

Relapse Videos/DVDs

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

Alibi vs. Denial [HOPE TO ORDER]

Delbert Boone explores denial and discusses how many healthcare professionals often say that addicts are in "denial." According to Boone, if that were true, the addict would have no idea that their life is falling apart due to their drug use. Addicts know they are in trouble and they fight desperately to give you reasons why. If you listen closely you'll discover that what we often label as "denial" is actually an "alibi." Boone explores the differences between "*alibi*" and "*denial*," and explains that understanding these differences can impact treatment outcomes. Boone offers proven techniques for overcoming denial.

Adult 31 min. 2001 DVD-

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

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-

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

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