

**THE COUNCIL
On Alcohol and Other Drug Abuse
Of Washington County**

**Video Library
(Revised 1/31/11)**

These videos may be borrowed at no cost.
Call to reserve: 335-6888
MS = Middle School, HS = High School

**Videos Can Be Checked Out For Up To One
Week Only!!**

During Red Ribbon Month (October) and Alcohol Awareness Month (April) videos are limited to two per subject.

Borrowers are responsible for replacement of lost or damaged videos.

A DOSE OF DEATH: HOMEOSTASIS AND SUBSTANCE ABUSE- Leah Betts died on her 18th birthday from a powerful side effect of the designer drug Ecstasy. In this program, the mechanism of homeostasis and the life-threatening metabolic impact of Ecstasy on the kidneys are discussed. Medical professionals involved in Leah's inquest reveal the clues they followed and the techniques they used to ascertain her actual cause of death. Interviews with Leah's father, stepmother, and best friend provide a personal dimension to this tragedy. (20 min., MS-HS)

A WASTED BREATH: KIDS ON INHALANTS- A live-action video that talks directly to kids about the dangers of inhaling common, legal household products and substances. Kids talk about their own experimenting with substance abuse describing emotional and physical damage. (19 min., Grades MS-HS)

ALCOHOL AND ATTITUDES: WHERE DO YOU STAND? -

This program will help students to: Begin to think critically about alcohol use, Evaluate misconceptions they may have about alcohol use, Recognize signs of serious alcohol problems and Challenge their own acceptance of alcohol as harmless. Teacher guide included. (16 min., Grades MS-HS.)

ALCOHOL AND PREGNANCY - Fetal Alcohol Syndrome and Fetal Alcohol Effects.

Fetal Alcohol Syndrome is one of the three leading causes of mental retardation and the only one that is entirely preventable. Many parents-to-be are unaware of the dangers of drinking alcohol during pregnancy and of the consequences of giving birth to a child with FAS or FAE. This program shows how alcohol adversely affects the developing fetus and points out critical periods during pregnancy when the fetus is most vulnerable. Interviews featuring a diverse group of children, teenagers, biological parents and foster parents, create a developmental overview of FAS/FAE. (20 min. Senior High-Adult)

BINGE DRINKING BLOWOUT (HIGH SCHOOL EDITED VERSION)- Through interviews with articulate young people from all economic and ethnic groups, family and friends of a deceased binge drinker, a severely brain-damaged drinking victim, and an emergency room doctor this video presents a compelling overview of the hazards of binge drinking. The teens, college students and young adults verbalize and refute the many rationalizations given for participating in binge drinking. These young adults relate successful attempts to change their behavior and offer strategies for others to follow to avoid placing themselves in dangerous situations. The doubly dangerous practice of mixing alcohol with other drugs or driving is noted, as well as the potential for alcohol addiction. Teacher's guide included. (HS – Adult, 29 min. 1998)

BREAKING THE ADDICTION CYCLE: FOLLOW UP FOR CLINICIANS - The Follow up for Clinicians explains how to use the information in the group process. (11 min.)

CHILDREN'S PROGRAM KIT: END BROKEN PROMISES: This video is 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 professions who serve children, and persons working in the juvenile justice system. (23 min., Adults)

CHILDREN'S PROGRAM KIT: MICHAEL'S JOURNEY- This video 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 interspersed throughout the story. (24 min., MS-HS)

CHILDREN'S PROGRAM KIT: PEPPER/YOU'RE NOT ALONE-

PEPPER: This video is a story about a puppy named Pepper whose beloved owner becomes alcoholic, moody and neglectful. The owner joins Alcoholics Anonymous and begins recover. 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. (7 min., Grades 5K-4)

YOU'RE NOT ALONE: This video 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. (9 min., Grades 5-8)

CHOICES: DON'T DRINK AND DRIVE - This video was designed to impact the viewer on an emotional and intellectual level. Although there are no "blood and guts" scenes, the viewer is shown graphically what life will be like when a drinking and driving accident results in head injury. It exposes the attitudes and excuses used by impaired drivers, and offers alternatives. Discussion Guide included. (12 min., HS - Adult)

COCAINE'S CHILDREN- This video is about the babies of mothers who use cocaine during pregnancy. It discusses the effects that cocaine has on the fetus and the complications that the child will have once they are born. (10 min., HS-Adult)

DANGEROUS PARTY DRUGS- Learn about the drugs that are most in vogue on the club circuit and at raves. Important information about Ecstasy, 2C-B, Rohypnol, GHB, Ketamine, psilocybin mushrooms, and Fry is provided in a straightforward, no-nonsense presentation. Understand the dire consequences of experimenting with these illegal substances. (32 min. MS-HS)

DEBUNKING THE MYTHS ABOUT MARIJUANA- This video will: teach to separate myths about marijuana from the facts, help practice refusal skills based on solid information about the dangers of marijuana, teach more about the physical consequences of marijuana use, including the fact that marijuana damages the brain, causes memory loss and other impairments, demonstrate assertive communication and refusal skills when dealing with marijuana-related situations, help recognize that marijuana is an addictive, illegal gateway drug, explore answers to some commonly asked questions about the dangers of marijuana, help understand that just because something is "natural" does not mean that it is safe, make you think carefully about goals for the future and how using marijuana can compromise those goals, help realize that marijuana can completely take over your life even if you think you are in control and help better understand local drug laws related to marijuana. (7 min, MS-HS)

DRINKING STORIES -Partying and getting drunk-one way young people push the limits of their independence. But when the party's over, the tragic consequences remain. Listen to the true stories of college students who were perpetrators or victims of accidents and crimes-because drinking destroyed judgment. The stories are interspersed with other students boasting about their drinking prowess and thinking it's all just innocent fun. (14 min, HS)

DYING FOR A SMOKE- This video examines the effects of lifelong smoking. It also questions why Congress ignores the health problems that smoking cause and why the media avoids covering the negative aspects of smoking. (39 min. HS - Adult)

ECSTASY: WHEN THE PARTY IS OVER- **Answers** the questions: "What is Ecstasy?" "What are the consequences of Ecstasy use?" and provides a history of Ecstasy in our society. Free educational material is provided in support of this video at www.edvidnet.com (26 minutes ADULT ONLY as it demonstrates how to use Ecstasy)

ELEPHANT IN THE LIVING ROOM- A parable dramatizing the denial and secrecy that pervades the life in an alcoholic or other dysfunctional family. (25 min. All Ages)

FACES OF ADDICTION: HBO SERIES: ADDICTED: FLASHBACK: 27TH & PROSPECT-

ADDICTED: Journalist Linda Ellerbee uncovers the faces of addiction amidst facts and figures of disease, violence and death caused by substance abuse. One thing these faces all have in common is their need for heroin, cocaine or crack, for alcohol, or nicotine.

FLASHBACK: "Flashback" is a true story of addiction shown through the eyes and words of a young addict who fights back. Fights back for a mother who never stops loving her. Fights back to be voted class valedictorian by her friends and peers. Fights back to recognize her own face of addiction and the battle she has to win every day.

27th & PROSPECT: Each New Year's Eve they come together to recite the litany of names of family, friends, neighbors and strangers who have died from drug-related accidents, violence or overdose in the past year. (34 min., MS-HS-Adult)

GLORY DAYS...GORY DAYS-The poignant story of former major leaguer Bill Tuttle, his wife Gloria, and their struggle with oral cancer caused by Bill's use of spit tobacco throughout his career.(9 min. MS-HS-Adult)

GOOD INTENTIONS - BAD RESULTS- This video portrays a young athlete who is risking his future by excessive partying. Some friends are concerned, but others laugh it off. All have covered for his behavior, but ultimately he has to face the consequences of his drinking. A good example of enabling. (30 min. HS - Adult)

GOOD VIBRATIONS- This video captures the attention of your students with a strong no-use message. It talks about peer pressure, self-esteem, and the very real health consequences of drug and alcohol use. (30 min., Upper elementary, M. S. Study questions Inc.)

HUMAN RELATIONS MEDIA: CLUB DRUGS: THE REAL DEAL- This video will help:

realize that there is no such thing as a “safe recreational drug”, learn about the long-and short –term damage that club drugs can cause to the body, understand that people have died as a result of experimenting with club drugs, recognize the warning signs of possible overdose on club drugs, learn skills for avoiding peer pressure to experiment with drugs, appreciate that drugs are not necessary in order to enjoy life, realize that much of the street information surrounding club drugs is inaccurate and not based on medical facts, and appreciate that the choices they make now can have permanent consequences. (27 min., MS-HS)

HUMAN RELATIONS MEDIA: HOW I QUIT SMOKING & SAVED MY LIFE-

This video will: increase awareness of the effects of tobacco use, name the benefits of quitting, reasons to be tobacco-free, reasons why people smoke or chew tobacco, learn that aside from having a destructive impact on the body, smoking makes one unattractive, give an understanding of how tobacco use can interfere with long-range goals, learn techniques for dealing with withdrawal, practices refusal skills, and strengthen their resolve to make healthy lifestyle choices. (28 min, MS-HS)

HUMAN RELATIONS MEDIA; NO IFS , ANDS OR BUTTS: SMOKING KILLS- This video will help you: recognize that tobacco is an extremely addictive substance in all its forms, be able to define “addiction”, hear from young people who wish they had never begun their addiction to nicotine, understand that tobacco causes serious damage to many areas of the body, realize that tobacco is an expensive and unattractive habit, understand that smoking is not something that can be easily given up, identify the signs of nicotine withdrawal, and appreciate how many dangerous chemicals exist in both mainstream tobacco smoke and inside stream tobacco smoke, and identify reasons to be smoke-free. (25 min., MS-HS)

HUMAN RELATIONS MEDIA: TARGETED! HOW TOBACCO & ALCOHOL COMPANIES TRY TO GET YOU HOOKED-

This video will help you: recognize general marketing techniques used to make products seem appealing to young people, indentify marketing ploys used by alcohol and tobacco companies to increase sales in the youth markets, understand the restrictions placed on tobacco companies and how those restrictions are being fought “under the table”, improve decision –making skills about alcohol and tobacco, understand and discuss the increased risks created by smoking and drinking at a young age, the power of money and big corporations and how that power can be yielded, and explore the ethics of marketing and selling products that cause disease and death. (24 min., MS-HS)

HUMAN RELATIONS MEDIA: THE TOBACCO HORROR PICTURE SHOW- This video will help you: understand the dramatic physical damage that tobacco causes, to be able to give others powerful reasons not to use tobacco, realize how tobacco companies use advertising to manipulate young people, recongnize that nicotine is a powerful drug that is extremely addictive, learn about the cancer risks associated with spit tobacco, and explore social attitudes about tobacco and tobacco users. (28 min., MS-HS)

HUMAN RELATIONS MEDIA: THINK TWICE: MARIJUANA AND CANCER- This video will help you: understand that marijuana has a false reputation of being a “safe,

natural drug”, recognize the short-term and long-term physical risks of smoking marijuana, understand new research exposing the link between marijuana smoking and various forms of cancer, understand important information on the health risks of marijuana, learn skills for avoiding peer pressure to use marijuana, identify and appreciate alternative drug free hobbies, understand why marijuana may pose risks for patients who use it for medical purpose, separate the facts about marijuana from commonly believed myths, understand why the cancer risk associated with marijuana smoking has been difficult to prove, and to identify common reactions and resistance to medical research involving marijuana. (19 min., MS-HS)

HUMAN RELATIONS MEDIA: UNDERAGE DRINKING: KNOW THE FACTS- This video will help you: recognize the legal, physical, and emotional risks of underage drinking, understand new research which establishes a proven link between underage drinking and brain impairment, improve decision-making skills about alcohol related situations, understand and discuss the risks of binge drinking-including alcohol poisoning, acquaintance rape and driving impairment, explore the ways that movies, TV and advertising influence young people to drink, identify alcohol related terms, better understand the damage alcohol can cause to each system of the body, misconceptions and myths about underage drinking. (26 min., MS-HS)

HUMAN RELATIONS MEDIA: UP IN SMOKE: THE EXTREME DANGERS OF SMOKING TOBACCO: This video will help you: learn new reasons to avoid cigarettes, be able to spread the message that tobacco kills, identify the physical damage that tobacco does to various body systems, be wary of the power of advertising to “hook” new smokers, realize the extreme addictive quality of nicotine, understand that smoking is not something that can be easily give up once begun, and see vivid proof of the ways that smoking can alter a person’s life and well-being. (29 min., MS-HS)

I CAN’T BREATHE: A SMOKER’S STORY- This video tells a compelling, emotional story about a woman who started smoking as a young girl and, as a result, died from a smoking-related disease. This video should help to enhance awareness of the physical, emotional, and social consequences of smoking and examine how peer influence shapes behavior. (20 min., Grades 5-8)

I CAN QUIT, NO PROBLEM- This documentary chronicles eight teens who are heavy tobacco users. The teens are given four weeks to stop using tobacco with a reward of \$100 if they succeed. Through the Moffitt Cancer Center, the teens are educated about the consequences of tobacco use and meet people whose health has suffered greatly because of it. (18 min., MS-HS)

INHALANTS - This video addressees the documented increase in the usage of inhalants--common household products whose toxic fumes provide an instantaneous “rush or high”--by young people. By developing ways to inform and empower young people, we hope to deter involvement with all harmful substances, especially those which are potentially lethal, such as inhalants. (20 min., Grades 5 - 8)

INFLUENCES: INNOCENCE BETRAYED - This film documents the devastating effects of prenatal substance abuse on the development of children and adolescents. It

shows case studies of children, adolescents and their guardians as they struggle to overcome disabilities. Also shown are various treatment plans that are giving these children hope for the future. (24 min. HS - Adult)

IT WON'T HAPPEN TO ME: LEARNING ABOUT ADDICTION- This video will help you understand how an addiction develops, recognize that addiction can happen to anyone, recognize that young people are particularly vulnerable to becoming addicted, be aware of the role feeling play in the use of addictive substances, and realize that the surest way to protect themselves from becoming addicted is to choose not to use alcohol or other drugs. (21 min., Grades 5-9)

JUST CALL ME CRASH-Denise Wagoner shares the powerful story of her drunk driving crash, which led to multiple skull fractures, crushed ribs, brain swelling, the loss of both eyes, crushed vertebrae, and the breaking of every facial bone. Expected to die within 24 hours, she survived, and is now disfigured, blind, and brain damaged. (15 min., grades 5-adult)

LIVING WITH ADDICTION: A FAMILY DISEASE- This video shows teens that are living under the terrible strain of a family member's addiction and the strategies they can rely upon to help them cope. This information-packed program sends the message that children don't cause, can't control, and can't cure a family member's addiction. Woven throughout is advice from a narrator who shares facts about addiction. (23 min., Grades 7-12)

LOST CHILDHOOD: GROWING UP IN AN ALCOHOLIC FAMILY: A 30 MINUTE DOCUMENTARY- This video is a 30-minute documentary examining adult alcoholism through the eyes of children. Host/Producer Emerald Yeh interviews kids at a special summer camp retreat for children of alcoholics, and then follows up with two of them 17 years later to see how they turned out as adults and what lessons they have to share. (30 min., MS-HS)

MARIJUANA: PAYING THE PRICE - As a teen gang member undergoes the process of being arrested, searched and fingerprinted; his use of marijuana becomes apparent. The video then explores the issues of marijuana use from the views of law officials and both current and past users. Teens who comment directly to the camera, share their reasons for their use, their slide into harder drugs, changes in their lifestyles and relationships and their efforts to stay clean. Law enforcement explains some harsh realistic consequences affecting a user's life after arrests for marijuana or drug use. A former user relates his story and the tragic consequences suffered by friends and family due to his and his brother's involvement with drugs. Study guide included. (Grades 7 – 12, 25 min. 1997)

METHAMPHETAMINE AND DRUG ENDANGERED CHILDREN – 4 part video:

- Drug Endangered Children: 20 minutes on the need for DEC Program
- Angels Among Us: 7 minute music video depicting 2 drug endangered children scenarios
- Methamphetamine: 28 minute documentary examining the physical, psychological, relational and criminal damage brought on by methamphetamine
- Public Service Announcements: Four 30-second PSAs for use on local TV

MY POT VIDEO- Combines a teenager's point of view with quick-cut, documentary style techniques to present important facts and telling portraits of marijuana use. By using teens to address this important issue, the program offers an accessible and engaging portrait of the dangers of marijuana use, and provides viewers with the necessary facts to lead them away from this hazardous drug. (17 min., MS-HS)

ONE FOR MY BABY- This video talks about drinking during pregnancy and the affects it has on the baby. It gives facts about Fetal Alcohol Syndrome and a story about a family with a child who has Fetal Alcohol Syndrome. (30 min., HS-Adults)

SMASHED: TOXIC TALES OF TEENS AND ALCOHOL- This video was filmed at the University of Maryland Shock Trauma Center, SMASHED pulls no punches in its graphic presentation of the devastating consequences of underage drinking and impaired driving. Focusing on the effects of impaired driving collisions when the victims do not die, it shows young crash victims from their arrival at the shock trauma facility and follows their progress over time. It features interviews with medical personnel, the teens themselves, their friends, and their families. (75 min, HS-Adult)

SMOKING: TRUTH OR DARE- This program is a powerful video that graphically demonstrates to teens 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 may 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. Discussion Guide Available. (30 Min., Grades 6-12, 1998)

SPIT TOBACCO KILLS: EXTREME DANGER OF CHEWING AND DIPPING

TOBACCO- This video will help you: understand that regardless of its form, using any tobacco product is dangerous to your health, recognize the warning signs of diseases caused by using spit tobacco, understand how the media shapes the views of teenagers concerning spit tobacco, learn the cancerous results of spit tobacco, learn that that spit tobacco affects every part of the body, realize how spit tobacco is affecting your generation, acknowledge that there is no arena in life where spit tobacco is necessary, and learn to identify different forms of spit tobacco. (28 min., MS-HS)

STAND UP FOR YOURSELF: PEER PRESSURE AND DRUGS- In an informal workshop led by peer counselors, students learn effective techniques for saying no to alcohol, street drugs, cigarettes, or any peer pressure. The techniques discussed and dramatized are a simple “no thanks” approach and the “broken record” technique, which entails reversing the pressure and walking away. Tested in classrooms, these methods provide students with encouragement, motivation, and practical skills when it comes to avoiding drug use situations. (16 min., MS-HS)

STRAIGHT TALK- This 2 part video series features the frank testimonials of 19 teens with significant chemical dependency issues who range in age from 13 to 22. This is the straight story from young people who have been there. They discuss their most personal issues: parental drug and alcohol use, physical abuse, sexual acting out, chronic low self-esteem, loneliness, alienation and suicidal ideation. They represent a cross section of 90's youth, from gang members to straight students. (Three 30-minute videos, MS - HS)

Tap 2 HITTING ROCK BOTTOM Looks at addiction issues, drugs of choice, abusive relationships, sexual acting out and suicide. (30 min)

Tap 3 GETTING STRAIGHT Addresses recovery issues: staying straight, coping with relapses, dealing with the past and regaining a vision for the future. (30 min)

STREET DRUGS- In this straightforward and objective film hosted by Jimmy Smits, viewers will learn how these drugs affect both the brain and the body. It covers initial effects, withdrawal, and long-term effects of each drug, and makes the dangers of drug use abundantly clear. Drug classifications in the film include Depressants, Stimulants, Narcotics, Hallucinogens, Inhalants, and Designer Drugs. (30 min., MS-HS & adult)

TEENS: MARIJUANA AND ALCOHOL- True & False quiz given regarding myths about alcohol & marijuana. Dispels common perception regarding alcohol & marijuana in a direct, easy to follow format. (14 minutes MS-HS-Adult)

THE DOCTOR IS IN: ADDICTIONS AND MENTAL ILLNESS- These two disorders often go hand-in-hand, and health professionals are just beginning to recognize that treatment for a dual-diagnosis needs to be different. Profiles two people; one with manic depression and alcoholism, the other with schizophrenia and alcoholism. (28 min., HS-Adult)

THE STORY OF A SPIT TOBACCO USER-This is a "profile" of Rick Bender and his fight with oral cancer. Rick has used his new lease on life, traveling the country, to teach tens of thousands of children each year about the dangers of tobacco use. Now he wants to reach even more students (and adults) with the release of his new video. Rick uses his down home western style to tell his tale and to give the devastating facts surrounding tobacco use. (19 min., MS)

THE TRUTH ABOUT DRINKING- In this video, teen who 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 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 video 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 the videotape of their parents reaction to the news, the driver is sent to prison, the three victims learn of the fatal injuries, and finally they attend the funerals of the three who "died" in the crash. By the close of the program, all of the young participants are moved to stop their reckless drinking behavior. (30 min., MS-HS)

TWEAKED- This film closely examine the allure, popularity and destructive influence of Methamphetamine in the lives of several youth. It presents the hopeless road to death and destruction that comes with Meth abuse. Designed for the classroom, or rehab center, it's a "Scared Straight" presentation, which delivers a wake up call to the addict or potential user; "there is little room for escape". WARNING: This film may be too intense for young children. Due to strong graphic content, viewer discretion is advised. (20 min. Adults)

UNCOVERING THE SMOKE SCENE- The video provides an approach to tobacco control and to skill building. It takes a new route to convincing middle school students not to use tobacco. Anti-smoking campaigns emphasized the health effects, the smell, yellow teeth, early aging, real life stories of users, and the tobacco industry's tricks. Emphasizing manipulation by the tobacco industry is the focus of this video. Middle schools should prepare students to understand the effect of the tobacco industry's targeting of young people. (27 min., MS)

WHAT SHOULD I TELL MY CHILD ABOUT DRINKING? - A two-part video intended to help parents and other caregivers develop more effective communication skill with their children. (46 min., Adults - Families)

WHEN YOU LIVE IN AN ALCOHOLIC FAMILY- This video will helps students learn that alcoholism is a disease characterized by addiction to alcohol and denial. It will help them understand that alcoholism affects the entire family. It teaches them the Three C's: You didn't cause you parent's alcoholism, you can't control you parent's alcoholism, and you can't cure their alcoholism. Teacher's guide included. (25 min., grades 5 - 9)

WHICH BRAIN DO YOU WANT? - This video shows how the brain works and how the brain is involved in everything you do. It also explains what happens when the brain "misfires" and the physical impact of drugs and alcohol on brain function. Finally it shows ways to improve your brain. (47 min., MS-HS-Adults)

WITHOUT WARNING: THE DANGERS OF ALCOHOL POISONING AND BINGE DRINKING- Three stories told by surviving family members reveal the devastating and lethal effects of alcohol overdosing in young people. Deaths from alcohol poisoning of youths under 21 are conservatively estimated at 4,000 annually, and can be prevented when students are armed with the proper information. Without Warning offers a powerful video which will inform students of the critical signs to look for in alcohol poisoning and help deliver the message that binge drinking can have fatal results. (16 min, HS-Adult)