

NEW VIDEOS

COMMUNITY HEALTH RESOURCE CENTER

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Please contact the Resource Center if you would like to borrow any of the new videos.

FFD #016 **Acts of Worship**

Acts of Worship is a story of addiction, friendship, loss and redemption, focusing on the relationship between Alix, a young, homeless addict and Digna, a successful photographer, in Manhattan's Lower Eastside. When Digna discovers Alix unconscious on the stairs of her building, she steps in and offers help despite her own fears. Digna befriends Alix and attempts to set her on the path to recovery but not before their emotional and ethical cores are put to the test. On the surface the two women seem to represent success and failure. However, when their lives become intertwined, the similarities between them are exposed, revealing them both to be suffering the same fear that manifests itself in loneliness, self-destruction and isolation. 94 min. 2001

VD #006 **Alibi vs. Denial with Delbert Boone**

Healthcare professionals often say that addicted clients are in "denial". If that were actually true, then the addicts would have no idea that their life was falling apart due to their use of mind-altering chemicals. They would not know that they had lost a job or their lights were turned off, or their family had put them out. That sounds absurd, doesn't it? Addicts know they are in trouble and they fight desperately to give you reasons why. If you listen to them closely, you'll find out that what we label as "denial" is actually an alibi. Alibis are different from denial and should be handled in a different manner. Alibi vs. Denial explores the differences between alibi and denial and how it impacts treatment outcomes. 42 min. 1996

DVD #213 **Aspects of Addiction (Short Version)**

This video features hard-hitting interviews, which takes the viewer through the beginning stages of alcohol & drug use, the common journey of addictive behavior while using drugs and alcohol, and the final consequences of drug and alcohol abuse. This video contains many strong messages of hope and recovery while focusing attention on the desire to make lifestyle adjustments, the need for a good support system, and the need to work a program. 30 min. 1999

DVD #214 **Belief Systems with Carl Reddick**

Reddick addresses cognitive restructuring and belief systems with a group of mandated clients. He addresses how habits, attitudes, beliefs, and associations are the driving force in their lives. 40 min. 2002

VD #029 **Bottom Line: Recovery or Relapse**

Wendy Richardson discusses addiction and relapse with a group of men who have struggled for years with relapse. They talk openly and honestly about the things addiction has taken from their life, how they have lost their family, important relationships, jobs, health, legal problems and being homeless. Ms. Richardson explains how relapse isn't an instantaneous event, that for most people, relapse happens over time. She clarifies it by saying that recovery and relapse are mutually exclusive states, when you're in recovery you're not in relapse. You can't do both at the same time. Her point is well illustrated through the use of The Addiction Relapse Continuum. 50 min. 2005

VD #052 **Chasing the Dragon: Heroin Addiction with Delbert Boone**

Delbert Boone talks open and candidly with a group of recovering heroin addicts about the issues surrounding heroin use, how it affects them mentally, emotionally and physically. Speaking from personal experiences, Boone explains why people use heroin, and the places the drug takes them - like emergency rooms, hospitals, courtrooms, prison and the morgue. Filmed at the University of Rochester Medical Center in New York with interviews and testimonials from recovering addicts. 31 min. 1998

VD #119 **Death by JIB: The Dangers of Crystal Meth**

Crystal meth is a highly addictive and dangerous drug that is devastating to individuals, families and communities. Discouraging youth from ever trying the drug is the ultimate hope of prevention efforts. This brilliant program from award-winning director Michael Neitzel, speaks directly to the hearts and minds of viewers to convey a powerful and emotional message warning teenagers and young adults about the harsh realities of Crystal Meth. This graphic video pulls no punches as teen addicts describe the horror of addiction to Jib. The important message regarding sexual exploitation of youth on Crystal Meth is handled in a straightforward and honest manner. Content is appropriate for grades 7 and up. 19 min. 2005

DVD #220, **Drugs and Society: The True Cost to You! Drugs in the Workplace**

- DVD #220A Panel discussion focusing on the effects of employee drug abuse on the workplace and how community coalitions are working with businesses to help them become drug-free. 60 min. 2004
- VD #100 **Ecstasy and GHB**
Ecstasy, or MDMA, is popular in mass parties better known as "raves". Most users are not aware of dangerous effects such as a depletion of brain cells often resulting in an increase in depressions and anxiety. A hybrid pill of methamphetamine and mescaline, ecstasy poses serious risks for users. GHB, often called the "date rape drug", is extremely potent, ten times more powerful than Valium and is illegal in the United States and Canada. Victims suffer from inhibition impairment and memory loss. Effects are dangerous and potentially lethal. 18 min. 2001
- VD #087 **Ecstasy: In the Mix**
Recently, ecstasy and other drugs like ketamine, LSD, GHB and crystal meth have found their way into schools and homes as their use grows among teenagers who often think of them as harmless fun. Providing evidence to the contrary, this program from IN THE MIX features teens in rehab talking candidly about their experiences with ecstasy, on its own and as a gateway to other drugs. They describe their addiction, the devastating effects on their lives and the consequences of their actions. Includes the latest research on the short and long term effects of ecstasy. Viewers also ride along in an ambulance with trained teen EMTs who warn about the need to call 911 when a friend has overdosed. 30 min. 2001
- DVD #212 **Gray Night**
This is an excellent story of one highway patrolman's efforts to determine the causes of an alcohol related crash. The story takes the patrolman and the viewer through the accident, the grief of families, and the tragic consequences of supplying alcohol to friends without thinking of the results. This video is done in narrative format and is excellent for driver intervention, underage use education and drunk driving community education. 20 min. 1999
- DVD #211 **Healing the Shame That Binds You with John Bradshaw**
No emotion brings greater unhappiness than toxic shame. In this program, John Bradshaw explains what this debilitating phenomenon is, where it comes from and outlines various stages of recovery from toxic shame. 60 min. 2005 (originally released in 1988)
- VD #054 **Heroin and Other Opiates with David L. Ohlms, M.**
Describes the physical and neurochemical impact of opiate use and opiate addiction. Heroin is used as the representative drug, but Ohlms also discusses opiate derivatives and synthetic pain-killing compounds like Darvon, Talwin, and others. Ohlms makes the key point that one reason for the increase in heroin use is improvement in the technology available to drug users. Many middle-class drug users, for example, have steered away from heroin use because in the past self-administration required the use of a needle. But smokable cocaine has taught many thousands of drug users how to use a more efficient and less scary drug delivery system, and this inhalation system has been successfully adapted for heroin use. 30 min. 1990
- DVD #215 **High Cost of Low Livin' with Darryl Turpin**
High Cost of Low Livin' Darryl Turpin examines the high cost of low livin' by addressing not only the financial cost of addiction, but the loss of family, lack of education, no employment skills, emotional and spiritual bankruptcy and in some cases criminality. This thought provoking video will make the addict think about the price they have paid for their addiction and urge them to make positive changes in their life. 29 min. 2004
- DVD #217 **Jesse's Story: My Battle with Meth**
Jesse, a young meth addict, now incarcerated in the State of Indiana talks openly about his battle with Meth, his attempted suicide and the struggles he lives with daily. Jesse's Story truly depicts the power and horrors of methamphetamine addiction. 18 min. 2005
- DVD #216 **Know When to Say No**
During this fast paced video, Guy Wheeler discusses the trickery of not knowing how or when to say no. He discusses the hooks that "so-called friends" or family members use to manipulate, trick and con you into using drugs or getting involved in criminal activity. He provides the viewer with tools to help them work through these issues and emphasizes that you must learn to take control of your life or you will continue to go back to treatment, jail or die because you do not know how to say no. 26 min. 2005
- DVD #210 **Letting Go of Stress: A Guide to Achieving Deep**
Covers practical tips on how to relieve tension: deep breathing, simple stretches, acupressure and self-massage, and progressive relaxation. 26 min. 1998
- VD #062 **March Towards Sobriety with Delbert Boone**
In this video, Delbert Boone literally details the March Towards Sobriety. He shows the viewer through illustrative examples the positive and negative areas many encounter when going into treatment. He defines many aspects of the addicts feelings of anxiousness, agitation, boredom, frustration, depression, and loneliness because of their continual desire to use, even while attempting to remain sober. In the addicts mind, taking substance abuse from their life leaves them with little else to build their life around. 50 min. Adult, 2001
- VD #023 **Prescription Drug Addiction by Dr. David Ohlms**
This video outlines the behavioral signs and symptoms of prescription drug abuse and addiction, including tolerance, withdrawal and rebound. Dr. Ohlms details common forms of prescription drug abuse, including cross drug dependency. He discusses the pitfalls for people in recovery taking prescription and many over-the-counter medications. He offers prevention suggestions for people in recovery who face using mood altering prescription drugs in conjunction with surgery and other illness management. 32 min. 2003
- VD #013 **Re-Entry Trap**
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 driver's 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. 59 min. 2004

DVD #219, **Smashed: Toxic Tales of Teens and Alcohol**

DVD #219A The leading cause of death among young people between 16 and 20 years old is traffic crashes, and alcohol is implicated in one-third of those deaths. But death may not be the worst-case scenario. This documentary was filmed at the University of Maryland's R Adams Cowley Shock Trauma Center in Baltimore. It was not staged. The producers filmed events that actually occurred while they were at Maryland Shock Trauma, and some of what occurred is graphic. You will see distraught family members and friends, and bloody victims as they are brought into the unit. 74 min. 2004

DVD #218 **Sobriety Straight Up with Delbert Boone**

Filmed at the Gateway Free & Clean Program in St. Louis with a group of recovering addicts, Delbert Boone addresses addiction, recovery and sobriety. He emphasizes that an important part of recovery and sobriety is to recognize and understand that not everything that has happened in their life is bad. He explains how most addicts have developed some very positive qualities such as creativity, consistency, diligence, determination and being able to deal with adversity. He illustrates how addicts engage these qualities while actively pursuing their drug of choice, and outlines how these same positive qualities can be used during recovery to help them stay straight and maintain healthy sobriety. Sobriety: Straight Up will assist clinicians in identifying positive personal attributes and cognitively isolate the positive and negative behavior patterns in their clients to help motivate them towards seeking to remain sober. 33 min. 2000

VD #056 **Therapy Games by Michael Johnson**

Addresses the various games patients play in therapy. He explores denial, attitude, anger, blame, and identifying your true self. Johnson provides strategies for helping viewers understand the value of therapy by exploring the psychological and emotional states they may now be in, and how they got there. 46 min. Adult, 2003.

DVD #207 **Understanding Anger**

This attention-getting video delivers basic, usable information about Rational Emotive Behavior Therapy. The first part of the video introduces REBT through discussion, diagrams, and dramatic vignettes. In the second part, viewers will see REBT principles in action. In Understanding Anger, Pablo first responds explosively to a realistic situation and then uses REBT to respond in a healthier manner. Includes follow-up questions for clients. 29 min. 2002

DVD #208 **Understanding Depression**

This attention-getting video delivers basic, usable information about Rational Emotive Behavior Therapy. The first part of the video introduces REBT through discussion, diagrams, and dramatic vignettes. In the second part, viewers will see REBT principles in action. In Understanding Depression, Derrick "awfulizes" disappointing news and experiences a deep depression. A friend helps him use REBT to arrest the depression before it becomes incapacitating. Includes follow-up questions for clients. 31 min. 2002

DVD #209 **Understanding Self-Esteem**

This attention-getting video delivers basic, usable information about Rational Emotive Behavior Therapy. The first part of the video introduces REBT through discussion, diagrams, and dramatic vignettes. In the second part, viewers will see REBT principles in action. In Understanding Self-Esteem, clients will learn how REBT can help them separate how they feel about events from how they feel about themselves. Includes follow-up questions for clients. 34 min. 2002

VD #053 **Who's Fooling Who? Relapse and the Family**

Although some signs of relapse are very obvious, other signs are subtle and tend to knock us off our feet. The four basic areas of Relapse and the Family provide insight into signs and symptoms of relapse. Rosetta Oliver clearly outlines "Who's Fooling Who". She explains the relapse process, identifying relapse triggers and the importance of understanding that triggers change as the phases of recovery change. 32 min. 2002

DVD #221 **Youth and College Drinking: Breaking the Patterns**

College students experiencing problems with and addictions to alcohol and/or illicit drugs face many complexities. This Webcast will look at the implications of student drinking and illicit or licit drug use and the effects on their student life and achievements. Emphasis will be made on the role of the school administrators and the academic community in reversing current trends. Parental and other influencing factors related to youth and young adult behaviors will also be addressed. 60 min. 2006

Community Health Resource Center Hours of Operation

Monday	8:00 am – 4:30 pm
Tuesday	8:00 am – 4:30 pm
Wednesday	8:00 am – 4:30 pm
Thursday	8:00 am – 4:30 pm
Friday	8:00 am – 1:00 pm

*Please note: The Resource Center will be closed for certain holidays, lunch breaks, and additional times when staff are unavailable.