

Michael Johnson Videos/DVDs

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Assignment: Re-Entry [HOPE TO ORDER]

Assignment: Re-Entry is one of the most detailed and comprehensive videos ever produced on the topic of re-entry. Michael Johnson uses real-life perspectives and situations as he takes the viewer through a deep study of their life on the street and the situations they will encounter once released. Michael discusses in great detail the importance of setting all sorts of goals, and having a definite plan and direction for re-entry. He elaborates on expectations and the importance of understanding personal limitations as they relate to successful outcomes after release.

Adult 90 min. 2008 DVD-

Challenging the Lifestyle [HOPE TO ORDER]

With a group of residents at Crossroads Adult Transition Center in Chicago, Illinois, Michael Johnson challenges the group to take a serious look at their alcohol, drug and criminal lifestyle. He explains that when you look at the lifestyle associated alcohol, drugs and criminal activity you have to ask yourself, "what is the payoff?" After listing the payoffs for the lifestyle he discusses feelings of isolation, loneliness, experiencing a sense of failure and being an embarrassment to family. He challenges the viewer to look at the reality and truth about who they really are. During this fast paced video, Johnson addresses the fact that during therapy you are out of your element and can often feel confused, mainly because therapy has taken away everything and everybody you enjoyed. In therapy, your value system is in conflict with the changes you are trying to make in your life, which can cause you to experience feelings of grief, loss, loneliness and despair, and at times ask yourself, "can I really do this?" Throughout this video, Michael challenges the lifestyle of alcohol, drugs and criminal activity and provides the viewer with strategies for successful re-entry back into the community.

Adult 55 min. 2004 DVD-

Evolution of Madness [HOPE TO ORDER]

This is an eye-opening, two-part training video for the therapeutic staff working with today's addicted population. Michael Johnson explains how the dynamics surrounding today's addict are different from the addict of twenty years ago. He explains the evolution of addiction, with emphasis on the character, thought processes, value systems and objectives of today's addict. He emphasizes that in the absence of understanding this difference, the average person working with today's addict may be ineffective, resulting in a strained and frustrating counselor client relationship, as well as counselor burn-out. He provides strategies that will help overcome these obstacles.

Adult 60 min. 200_ DVD-

Goin' Home: The Series [HOPE TO ORDER]

More than 2 million men and women are behind bars in the U.S., and nearly 95% will be released back into the community at some point. With this in mind, Delbert Boone visited the Safer Foundation, Adult Transition Center in Chicago, and takes a group of offenders through the process of being honest about their life and the choices they have made. They talk about where their choices have taken them and how to empower themselves to understand what they must do to avoid returning to a life of addiction, crime and incarceration. A realistic approach to re-entry that recovery offenders can relate to!

Taking A Look At You, v. 1 - Addresses the connection between addiction and the circumstances of your life, how to command respect and looking at the truth.

Empowering Yourself, v. 2 - Explores behaviors and how you can empower yourself using the qualities that addiction has provided you.

The Deception of Addiction, v. 3 - The overriding theme of this video is that what you know about addiction is a misconception and how addiction has had complete control of your life.

The Rules of the Game, v. 4 - at the real rules of the game are chaos, disrespecting loved ones, insanity and not being truthful. It reinforces the idea that addiction is a primary disease. It's a good video for people who say they were only addicted to the money.

Giving Up The Game, v. 5 - Examines issues finding the answers, helping yourself, truth telling, the game, and getting back into the circle of society.

The Art of Mainstreaming, v. 6 - Opens with a discussion about reality and the way we do business with the world, change vs. adjustment, taking inventory, making the most of your time and what are you willing to do to stay home.

Adult min. 200_ DVD-

How You Got Here: Reflections of a Lost Childhood [HOPE TO ORDER]

During this intense presentation Michael Johnson exposes what he calls the lost piece in recovery - our childhood, the roots of our personal defects, the deprived childhood, the underpinnings of pain, suffering and destruction. No one has ever approached this topic with the intensity that Michael delivers in this program. Without a doubt How You Got Here will help the viewer understand how they became addicted to drugs, have had problems with personal relationships and criminal behavior. This video tackles the issues that must be addressed and overcome in order to begin and succeed in any re-entry or 12-Step program. In the end, Michael reveals the secrets of healing, forgiveness, and love. After watching this video the viewer will:

1. Understand how they became addicted to drugs and criminal behavior
2. Understand what family means to them
3. Learn to accept their family
4. Understand that they are not by themselves
5. Learn the importance of forgiveness

Adult min. 2008 DVD-

Making the Right Choices [HOPE TO ORDER]

Filmed inside of a correctional facility, Michael Johnson addresses the struggles many offenders face when returning to their old neighborhood and friends. He discusses how the behaviors that often lead a person to addiction and criminal activity conveyed an illusion of power, control and immediate gratification. He emphasizes that in order to keep from coming back to prison it is important to accept responsibility for your actions, to develop humility and to be personally accountable for your actions and behaviors. Johnson provides successful strategies for transitioning back into the community.

Adult 51 min. 2002 DVD-

Michael Johnson's 12-Step Series [HOPE TO ORDER]

The 12 Steps of Recovery have been the foundation of sobriety since the 1930s. During this video series, Michael Johnson uses humor and candid information to help your client understand and work through the 12 Steps. This video series is an excellent tool to help build acceptance and understanding of the nature of addiction. Johnson also offers strategies for living a life of recovery.

Adult min. 200_ DVD-

Pathway to Change [HOPE TO ORDER]

Michael Johnson illustrates how most addicts think other people or things are the cause of their emotions and feelings. He explains how these emotions and feelings usually lead to negative behaviors that eventually cause problems and lead to negative consequences. He explains the pathway to change by taking the viewer through a series of examples and analogies as he provides strategies that clearly illustrate how to limit or eliminate many of the negative consequences so they can begin to have a healthy, realistic perception about people and events in their life. Includes facilitator guide.

Adult 40 min. 200_ DVD-

Process of Recovery [HOPE TO ORDER]

Michael Johnson takes the viewer through the process of self-discovery as they enter into and continue a life of recovery. He leads the viewer through the process of reflecting on their life, and the consequences of their behavior. He discusses how alcohol, drugs and criminal behavior can lead them to jail, death, or insanity. Johnson explains why "recovery and abstinence from alcohol, drugs, and criminal activity must be a permanent commitment." He discusses some of the changes that take place during the process of recovery and addresses getting back time, lack of determination, feeling bored, lost and abandoned. Family issues are also addressed, as well as how many addicts new in recovery use recovery as a bargaining chip with family members to make deals and promises.

Adult 45 min. 2000 DVD-

The Re-Entry Trap [HOPE TO ORDER]

About 600,000 men and women, roughly 1,600 a day, will be released from state and federal prisons this year to return to their communities. According to Michael Johnson, the moment of re-entry can raise fears and anxieties about daily living. The stress of normal life activities, such as searching for housing, employment, treatment, and health care, or something as simple as getting a drivers license, can result in a return to self-defeating mindsets and behaviors. The reality of coming home can also trigger a mixed set of emotions for family members. Plus the transition from confinement in prison to freedom on the street poses unique traps for prisoners with a history of substance abuse. With a group of residents at Crossroads Adult Transition Center in Chicago, Illinois, Michael Johnson addresses successful strategies for re-entry back into the community by focusing on lifestyle changes, and emphasizing the importance of having a strong support system to help you avoid the traps of falling back into your old lifestyle of alcohol, drugs and crime. Johnson also emphasizes the importance of setting goals, and staying focused on your basic needs, such as food, shelter, clothing, and transportation. He also discusses the importance of tolerance, patience, and endurance as a way to avoid the challenges of re-entry.

Adult 55 min. 2004 DVD-

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 V-169 or DVD-169

Therapy Games [HOPE TO ORDER]

Ideally, therapy should be a rewarding experience where a person can focus on personal issues. However, many who enter therapy choose to "play the game" focusing on how quickly they can complete it and get out. Michael Johnson talks to the viewer about the various games they play in therapy. He addresses denial, attitude, anger, blame and identifying your true self. He provides strategies for helping the viewer understand the value of therapy by exploring where they have been and how they got there.

Adult 46 min. 2002 DVD-