someone you know is addicted.

Junior High School/High School 27 min. 2003 DVD-

**Party Smart: Avoiding Party Meltdowns (cc)**

This hard-hitting video profiles real kids and real parties that have spiraled out-of-control to teach viewers how to prevent party disasters. Whether it's throwing a party or attending one, excitement, anticipation, peer pressure and poor planning can often get in the way of a teenager's ability to make safe, smart decisions. Viewers listen and learn from teens, parents, prom promoters and law enforcement personnel. The lethal combination of unsupervised parties, alcohol, drugs, and in some cases, weapons, too often results in serious injury, property damage, arrests, and lawsuits. The second half of the program teaches SMART strategies to help teens plan safe celebrations. A SMART strategy is detailed:

- **Stay Safe:** Don't have or go to parties where there are drugs, alcohol or weapons.
- **Make a Plan:** Make a plan with parents, be sure they have all the information they need to have about the party you're throwing or the party you're going to.
- **Ask Questions:** Make sure you know the Who, What, When, Where and Why of the party.
- **Respect the Rules:** Decide what the house rules will be for your party or know the house rules of the party you're going to and respect them.
- **Think Fun:** Be creative and have fun. That's the point!

Grades 7-College 20 min. 2004 DVD-4149

**Pharm Parties: A Lethal Mix (cc)**

One of the newest and most frightening trends in teen drug experimentation are so-called "pharm parties"—where teens gather at someone's home, drop an array of pharmaceuticals (like Vicodin, Oxycontin or Xanax) into a bowl, then consume handfuls of this dangerous "trail mix." This eye-opening program allows viewers to hear from teens who nearly died after participating in pharm parties, as well as medical experts who identify the dangers of taking any medicines not specifically prescribed for you. Narcotics officers with first hand experience of pharm party overdoses give vivid descriptions of documented incidents. Viewers also learn what really happens when a human stomach is pumped as a last resort to avoid drug overdose. Program clearly demonstrates the extreme dangers of this rapidly escalating form of prescription drug abuse.

Grades 7-College 20 min. 2008 DVD-5125

**A Place to Call Home**

The Dave Thomas Foundation for Adoption and Children's Action Network are pleased to introduce a new, short film hosted by Henry Winkler. It features four heartwarming stories about families formed through foster care adoption – perfect for sharing with potential adoptive parents!

Adults 15 min. 2006? DVD-

**Play It Safe: Strategies for a Safe School Environment (cc)**

This video uses dramatic vignettes, real person interviews and teen hosts to help teach students that they are active players in creating a safe school environment. There are many subtle and often overlooked issues that make up a school's climate—gossiping, taunting, ignoring, labeling, isolating, teasing, intolerance, bullying, excluding—all can create an unhealthy atmosphere. While one act may not seem significant, the cumulative effects can be devastating. Viewers learn how important it is to refrain from negative behaviors, whether in school or on the Internet. Presents The Five Safe School Strategies: *Stay Alert*, *Identify Risks*, *Speak Up*, *Be Considerate* and *Participate*. Viewers also learn how to use their influence to encourage peers to follow these strategies. Often peers are aware of potential school violence and need to act responsibly and seriously when threats are made openly or off-handedly. Students will understand that they have significant ownership in a positive and safe school environment.

Grades 5-9 20 min. 2008 DVD-5129

### **Positive Discipline Without Shaking, Shouting, or Spanking**

The frustrations of raising a child can lead parents to discipline by shouting, shaking, or spanking, behavior that all too often escalates into abuse. InJoy's all-new *Positive Discipline* series shows parents a different way. Using real life scenarios, this video contrasts harmful, reactionary parenting with more effective, positive-parenting techniques that are proven to be healthier for kids. After watching this program, parents will be able to put these new skills into practice and bring harmony into their homes.

**Babies (birth to 1), v. 1 25 minutes**

**Toddlers (ages 1 & 2), v. 2 24 minutes**

**Preschoolers (ages 3-5), v. 3 27 minutes**

Ages 13-Adult 2004 DVD-2009

### **The Power Trip: Bullying in School (cc)**

This multidimensional video/DVD and teacher's guide explores middle school bullying from different perspectives that students will relate to and easily understand. Your students will hear from real teens who experienced bullying first hand as well as from students who have been the aggressors. Special attention is focused on understanding the different kinds of bullying and the differences between how girls and boys bully. Cheryl Dellasega, author of "Surviving Ophelia", describes relational aggression which is typical of how girls bully. Viewers also experience a workshop led by Dr. Michael R. Carpenter, a bullying prevention trainer, who coaches young teens on how to modify behaviors to achieve peaceful outcomes. Other topics explored include the difference between bullying and teasing, when you should tell an adult about being bullied, what bystanders can do to prevent bullying and how bullied kids can "stand up, step up and speak out" to stop bullying.

Grades 5-9 21 min. 2007 DVD-5128

### **Preparing for Parenthood**

Hosted by Whoopi Goldberg. This video explains the importance of prenatal care and shows expectant parents how to give their baby the best chance for a healthy start to life. The video includes information on:

- Forming healthy habits before and during pregnancy
- The importance of prenatal care
- How to prepare for your baby's birth
- How and where to get help with your questions

High School/Adult 32 min. 2002 DVD-2010

### **Preparing for Parenthood/Spanish**

Lili Estefan explains the importance of prenatal care and shows expectant parents how to give their baby the best chance for a healthy start to life.

High School/Adult 32 min. 2002 DVD-8018

### **Prescription & OTC Drugs: Misuse & Abuse**

This video is an examination of legal drugs and the pharmacological principles that determine effects, both desired and damaging. The video explores the idea that any substance can be a therapeutic drug, a psychoactive drug, or a poison, depending on the dose or interactions with other drugs. By visualizing the concepts of drug pharmacology, such as absorption, tissue dependence, and especially addiction, the dangers of misuse of specific drugs can be studied. The video focuses on legal psychoactive drugs, such as Vicodin and OxyContin, and the difficulties when trying to control pain with drugs. It also recognizes the problems with over-the-counter drugs, including cold and cough remedies, diet pills, and herbal supplements.

High School/Adult 35 min. 2004 DVD-339

### **Prescription Drugs: Killing More Than Pain**

When America entered the new millennium, it entered a new era in the world of drug abuse. From the streets of the cities to the secluded family homes in the suburbs, prescription drug abuse is a problem that's spilling out of pill bottles and into the lives of millions all across our country. Back in 2000, about 1.5 million Americans abused prescription drugs. Two years later, that number quadrupled – to more than six million. That's a 400% increase. Thousands of people die each year because they overdose on prescription medications. Many abusers think they're an FDA-approved high, while others become addicted after using powerful painkillers to treat legitimate pain. During this broadcast, learn how abusers are getting their drugs and how law enforcement, doctors, and pharmacists are fighting the problem. Hear from recovering addicts, treatment providers, doctors, robbery victims and more. Prescription drugs kill much more than pain. Aired 3/3/05 *Includes powerful PSAs at the end of the video.*

Adult 60 min. 2005 DVD-

### **Protecting You/Protecting Me: An Alcohol Use Prevention Curriculum (cc)**

This is the only elementary-school-level curriculum available that incorporates the latest research on children's brains and developmental risks associated with exposure to alcohol. Teaches students in grade 5 how their brains work and how alcohol puts their brains in danger. Also equips them with safety skills, including how to refuse a ride from an adult driver who is not alcohol-free, and how to reduce the risks when there is no option but to ride with a driver who may be impaired. Designed to reduce alcohol use and abuse among children and youth and reduce the incidence of their riding with impaired drivers.

The curriculum addresses eight topics: Our Brain, Growth and Development, Health and Safety, Rules and Laws, Friends, Choices and Decisions, Media Awareness, and Communication (especially with adults). Presents lessons in sequence, with the same topics repeated for each grade level with increasing sophistication paralleling cognitive and social development. Designed to be incorporated into the core school curriculum in health, language arts, social studies, math, and the fine arts. Also includes parental involvement activities.

Grade 5 12 min. 2003 DVD-4180

### **Psychoactive Club Drugs & Inhalants**

This video examines drugs that are popular on the current drug scene, e.g., "rave clubs," private parties, and individual use. The first section of the video focuses on

- **psychedelics** such as MDMA ("ecstasy"), GHB and GBL ("blue nitro"), LSD, psilocybin mushrooms, peyote, and ketamine.

The second part of the video concentrates on

- **inhalants** such as nitrous oxide, volatile solvents (glue, gasoline), and to a lesser extent, volatile nitrites.

The video emphasizes

- the reasons these drugs are used;
- the unpredictability of the response to psychedelic drugs especially when used together with other psychoactive drugs;
- the physiological and psychological effects of MDMA, GHB, and other psychedelics especially on mood and memory;
- the continued use and health consequences of nitrous oxide and petroleum-based inhalants;
- the impact of inhalants on the lungs, heart, liver, kidneys, blood cells, and brain;
- treatment options for bad "trips," overdoses, and polydrug use

Adult 53 min. 2002 DVD-170

### **Quit to Live: Fighting Lung Cancer (cc)**

ABC News' *World News Tonight* has partnered with the Centers for Disease Control and Prevention, the National Cancer Institute, and the North American Quitline Consortium to provide viewers with a comprehensive look at the leading cause of preventable death in America: lung cancer. This compilation of *WNT* segments reports on issues ranging from tobacco-related public health policy, to the latest medical advances in lung cancer treatment and prevention, to the efforts of smokers trying to kick the habit during National Lung Cancer Awareness Month. The 16 segments are The Power of Tobacco, What's in a Cigarette, Smokeless Tobacco, Marketing to Kids, Teen Smoking, Women at Risk, Lung Cancer, Detecting Lung Cancer, Addiction, The Quitting Drug, Smoking Bans, Settlement Spending, and Smokers' Video Diary, Parts 1 through 4.

Adult 56 min. 2005 DVD-3022

### **Rape: Get the Facts (cc)**

This documentary-style program presents the legal, medical, psychological and sociological facts about rape. Doctors, judges, social workers, detectives, victims' rights advocates, self-esteem experts, and rape survivors all contribute information, perspective, and analysis of this all-too-common crime. Among the compelling facts: an act of rape or sexual assault occurs in our nation nearly once every two minutes. More than half of all rape victims are under the age of 18. Most sexual assaults are NOT committed by strangers, but by someone whom the victim knows. This video explains that "date rape" is just as much a crime as other sexual assaults. Information is provided about the links between drugs, alcohol, and rape. Specific, practical guidelines for how to protect against rape and date rape are presented. Law enforcement professionals, medical personnel and psychologists take viewers on a step-by-step investigation of where, how and why rape occurs with the goal of informing viewers of the risks and providing strategies to avoid rape. Students will meet a woman whose unbelievable act of bravery put one rapist behind bars for good. And, a former NFL Quarterback now teaches young men a whole new set of attitudes about themselves and about their behavior towards women. This program is a must-see for all high school students. <http://www.rainn.org>

Grades 7-College 22 min. 2005 DVD-4181

### **The Real Deal! Anger Management for Adolescents**

A structured, video-based intervention for groups of six to eight students. Especially beneficial for working with tough-to-reach teens who have emotional and behavioral disorders. *The Real Deal* is an easy-to-implement, "plug and play" program that engages students in cognitive exercises for learning to recognize and correct thinking errors that lead to anger, active practice of social-behavioral skills through role-playing, and participation in progressive muscle relaxation exercises. The program features three training videos that focus on specific skills for controlling conflict.

**Takin' It, v. 1**

Receiving negative feedback or criticism from someone, usually an authority figure — a parent, teacher, or other adult.

Grades 6-12 2007 47 min. DVD-

**Givin' It, v. 2**

Expressing negative feedback such as criticism, disappointment, anger, or displeasure.

Grades 6-12 2007 38 min. DVD-

**Workin' It Out, v. 3**

Listening, identifying problems and possible solutions, suggesting alternatives, and working out a compromise.

Grades 6-12 2007 33 min.

**Reality Matters: Taking Care of Me**

Health is not just about physical bodies. How we feel about ourselves is just as important. In a world that celebrates looks, achievement, money and possessions, it's our emotional health — who we are on the inside — that will ultimately determine our happiness. The teen years are an especially vulnerable time filled with questioning and self-doubt as well as a great deal of stress. This video will explore the many influences and experiences that shape an individual's emotional health, as well as specific tools for managing stress and maintaining a positive self-image.

Grades 6-12 24 min. 2003 DVD-5086

**Reality Matters: Under the Influence**

This program sends a strong anti-alcohol message to underage drinkers and sober adolescents alike through the firsthand experiences of teens, most of whom started drinking in junior high. Their collective story begins with the social, environmental, and genetic factors that led them to it; it continues through a destructive cycle of alcohol-motivated choices, such as fighting, stealing, and DUI; and ends in rehab, though their scars—for one, the knowledge that he almost killed his best friend in a drunken car wreck; for another, the awareness that she was sexually assaulted after passing out at a party—will be with them forever. Also, alcohol's stunting effect on the learning center of the brain is described. A Discovery Channel Production.

Grades 6-12 30 min. 2003 DVD-4150

**Recovering Hope: Mothers Speak Out About Fetal Alcohol Spectrum Disorders**

Recovering Hope is an intimate and inspiring hour-long video about Fetal Alcohol Spectrum Disorders (FASD). The video, created for viewing by women in recovery and their counselors, is divided into two half-hour episodes to allow time for discussion within a treatment session. Viewers will learn that FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis. Fetal alcohol syndrome (FAS), a clinical diagnostic term included under FASD, describes a pattern of growth retardation, facial anomalies, and brain damage. Persons who do not have all three of these characteristics still can be severely affected. None of these problems can be cured. But all of them can be prevented. FASD is caused solely by prenatal alcohol exposure. It cannot be inherited.

High School/Adult 60 min. 2004 DVD-4129

**Reflections From the Heart of a Child**

Encourages children to open up to new possibilities – by identifying with another child's vision of parental addiction. Helps children resolve feelings of confusion, loneliness, and fear by removing traditional cloaks of secrecy and shame. Dramatizes the nature and effects of survival roles, as they are passed through chemically dependent generations.

Elementary School/Junior High School 30 min. 1996 DVD-4095

**Reporting Child Abuse: Care Enough to Call**

This video is designed to educate families, volunteers, employees, and all citizens on Idaho's child abuse reporting law.

Adult 10 min. 2006 DVD-2013

**Reunited: Regaining Child Custody**

A 25 minute video presenting crucial ASFA (Adoption and Safe Families Act) information to new parents entering the child welfare system. The information is presented by parents who lost their children largely due to methamphetamine related problems, got into recovery and regained custody of their kids. Produced by Eric Martin, M.A., CADC III, Jay Wurscher, CADC II and the Oregon Department of Human Services.

Adult 25 min. 2005 DVD-

**Rushing, Crashing, Dying: the Meth Epidemic (cc)**

Program takes viewers on a tour of the disastrous consequences of methamphetamine abuse. Going beyond the health risks of this increasingly popular drug, recovering meth addicts describe damage to family relationships, burns and disfigurement from lab explosions, and the problems they face finding work or completing school. Beginning with a police raid on a lab, this documentary-style video/DVD interviews law enforcement authorities, hospital ER doctors, social workers, and recovered addicts and their families, to show the horrors of meth abuse. Viewers learn how meth destroys the brain and body of users, how meth lab toxins poison children living in and near the meth labs, how police, emergency services, and social services are overwhelmed by the epidemic. The wide path of destruction cut by meth abuse is vividly portrayed...the personal costs to meth addicts and to society...of unfulfilled dreams, destroyed lives, broken families and devastated communities.

Grades 7-College 26 min. 2006 DVD-5097

**Safe Side: Internet Safety**

John Walsh (host of America's Most Wanted) and Julie Clark (founder of The Baby Einstein Company) are back, following up their Emmy-award winning 'Stranger Safety' video with a hilarious new adventure through the virtual world of the Internet with 'Internet Safety.' This new DVD is a kid-friendly field trip through the world of E-mail, downloads, pop-ups and chat rooms that looks at the serious issues that can arise if kids don't rely on their Safe Side Adults. Viewers will join Safe Side Superchick as she finds herself in laugh-out loud situations that spoof shows like Lizzie McGuire and [The Crocodile Hunter](#). Joining her are two goofy new characters, brother Danger Dude and her dad, Cautionary Dale. Also along for the ride is the animated Clicky, a character designed by NetSmartz, a division of The National Center for Missing & Exploited Children. This light approach to the difficult topic of Internet safety talks *to* kids, not at them. Along with giving children an understanding of potential dangers, The Safe Side 'Internet Safety' video helps them understand what to do if dangerous situations should arise on the Internet. Guaranteed to be enjoyed by its viewers, this video is the perfect way for parents to discuss this difficult topic with their kids.

Grades 2-6 26 min. 2007 DVD-5130

**Scaling New Heights – The Change Journey/PART 2: Venturing Out & Back**

The change journey continues in Part II: Venturing Out & Back with the application of change stages and processes to community change. The first broadcast supported learning from the inside out, i.e., how change happens within ourselves so we can better understand how change happens for others. Like individuals, communities and organizations have a change attitude. We often talk about it in terms of community norms. Once we have successfully raised awareness, change agents and communities often find themselves uncertain about what to do next to continue movement and build momentum for changing norms. This broadcast will provide insights into useful strategic processes applied at key change stages. Using these processes at the most appropriate time can catalyze community action. Aired 4/12/05.

Adult min. 2005 DVD-431

**Scaling New Heights – The Change Journey/PART 3: Reaching the Summit**

Reaching the Summit, the third and final broadcast in the Change Journey series, focuses on applying the model to real change initiatives in communities, organizations and agencies. Aired 5/10/05.

- How does this way of thinking inform prevention planning?
- What about readiness for change?
- What strategies and techniques would we use?
- How do I determine which strategy is best to use?
- Where does the data fit?
- How does this way approaching prevention support prevention systems?

Adult 120 min. 2005 DVD-432

**The Science of Mental Illness/Like Any Other Kid (Lesson 5) (cc)**

Students watch a video of people telling about their experiences with a mental illness. Through a class discussion, students compare and contrast the life stories they saw to reinforce how mental illnesses are biological illnesses that affect a person's thoughts, feelings, and behaviors but that can be treated so that individuals can function effectively in their everyday lives. Workbook included.

Grades 6-8 24 min. 2004 DVD-6003

**Secondhand Smoke: Triumphs and Tragedies**

Secondhand Smoke: Triumphs and Tragedies is a 10-minute video that puts a human face on the issue by telling the stories of six individuals whose health was affected by secondhand smoke and/or who led local efforts to make workplaces and public places smoke free. The video also tells the stories of three communities that successfully implemented smoke-free policies. The video won the Gold Aurora and Silver Telly awards.

High School - Adult 10 min. 2006 DVD-3025

**Self-Esteem: Building Strengths (In the Mix Series)**

Three key strengths -- physical, mental, and emotional -- are important to a healthy self-esteem. In this episode, *In the Mix* follows teens as they participate in a special strength-building program of challenging activities and workshops. On hand are experts to answer questions, and celebrity role models such as athletes Tiffeny Millbrett and Lisa Leslie, who give personal advice on setting goals, coping with mistakes, negative thinking, bullying, choosing friends, dealing with emotions, problem solving and other big issues. Guys and girls also speak out about the pressure to fit in and other stresses.

Grades 7-12 30 min. 2002 DVD-5087 Spanish subtitles

**Selling Children: How Media Affects Kids**

The 31.6 million kids in America today represent the largest generation in U.S. history. These kids – who collectively spend \$200 billion each year on products and are a major target for advertisers and marketers – are recipients of a “marketing campaign that never stops.” Messages about body image, self-worth and sexuality are everywhere in advertising. What is their impact on the health and well being of children and teens – and their parents’ wallets? Experts agree that too often television, music lyrics, movies – and the advertising messages surrounding them – sell discontent, playing upon our children’s youthful vulnerability. They say that media literacy, learning to understand these messages, can actually help kids learn to think for themselves. What can you do to help your children understand the power of the media – and become more critical thinkers? Watch **Selling Children: How Media Affects Kids** with your kids and learn ways to help kids become more aware of the underlying messages: how to decode them, question them and, ultimately, understand them.

Families/Grades 5+ 21 min. 2007 DVD-5126

**Set-Up for Relapse**

In this video, Michael Johnson addresses the relapse dynamics of the addicted offender. He explains the role of family and peer relationships in association with relapse. How boredom and a lack of activities can serve as a set-up. He will explain how many in recovery have looked at sobriety as a "temporary" experience, only to be engaged in while incarcerated, or on probation and parole. This open, in your face presentation also addresses numerous other pitfalls associated with relapse. *Viewer discretion is advised.*

Adult 30 min. 1999 DVD-169

**Skills for Healthy Living: Weighing the Risks (cc)**

Presents teenagers recounting their experiences with the pressures to try drugs and alcohol, sparking discussion on different ways to say no.

Grades 10-12 30 min. 2006 DVD-4172

**Slim Hopes: Advertising & the Obsession with Thinness**

Jean Kilbourne's award-winning video offers an in-depth analysis of how female bodies are depicted in advertising images and the devastating effects of those images on women's health. Addressing the relationship between these images and the obsession of girls and women with dieting and thinness, *Slim Hopes* offers a new way to think about life-threatening eating disorders such as anorexia and bulimia, and a well-documented critical perspective on the social impact of advertising.

*Slim Hopes* is a lively and engaging program suitable for a wide range of audiences at high schools, colleges and universities. Using over 150 ads, it informs as it entertains, allowing viewers to build an analytic framework for considering the impact of advertising on women's health.

High School/Adult 30 min. 1994 DVD-5120

**SMASHED: Toxic Tales of Teens and Alcohol**

Through often-graphic hospital footage and personal interviews with several teens and their grief-stricken families, *SMASHED: Toxic Tales of Teens and Alcohol* is a cautionary documentary that explores in heartbreaking detail the sudden devastation that a drinking and driving accident can bring – and how difficult that road to recovery (which is often only partial, at best) can be, if one is lucky enough to survive. *Viewer discretion advised.*

High School/Adult 78 min. 2002 DVD-4133

**Smoking: Getting Ready to Quit (cc)**

In this video, smokers learn how to create their personal plan for quitting. The program examines why people smoke, why they may want to quit, how they can identify their personal triggers to smoke, and introduces nicotine replacement, as well as non-nicotine replacement therapies, to aid in quitting. It encourages people to make a diary of their smoking behavior and to set a quit date. Potential relapse situations are also covered.

High School/Adult 15 min. 2007 DVD-3092

**Smoking Out the Truth: Teens and Tobacco (cc)**

This video focuses on the illusions and misconceptions surrounding teen smoking, exposing the faulty reasoning that leads kids to start or continue the habit. It also offers several rock-solid motives to quit or abstain—and strategies for doing so. Taking a proactive, student-driven approach, the program features myth-busting classroom presentations delivered by smoking and nonsmoking students alike. Topics covered include the methods and mind-set behind teen-targeted cigarette advertising, the ways that nicotine and tobacco damage health and personal appearance, and the fallacy of claiming, “My parents don’t care if I smoke” or “I can quit whenever I want to.” Use this video to show teenagers—among the most vulnerable of media consumers—how to see through Big Tobacco marketing schemes and dead-end peer pressure. **2006 Bronze Telly Award Winner!**

Junior High School – High School 22 min. 2006 DVD-3027

**Smoking: Truth or Dare? (School Version) (cc)**

Six thousand American teenagers light a cigarette for the first time every day. Today, the number of teen smokers in the United States is the highest it’s been in two decades. A total of four and a half million teens smoke or chew tobacco. Despite increased education in the classroom about the very real dangers of tobacco use, many teens still are not getting the message. They may be aware that smoking or chewing tobacco has dire consequences, but they do not believe or care that they, too, will become part of the statistics: every year, smoking kills more people than AIDS, drug abuse, car accidents and murder – combined. *Smoking: Truth or Dare?* is a powerful program that graphically demonstrates to teens that use tobacco exactly what this deadly habit is doing to them. The damage smoking or chewing tobacco does to their bodies is not just something intangible that they might have to face forty or more years down the road. These young people are suffering the deadly effects of their tobacco use right now, and the consequences will only get worse.

Junior High School – High School 52 min. 1998 DVD-3050

**Something Stinks in Hollywood!**

Menu-driven DVD includes fifty smoking scenes from recent movies organized by theme; printable discussion guide; background information about smoking in movies and its impact; and ideas students can use to end smoking in youth-rated movies. Designed for the classroom, movie samples and graphic charts are provocative for any audience exploring the power of tobacco imagery.

Grades 6-12 2005 DVD-ROM-3069

**Spin the Bottle: Sex, Lies & Alcohol**

*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.

High School - Adult 45 min. 2004 DVD-4127

**Stages of Family Recovery (cc)**

For families, the pain of living with a loved one’s addiction can lead to shame, secrecy, and isolation. *Stages of Family Recovery* is an encouraging, empowering video that lets families know they’re not alone- and that recovery is possible. Teens, parents, and grandparents share stories of despair and hope, helplessness and optimism. Clinical insights from Stephanie Brown, Ph.D., help families progress through stages of recovery.

*English & Spanish Subtitles*

Adult 36 min. 2005 DVD-515

**Steroids: True Stories**

Stay strong naturally. Boston Red Sox pitcher Curt Schilling talks about anabolic steroid use. Craig and his parents describe their five-year “nightmare.” Craig’s sister urges others to seek help if someone they care about may be using steroids. Nate, 18, builds his strength naturally. Roberto Olivardia, Ph.D., Harvard Medical School answers FAQ.

High School 20 min. 2006 DVD-

### **Stop Bullying...Take a Stand!**

Hosted by Erika Harold, Miss America 2003, herself a victim of severe harassment, this solution oriented program presents a comprehensive and multifaceted approach to preventing bullying. Her personal story and advice is interwoven with compelling personal stories of teens who have also been bullied. A visit to Olney, MD follows high school peer educators as they work with middle school students to produce PSAs showing what bystanders can do when they see someone being bullied. Everyone involved gains awareness about the various forms of bullying and harassment, and in the process, changes their own attitudes and behavior. It also focuses on the widespread problem of cyberbullying, with an AOL consumer advisor giving parents and teens practical advice about how to deal with online harassment. The program's approach and information is based on the latest research and recommendations of HRSA's (Health Resources and Services Administration)Take a Stand. Lend a Hand. Stop Bullying Now! Campaign. *Video Librarian* \*\*\*

[http://www.pbs.org/inthemix/shows/show\\_bullying.html](http://www.pbs.org/inthemix/shows/show_bullying.html)

Grades 8-12 30 min. 2004 DVD-5127

### **Stop Smoking Now: Reasons Not To Smoke When You're Pregnant**

When you're pregnant, everything you eat, drink and breathe affects your health and your baby's health. So when you smoke, your baby does too. Quitting smoking is one of the most important things you can do for your baby. When you stop smoking, you:

- increase the amount of oxygen your baby will get;
- lower the risk that your baby will be born too early; and
- increase your chances of having a health baby

No matter how long you have been smoking, quitting smoking also benefits your health, gives you more energy, and lets you feel good about what you've done for yourself and your baby. This video provides support, guidance and information about resources to help you resist the urge to smoke. Hosted by Rob Reiner.

High School - Adult 20 min. 2003 DVD-3080

### **Sudden Impact: Drunk Driving (cc)**

This story is a cautionary tale. There are more deaths from drunk driving crashes on New Year's Day than on any other day of the year. When they are reported, the journalistic shorthand often goes something like this: "One dead, four injured in car crash. Drunk driving suspected." And then that's the end of it, a story briefly reported and quickly forgotten. But we wondered, what happens after the news coverage stops? How do the victims and their families fare? What is the emotional toll? What are their financial costs? A little more than two years ago, we started tracking one such case. As you're about to see, "One dead, four injured" doesn't even begin to tell the story about the trauma to the victims, or as we discovered, to our surprise, how much all the rest of us pay.

Grades 7-College 44 min. 2003 DVD-4128

### **Surviving Peer Pressure: You Can Do It! (cc)**

For teens and pre-teens, staying true to oneself can be a tough act to pull off. This program, presented in a drama format, presents five scenarios where teens are asked to make critical decisions in typical peer pressure situations – whether to raid a liquor cabinet when the parents are not home, teasing and bullying a vulnerable kid out of sight of teachers and parents, excluding a girl from their regular lunch table, being pressured to shoplift in a local mall and being tempted to cheat on an exam because other teens got advance copies of the test. In each scenario, the action stops at a critical juncture and students review six steps to making the right choice: listen to your inner voice, what would you do if you were alone, take a time out, imagine your parents are watching you, is it against the law and finally, is it worth the risk?

Grades 5-9 22 min. 2006 DVD-4210

### **Tales from the Prom: The Good, the Bad, the Ugly (cc)**

A teen's prom can be one of the most memorable nights of a lifetime—as well as one of the most regrettable. Prom night often finds teens pressured to engage in underage drinking, illegal drug use, unprotected sex or more. This video turns its lens on a wide range of real teens and their prom experiences—from the most positive moments to events gone horribly wrong. Sends a straightforward message of planning, communicating with parents, setting personal limits, and establishing a "safety net" plan before the prom. Law enforcement and medical emergency workers weigh in on prom night hazards and their consequences. This sharp, honest look at the risks and rewards of prom night helps make students and parents "prom ready" by knowing the facts, the problems and strategies for a safe and fun prom.

Grades 7-12 20 min. 2009 DVD-4213

**TARGETED! How Tobacco & Alcohol Companies Try to Get You Hooked (cc)**

The tobacco and alcohol industries are famous for their attempts to target teenagers, most of whom are too young to legally purchase their addictive products. By targeting young audiences, these industries hope to recruit a new generation of faithful customers, despite the potential harm that their products may cause. This video explores the phenomenon of targeting young consumers, and will surely be an eye-opener for students who may prefer to think that they're not being manipulated by ads and media images. Whether they're selling cigarettes or alco-pops, these industries are intent on convincing vulnerable teen consumers to risk their health and future by experimenting with these addictive and potentially deadly products. Targeted! unveils some of the most common "tricks of the trade" that tobacco and alcohol companies use to market their products. Follow-up activities in the Teacher's Resource Book will lead students into a further exploration of the tricky realm of alcohol and tobacco marketing strategies.

Grades 7-College 24 min. 2004 DVD-3084

**The Teen Files Flipped/The Reality of Drug Use (cc)**

A group of four teens – Carissa, Kriss, Stephen and Crystal – all use marijuana regularly. Although their drug use causes problems they each profess that smoking weed is their hobby and their passion. When they are "flipped", each must confront his or her drug use in a different way. Arrested for being under the influence and convicted of drug trafficking, Stephen is sent to a treatment facility for a term of up to 18 months. Kriss, who believes driving under the influence is an acceptable risk, is the driver in a DUI car wreck. Transported to hospital, he learns he's been "paralyzed for life". Carissa is thrown out of her home by her tough love Mom, stays at a hostel for homeless teens, then "overdoses on methamphetamines and dies". Crystal, the "ringer" in the group has a real-life story: her brother Caleb did die of a drug overdose. The teens react strongly to their dramatized situations, vowing they don't want to see any of this happen for real. An Arnold Shapiro/Allison Grodner Production.

Grades 8-12 21 min. 2001 DVD-4173

**The Teen Files Flipped/Tobacco (cc)**

Following the award-winning, uncompromising Teen Files series comes another in-your-face series geared to teens: The Teen Files Flipped. In this program, The Teen Files Flipped: Tobacco we explore the themes of addiction and the dangers of tobacco through the lives of two ambitious teenagers. Kyle, a self-proclaimed "nicotine freak" dependent on smokeless tobacco, hopes to become a professional baseball player, while Ashlee, a chronic cigarette smoker, hopes to make it as an actress in Hollywood. Each of them is unconcerned about their virulent habit, declaring themselves to be "invincible". For 24 hours, reality is controlled and belief is suspended as these two teenagers find their worlds upended and "flipped". Believing they've won an opportunity to live out their fantasies, they instead discover the destructive realities of tobacco as they watch their lives go up in smoke. This reality-based program brings a new twist to teaching students about the dangers of tobacco. An Arnold Shapiro/Allison Grodner Production.

Grades 8-12 21 min. 2002 DVD-3087

**Teen Truth: An Inside Look at Bullying and School Violence (cc)**

This multi-faceted production weaves together several dramatic strands, creating a unique and candid view of how bullying directly correlates to the rise of school violence in schools. In one strand, viewers follow a fictionalized story of a confused teenager toting a backpack as he rides a bus to school. Through his narration we learn of his inner frustrations and it becomes increasingly clear that he is armed and prepared to use his concealed weapon. In another strand, we see and hear the voices and pictures of real teens videotaping and questioning their own peers about the devastating effects of bullying and violence in and around their schools. Viewers experience the Columbine disaster, through live voice recordings of parents, teachers and students talking to 911 operators as the disaster occurred. Finally, viewers hear from experts and students about the best ways to combat bullying and school violence while the story of the armed young man riding the bus takes a surprising twist. A detailed teacher's resource book provides activities, work sheets, fact sheets and resources to aid in the struggle to stop bullying and school violence.

Grades 7-12 24 min. 2006 DVD-5124

**Teen Truth: An Inside Look at Drug and Alcohol Abuse (cc)**

This compelling video, much of it shot by teens themselves, weaves together footage of real drug addicts in recovery, with teens who have casually experimented with drugs and alcohol. The program incorporates driving music, memorable graphics and raw imagery to contrast the addicts' life threatening addiction with the dangerous path that casual young drug users are unwittingly pursuing. The addicts' emotional stories provide sobering proof of how drug and alcohol experimentation can lead to drug dependence and broken futures. The result is an explosive, thought-provoking journey that will inspire viewers to seriously consider the consequences of their decisions. Throughout the video, a repeating graphic challenges students with this question: "What are you willing to lose?"

**This film contains scenes depicting illicit drug use and graphic images. Viewer discretion is strongly advised.**

Grades 7-College 21 min. 2007 DVD-4198

### **Teens and Party Drugs: Dying for a Good Time**

The term, party drugs, makes the substances that fall into this category sound much more innocuous than they are. In actuality, some of these drugs can kill a user on his or her very first dose, so don't let anyone fool you into believing that as drugs go, they're fairly safe to use. Arm yourself with the knowledge you need to help combat the social pressures you may feel to experiment with these deadly substances. Ecstasy, Rohypnol, GHB, LSD, Psilocybin Mushrooms, 2C-B, Ketamine, Laughing Gas.

Junior High School/High School 32 min. 2004 DVD-5057

### **Teens Dealing with Death**

Maybe it's hearing about friends, driving home from a dance, who get into a car wreck that no one survives. Or a fellow student—the one who wears a bandanna to hide what chemotherapy has done to her hair—one day fails to show up for homeroom. Or an announcement over the school's PA system: "There will be a memorial service this afternoon..." For many young people, this will be their first exposure to death. How can teachers and school administrators help guide them through the experience? This program features Camp Comfort Zone, in Virginia, where viewers meet teens who have come to spend a weekend of talking, enjoying the outdoors, and sharing their grief over someone they've lost. The stories range from suicide, to sudden death, to terminal illness, and as the camp weekend progresses, viewers see how veteran campers help first-timers release their feelings. As healing and personal growth continue, an amazingly positive spirit, in most cases, actually overshadows the sadness. *Teens Dealing with Death* includes expert advice from Dr. Elena Lister, clinical assistant professor of psychiatry at Cornell University Medical College, New York City, and the collaborating psychoanalyst at the Columbia Psychoanalytic Center as well as the co-author of *I Will Remember You: A Guidebook Through Grief For Teens*. Dr. Lister shares her own personal experience of losing her daughter and offers suggestions on where teens can go for support and help in their communities.

Grades 6-12 29 min. 2004 DVD-5088

### **That's So Rude! 10 Rules of Common Courtesy (cc)**

Teens deserve a school climate that is safe, respectful and friendly. This program presents strategies to teach and reinforce civility and common courtesy in and out of school. Scenarios range from classroom behavior to cyberspace etiquette, use of cell phones, interrupting, wise-cracking, public behavior and language, courtesy to teachers, and respect for people and property. Using dramatic vignettes, viewers learn to identify rude behavior and stop it. Viewers also learn strategies for interacting with teachers, parents and all adults to encourage positive, comfortable outcomes. As students become more conscious of the negative impact of rude behavior on both themselves and others, they see that using good manners demonstrates self control and maturity. Give your middle school students a clear understanding of how treating others with kindness and respect is a source of personal power and self-esteem, as well as the right thing to do.

Grades 5-9 18 min. 2006 DVD-5132

### **Think Before You Click: Playing It Safe Online (cc)**

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.

Grades 5-9 24 min. 2008 DVD-5123

### **Think Twice: Marijuana and Cancer (cc)**

This vivid program points out new research that links marijuana smoking with head and neck cancers in addition to the already known risk of developing lung cancer. The video tells the story of a young man, whose chronic marijuana smoking developed cancer of his tongue, neck and jaw and who is now permanently disfigured. Video also reveals the recent research of Dr. Paul Donald who has been studying head and neck cancers in young people. Pictures are shown of many young marijuana smokers who subsequently developed similar cancers. Another physician displays chest x-rays of young marijuana smokers who have developed life-threatening lung cancer. After viewing this video, viewers will think twice before lighting up a joint.

Grades 7-College 20 min. 2002 DVD-226

### **This Is Your Brain on Alcohol**

Charismatic high school students present to middle school students some groundbreaking information about the effects of alcohol on developing brains. New studies show that the brain is a complex organ that builds its basic capacities and potential for the future during adolescent years. Alcohol use during this time has a major impact because it disrupts the growing brain's plasticity (encoding and programming progress), which in turn impairs its response to stimuli essential to learning and memory. There is now evidence that the brain continues to develop until the age of 24, three years past the "legal" drinking age. The message to middle school students in this peer education video is clear: Alcohol use is not healthy and not cool; most kids do not use it; and those who do risk irreversible damage to their developing brains.

Grades 5-9 23 min. 2004 DVD-4152

### **This Is Your Brain on Tobacco: A Research Update (cc)**

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.

Grades 7-College 16 min. 2009 DVD-3089

### **This Place**

A 15-minute film that dramatically captures today's youth drinking culture. This film shows the alcohol-saturated environment kids are exposed to and the impact of underage drinking. THIS PLACE offers a glimpse into communities that are taking action to reduce alcohol problems. You can watch this video online at <http://www.faceproject.org/thisplace/index.html>

Parents 15 min. 2005 DVD-4141

### **Through My Eyes**

"Through My Eyes" features Mecklenburg County (North Carolina) teens and their families sharing their own emotional and mental health challenges, and how they are able to draw on their successes to overcome these challenges. The film also aims to stamp out stigma, raise awareness and improve community-wide support for youth who struggle with various challenges. Those challenges could range from anxiety disorders, depression, eating disorders, ADD, ADHD and others.

High School 28 min. 2007 DVD-6004

### **Through the Eyes of the Child**

This is an introductory video presenting the issues related to the foster care system and special needs adoption with an emphasis from the perspective of the children. This video is targeted toward individuals and groups focused on permanency for children waiting in the foster care system.

Adult 20 min. 1997 DVD-

### **Time Out on Anger: Learning Self-Control (cc)**

Through four dramatic vignettes, students learn the basics of anger management. Easy-to-use tips include stop and think, take deep breaths, count to ten, talk about your feelings and more. Each vignette models ways kids can find alternate solutions to their problems that don't involve violent or impulsive behavior. Viewers learn how important it is to talk about angry feelings instead of holding them inside, and are encouraged to transform their anger into something productive-by using their angry energy to try harder instead of giving up. Program emphasizes concrete communication skills and conveys a clear message: although it's okay to have angry feelings, it's never okay to react with anger by hitting, yelling or breaking things. Students are sure to learn new ways to find healthy, productive solutions to their problems. Teacher's Resource Book includes activities designed to reinforce the concepts and skills demonstrated in the program.

Grades 3-6 16 min. 2006 DVD-5116

### **To Be a Father**

Hosted by Ray Romano, this video features information on what fathers can do to help promote and participate in their young children's healthy development. Learn how your role as a father can have an enormous impact on your children- from how well they succeed in school to how they get along with their friends. You'll also hear from men who talk about the rewards of being close to their kids. This video provides information on:

- How fathering begins even before the baby is born
- How dads can connect with their children right from the start
- What fathers can do to foster a close relationship with their children- even when they live miles apart
- How fathers can overcome the challenges of parenting under special circumstances, like separation or divorce.

High School/Adult 29 min. 2003 DVD-2012

**To Be a Father/Spanish**

Hosted by Antonio Banderas, this video features information on what fathers can do to help promote and participate in their young children's healthy development.

High School/Adult 29 min. 2003 DVD-8019

**Tobacco and Death: Perfect Together (cc)**

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. The program opens bleakly in a morgue and crosscuts with interviews of smokers dying from head and neck cancers, lung cancers and heart disease. In each case, viewers learn the terrible toll of smoking, chewing, and second-hand 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. A powerful section entitled “The Top Ten Ways Tobacco Kills You” takes a hard look at the devastating health issues caused by tobacco.

Grades 7-12 20 min. 2006 DVD-3088

Spanish DVD-8023

**Tobacco 101: Smoking Is A Family Matter**

This new DVD will prove to be an educational tool that will help inform the Latino community about the health consequences of using tobacco and the benefits of quitting. Great for individuals and organizations serving your community!

Junior High School/High School/Adult 8 min./8 min. 2004 DVD-3076 Spanish/English

**Too Much: The Extreme Danger of Binge Drinking (cc)**

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.

Grades 7-College 20 min. 2006 DVD-4174

**The Top Ten Myths About Alcohol and Drugs (cc)**

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. Includes an Interactive Quiz on the DVD.

*The scratchy film technique gives the edginess of an old documentary.*

Grades 7-College 20 min. 2007 DVD-4182

**The Totally Disgusting Tobacco Gross Out Video (cc)**

As the title suggests, this video goes for the gross-out factor, presenting students with a graphic look at all things vile and disgusting (and there are many!) about using tobacco products. The story revolves around Josie, a middle school student who is preparing a video on the dangers of tobacco use for a health class assignment, despite the disbelieving attitude from her peers—including her boyfriend, Miguel, a smoker himself. As she develops her video project, she shows her friends clips of hairy tongues, yellow teeth, dripping phlegm, oozing tar, diseased lungs, laryngectomies (neck breathers), wrinkled skin, cancerous tumors and more, until they just can't take it anymore. Not for the fainthearted, this video's imagery will linger long in students' minds and remind them to never consider using tobacco products.

Grades 5-9 18 min. 2007 DVD-3090

### **Tough Guise: Violence, Media & the Crisis in Masculinity**

While the social construction of femininity has been widely examined, the dominant role of masculinity has until recently remained largely invisible. *Tough Guise* is the first educational video geared toward college and high school students to systematically examine the relationship between pop-cultural imagery and the social construction of masculine identities in the U.S. at the dawn of the 21st century. In this innovative and wide-ranging analysis, Jackson Katz argues that widespread violence in American society, including the tragic school shootings in Littleton, Colorado, Jonesboro, Arkansas, and elsewhere, needs to be understood as part of an ongoing crisis in masculinity. This exciting media literacy tool-- utilizing racially diverse subject matter and examples-- will enlighten and provoke students (both males and females) to evaluate their own participation in the culture of contemporary masculinity.  
High School/Adult 56 or 87 min. 1999 DVD-5121

### **Transformation Through Partnerships: Systems Change To End Chronic Homelessness**

The DVD video series, *Transformation Through Partnerships: Systems Change To End Chronic Homelessness* presents the real-world stories of two cities as they implement strategic planning to coordinate services and collaborate with other organizations. The films chronicle two community organization's efforts to end chronic homelessness. It follows the organizations as they craft internal and external partnerships to leverage resources to effectively meet the multiple needs of persons who are homeless and have mental illnesses and substance abuse disorders. Included in the DVD package are guides for using the videos as planning tools in the community.

The DVD contains three videos:

**Overview**, which provides a summary of the key concepts for strategic partnering as they are illustrated in the videos.

**Ending Chronic Homelessness: DESC's Strategic Partnerships**, featuring the Downtown Emergency Services Center in Seattle, Washington.

**Transformation, Recovery and Revitalization: Project Home's Community Partnerships**, featuring Project HOME in Philadelphia, Pennsylvania.

Adult 71 min. 2007

### **True Stories**

The disturbing issue of "acquaintance rape" (also known as "date rape") is brought to life in this powerful short film. Two female high school students and the two boys who raped them describe their behavior and feelings before, during and after the attacks. One young woman, Melanie, innocently goes to a fellow student's house to study and when he does not pay attention to their studies, she gets up to leave. To her horror, the young man attacks her, asking her what she expected by coming to his house. She does not hesitate to press charges against him and he is convicted. The young man is sent to prison, full of resentment that his life has been ruined. Another student, Vera, attends a party where she has too much to drink and passes out in the bathroom. Joe, a young man who had been flirting with her earlier, attacks her. She fights back but to no avail. Afterwards, Vera tries to forget the incident but when she hears that he has attacked another student, she presses charges and Joe is sent to prison. This film shows that date rape is not a prank, but a crime with serious consequences. Although dramatized, *TRUE STORIES* has a "real life" feeling. It demonstrates the long-term impact of date rape on the perpetrator as well as the victim.

High School 14 min. 2002 DVD-4135

### **The Truth About Drinking**

Alcohol kills more than five times the number of people killed by cocaine, heroin, and every other illegal drug combined. Yet for today's teenagers, alcohol is the number one drug of choice. It is considered "cool" by many teens to drink as much as they can in social situations involving their peers. Few if any of these young people think about the consequences. In this program, teens that are current drinkers see firsthand what the future may hold for them if they continue to drink. They experience the potential consequences of alcohol use from every perspective, including: how drinking impairs a person's coordination, vision, and reaction time; how the brain and other organs suffer lasting damage from alcohol use; how a drunk person really drives; and how drinking can lead to spending months in a rehabilitation center. The program culminates in a realistic simulation of the "deaths" of three participants who got into a car with a fourth who was driving drunk. The teens watch videotape of their parents' reaction to the news. The driver is then "booked" and sent to prison. The three victims visit the coroner's office to learn of the fatal injuries each suffered in the crash. Finally, the foursome attend the funerals of the three that "died" in the crash and listen as their parents read farewell tributes to their children. By the close of the program, all of the young participants are moved to stop their reckless drinking behavior.

Grades 8-12 34 min. 1998 DVD-4110 46 min. version DVD-4111

**Underage Drinking: Know the Facts, Know the Risks (cc)**

This no-nonsense program lays out the straight facts about underage drinking. Alcohol abuse is responsible for 100,000 deaths in the U.S. each year — deaths resulting from drunk driving, alcohol poisoning, fetal alcohol syndrome, cirrhosis and even from alcohol-related cancers (esophageal, liver, colon). The program clearly spells out the dangers and the risks of underage drinking while also providing new information on how the adolescent brain can be permanently damaged by alcohol. *Underage Drinking* also explores the risky trend of binge drinking, which results in thousands of teens being treated in the emergency room each year for alcohol poisoning. There is also a segment on the legal and social dangers of throwing unsupervised parties in which alcohol is served to minors. The video makes it clear that teens should adopt a no-use policy towards this dangerous and addictive drug. Teacher's Resource Book provides compelling lessons and activities on alcohol-related topics such as binge drinking, addiction, alcohol overdose and more.

Grades 7-College 27 min. 2004 DVD-4136

**Understanding Fetal Alcohol Syndrome (cc)**

In this video, viewers meet Jodee, a teenager who is afflicted with Fetal Alcohol Syndrome (FAS) because her mother drank alcohol during her pregnancy. FAS represents a spectrum of physical and emotional disorders that occur because of alcohol poisoning before birth. Jodee tells her story, supported by powerful graphics revealing how the developing fetus is damaged by alcohol. The signs and symptoms of FAS are described, including low birth weight, facial abnormalities, reduced coordination, poor social skills, learning difficulties and behavioral problems. Jodee's lifelong difficulties are a direct result of her mother's alcohol use. This program delivers a strong "no alcohol use" message to pregnant women.

Grades 7-College 20 min. 2008 DVD-4208

**Uppers and Downers: the Facts About Stimulants and Depressants (cc)**

Hard-hitting docudrama presents the facts and provides expert commentary on how abuse of stimulants and depressants harms the brain and the body. After introducing a real teen who thought "harmless" stimulants would help him pull an all-nighter, an expert talks about the biological impact of using stimulants including caffeine, ADHD prescription medicines Ritalin and Adderall, nicotine, amphetamines, cocaine, crack, and Ecstasy (MDMA). Discusses depressants, including alcohol, barbiturates and sleeping pills, tranquilizers, Rohypnol and GHB. Stresses the highly addictive nature of these drugs as the body's tolerance increases, thus requiring larger and larger doses to get the same effects. The cycle of uppers and downers is examined, as is the escalation from "lower level" drugs like caffeine, to more perilous drugs.

Grades 7-12 16 min. 2007 DVD-4199

**Uppers, Downers, All Arounders: Drugs & Effects**

*Uppers, Downers, All Arounders: Drugs & Effects* is the most comprehensive video on psychoactive drugs. This revised production uses a visually compelling combination of animation, live action, graphics and interviews with addiction experts and particularly recovering users to present a current, wide ranging, nonjudgmental overview of drug use. Current drugs of abuse including "ecstasy," methamphetamines, marijuana, and inhalants, along with the "legal" drugs (alcohol, caffeine, tobacco and benzodiazepines), are covered. In addition, concepts like hereditary and environmental influences, the physiology of drug use, and levels of use are examined. The video is divided into 17 segments with an imprinted reference time code for ease of use.

High School/Adult 60 min. 2001 DVD-223

**What Is Alcoholism? (cc)**

This video offers a glimpse into the struggles of teen alcoholics. Viewers will meet Lacey, Alberto, Christina, and Justin, four real teens from different ethnic backgrounds who share their personal stories of alcohol abuse and recovery. The program defines alcoholism as an addictive disease that affects people of all ages, races and social classes. Psychologist Susan Tapert, Ph.D., who specializes in issues surrounding adolescent alcoholism, offers important information on how easily teens can become addicted to alcohol, and explains some of the unique problems faced by youth who become addicted. The signs and symptoms of alcoholism are also identified. The program emphasizes the pervasive negative impact that alcoholism can have on an individual, a family and on society at large. Advice is offered for how to seek help in overcoming alcohol addiction. This video provides an excellent starting point for any discussion on alcohol and its dangers. Accompanied by a Teacher's Resource Book of worksheets and activities for further classroom learning.

Grades 6-12 25 min. 2004 DVD-4155

### **Which Brain Do You Want?**

The proof every person must see about drugs, alcohol and the brain! SEE FOR YOURSELF on DVD how drugs and alcohol damage your brain . . . Meet five young people from different backgrounds, with different levels of substance abuse, including two who chose to stay clear of drugs or alcohol. Hear their stories and learn about the impact their choices have had on the quality of their lives. Next, look at the scans of their brains. See for yourself how their choices – good or bad – have affected the health of their brains. The candid conversations between these young people and Dr. Amen are revealing. They want to know if it's too late . . . and they want another chance . . . now that they realize they DO have a choice. The question echoes in their ears . . . Which Brain Do You Want?  
High School/Adult 47 min. 2004 DVD-4200

### **Winning at Parenting...Without Beating Your Kids**

A humorous approach to mealtime, bedtime, chores...and getting your kids out of the local jail. Covered are ways to buffer your kids from sexual promiscuity, drug abuse and suicide while helping them grow in increased self-discipline, independent problem solving skills and responsibility. The program consists of the 125-minute video featuring Barbara presenting *Winning at Parenting* before a live audience just as she has throughout the United States, Canada, South America, Europe and Asia.  
Senior High School/Adult 125 min. 1990 DVD-5046

### **World's Most Dangerous Drug (cc)**

Methamphetamine – “meth” – is considered to be one of the hardest drugs to quit. This dangerous drug is ravaging rural communities and spreading its poison to major metropolitan areas and across international borders at an alarming rate. What makes this drug so powerful, addictive, and destructive? National Geographic correspondent Lisa Ling investigates the meth epidemic to uncover the menace meth poses to society and to find out why many are calling it the *World's Most Dangerous Drug*.

This program contains graphic images that may be disturbing to some viewers. Parental discretion is strongly advised.

Interactive Timeline 12:40 min..

High School/Adult 50 min. 2006 DVD-

### **Wrestling with Manhood: Boys, Bullying & Battering – Full & Abridged Versions**

*Wrestling with Manhood* is the first educational program to pay attention to the enormous popularity of professional wrestling among male youth, addressing its relationship to real-life violence and probing the social values that sustain it as a powerful cultural force. Richly illustrating their analysis with numerous examples, **Sut Jhally** and **Jackson Katz** the award-winning creators of the videos *Dreamworlds* and *Tough Guise*, respectively offer a new way to think about the enduring problems of men's violence against women and bullying in our schools. Drawing the connection between professional wrestling and the construction of contemporary masculinity, they show how so-called “entertainment” is related to homophobia, sexual assault and relationship violence. They further argue that to not engage with wrestling in a serious manner allows cynical promoters of violence and sexism an uncontested role in the process by which boys become “men.” Designed to engage the wrestling fan as well as the cultural analyst, *Wrestling with Manhood* will provoke spirited debate about some of our most serious social problems.

High School/Adult 45 or 60 min. 2002 DVD-5122

### **You Can Quit! How to Stop Smoking During Pregnancy (cc)**

Most women want to stop smoking during pregnancy but don't know how. Drawing from research-based, positive approaches, this interactive program not only reminds pregnant moms why they should stop smoking, it actually gives them a way to quit. In fact, in just 15 minutes your clients will have their quit plans in hand!

#### WITH YOU CAN QUIT YOU WILL:

- Use peer modeling to motivate clients
- Help clients create a personal cessation plan
- Encourage clients to stay smoke-free for life

*You Can Quit* is a one-stop, all-inclusive package. Viewers will quit right along with Elena, a 22-year-old pregnant woman. After she shares each part of her quit plan, viewers are given the opportunity to work on their own plans using the follow-along handouts included in the Facilitator's Guide.

Ages 13-Adult 50 min. 2005 DVD-3091