

# Children of Alcoholics Videos

Available from the Idaho RADAR Network Center

Video/DVD Lending Library

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## The Cat Who Drank and Used Too Much

A delightful tale that deals with addiction, denial, and recovery in a positive, non-threatening way. This program is the perfect teaching tool for explaining the addiction process. Narrated by Julie Harris.

All ages 12 min. 1986 V-4029 Spanish version V-8001

## Children's Program Kit

The SAMHSA/CSAP Children's Program Kit gives treatment providers and others the benefits of years of research and hands-on experience by NACoA and others in helping COAs (Children of Alcoholics) and their families. The kit includes:

- Multi-age curriculum of educational activities
- Research-based tools to reach out to COAs
- Dynamic videos to illustrate concepts: *End Broken Promises/Michael's Journey*
- Program manual including start-up instructions and resources

*End Broken Promises...* is a 23-minute video for adults interested in being helpful to children who have parents with alcoholism or other drug dependencies. It is particularly useful for educators, parents, clergy and other faith community professionals, addiction and mental health clinicians, general health professionals who serve children, and persons working in the juvenile justice system. It was produced by Gerald T. Rogers and features noted authorities Claudia Black, PhD, and Jerry Moe, MA.

*Michael's Journey* is a 24-minute video that focuses on family alcohol problems as they affect youth. It follows two African-American boys who exemplify different coping styles of children of alcoholics. The goals are to help young people realize the importance of bonding and the need for trust, and to provide insight into the far-reaching effects of family addiction – through the comments of adult children of alcoholics (COAs) interspersed throughout the story. Produced by the Center for Substance Abuse Prevention for use with middle school and high-school aged youth.

*Pepper*, a seven-minute video, is a story about a puppy named Pepper whose beloved owner becomes alcoholic, moody, and neglectful. The owner joins Alcoholics Anonymous and begins recovery. The story helps young children understand the circumstances of families faced with addiction and the confusion and feelings of rejection experienced by many children of alcoholics. The video is adapted from the 1974 book for children by Elaine L. Melquist.

*You're Not Alone* is a nine-minute video, featuring Jerry Moe, MA, and children who have benefited from participating in support groups for children of addicted parents (COAs). It speaks to children in families with addiction or other high-stress and emotionally painful living environments, but also contains important messages for all children and youth, preparing them to respond more appropriately and comfortably to friends and classmates who are COAs.

## Children's Program Kit – Native American Version

The SAMHSA/CSAP Children's Program Kit gives treatment providers and others the benefits of years of research and hands-on experience by NACoA and others in helping COAs (Children of Alcoholics) and their families. The kit includes:

- Multi-age curriculum of educational activities
- Research-based tools to reach out to COAs
- Dynamic videos to illustrate concepts: *Pepper/You're Not Alone*
- Program manual including start-up instruction and resources

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### **Counseling Children of Alcoholics: Fostering Resiliency**

Children of alcoholics are at increased risk of developing alcoholism or other drug abuse. But research shows the vast majority of these children have “resiliency” – they can bounce back and develop into healthy adults. The program examines protective factors that foster resiliency and how to implement them in school-based counseling programs. The training video is presented in two segments: Resiliency and Protective Factors (14 minutes); and School-Based Strategies for Fostering Resiliency (20 minutes).

High School/Adult 34 min. 1994 V-4033

### **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/Junior High School/High School/Adult 25 min. 1991 V-4050

### **End Broken Promises, v. 1**

This is a 24-minute video about the value and possibilities of educational support groups for children living in families with alcoholism or other drug dependencies.

High School/Adult 24 min. 1998 V-4051

### **Holiday Time Is Difficult for Children of Alcoholics or Drug Using Parents [Available online]**

Emily, a woman raised in an addicted home, talks about the loneliness, anxiety, and isolation of the holiday season for children of alcohol- and drug-dependent parents.

<http://ncadistore.samhsa.gov/catalog/mediaDetails.aspx?ID=236>

### **Living a Lie: The Alcoholic Family [HOPE TO ORDER]**

By following a group of real COA’s (children of alcoholics) on an overnight retreat, Living a Lie identifies the typical roles that can emerge in an alcoholic family: the joker, the enabler, the invisible child, the overachiever, and the rebel. We hear firsthand how these roles often lead to dangerous behaviors like drug use and crime. This powerful program strives to help viewers appreciate that despite family difficulties, children from alcoholic families can still rely upon their own resiliency and inner strength. They need not view themselves as victims, but instead as individuals who can make a difference in their own lives. After hearing from trained therapists and social workers who specialize in working with COAs, your students will broaden their understanding of the problem of alcoholism and how it impacts the entire family unit.

Grades 7-College 30 min. 1999 DVD-

### **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.

High School/Adult 30 min. 2004 V-4137 or DVD-4137

### **My Father’s Son**

Follows the son of an alcoholic trying to lead a normal life amidst the chaos of a dysfunctional family. Creates awareness for children of alcoholics of their higher susceptibility to chemical addiction.

High School/Adult 33 min. 1985 V-4159

### **Poor Jennifer: She’s Always Losing Her Hat**

Growing up in a family in which a parent suffers from alcoholism can be difficult. This video explores the need to help children break the cycle of shame and silence. It is also about recovery and hope. *Poor Jennifer* is designed to encourage them to respond appropriately to their special needs. Recommended audience: People that work with or live with children and adolescents.

High School/Adult 34 min. 1991 V-4090

### **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/Junior High School 30 min. 1996 V-4095 or DVD-4095

**Soft Is the Heart of a Child**

This award-winning drama explores a classic alcoholic family situation -- a father who drinks too much, a mother plagued by frustration, guilt, and denial, and three children whose suffering takes different forms. Brian, age 11, is the oldest child. He takes on the roles of protector and surrogate parent to his young brother Terry and little sister Lisa. Terry, who bears the brunt of his father's misdirected anger, reacts to the home situation by becoming a troublemaker at school. Lisa, the most affected of all, begins to withdraw from her unhappy reality into a fantasy world. Help arrives through an understanding and perceptive school counselor.

Grades K-8 30 min. 1978 V-4151 V-8017 Spanish

**Twee, Fiddle & Huff**

The program explains to young children, perhaps especially those from "addicted" households, the nature of addiction, and how it affects adults (i.e. parents). Children are reassured that the behavior of their parents is not anything that they should blame on themselves. Kids are told that if they find the burden of dealing with this behavior too great, there are other adults who are ready, willing and able to help them.

Elementary 17 min. 1990 V-4113

**What She Would Say to Other Children of Alcoholics or Drug Using Parents [Available online]**

It's not your fault! An adult child of alcoholics offers advice and support to children struggling with a parents' addiction, and talks about the importance of talking about the problem with a trusted adult.

<http://ncadistore.samhsa.gov/catalog/mediaDetails.aspx?ID=237>

**You're Not Alone**

This is a nine-minute video speaking directly to children, giving them information about alcoholism, being safe, finding adults who can help, and about group as a place to find support.

Elementary 9 min. 1998 V-4125