

Special Topics

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Chemical Abuse Dependency

ST-206 * A Family History of Alcoholism
(limit: 5) brochure

This brochure provides information on the symptoms of alcoholism and explains the risks factors one should consider if there is a family history of alcohol problems. It also provides common sense advice to help those concerned about their family's history of alcohol problems. (NIAAA, 2003)

* **ST-206E** English

* **ST-206S** Spanish

ST-210 Faces of Change. Do I Have a Problem With Alcohol or Drugs?

(limit: 15) booklet

This booklet asks people to assess the role alcohol and drugs play in their lives as they follow the stories of five individuals from different backgrounds who also have a problem with substance abuse. It contains a change plan worksheet and contact information. 14 pages (SAMHSA, 2005)

ST-267 Harmful Interactions: Mixing Alcohol with Medicines

(limit: See below) brochure(s)

This brochure presents the dangers of mixing alcohol with medications. It includes a list of medications and how they may react with alcohol. (NIAAA, 2003)

* **ST-267E** English (limit: 1)

* **ST-267S** Spanish (limit: 5)

ST-282 Stress and Substance Abuse

(limit: 1) report

This Community Drug Alert Bulletin reports the increases in the number of diagnosed cases of Post-Traumatic Stress Disorder and the well-documented data that have established the connection between increased drug abuse and stress. 4 pages (NIDA, 2006)

ST-285 What You Should Know About Alcohol Problems

(limit: 1) brochure

This Substance Abuse in Brief Vol. 2, Issue 2 provides information on what you should know about alcohol problems by addressing the following: what an alcohol problem is, risky drinking, alcohol abuse, alcohol

dependence, factors leading to alcohol dependence, consequences of problem alcohol use, detecting and treating alcohol use problems, raising substance abuse awareness and National Alcohol Screening Day. (CSAT, 2003)

Children of Alcoholics

ST-310 Children's Program Kit

(limit: 1) kit

This kit contains information for therapists to distribute to their clients to help parents understand the needs of their children, as well as training materials for substance abuse treatment staff who plan to offer support groups for children. The toolkit is designed to provide materials for substance abuse programs so that they can initiate educational support programs for the children of their clients in substance abuse treatment. The curricula will teach children skills such as solving problems, coping, social competence, autonomy and a sense of purpose and future. The toolkit has activities for children in elementary school, in middle school and high school as well as activities that are suitable for all ages. It contains information for therapist to distribute to their clients to help parents understand the needs of their children and training materials for substance abuse treatment staff who plan to offer support groups for children. (NIDA, 2002)

ST-310 AM Children's Program Kit

(limit: 1) kit

This kit is described above, but specifically targeted to the American Indian population.

ST-342 It Feels So Bad: It Doesn't Have To

(limit: 3) brochure

Millions of young people worry about their parents drinking too much or using drugs. This pamphlet offers answers to questions children have about their parents' substance abuse. (SAMHSA, 2005)

ST-345 Coping With a Parent's Alcoholism

(limit: 3) booklet

This booklet, for young teens, explains the disease of alcoholism and ways of dealing with a parent's alcoholism. Questions on the last page help to facilitate discussion. 12 pages (Syndistar, 1994)

Recovery

ST-481 Advocacy with Anonymity

(limit: See below) brochure

This brochure informs those in recovery how they can speak out publicly about their recovery without compromising the principles of the recovery program in which they participate. Traditions of 12-step groups are discussed in relation to anonymity as well as why the recovery community needs to develop an active and enthusiastic public policy. (Join Together, 2001)

* **ST-481E** English (limit 2)

* **ST-481S** Spanish (limit 20)

ST-483 Are You in Recovery From Alcohol or Drug Problems? Know Your Rights

(limit: 5) booklet

This booklet was designed to help those in recovery know their rights under Federal laws that protect against discrimination, know the legal consequences of alcohol- and drug-related conduct that can limit their rights and know what they can do to prevent or remedy violations to their rights and overcome barriers due to current or past drug- or alcohol-related conduct. 16 pages (SAMHSA, 2004)

ST-490 * Helping Yourself Heal- A Recovering Man's Guide to Coping With the Effects of Childhood Abuse

(limit: 20) booklet

This booklet is a guide for men with substance use disorders who were abused as children. It explains some of the feelings that can surface when someone dependent on alcohol or drugs enters treatment. The guide also defines childhood abuse, lists symptoms of abuse and informs the reader of how to handle childhood abuse issues while in treatment. Additional resources are included. 8 pages (CSAT, 2004)

* **ST-490E** English (limit 20)

* **ST-490S** Spanish (limit 20)

Other

ST-840 You Can Make a Difference for Kids

(limit: 5) booklet

This engaging booklet shows how anyone can and should build developmental assets. This booklet introduces the concept of asset building in a fun and accessible way and motivates its readers to take simple steps to build assets for young people in their families or communities. The booklet includes tear-out cards with the asset list for each age group of children and teenagers from birth through age 18. 8 pages (Search Institute, 1999)