

GOOD INTENTIONS, BAD CHOICES

Overcoming Errors in Thinking Parts I, II, III

Featuring Stanton Samenow, Ph.D

Part I

Session 1 of the series offers a unique introduction to the thoughts that lead us into trouble called “errors in thinking.” Two different men are videotaped in the same situation, and their thoughts are recording to reveal the crucial differences.

Session 2 centers on relationships. A roleplay between a recently released man and his wife illustrates how unrealistic expectations cause conflicts in relationships.

Session 3 explores the common lack of trust from family members, due to broken promises of the past. How can we learn to live with a lack of trust from family members and still have positive, loving relationships with them?

Session 4 asks the question, If we respond to the pressures of the first year out of prison with unrealistic expectations, what is the likely result? Anger, fear, loneliness, and ultimately relapse.

Session 5 shows us how to use Murphy’s Law (“whatever can go wrong, will go wrong”) to benefit our relationships, by anticipating problems *before* they become problems.

Part II

Session 6 of the series deals with the attempt to control others. The effect of our control over others can only be damaged relationships and pain for everyone.

Session 7 features a roleplay of a recently released man who encounters a woman he used to date. The wife of a group member shares in an interview, the damaging and painful effects of her husband’s controlling behavior.

Session 8 includes a roleplay and sharing by group members on the idea of playing on a parent’s guilt, love, and fear to get what we want.

Session 9 discusses how an attempt to control others can be a signal of the beginning of relapse, as we ride the pleasure of the power and/or feel the pain of hurting others. We need to act fast and have a plan of action to prevent relapse.

Part III

Session 10 of the series presents a power-charged roleplay of a recently released husband and his wife. What is the result of failing to see another’s point of view?

Session 11 looks at coming home from prison and coming back into children’s and partners’ lives, and the thinking errors that can complicate re-entry back into the family system.

Session 12 features a guest speaker, a woman who along with her young daughter was a victim of a violent crime, recounts her chilling experience. She discusses the long-term psychological effects that resonate to this day for both of them, even years later.

Session 13 With a newfound compassion for the victim, group members share their experiences as the perpetrator in violent crimes like the one described. They realize for the first time the true impact of their actions on victims like her, whereas before, “I never thought about the victim.”

Session 14 looks at conflict resolution by way of empathy. A roleplay illustrates what happens in a romantic relationship when empathy is not used by both partners.

Session 15 contains a review of the three main areas of thinking errors in this series.

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Beat the Street Series
Better Relationships Through
Effective Communication
Challenging the Lifestyle
Chronic Relapse Series
The Disease of Alcoholism
The Gospel According to Mr. Allen
Guidelines for Helping the Alcoholic
Healing the Addicted Brain Series*

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High Level Recovery Series
Living Sober I, II, III
Making Sense of Addiction*
Maslow's Hierarchy of Needs
Pathway to Change
The Process of Recovery
Recovery Issues Series
Recovery: The Road to Success*
Relapse with Dr. Ohlms
Relapse with Earnie Larsen
Resistance & Recovery
The Rules of Recovery
Set-Up for Relapse
Sex & Drugs: Intimate Connection
Sex, Booze & Blues
Shame & Addiction*
Sobriety: Straight Up
Stage II Recovery Series
Staying Off Cocaine
Staying Sober, Keeping Straight
Success Stories II
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Therapy Games
Understanding Addiction &
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War on Addiction
Yes, I'm Still Clean

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Notes

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Meth: Recovery Is Possible

Featuring Earnie Larsen

In this film, **Earnie Larsen**, famed author and lecturer, brings together an assorted group of recovering meth addicts of all ages and backgrounds. In a group format, they discuss the issues surrounding meth recovery. The group members in this program, some with meth histories spanning more than two decades, are a testament to the fact that it is possible to get off meth, and stay off—no matter how long you've been using.

Main topics of discussion include ***Hitting Rock Bottom/Turning Points***, ***Withdrawal from Meth***, and ***What it Takes to Stay Clean from Day to Day***.

The program also includes three **“Medical Minutes”** in which group members and viewers get a chance to learn about the **medical aspects of meth**: the effects on the body and mind, what prevents long-term users from staying high, and how meth works our body and impacts the way we think, feel, and behave. Finally, a visual representation exercise with all group members shows the strength of recovery and a support system, in the face of cravings and distorted thoughts.

Length: 48 min.

**Price: \$395 Includes Leader's Guide/Workbook
Available in VHS (#3160) and DVD (#3160DVD)**



Nationally known author and lecturer, Earnie Larsen is a pioneer in the field of recovery. As a lecturer, Earnie is known coast to coast and sought after by industry, treatment centers, and even the Halls of Congress. He has appeared on The Oprah Show and various national radio shows, as an expert on issues such as codependency and addictive lifestyles. His seminars are frequently sold out, due in part to his unique simplicity, and his “Heart of America” folksy appeal. He has been a counselor for over 20 years and has been featured in over 25 educational films addressing recovery-related issues.

A COMPLETE **RE-ENTRY** PROGRAM
RESOURCES FOR CHANGE

An in-depth, four-part re-entry video and curriculum series that offers your clients practical steps for **using recovery and available resources** to help them build a new way of life.

Complete package includes:

- Four new full-length programs - with pauses for discussion!
 - A 170-page complementary curriculum including
 - Leader's Guide
 - Client Workbook
 - Client worksheets you can copy!
 - Bonus Resource Guide

Each film focuses squarely on a specific aspect crucial to long-term success for the the re-entry population:

PART I Recovery: The Road to Success \$395

PART II Where to Live...For a New Way of Life \$395

PART III Getting Ready to Work \$395

PART IV Working \$395

Series price: \$1295 Available in VHS & DVD.

Includes all four full-length films and complete 170-page curriculum!

**Now available...Specialized Client Workbooks
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The Resources for Change Leader's Guide contains client handouts & worksheets you can copy. Due to overwhelming demand, we have created pre-made, bound client workbooks printed on a quality of paper that surpasses any standard copy paper...in a format your clients will love.

Each client workbook includes:

- ❖ A glossy, color, bound cover
- ❖ 98 pages of curriculum on high-quality paper
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- ❖ Bonus Client Resources Guide

Available in the following packages:

Single client workbook= \$10 **40** client workbooks= \$399

80 client workbooks= \$699 (**save over \$100!**) **160** client workbooks= \$1299 (**save over \$300!**)

Order a pack of client workbooks and streamline your program today!

CODEPENDENCY SERIES

With Jim Shelton, MAC

Codependency is an increasingly overused, under-defined word. In this new series, [Jim Shelton, MAC](#) speaks with audience members in a drug and alcohol recovery program about the true nature of codependency—what it is, and what it isn't.

In Part One, he builds a complete, working definition of codependency, explores common codependent characteristics, discusses its very real mental and physical effects, and looks at the link between codependency and substance abuse.

In Part Two, he goes into depth on the subject of boundary setting—which, for a codependent particularly with a substance abuse background, is a large part of the solution. Through role play, the audience learns how to set limits and to take personal power back in a healthy and effective way.

PART 1 (43 min. \$325) **What Is Codependency?**

What does codependency mean?
Am I with a codependent?
How do we “catch” codependency?
Is codependency a disease?
What are the roots of codependency?
What does codependency look like?
What is the link to substance abuse?

PART 2 (52 min. \$325) **Setting Personal Boundaries**

What are personal boundaries?
Why is setting boundaries part of the solution?
Why is it difficult for codependents to set boundaries?
How do we set them?
How do they help us reclaim our power?
How are boundaries related to substance abuse?

*Series Includes
Leader's Guide/
Workbook!*

Series Price: \$625

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Available in VHS (#0630) & DVD (#0630DVD).



Expert host [Jim Shelton, MAC](#) has been in the recovery field for 20 years. He has directed inpatient chemical dependency programs, been a chemical dependency counselor, and case manager, and was most recently a family counselor at The Betty Ford Center at Eisenhower.

TOP 10
BEST
SELLER

ALCOHOL: THE MEDICAL CONSEQUENCES

With John Keppler, M.D.

Part I

Focuses on alcohol's toxic effects on the pharynx, throat, stomach, pancreas, and liver. Dr. Keppler explains that alcohol's unique tendency to remain in the body considerably longer than other drugs bathes these organs in toxic material for extended periods.

Part II

Discusses alcohol's target organ: the brain. Viewers learn how alcohol affects the chemistry, biology and structure of the brain. Additional topics include effects on the skeletal, heart and hormonal systems.

Part I: 30 min. / \$395

Part II: 31 min. / \$395

Series price: \$695 (#0320) Includes Leader's Guide & Workbook.

A bonus Q&A section follows each segment.

Available in Spanish.

MARIJUANA: THE MEDICAL CONSEQUENCES

BEST
SELLER

With John Keppler, M.D.

Viewers will explore marijuana's effect on the brain, both in terms of what produces its pleasurable effect, and the side effects apparent in various parts of the brain. Other core issues include effects on general physical health and emotional wellness, addictive qualities and women's issues.

Medically accurate information and computer graphics are interspersed with engaging questions from the audience, offering a real-world approach to those concerned about marijuana, and the implications of its use.

#3140

42 min. \$395 Includes Leader's Guide & Workbook.

Available in Spanish (#3143).

MAKING SENSE OF ADDICTION

With John Keppler, M.D.

BEST
SELLER

What is the psychological process of addiction? How does addiction relate to the biology of your brain? The combination of the psychological and biochemical elements in the brain create conditions that help make addiction the trap that it is. Understanding the progression of addiction from this standpoint is key in treatment and recovery.

Viewers will identify with key points in the presentation—how they thought and felt in different stages of their drug abuse—and come to understand the psychological and biochemical factors at play in each step. Why does an addict whose life is falling apart around them continue to use? This talk makes it crystal clear. Finally, Dr. Keppler offers proactive ways to help heal an addicted brain, stressing abstinence and healthy life choices. A bonus Q&A session follows.

#3200

**34 min. \$395 Includes Leader's Guide & Workbook.
Available in Spanish (#3203).**

HEPATITIS C: STAYING WELL

BEST
SELLER

With John Keppler, M.D.

In this film, Dr. John Keppler offers a clear overview of Hepatitis C, an often misunderstood virus. Core issues focus on how those with the virus can work to stay healthy, and how to avoid contracting the virus for those without it.

Visually compelling computer graphics illustrate the virus' effect on the body. Viewers come to see how and why the virus disproportionately affects substance abusers and/or those in recovery. Yet, Dr. Keppler reminds the audience that Hep C "is not a death sentence" and that it can actually be a positive—such as a motivating factor to stay in recovery.

A bonus question and answer segment at the end of the film rounds out the presentation with spontaneous answers to important and personal questions. A perfect educational component for health, correctional, and treatment programs. **#2000**

40 min. \$395 Includes Leader's Guide & Workbook.

Available in Spanish - VHS only (#2003). English version available in DVD! (#2000DVD)

ALCOHOL & DRUGS BODY & MIND The Medical Consequences

BEST
SELLER

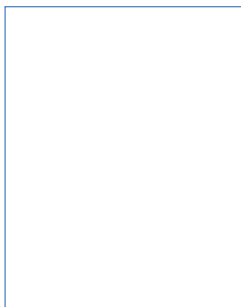
Featuring Dr. John Keppler

◆ Alcohol ◆ Marijuana ◆ Prescription Drugs ◆ Hallucinogens
◆ Club Drugs ◆ Stimulants ◆ Inhalants ◆ Opiates

What happens to our bodies when we abuse alcohol and drugs? What is the effect on our brain chemistry? How do drugs actually produce the effect of feeling high, and what is the price we pay? Issues related to tolerance, dependence and craving are discussed, and are illustrated visually through the use of brain scans and various other graphics.

Viewers come to a much fuller understanding of the medical consequences of alcohol and drug abuse at the end of this serious, yet lively, presentation.

Price: \$395 ❖ Includes Leader's Guide & Workbook!
Length: 43 min. ❖ VHS Spanish version available (#0103).
Available in VHS (#0100) & DVD (#0100DVD)



Certified by the American Society of Addiction Medicine, Dr. Keppler has a background as the Medical Director of various alcohol, drug, and psychiatric hospitals. He is currently the Clinical Director of the Texas Department of State Health Services, Substance Abuse Division. Dr. Keppler has treated over 5000 individuals with the disease of chemical dependency.

COMMITMENT TO CHANGE

Parts I, II and III

Overcoming Errors in Thinking

Part I - What Are Errors in Thinking?

Provides a vivid introduction to the basic concept: the way we think has powerful influence on our lives. The opening captures viewer interest as it portrays the “high” of crime and drug abuse, followed by the inevitable, painful consequences. Part I consists of three segments: “Why change?,” “I’m a victim of others,” and “I’m a victim of my substance abuse.”

Part II - Two Crucial Errors

Explores a common, destructive error: “I want it fast and easy.” Long-term consequences are exposed in “Where does this thinking lead?” as incarcerated offenders compare their own painful experience to a different option: constant, honest effort over time. Men and women serving time reveal another crucial error: “No one was hurt.” The errors and correctives are fully explored. The summary presents a responsible alternative: to become aware of errors and their consequences - and begin to work toward change.

Part III - Overcoming Errors in Thinking

One final error demonstrates how change can begin. “It’s okay to shut off fear” is the error examined. Shutting out fear can allow us to ignore the consequences of our destructive acts. A brief role-play dramatizes a typical prison incident as we further explore the process of change. The summary includes realistic, practical ways to change our thinking.



DR. STANTON SAMENOW worked side by side with Dr. Samuel Yochelson, as they pioneered the research which uncovered the key role played by thinking patterns. Out of that work came the concept of “errors in thinking.” Dr. Samenow co-authored the three-volume groundbreaking study, ‘The Criminal Personality’. Dr. Samenow is widely recognized as an authority on the evaluation and treatment of people who demonstrate criminal and destructive behavior. His book, Inside the Criminal Mind, is available from FMS.

ACA
BEST FILM

Produced by Success Stories

Teen/Adult/Staff
Part I 40 min \$495 Part II 34 min \$395
Part III 39 min \$425 Series of three \$995

Series price includes Leader’s Guide, Workbook & Overhead Transparencies
Available in VHS (#0710) and DVD (#0710DVD).
VHS Spanish version available (#0713).

COMMITMENT TO CHANGE

Parts I, II and III

Tactics: Habits That Block Change

Correcting errors in thinking is first. The other half is the **behavior** that results from these thoughts.

TACTICS are habitual ways of acting that keep people stuck in destructive lives. Tactics are ways to take control and build walls to shut out those who would help us. They block the most crucial step in change: looking at ourselves.

When clients become aware of tactics and how they use them, change becomes possible. For staff, the leader's guide provides a fuller understanding of these tactics and opens the way for greater effectiveness.

BEST
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Part IV includes these tactics: Attack: "You're the problem, not me." Diversion: I'll change the subject." Minimizing: "It's no big deal."

Part V includes: Casing People Out: "I'll feed you what you want to hear." Generalizing: "Everybody does it. Why not me?" Silence: "I don't feel safe—I'll shut down (I'll take control)."

Part VI is where the group takes a hard look at practical, step-by-step ways to move beyond tactics and move toward a life that is truly free.

Teen/Adult/Staff (#0810)

Part IV 36 min, \$495 / Part V 30 min, \$495 / Part VI 31 min, \$395

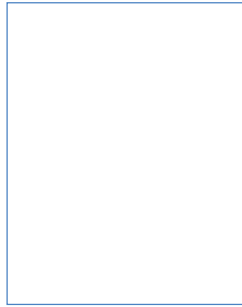
Series of three \$995 Includes Leader's Guide, Workbook, & Overhead Transparencies

Available in VHS (#0810) and DVD (#0810DVD).
VHS Spanish version available (#0813).

COMMITMENT TO CHANGE

Parts VII, VIII and IX

The Power of Consequences



Stanton E. Samenow, Ph.D



Edward Allen Roberts, M.A.

PART VII — Facing Consequences - 33 min.

It takes courage to face the pain our actions have caused. In a powerful roleplay, an offender and recovering addict looks squarely at the consequences of his actions: to victims, to his wife, his children, his community and others. He looks at the awful loss in his own life. He discovers that his pain can give him a **reason to change** — compelling motivation to stick with the difficult, day-by-day work of changing lifelong patterns.

PART VIII — Moment of Decision - 37 min.

People who stay clean and free **consider consequences** before acting; repeat offenders find a way to shut them out. The group at first resists that truth: **“I didn’t think; I just acted.”** Yet, with a closer look, each person discovers that before destructive acts there was a moment of decision — time to make a choice. Each found their *own way* to shut out thoughts of consequences: **“I won’t get caught,” “I’ll deal with it later,” or “I’ll just have one.”** Many discover that same **“go-ahead” thought** has been a lifelong pattern. That awareness opens a new opportunity for change.

PART IX — Remembering Consequences - 43 min.

“When I face temptation, will I be able to resist?” The group develops practical skills and effective tools. Noticing how we shut out consequences — what we say to ourselves to “go ahead” and commit the crime or get high — provides a **warning sign**: an alarm that can tell us to slow down — and consider consequences. Each person develops a potent reminder: a **powerful image of negative consequences** to call on when facing temptation. They explore the crucial tool of planning ahead. And they discover the value of using *positive* consequences, as they think through, **“What kind of person do I want to be — for myself and as a role model for my children?”**

A COMPLETE INSTRUCTION PROGRAM:

- ❖ Three full-length videos divided into individual sessions
- ❖ Companion Worksheets *you can copy*
- ❖ Comprehensive, easy-to-use Leader’s Guide for each session
- ❖ Overhead transparencies for vivid presentations

Show a single video or implement the full 11-session program.

Available in VHS (#0850) and DVD (#0850DVD).
VHS Spanish version available (#0853).

BEST
SELLER

\$425 each or \$995 for the complete program

SURVIVING RECOVERY SERIES

BEST
SELLER

Featuring Damon Berryman, CASAC

Tape I: Finding Motivation 37 min.

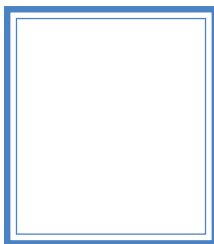
In early recovery, finding the motivation to stay clean can be extremely difficult. Something that often stands in the way is guilt and low self-worth, caused in part by the hurt we've brought upon others in our addiction, especially those we love. Facing this hurt can become a powerful motivation for recovery. And we can create a powerful tool by learning to use the image of loved ones, the very people we have hurt, to help us get past the urge to use.

Tape II: Coping with Triggers 40 min.

Why do so many people use drugs or alcohol even when they know better? Because with prolonged and extensive use, our brains become conditioned to use. That's why we sometimes say, "the brain of a user can be his worst enemy." Many different triggers—people, places, and things—can cause a user's brain to crave, or "drool" for drugs. But *knowing* that's how the body/brain system works, can save a recovering person from being ambushed by craving when it happens out of the blue. And combining that knowledge with a few simple techniques for coping with triggers can save that person from a relapse.

Tape III: Handling Conflict 48 min.

All of us have belief systems or "maps" which describe our points of view about everything from religion to family to self. Many of us came to believe things about ourselves based on how our parents related to us as children. And many of us created our own belief systems as a result of lifestyle choices. The feeling we call conflict can be created by one map going up against another. This can occur between people or inside us. When our maps conflict with other people's maps we often feel uncomfortable and want to fix the situation. Sometimes situations can't be fixed, and as addicts and alcoholics we are faced with a dilemma: live with the discomfort or medicate it. Our ability to recover is therefore directly related to our ability to handle conflict and its uncomfortable emotions. It is important to have faith in the process of living and to let other people's feelings belong to them.



*Series Includes
Leader's Guide/
Workbook!*

Damon Berryman, CASAC has been a Drug and Alcohol counselor, trainer, writer and speaker for almost 20 years. He has been involved in trainings for NY State Corrections and Rockefeller College, and runs a small private practice.



Available in Spanish (#4633).

\$350 each, series of 3 \$895 (#4630)

ANGER CREATING NEW CHOICES

Featuring James Beard

BEST
SELLER

A comprehensive, 11-session program, including:

- **Three videos** • **Workbook you can copy**
- **Leader's Guide** • **Overhead Transparencies**

In this powerful program, ex-offenders and people in recovery look at the cost of anger and aggression in their own lives — and learn **how to create new choices**. They discover that destructive actions don't "just happen" in an instant; they grow out of a pattern of thoughts, beliefs and feelings. Along with an awareness of body reactions, each of these becomes valuable early warning signs. Viewers learn an array of effective alternatives and practical skills which make it possible to stop aggression before it's too late, and to have the power to do something different. Exploding in anger need not be an automatic response. It is possible to *create new choices* — and a different kind of life.

PART I — A Closer Look 36 min. \$425

Does rage explode "out of nowhere?" A closer look reveals that many things happen before we get angry: thoughts, beliefs and feelings all play a crucial role. Becoming aware of what happens before we get angry—discovering that we do have time to do something different—is a crucial first step in *creating new choices*.

PART II — Catch It Early 35 min. \$425

Jealousy and revenge are examples of feelings which can create pictures in our minds. These visual thoughts drive us to actions like "checking up" on the suspected person. Allowing these actions to continue feeds our anger and can easily lead to aggression out of control. Similarly, when anger begins to grow, adrenaline flows and major changes take place in our bodies. Learning how to notice these changes, pictures, and behaviors allows us to see what's coming before it's too late. Learning what we can do to starve the anger allows us to make a different choice.

PART III — Practical Skills 35 min. \$425

Aggression can become a habit; we can invite anger even when we don't intend it. Our habitual body language and manner of speaking can take us down an all-too-familiar path. Learning practical skills for "keeping things cool" (for being assertive instead of aggressive) opens a new door, giving us the ability to do something different: the power to *create new choices*.

PRODUCED BY SUCCESS STORIES

Young Adult/Adult/Staff (#0140)

Series of three includes Leader's Guide & Wkbk for only \$995

Available in Spanish (#0143)

For two decades, JAMES BEARD has been an outstanding presenter in corrections and treatment. He has been honored with numerous awards for his work in substance abuse treatment, and now specializes in anger management and domestic violence programs.

From the Producers of the Commitment to Change Series

EXCLUSIVELY AT FMS

PRODUCED BY SUCCESS STORIES

SUCCESS STORIES I - Change is Possible

BEST
SELLER

Young Adult/Adult, 32 min. \$425
Leader's Guide & Workbook (#4550)
Available in Spanish (#4553)

These personal stories prove that change is difficult but possible; the rewards are beyond measure. Four people: Hispanic-American, African-American and Caucasian, male and female. Each struggled long and hard with substance abuse, destructive behavior and prison time. Each found a path to a better life.

SUCCESS STORIES II - Release and Recovery

Young Adult/Adult, Part I 48 min. \$395 Part II 33 min. \$395 Part III 37 min. \$395
Series of three \$895 (#4580)

This comprehensive program includes three full length videos:

BEST
SELLER

Part I Release Day: Where Do You Go?
Part II Family Issues, Support Systems
Part III Work, Anger and Self-Esteem

Series includes Leader's Guide, Workbook,
& Overhead Transparencie s
Available in Spanish

How do you get out of prison—and not come back? These are the real stories of five men and two women who have learned the hard way; each has years of experience with the revolving door of addiction and crime. Each has learned what it takes to live clean and free. Their stories reveal hard-won lessons that can help others to succeed.

Issues include: • Making it through the first hours and days after release • Strategies for staying clean and sober the first year • Creating a release plan from inside prison • Reconnecting with family/handling anger • The challenge of parenting • The value of programs • Handling the temptations of old friends and negative influences • Creating a new support system • Finding and keeping work •

HEALING THE ADDICTED BRAIN

Teen/Adult/Staff (#1890)

Part I 30 min. \$395 Part II 36 min. \$395

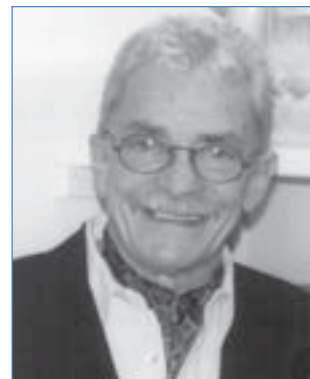
Part III 38 min. \$395 Series of three \$895

Comprehensive Leader's Guide & Workbook
Color overhead transparencies

BEST
SELLER

A dramatic new way to approach the realities of addiction and recovery is now available. Recent science reveals vivid brain scan images: extensive, visible changes in the brain during prolonged substance abuse. Striking pictures show that during recovery, over time, some changes can be reversed; others are permanent. Successful recovery means learning positive ways to live with a brain that is altered and vulnerable to relapse.

The compelling, emotional stories of real people—some with extensive criminal records—reveal the many stages and challenges of addiction and recovery. At each stage, we discover corresponding changes in the brain and insight into addictive thinking and the decision to enter treatment; why a "lapse" can trigger full-blown addiction in a previously-addicted brain; the difficulty of overcoming deeply etched thinking and behaviors; the need to seek help and support and learning new ways to cope with feelings. Also, techniques for managing environmental cues and "feeling memories" which trigger craving are discussed. Restoring normal brain chemistry requires sustained effort over time—finding new ways of generating essential chemicals like dopamine, and forging a whole new way of life.



**Hosted by Dr. David Deitch,
a dynamic and energetic
presenter recognized
worldwide for his work in
addiction and treatment.**

THEY CALL ME MR. TREJO!

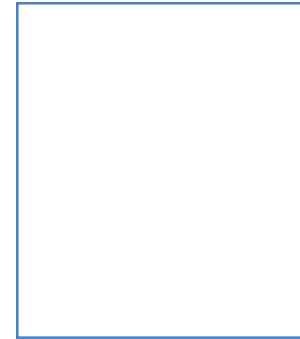
BEST
SELLER

Young Adult/Adult, 28 min. \$425
Study Guide (#4800)
Available in Spanish (#4803)

Danny Trejo, a former convicted felon who is now a noted Hollywood character actor, has most recently been featured in the films *Anchorman*, *Once Upon a Time in Mexico*, and *The Devil's Rejects*. He has also made appearances on popular tv shows, such as *Desperate Housewives*, *King of the Hill*, and *Alias*.

From the time he was 14-years old, Danny was a professional criminal. It took ten years of life behind bars in half a dozen prisons before he finally discovered the key to change.

In 1969, Danny had just been released from two months in Soledad prison, when he became involved in a 12-step program and committed to take personal responsibility for his future. Danny Trejo tells his story with passion and honesty.



Danny Trejo

A BETTER WAY

Also featuring actor Danny Trejo

Young Adult/Adult, 19 min. each
\$295 each, \$695 series
Study Guide (#0440)

BEST
SELLER

Designed for first-time offenders, participants in institutional substance abuse programs, or anyone who wishes to live free. Its purpose, with vital assistance of an instructor or counselor, is threefold:

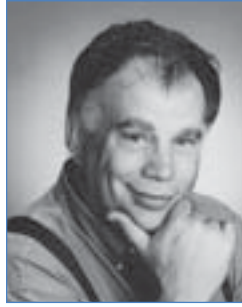
ACCEPTANCE of the reality of why I am here.

ACCEPTANCE of the need to change my thinking and behavior while in prison.

ACCEPTANCE of the fact that I have to 'do it differently' when I get out.

This 3-part series includes:

- | | |
|-----------------|---|
| Part I | Responsibility: Guides inmates to understand they are responsible for where they are. |
| Part II | Decisions: Suggests things that can be done while incarcerated. |
| Part III | Changes: What to look out for upon release. |



Nationally known author and lecturer, **EARNIE LARSEN** is a pioneer in the field of recovery. He has been a counselor for over 20 years and has been featured in over 25 videos addressing recovery issues.

BEST
SELLER

CHRONIC RELAPSE SERIES

BEST
SELLER

Adult, 30-36 min. each
\$295 each
Series of three \$795

In this dynamic program, **Earnie Larsen** brings together a group of ex-offenders and recovering men. Using a program he has developed through his many years of treating addicts, six elements key to breaking the chronic relapse cycle are explored in three video tapes. (#0560)

Includes comprehensive Study Guide.

Understanding Relapse

The group explores specific situations that led them to relapse. The men uncover feelings of fear, inadequacy, and over-confidence, which ultimately led to relapse.

What Do You Have to Lose/Gain?

The group details the terrible consequences of relapse. Also, they discuss what is to be gained through sobriety: trust from others, self-love, relationships with their children, and an optimistic attitude.

Relapse is a Process

The group learns relapse is a process, not an event, and discovers the "match" that started the relapse "fire." They discover that pain that is not dealt with will ultimately trigger relapse.

Breaking the Relapse Cycle

The group explores what tools to use to put out the "match" before it becomes a "fire." Also discussed is the importance of distinguishing between the "junkie mind" and the "spiritual mind" to help avoid relapse.

The Face Behind the Mask

The group discovers the hidden pains from their childhood that must be dealt with in recovery. They realize that trauma in early childhood causes individuals to view the rest of their lives from the perspective of a wounded child.

Pebbles Around the Boulder

The group learns concrete tools to use as "pebbles" to keep the "boulder" of relapse from rolling downhill. Larsen brings the group to see that relapse prevention is ultimately about honest sharing with others, self-recognition, and "getting real."

THE CAT WHO DRANK & USED TOO MUCH

BEST
SELLER

Elementary through Adult, 12 min. \$295 (#0600)
Available in Spanish (#0603)
and American Sign Language (#0600ASL)

Narrated by Julie Harris and winner of 24 major awards, this delightful tale for all ages deals with addiction in a positive, non-threatening way. Pat the cat started innocently enough with a drink or two with meals, but progressed to sneaking drinks, being obsessed with drinking and experimenting with other substances. Finally, Pat the cat couldn't take it anymore. Pat needed help and the help was there. Complimentary book, [The Cat Who Drank and Used Too Much](#) by LeClair Bissel, M.D. and Richard Watherwax, with every purchase.

The Beginning of the End: Ruben and Heroin

Featuring John Bradshaw

This film unapologetically reveals the true realities of heroin addiction. Ruben, a recovering heroin addict, recounts clearly and openly how addiction has affected his life, and continues to affect it today. He discusses how his heroin use went beyond fun and recreational, quickly turning into the “sustenance” of his simple day-to-day functioning. Sharing needles became extremely common in his circle, eventually causing him to contract hepatitis C. He remembers relocating to get sober and start a new life, but even with the best of intentions, he fell back in. “These things will find you,” says Ruben, “they will hunt you down.”

He talks about how he wishes someone had told him as a teenager what he was truly getting himself into with heroin and addiction, that things may have been different - better - if he knew the realities of this lifestyle. Ruben tells his story in hopes of helping others, especially young people, who are entertaining the thought of using heroin. In addition to the powerful testimonial of Ruben, the film features expert input by John Bradshaw, one of the country’s leading figures in the field of addiction and recovery.

(#4710)

25 min.

\$250

Meth & Violence

BEST
SELLER

According to [Col. Alex Mahon](#) of the Methamphetamine Task Force in Arizona, 90% of homicides are related to meth, either directly or indirectly. A rising number of domestic violence incidents are meth-related as well. What is it about this drug that links it so highly with incidents of violence? This program explores this phenomenon.

We hear from Jamie, a former teenage meth user, as she describes how she saw anger and aggression often amplified while she and others were using the drug. She details the common lack of sleep that accompanies this type of lifestyle, swift changes in emotion, and a heightened sense of ability and entitlement that become triggers for angry and violent outbursts. Jamie recounts the bloody fights she saw between meth users, often for no apparent reason.

Col. Mahon offers a clinical answer to the link between meth and violence. He discusses the cycle of meth use (binge, tweak, crash, and use again) and describes why the tweaking period is the most dangerous in terms of psychotic violence. He shares telltale signs of someone who is in this crucial zone, and advises how best to avoid danger in the situation.

(#3150)

23 min.

\$250

UNDER THE INFLUENCE II

As in the original film, volunteers drive on a test track designed to reflect everyday driving experiences. On the first day, they are trained on the course and given an opportunity to drive it for scores. The following day, the individuals drink alcoholic beverages and then drive the track at various blood-alcohol concentrations, beginning with .05.

This film shows that safe driving is significantly impaired even at .05 blood-alcohol content and most definitely at .10. The results of the experiment will enlighten anyone who thinks it is okay to drive under the influence.

Teen/Adult, 27 min. \$395 (#5160) Discussion Guide
Available in Spanish (#5163)

UNDERSTANDING ADDICTION

Young Adult/Adult, 28 min. \$395 (#5170)
Discussion Guide

Objectives:

To show that people are susceptible to addiction in varying degrees.
To dispel the popular belief that addiction is a matter of will power.
To show that addiction has a genetic predisposition.
To generate understanding that addiction is a treatable disease.
To make people aware of what to do when faced with addiction.

Noted author Roberta Meyer conducts an imaginative and visual tour through a 'life gallery' in this film which gets to the heart of addiction. The film gives poignant and realistic views of the effects of addiction on an addict's family and friends and a good general description of Employee Assistance Programs and interventions.

The film also explores myths of addiction, effects on the children of alcoholics, genetic predisposition, triggering factors, addictions other than alcohol and drugs, guidelines for the non-addict, cross addiction, and stages of recovery.

BREAKING THE CHAINS

Teen/Adult, Part I 29 min. \$295 Part II 30 min. \$295
Series of two \$495 (#0410) Study Guide

BEST
SELLER

Three African-American men—Abu, David and Abdul—share a powerful story of transformation and renewal. Each man shares his story of the journey from adolescent insecurities and experimentation with substances into the inevitable escalation into self-destructive behaviors, criminal activity, and addiction.

Part I: How it Was

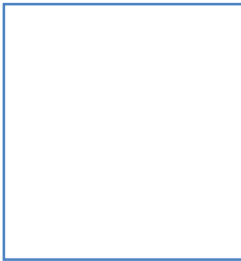
Focuses on these key areas: •Early childhood & family life • Adolescent insecurities • Experimentation with substances • Peer influence and behavior • Warning signs of problem use • Criminal activity & incarceration • Continuing drug use despite escalating consequences

Part II: Finding a Way Out

Reveals the progressive debilitating consequences of addiction and then shifts into each man's motivation to change, and the process and the tools to sustain long-term change.

STAY AHEAD: MAKING PAROLE SERIES

The content of this program draws from an inmate's desire to make and successfully maintain parole status. It skillfully uses the inmate's desire for making parole to bring about a broader change in behavior. Useful in any group setting: drug and alcohol, criminal behavior, or aggressive behavior.



PART I: GOING HOME

This section discusses making a parole plan. It offers specific steps for the incarcerated individual seeking parole.

PART II: STAYING HOME

This section delves into issues that the client needs to be aware of once they've made parole, to prevent coming back. Discussed are the common illusions that many have of getting back into the 'real world.' Specific tactics to avoid repeat incarceration are shared.

Bob Gagliardo has spent numerous years as a prison counselor. The nexus of his approach has been published in the Journal of the American Corrections Assn. and has been well-received at major psychiatric and forensic conferences.

BEST
SELLER

Adult, #4620 43-45 min. each
\$295 each, series \$495 Study Guide Included

WOMEN: FREE TO LIVE

Adult, 20 min. per segment
\$295 each, or \$495 for both (#5810)

Part 1: Bambi's Story

Bambi, a fascinating Hispanic woman is a true miracle "in action." She has had 13 'trips' to prison and 26 years behind bars. She finally accepted addiction as her primary problem and found recovery. Treatment and a program of recovery were the keys to Bambi's release and continuing freedom. Bambi now works as a counselor in a transitional living treatment facility for women.

Part 2: Voices of Freedom

An ethnically, economically and otherwise diverse group of women tell their stories. A warm, compelling tale of addiction; dignity lost and found through recovery. They share their discoveries in dealing with such issues as male dependency, shame and guilt, and physical and mental abuse.

Bestsellers Featuring Father Martin

ALCOHOLISM & THE FAMILY **Adult, 43 min. \$295 (#0130)**

This film is a plea by Father Joseph Martin for the treatment of all those affected by this family disease. He points out the effects of alcoholism on the family before and after sobriety, emphasizing that sobriety is just the first step toward the recovery of the dysfunctional family.

CHALK TALK ON COUNSELING **Adult, 22 min. \$295 (#0620)**

The best motivational film ever made for alcoholism counselors. Father Martin defines the qualities that will assure a good alcoholism counselor. This film will inspire alcoholism counselors to facilitate exceptional change in the lives of their patients.

GUIDELINES FOR HELPING THE ALCOHOLIC **Adult, 48 min. \$325 (#1630)**

The wit and wisdom of Father Joseph Martin brings to life eight general principles that have proven successful for helping the alcoholic begin recovery from the disease of alcoholism. Father Martin describes how to recognize and confront alcoholism and reminds us that the alcoholic has no control over alcohol because it has become an addiction. *Available in Spanish!

Thomas Henderson

Exclusively at FMS

THOMAS HENDERSON is a former NFL Player and convicted felon. Thomas' charismatic style and his willingness to share his experiences and process of recovery have made his videos very popular with clients and counselors alike.



SECOND HALF

Young Adult/Adult, 30 min. \$325 (#4290)
Study Guide / Available in Spanish (#4293)

Thomas "Hollywood" Henderson was the National Football League's first cocaine casualty. It cost him his career and, for a few years, his freedom. Clean and sober since 1983, he has a message for young and old: "Life can be better. It can be different. You don't have to live this way anymore." This is his story.

YES, I'M STILL CLEAN

Young Adult/Adult, 52 min. \$395 (#6010)
Available in DVD format (#6010DVD)

New! Answers an email inquiring if Thomas Henderson is still clean and sober. He once again speaks to the heart of recovery and behavior modification, in front of an audience of mostly recovering individuals. This film will enhance your ability to reach your clients, and support the reality that being clean and sober is a worthy goal and lifestyle.

ALCOHOL & DRUG PREVENTION 101

Youth, 28 min. \$295 (#0500)
Available in Closed Caption (#0500CC)

Filmed before high school and college students, Thomas educates on the pitfalls that come from the use of alcohol and drugs and encourages individual empowerment. An excellent educational, prevention, intervention, and training tool geared for a youthful audience.

LEARNING HOW TO LIVE

Young Adult/Adult, 43 min. \$295 (#2560)

Living life on personal terms and getting back to the mainstream of living are two important aspects of recovery that are often ignored. This video focuses on the individual and what choices can be made for success. Useful for programs stressing behavioral modification and living instruction.

DO THE RIGHT THING WHEN NO ONE ELSE IS LOOKING

Young Adult/Adult, 42 min. \$350 (#1040)

When you are alone...do the right thing. Here, Henderson lays the responsibility of change on the individual. His statement: "It's not the system...it's you." Criminal behavior is a decision most of the time. While he says, "You are the problem," he adds, "you are the solution." He shares how his own life is now full and functioning, without resorting to alcohol, drugs, or violence.

DO THE RIGHT THING WHEN NO ONE ELSE IS LOOKING - FOR WOMEN

Young Adult/Adult, 30 min. \$350 (#1050)

Based on the popular film 'Do the Right Thing When No One Else is Looking,' this film is geared specifically for female offenders, and it features Thomas Henderson speaking with incarcerated women about taking personal responsibility.

STAYING SOBER & STAYING FREE

Young Adult/Adult, 43 min. \$295 (#4600)
Available in Spanish (#4603)

Thomas informs viewers of lifestyle changes that he has made in order to stay sober and free. His focus is on the criminal justice system and life-rebuilding.

GETTING OUT:

A PRE-RELEASE PROGRAM

Young Adult/Adult, 29 min. \$295 (#1570)

Thomas Henderson appears in his usual charismatic style to discuss the issues surrounding release. The film provides general resource information about what inmates can do before and after release.

Re-Entry Titles

Featuring Stanton Samenow, Ph.D Good Intentions, Bad Choices: Overcoming Errors in Thinking Parts I, II, III

This series looks at the problems we have created for ourselves throughout our lives, and that we face immediately upon release. **How do we trip ourselves up after release, and what can we do about it?**

Renowned expert in criminal thinking and behavior modification, Dr. Stanton Samenow, explores these concepts with a group of ex-offenders who are currently in recovery. Roleplays illustrate the **ERRORS IN THINKING common in re-entry**, and inspire discussion and personal reflection for the group.

Series includes three full-length films/DVDs (with optional pauses for discussion or class breaks), companion worksheets you can copy, and a comprehensive Leader's Guide. No need to buy more workbooks!

\$425 each, or \$995 for the entire package.

Resources for Change Series

The new comprehensive **re-entry video/DVD series and curriculum** which teaches practical and specific skills to help clients use recovery and available resources to build a new way of life for themselves.

The complete re-entry series includes:
4 full-length films/DVDs - with pauses for discussion - and a **170-page Leader's Guide and Workbook curriculum that you can copy!**

The series includes:

Recovery: The Road to Success 40 min.
Where to Live...For a New Way of Life 43 min.
Getting Ready to Work 47 min.
Working 38 min.

Only \$1295 for the entire film and curriculum package! Available in VHS & DVD.

BEST
SELLER

Commitment to Change: Errors in Thinking

Interacting with convicted felons in a State correctional facility, Dr. Stanton Samenow, Ph.D. skillfully allows these men and women to reveal their errors in thinking. This program leads students to practical, concrete ways to become aware of their own thinking and its consequences. **Part 1: 40 min. \$495 / Part 2: 34 min. \$395 / Part 3: 39 min. \$425**
SERIES: \$995 (#0710)

BEST
SELLER

Commitment to Change: Tactics - Habits that Block Change

In roleplay and video clips, offenders discover how they use tactics, and how these habits keep people stuck. They learn practical, effective ways to move beyond tactics—step by step. **Featuring Dr. Stanton Samenow Part 4: 36 min. \$495 / Part 5: 30 min. \$495 / Part 6: 31 min. \$395**
SERIES: \$995 (#0810)

BEST
SELLER

Commitment to Change: Power of Consequences

People who stay clean and free consider consequences before acting; repeat offenders find a way to shut them out. The group explores facing consequences, and discovering the exact moment of decision. **Featuring Stanton Samenow, Ph.D. & Edward Allen Roberts, M.A. Part 7: 33 min. \$495 / Part**

Success Stories I - Change is Possible

These personal stories prove that change is difficult but possible; the rewards are beyond measure. Each person struggled long and hard with substance abuse, destructive behavior and prison time, yet each found a path to a better life.

BEST
SELLER

Young Adult/Adult, 32 min. \$425
Leader's Guide & Workbook (#4550)
Available in Spanish (#4553)

Success Stories II - Release & Recovery

How do you get out of prison—and not come back? These are the real stories of five men and two women who have learned the hard way; each has years of experience with the revolving door of addiction and crime. Each has learned what it takes to live clean and free. Their stories reveal hard-won lessons that can help others to succeed.

BEST
SELLER

Young Adult/Adult, Part I 48 min. \$395
Part II 33 min. \$395 Part III 37 min. \$395
Series of three \$895 (#4580)
Available in Spanish (#4583)

Re-Entry Titles

They Call Me Mr. Trejo!

Part I 20 min. \$300 / Part 2 25 min. \$425

Danny Trejo, a former convicted felon, and now a noted Hollywood character actor, has been featured in such films as *From Dusk Till Dawn*, *The Salton Sea*, *Spy Kids*, and *XXX*. In 1969, Danny had just been released from Soledad prison, when he became involved in a 12-step program and committed to take personal responsibility for his future. He tells his story with passion and honesty.

A Better Way Series

19 min. ea / \$295 ea / \$695 series of 3 Study Guide Included.

Designed for first-time offenders, participants in institutional substance abuse programs, or anyone who wishes to live free. Its purpose, with the assistance of an instructor or counselor, is threefold: (1)ACCEPTANCE of the reality of why I am here, (2) ACCEPTANCE of the need to change my thinking and behavior while in prison, and (3)ACCEPTANCE of the fact that I have to 'do it differently' when I get out. Featuring Danny Trejo.

BEST
SELLER

Rage, Recidivism & Recovery Series

Part I 20 min. \$300 / Part 2 25 min. \$425 \$550 series price Study Guide Included

Three formerly violent, habitual offenders (one African-American, one Hispanic, and one Caucasian) show us how it is possible to "get out and stay out." See and hear how they had to accept responsibility for their own behavior by confronting their anger, hate, rage, fear, abuse of substances, other human beings, and ultimately themselves. Featuring Danny Trejo.

Stay Ahead: Making Parole Series

43-45 min. ea / \$295 ea, \$495 series Study Guide Included.

This program draws upon the inmate's desire to make and maintain parole status. It uses the inmate's desire for making parole, to bring about a broader change in behavior. Useful in any group setting: drug and alcohol, criminal behavior, or aggressive behavior. Part I discusses making a parole plan, while Part II focuses on issues that the client needs to be aware of once they've made parole, to prevent coming back.

Getting Out: A Pre-Release Program

29 min. / \$295

Thomas "Hollywood" Henderson was the National Football League's first cocaine casualty, which cost him his career and, for a few years, his freedom. He has been clean and sober since 1983, and appears in his usual charismatic style in this program to discuss the issues surrounding release.

Yes, I'm Still Clean

52 min. / \$395

Thomas "Hollywood" Henderson answers an email inquiring whether he is still clean and sober after all this time. It was filmed in front of an audience comprised mostly of recovering individuals in Stamford, Connecticut and was produced to assist with treatment and counseling in rehab centers and prisons.

Staying Sober & Staying Free

43 min. / \$295 Available in Spanish!

Featuring Thomas Henderson. His incarceration, release and the lifestyle changes he has made are the core topics of this program. His likable style and complete willingness to share his experiences and process of recovery have made him a favorite with clients and counselors alike.

Learning How to Live

43 min. / \$295

Living on personal terms and getting back into the mainstream of living are two important aspects of recovery that are often ignored. In this video, Thomas "Hollywood" Henderson looks at life and the changes that come with recovery from addictions and other traumas, drawing on his own life experiences.

Women: Free to Live

20 min. ea / \$495 series

Study Guide Included.

This two-video series tells the stories of women who have discovered that treatment, transitional living and "life in the now" are the basis of freedom. It covers topics such as male dependency, shame, guilt, family issues, and self-esteem. The program will move audiences and inspire women coping with addiction to break out and live in a new way.

Also Available:

Featuring Michael Johnson:

Challenging the Lifestyle 55 min. / \$295

The Re-Entry Trap 55 min. / \$295

Making the Right Choices 51 min. / \$295

Featuring Delbert Boone:

Re-Engaging into Society 42 min. / \$295

Goin' Home to Stay Series 92 min. / \$300

Beat the Street Series - 5 Part

38-40 min. ea / \$225 ea / \$850 for series

Turning Negatives into Positives

30 min. / \$295

BETTER RELATIONSHIPS THROUGH EFFECTIVE COMMUNICATION

Young Adult/Adult, 24 min. \$295 Workbook (#0280)

See and experience the major blocks to communication and intimacy, and learn specific concepts and tools for removing these blocks in relationships. Featuring [Roberta Meyer](#), a leading teacher and trainer.

ELEPHANT IN THE LIVING ROOM

Elementary to Adult, 25 min. \$299 Discussion Guide (#1190)

An allegorical dramatization of the denial and secrecy that pervades life in an alcoholic home or any other type of dysfunctional family. An excellent catalyst for discussion among codependents, adult children of alcoholics, children of trauma, and addicts confronting issues of dysfunctional families.

WINNER BY DECISION

Teen/Adult, 18 min. \$295 (#5800)

The story of Olympic Gold Medalist and heavyweight contender, [Tyrell Biggs](#), who rose from the mean streets of Philadelphia to international fame in the ring, when his addiction to drugs and alcohol put him down for the count. He did recover, however, and went on to win again in the ring and in life.

EL CARRO NUEVO

Teen/Adult, 21 min. \$295 Available in Spanish Only (#1153)

EARNIE LARSEN

SECRETS TO SUCCESSFUL RELATIONSHIPS

Adult, 3 parts, 189 min. \$499

Whether it is about sports, business or learning the arts, we know it takes practice. We need to understand that relationships are no different. (#4470)

LIFT UP YOUR HEART SERIES

**Adult, 29 min. each \$225 each
Series of three \$575 (#2540)**

Building Self-Confidence

What constitutes self-confidence, building confidence, and how to maintain healthy self-confidence.

Overcoming Fear

Viewers learn the definition of fear and diminish the power of fear to control their lives.

Dealing with Discouragement

Why discouragement must always be confronted along the journey of growth, the several causes of discouragement and how to overcome it.

RECOVERY ISSUES SERIES

**Adult, 34 min. each \$225 each
Series \$950 (#4010)**

Relapse

Earnie shows how to work an effective program, do the 10th step and stay accountable for behaviors that could result in relapse.

Family

Breaking through the denial that comes from the guilt, shame and pain of broken family relations.

Doing a 4th & 5th Step

Earnie shares the methods for fulfilling the best possible "Freedom" steps.

Seeking and Finding Your Higher Power

Earnie emphasizes the importance of Steps 1, 2 and 3 and turning our lives over to a Higher Power.

Unresolved Anger

If unresolved anger is not dealt with during recovery, relapse often occurs. Emphasis on freeing the bonds that create self-abuse.

STEP BY STEP SERIES

**Adult, 31-34 min. each \$225 each
Series of four \$750 (#4460)**

Taking Personal Responsibility

Regardless of where we came from, what our parents did (or didn't do), what do we need to do now?

Avoiding the Slips

Dealing with "stinkin' thinkin'," avoidance of slippery people, places and things, a bag of tricks, and a Higher Power.

Building Up Our Self-Esteem

Build self-esteem and overcome the enemy of guilt and shame!

Rage is Optional

Learn to deal with rage and anger. Recognize the habit of rage in us and work a quality program.

HIGH LEVEL RECOVERY SERIES

Adult, 29 min. each \$225 each Series \$575 (#1940)

Five Myths that Sabotage Recovery

Earnie teaches the five mental mistakes that threaten high level recovery, discusses what "myths" are, what the five myths are and what healthy "shoulds" are.

Dealing with Denial

Addicts are always codependent; denial of this invites relapse, and denial easily leads to switched addictions in recovery.

Kissing Guilt and Shame Goodbye

What guilt is, how to recognize when a shame attack strikes and methods to avoid falling prey to guilt.

STAGE II RECOVERY SERIES

**Adult, Part I 25-31 min. each \$225 each
Parts I & II \$400 Series of four \$750 (#4590)**

Part I Stage II Recovery

The basics of recovery; what we must do to understand ourselves in order to enjoy a rich and fulfilling existence.

Part II Stage II Recovery

Identify and correct learned self-defeating behaviors such as caretaking, people-pleasing and workaholism.

Part III Relationships

Teaches dynamics of healthy/unhealthy relationships.

Part IV Working a Program

Teaches a consistent program that involves dialogue. Teaches dynamics of healthy/unhealthy relationships, positive redirection, proper nutrition and daily/weekly practices.



DELBERT BOONE has spent the past twenty plus years counseling criminal drug offenders and adolescents. Boone speaks from personal experience, sharing how he worked for ten years as a high school teacher, social worker, parole officer and drug counselor, and how his addiction started with alcohol and ended with cocaine, heroin, petty crime and prison. Boone's struggle for sobriety while incarcerated led him to develop an effective drug treatment program for prisoners, addressing the special problems and needs of inmates.

THE RULES OF RECOVERY

Adult, 45 min. \$295 (#4040)

Boone outlines the "rules of recovery," emphasizing the importance of getting dry so that one can begin to realize what addiction has taken away from their life.

MARCH TOWARDS SOBRIETY

Adult, 50 min. \$295 (#2910)

In this video, Delbert Boone literally details the March Towards Sobriety. He defines many of the enemies of sobriety, such as feelings of anxiousness, agitation, boredom, frustration, depression, and loneliness. He explains why "recovery is a process, not an event," and the importance of compliance.

WAR ON ADDICTION

**Teen/Adult, 60 min. each
Series of two, not sold separately
\$350 (#5730)**

Two men from two different walks of life—the priest, and the recovering addict/ex-offender—have come together to wage a war against addiction in prison. Together, they deliver a powerful message of hope and recovery to inmates behind prison walls. Featuring Father Martin.

ADDICTION 101

Teen, 40 min. \$295 (#0450)

Delbert Boone delivers basic information about alcohol and drug addiction to a group of troubled teens with a checkered history of drug use. Boone focuses on solutions for change.

ALIBI vs. DENIAL

Adult, 42 min. \$295 (#0490)

What we label as "denial" is actually an alibi. Alibis are different from denial and should be handled in a different manner. Delbert explores the differences between alibi and denial and how those differences impact treatment outcomes.

PSYCHOLOGY OF ADDICTION

Teen/Adult, 30 min. \$295 (#3760)

Addiction is an equal-opportunity illness that can destroy its victims. Understanding addiction is the key to recovery. Delbert Boone explains this process.

MASLOW'S HIERARCHY OF NEEDS

Adult, 45 min. \$295 (#3120)

Boone ties Dr. Abraham Maslow's theory to the pre-occupation of drug use and the negative results one reaps from alcohol/drug addiction. He illustrates how addiction destroys a person's ability to meet higher, and eventually even basic, needs.

RESISTANCE AND RECOVERY

Adult, 32 min. \$295 (#4030)

Delbert Boone outlines how addiction affects the addict's life socially, psychologically, spiritually, and physically, and creates a barrier of resistance to treatment. This film will assist clinicians in breaking through barriers of resistance.

SOBRIETY: STRAIGHT UP

Adult, 33 min. \$295 Study Guide (#4480)

Most addicts have developed some very positive qualities such as creativity, consistency, diligence, and determination, while actively pursuing their drug of choice. These same positive qualities can be used during recovery to maintain sobriety.

RE-ENGAGING INTO SOCIETY

Adult, 42 min. \$295 (#3980)

Delbert Boone details a plan for successfully re-engaging back into society. He talks about the importance of having a strong support group, following directions, and the incredible power of 12-step programs.

CHASING THE DRAGON

Teen/Adult, 38 min. \$295 (#0530)

Boone talks openly and candidly with a group of recovering heroin addicts about the issues surrounding heroin use—how it affects the user mentally, emotionally, and physically.

GOIN' HOME TO STAY

Adult, Part I 51 min. Part II 41 min. \$300 (#1660) *Available in Spanish

Boone confronts inmates about going home and staying home. He discusses lifestyles, value systems, hidden anger, anti-social and criminal behavior, as well as the use of alcohol and drugs, and the disease process.

MARIJUANA

Teen/Adult, 29 min. \$295 (#2930)

***Available in Spanish**

Boone dispels the popular theory that marijuana "doesn't do anything." He describes how marijuana has evolved into a much more potent and dangerous drug than it was in years past. He details its effects on the human brain and body.

Michael Johnson



MICHAEL JOHNSON is a certified addiction therapist from Detroit. He is also a recovering addict. Michael works most effectively with urban populations and clients referred to as “resistant.” He also speaks cogently from an Afro-Centric perspective with regard to cross-cultural issues that often impact recovery.

CHALLENGING THE LIFESTYLE

Adult, 55 min. \$295 #0590

Johnson challenges a group at Crossroads Adult Transition Center in Chicago, Illinois, to take a serious look at their alcohol, drug and criminal lifestyle. He helps them to see what the payoff of a new way of life could be.

MAKING THE RIGHT CHOICES

Adult, 51 min. \$295 #3110

Johnson addresses the struggles that many offenders face when returning to their old neighborhood and friends, and provides successful strategies for transitioning back into the community after release in order to avoid coming back to prison.

PROCESS OF RECOVERY

Adult, 45 min. \$295 #3670

This video moves the viewer through the process of self-discovery as they enter into, or continue, a life of recovery. Johnson addresses getting back ‘lost time,’ determination, feeling bored, lost and abandoned. Family issues are also addressed.

MICHAEL JOHNSON’S

TWELVE STEP VIDEO SERIES

Teen/Adult, 11 Parts, 74-94 min. (#4690)

Complete Series \$999

Individual steps \$149

This video series helps those in recovery apply 12-step principles to their daily life. Explaining lifestyles, value systems, and the thinking process of the inner-city recovering person, Johnson illustrates the difficulties many face living within the 12-step boundaries, how the recovering person sabotages use of these principles, what is required to recognize addictive cycles and relapse triggers, and the process to succeed in a life of recovery.

THE RE-ENTRY TRAP

Adult, 55 min. \$295 #3970

The moment of re-entry can raise fears and anxieties about daily living. Johnson helps a group to see that seemingly simple things in the re-entry process can result in a return to self-defeating mindsets and behaviors.

THERAPY GAMES

Adult, 46 min. \$295 #4720

Many who enter therapy choose to “play the game” focusing on how quickly they can complete it and get out. Johnson talks to the viewer about these various games. He provides strategies for helping the viewer understand the value of therapy.

PATHWAY TO CHANGE

Adult, 40 min. \$295 #3660

Michael Johnson illustrates how most in recovery think other people or circumstances cause them to have specific emotions and feelings. Johnson demonstrates the “pathway to change” by showing viewers how to have a more realistic perception of people or circumstances they label as “problems.”

SETUP FOR RELAPSE

Young Adult/Adult, 30 min. \$295 #4440

Michael Johnson addresses the relapse dynamic of the addicted offender. He explains the role of family and peer relationships in association with relapse, and how boredom and lack of activities can serve as a setup. Johnson addresses numerous pitfalls associated with relapse.

EVOLUTION OF MADNESS

Staff, 65 min. \$295 #1210

This is a two-part training video for the therapeutic staff working with today’s addicted population. The dynamics surrounding today’s addict are different from the addict twenty years ago. Johnson provides helpful strategies for counselors.



DAVID L. OHLMS, M.D. has been a practicing physician in the field of alcoholism and addiction for three decades. He is one of the world's most popular and respected authorities in the field of addiction disease. Dr. Ohlms is perhaps best known for popularizing the medical concept which identifies alcoholism—and other chemical addictions—as a primary disease.

THE DOWNSIDE OF UPPERS

Teen/Adult, 26 min. \$295 (#0870)

Dr. Ohlms discusses the different forms of amphetamines, particularly crystal methamphetamine. An update to the classic **Cocaine in the '90's**.

THE DISEASE OF ALCOHOLISM: UPDATE

Teen/Adult, 38 min. \$295 (#1080)

Dr. Ohlms clearly and cogently describes alcoholism as a chronic, progressive disease characterized by a train of signs and symptoms. An update to the classic **The Disease of Alcoholism**.

THE DISEASE OF ALCOHOLISM

Teen/Adult, 28 min. \$295 (#0900)

Adolescent edition: 14 min. \$200 (#0910)

Providing research into the neurochemical and genetic aspects of alcoholism and other addictions, Ohlms identifies the signs and symptoms of alcoholism and explains that it is a treatable disease. **Available in Spanish!**

RELAPSE

Teen/Adult, 30 min. \$295 (#4050)

Ohlms identifies not only the key to relapse but also the origin of relapse. This video provides specific responses to the telltale signs.

THE METH EFFECT

Teen/Adult, 20 min. \$295 (#3060)

Ohlms associates violent, aggressive behavior with methamphetamine, amphetamine and speed. The effects of crystal-meth abuse are both psychological and physical. Withdrawal effects are discussed.

HALLUCINOGENS & DESIGNER DRUGS

Teen/Adult, 30 min. \$295 (#1920)

A new look at LSD and other hallucinogens. What are they? How do they work? Short and long-term effects and dangers are examined. Also, a look at the so-called "designer drugs" that are gaining popularity.

DETOX: THE FIRST DAYS IN RECOVERY

Staff, 20 min. \$295 (#1010)

Dr. Ohlms explains the physiological reasons behind the discomfort of detoxification.

ECSTASY AND CLUB DRUGS

Teen/Adult, 45 min. \$295 (#1230)

What are the short and long-term effects of using Ecstasy? How do other popular club drugs such as GHB, Ketamine and Rohypnol differ from Ecstasy?

MARIJUANA IN THE NEW MILLENNIUM

Teen/Adult, 25 min. \$295 (#2920)

Discussed are many of the common physical effects, signs and symptoms of use, side effects and newly discovered physiological issues. An update to **Marijuana in the 90s**.

INHALANTS

Teen/Adult, 20 min. \$295 (#2300)

A look at what inhalants are, how they work and their effects on the brain and body systems. Effects on behavior are also discussed.

CRACK ATTACK

Teen/Adult, 31 min. \$295 (#0780)

Dr. Ohlms details the powerful addictive effects of crack cocaine and its effects at the physical, psychological, emotional, social and financial levels.

ADDICTION DISEASE

Teen/Adult, 60 min. \$295 (#0460)

Dr. Ohlms examines the mounting evidence that all chemical addiction arises from the same neurochemical processes. Three 20-minute segments.

STEER CLEAR DUI

Teen/Adult, 17 min. \$295 (#4270)

One of the most incisive and informative films ever produced on the subject of drinking and driving for DUI offenders. Dr. Ohlms explains why even a small amount of alcohol impairs driving skills. Other drugs are covered, including stimulants.

HEROIN & OTHER OPIATES

Teen/Adult, 31 min. \$295 (#1910)

Dr. Ohlms discusses heroin, opiate derivatives, synthetic pain-killing compounds like Darvon, and other prescription and nonprescription opiates. A must for treatment professionals and their clients.

ALCOHOL ABUSE: SIGNS & SYMPTOMS

Teen/Adult, 60 min. \$295 (#0470)

Training program that helps companies comply with DOT education guidelines on alcohol: its impact on job skills, performance, mind and body.

CAUSE & CURE SERIES: Victims Confronting the Abusers

Featuring **EARNIE LARSEN**

Teen/Adult, 28-31 min. each, \$225 each / Series of four \$750 (#0520)

This four-part series concerning domestic violence leads the client to understand that as it was wrong for someone to abuse them, it is equally wrong for them to abuse others. Personal sharing by four women who were abuse victims drives this point home. Specific, concrete steps are provided that enable the client, through cognitive restructuring and behavior modification, to break this generational pattern of abuse and violence.

WHERE ABUSERS COME FROM

This program speaks directly to the client's heart. A lifelong habit of violence dulls the recognition of violence and abuse. Violence and abuse simply become normal. This program takes the client back to the time when *they* were the victims of abuse and forcefully states *as it was wrong for someone to abuse you, so is it wrong for you to abuse anyone else, especially those who love and depend on you.* Battered partners share their stories, emphasizing this point with great emotional power.

HOW ABUSERS THINK

Violence is a habit. At the heart of every habit is a truth learned by harsh experience. This program leads the client to identify the source of this criminal, cognitive impairment. Using the client's own experience of abuse as a starting point, they are led logically and systematically, through structured graphs, to understand how they perpetuate this habit of violence and abuse. The client is strongly challenged to confront this habit and put an end to it. The women's sharing powerfully attests to the damage done by the men who abuse them, in a manner and to a depth as only victims can.

HOW ABUSERS CREATE THE NEXT GENERATION

Violence and abuse are generational. The fact of this generational conditioning to violence and abuse is stressed in this program. This point is strongly made that the next generation of abusers, with all the negative consequences that apply, is being created now at the hand of the client watching this program. The responsibility for ending this cycle of destruction being visited upon the client's children is strongly stated. Women share the damage done to children by domestic violence.

BREAKING PATTERNS OF CRIMINAL THINKING & ACTING

Habits, both good and bad, are acquired through repetition. Being willing to face the presence and power of this habit, and choosing another course, can only accomplish breaking the habit of abuse. Concrete structures and models are provided to accomplish both the cognitive restructuring and behavior modification needed to break the habit of abuse and begin creating new habits of respect and control. The women's sharing both challenges and encourages the men to pursue this course of recovery.

THE BROKEN WINGS SERIES-ADDRESSING **DOMESTIC VIOLENCE**

CHILDREN & DOMESTIC VIOLENCE

Young Adult/Adult, 15 min. \$195 (#0880B)
***Available in Spanish* (#0883B)**

Discusses how children who witness abuse or who are victims themselves, derive troubled behavior and emotional scars from this destructive cycle.

MEN & DOMESTIC VIOLENCE

Young Adult/Adult, 19 min. \$195 (#0880C)
***Available in Spanish* (#0883C)**

Aimed at the offender, viewers learn that power, control, and feelings of entitlement are the roots of domestic violence. The strong belief held by some men that they are entitled to control women through violence is explored.

STALKING & DOMESTIC VIOLENCE

Young Adult/Adult, 17 min. \$195 (#0880F)
***Available in Spanish* (#0883F)**

This program covers legal actions, safety measures, and how to avoid being vulnerable to a stalker's attack.

SUBSTANCE ABUSE & DOMESTIC VIOLENCE

Young Adult/Adult, 20 min. \$195 (#0880D)
***Available in Spanish* (#0883D)**

Viewers learn different forms of emotional and sexual violence, and common ways in which people rationalize the abuse of substances, and one another.

WOMEN & DOMESTIC VIOLENCE

Young Adult/Adult, 16 min. \$195 (#0880A)
***Available in Spanish* (#0883A)**

Outlined are the specific steps that abused women need to take and the basic legal actions that are available, including emergency protective measures, restraining and stay-away orders.

YOUNG ADULTS & DOMESTIC VIOLENCE

Young Adult/Adult, 23 min. \$195 (#0880E)
***Available in Spanish* (#0883E)**

This program looks at the components of dating violence, from physical attacks to mental and emotional abuse.

GATEWAY SERIES

Teen, 28-30 min. each
\$199 each \$499 series (#1600)

BINGE DRINKING BLOWOUT

For most kids, alcohol is the first true drug experience to affect a change in personality and awareness. Looks at the life-threatening nature of teen alcohol use from a medical and personal perspective.

MARIJUANA: THE GATEWAY DRUG

Marijuana plays a key role in introducing users to illegal drugs. Marijuana is considered the launching pad for experimentation with hard drugs.

TOBACCO X-FILES

Most drug addicts and alcoholics begin with cigarettes. This video clearly demonstrates the deadly effects of tobacco.

TEEN FILES SERIES

Teen \$199 each

**A series for teens
that looks at crucial issues:**

The Truth About Hate	32 min. (#4960)
The Truth About Violence	57 min. (#4980)
The Truth About Drinking	30 min. (#4970)
The Truth About Drugs	30 min. (#4950)
The Truth About Body Image	21 min. (#4990)
The Truth About Sex	30 min. (#5050)

**Made for the MTV generation...
Seen through the eyes of teenagers.**

HAIGHT-ASHBURY TRAINING SERIES

DUAL DIAGNOSIS

Staff, 146 min. total, 3-part series \$375 (#1100D)

Examines the differing approaches of drug treatment and mental health treatment, and the problematic issues of treating overlapping illnesses.

METHAMPHETAMINE

Staff, 163 min. total, 3-part series \$375 (#1840D)

Core issues include history, pharmacology, effects, detoxification, initial abstinence, sobriety and recovery.

UPPERS, DOWNERS, ALL AROUNDERS

Teen/Adult, 63 min. \$250 (#5200)

Offers a general classification of drugs, discusses and illustrates tolerance, dependence, and withdrawal, and examines the various levels of drug-seeking behavior.

COCAINE, TREATMENT & RECOVERY

Adult/Staff, 174 min. total, 3-part series \$375 (#0540D)

Withdrawal and treatment, the African-American perspective on crack, and a relapse prevention patient module.

LIVING SOBER SERIES

LIVING SOBER I

Young Adult/Adult, 15 min. segments, \$149 ea.

Series of eight \$749 (#2680)

Workbook & Facilitator's Guide

Segment Topics--

- A. Resisting Social Pressure to Use Chemicals
- B. Coping with Cravings and Thoughts of Using
- C. Managing Anger in Recovery
- D. Managing Feelings of Boredom and Emptiness
- E. Coping with Family and Interpersonal Conflict
- F. Building a Recovery Network & Sponsorship
- G. Coping with Relapse Warning Signs
- H. Recovering from Crack/Cocaine Addiction

LIVING SOBER II

Young Adult/Adult, 15 min. segments \$149 each

Series of six \$549

Workbook & Facilitator's Guide (#2780)

Segment Topics --

- I. Motivation and Recovery
- J. Relationships: Amends, Assertiveness, Honesty
- K. Relationships: Passion, Rejection, Criticism
- L. Relationships: HIV and Sexuality Issues
- M. Other Addictions
- N. Balanced Living

LIVING SOBER III

Young Adult/Adult, 15 min. segments, \$149 ea.

Series of five \$449 (#2880)

Workbook & Facilitator's Guide

Created to educate, raise awareness, and help clients develop coping skills for higher motivation and better compliance. Also, to help counselors attend to these issues in the counseling process.

Segment Topics--

- O. Compliance with After Care/Outpatient
- P. Low Motivation to Change and Seek Treatment
- Q. Relationship to Therapist and Group
- R. Compliance with Medications/Self-Help
- S. Compliance with Lifestyle Changes

SPECIAL PRICES IF YOU BUY

2 OR MORE LIVING SOBER SERIES:

Living Sober Series I & II for only \$1199!

Living Sober Series I, II & III for only \$1499!

Each series comes complete with a
Counselor Manual & Client Recovery Book

RECOVERY: A Family Affair

Adult, 30 min. \$295 (#4020)

Rosetta Oliver focuses on family issues related to addiction, recovery and returning to the community after treatment. Also, stressors that frustrate families when an active addict settles down to abstinence.

ECSTASY: When the Party's Over

Teen/Adult, 26 min. \$199 (#1220)

Ecstasy, also known as MDMA, is an addictive hallucinogen that can cause serious problems for those who use it. This film explains the facts about Ecstasy and its dangerous effects.

STOPPING THE SPREAD OF HIV/AIDS

Teen/Adult, 16 min. \$195 (#4610)

Designed to reach young, sexually-active people, this video reviews three ways people can get HIV. It tells viewers how to practice "safer" sex.

STRAIGHT UP LIFE: HIV & Addiction

Teen/Adult, 29 min. \$250 (#4280)

Exploring the increasingly important social problem of "dual diagnosis," this video profiles a multicultural group of 18-25 year olds, as they talk about being diagnosed with HIV, substance abuse treatment and recovery, relapse, and moving on.

ALCOHOL & ITS EFFECTS

Adult, 60 min. \$250 (#0170)

This comprehensive video describes the effects based on various blood alcohol levels and length of use, the neurochemistry of tolerance and withdrawal, and much more.

THE ROOTS OF ADDICTION: Drug and Behavioral Compulsions

Adult, 32 min. \$250 (#4110)

A highly visual video that examines the biological and environmental reasons that people become addicted to substances such as legal and illegal drugs, or behaviors such as eating disorders, compulsive sexual activity, and gambling.

PROMISE OF RECOVERY SERIES

Teen/Adult (#3740)

Part I: Psychiatric Illness 25-30 min. each \$449

Part II: Specific Psychiatric Disorders
25-32 min. each \$549

\$149 each segment/ Entire Series \$895

Includes Workbook & Clinician's Manual

This video series is a unique and comprehensive tool for professionals to help clients and their families to first understand their illness and then learn how to implement a successful recovery plan.

UNDERSTANDING ADDICTIONS AND EMOTIONAL CHILD ABUSE

Adult, 24 min. \$199 (#5210)

Oliver Tuthill explores the relationship between emotional abuse in the childhood years, and the drug and alcohol addictions that so commonly emerge thereafter. A 2003 Bronze Telly award-winning film.

UNDERSTANDING THE SIX FORMS OF EMOTIONAL CHILD ABUSE

Adult, 25 min. \$199 (#1140)

Oliver Tuthill takes the viewer on a journey into the world of child abuse. Two adult survivors and two clinicians discuss six forms of abuse: exploitation, terrorizing, corruption, ignoring, rejection and isolation.

FATAL DECISION

**Young Adult/Adult, 20 min. \$195
Discussion Guide included (#1310)
Available in Spanish (#1313)**

The true story of what happened when Bob, an average man, drank a few beers at a party and decided to drive home, resulting in an auto crash that left a young girl dead, his wife paralyzed, and himself in jail.

UNDERSTANDING CODEPENDENCY

Teen/Adult, 24 min. \$199 (#5180)

Learn what codependency is all about and find out how to participate in healthy relationships in this award-winning video.

MARIJUANA: The Mirror That Magnifies

Teen/Adult, 28 min. \$250 (#2900)

This film examines botany, reasons for use, effects and side effects, cognition, memory, motivation, tracking ability, and mental stability.

TURNING NEGATIVES INTO POSITIVES

Adult, 30 min. \$295 (#4850)

Dwight Bradford discusses the negative impact of addiction and the consequences of criminal behavior. Inmates, ex-inmates and addicts reveal how they have transformed a negative consequence of incarceration into a positive result—a change in lifestyle.

Part I: Psychiatric Illness

- ❖A. Understanding Psychiatric Illness and Recovery
- ❖B. How to Use Therapy and Counseling
- ❖C. The Role of Medication in Recovery
- ❖D. Developing a Relapse Plan
- ❖E. Psychiatric Illness and the Family

Part II: Specific Psychiatric Disorders

- ❖F. Recovery from Depression
- ❖G. Recovery from Borderline Personality Disorder
- ❖H. Recovery from Bipolar Illness
- ❖I. Recovery from Anxiety/Panic Disorder
- ❖J. Recovery from Schizophrenia
- ❖K. Recovery from Eating Disorders

MY FATHER'S SON

Teen/Adult, 33 min. \$195
Study Guide included (#3030)

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.

DYSFUNCTIONAL FAMILIES

Adult, 40 min. \$295 (#1030)

With a group of female inmates, **Dwight Bradford** discusses dysfunctional behaviors and the impact of addiction on families.

WOMEN: Coming Out of the Shadows

Adult, 27 min. \$325 (#5790)

Ten female alcoholics share their personal stories of addiction and recovery. A highly effective introduction to the disease and the ways it affects women in particular.

COCAINE MONKEY

Teen/Adult, 28 min. \$195 (#0770)

The late **Brother Earl** explains, in graphic and memorable terms, why cocaine is the most powerful and addictive substance known to man.

DESIGNER DRUGS: From The Rave To The Grave

Young Adult, 27 min. \$199 (#1070)

Viewers learn exactly what designer drugs are, and the conditions in which they are made. The association between designer drugs and the rave/club scene is explored.

NO KINDA LIFE

Teen, 20 min. \$199
Study Guide included (#3130)

A stark documentary filmed inside Louisiana State Penitentiary. Prisoners "tell it like it is" about losing their freedom while still in their teens due to drug-related crimes.

METHAMPHETAMINE: Rush to Crash

Teen/Adult, 28 min. \$250 (#2980)

Examines all aspects of methamphetamines, including history, pharmacology, and methods of use. Shows why use has increased so dramatically over the last few years, and identifies the many side effects.

TOGETHER: Families in Recovery

Child to Adult, 30 min. \$195 (#4900)

Designed for the entire family, this program dramatically depicts necessary relapse prevention techniques for addicted and non-addicted members.

GOOD-BYE COCAINE

Teen/Adult, 31 min. \$195 (#1690)

A companion film to Cocaine Monkey, **Brother Earl** talks about the incredible compulsion of cocaine addiction. Common cocaine relapse triggers: dishonesty with self and others, depression, using other drugs and sex.

BEAT THE STREET

Teen/Adult, 38-40 min. each \$225 each
Series of five \$850 Workbook included (#0250)

A groundbreaking series on relapse prevention for urban recovering addicts. Features real people who are successfully coping with the countless challenges of day-to-day recovery without succumbing to their previous behavior.

Additions to the BEAT THE STREET series:

WOMEN BEAT THE STREET: Getting Clean, Sober, and Safe

Adult, 30 min. \$225 (#0250F)

Addresses an issue of special relevance to urban recovering women: TRAUMA.

SHEILA: Not Alone

Adult, 35 min. \$195 (#0250G)

An African-American woman with four children struggles to build a safe and sober home for her family.

ERNESTO: A Long Road

Adult, 35 min. \$195 (#0250H)

A young Hispanic man escapes the lure of the streets, and works a long-term treatment program on his path to recovery.

CO-OCCURRING DISORDERS:

Mental Health & Drugs

Teen/Adult, 36 min. \$250 (#0640)

An examination of the mental illnesses that are part of a dual diagnosis, and a look at how psychoactive drug use can aggravate or induce these illnesses. Segments with a dual diagnosis group and clients also featured.

I QUIT: How To Stop Smoking

Teen/Adult, 22 min. \$299 (#2260)

Examined are the physiological and emotional effects of tobacco on the human body, various methods of quitting, and techniques to help you use these methods to their full benefit.

GANGS: It's Your Life Series

Teen, 20 min. ea. \$199 ea./\$499 series (#1680)

Former gang members, some of whom are incarcerated, trace the journey of gang life from the fantasy of joining to the nightmare of trying to get out. Outlines contemporary programs and viable alternatives to gang membership. A three-part series.

METH DEATH: A Demon in the Land

Teen/Adult, 30 min. \$195 (#3080)

Core topics include physical and psychological effects, binge use, high intensity use and spotting the dangers of a meth user.

FRIDAY NIGHT: Five

Teen/Adult, 27 min. \$195
Study Guide included (#1360)

Five drivers, each in a different stage of intoxication, are all hauntingly brought together one Friday night on the same highway. Perfect for driver's education and DUI programs.

Spanish Films

Alcohol & Drugs, Body & Mind: The Medical Consequences

43 min. \$395 Leader's Guide/Workbook included
What happens to our bodies when we abuse alcohol and drugs? What is the effect on our brain chemistry? How do drugs actually produce the effect of feeling high, and what is the price we pay? Tolerance, dependence and craving are visually illustrated using brain scans and various other graphics. **Dr. John Keppler** hosts. (#0103)

Alcohol: The Medical Consequences Series

**30 min. ea \$395 ea, \$695 series
Leader's Guide/Workbook included**

Computer graphics and brain scans illustrate what alcohol is capable of inside the human body. Part I focuses on effects on the digestive tract, while Part II discusses alcohol's target organ: the brain. **Dr. John Keppler** hosts. (#0323)

Anger: Creating New Choices Series

**35 min. ea \$425 ea, \$995 series for series of 3
Leader's Guide/Workbook included**

Ex-offenders and people in recovery look at the cost of anger and aggression in their own lives—and learn how to create new choices. Viewers learn an array of effective alternatives and practical skills which make it possible to stop aggression before it's too late. **James Beard** facilitates. (#0143)

The Cat Who Drank & Used Too Much

12 min. \$295 Complimentary book included
A delightful tale that deals with addiction in a positive, non-threatening way. The perfect teaching tool for explaining the addiction process. A great lead-in for discussion. Uses trained animals, not animation. (#0603)

Commitment To Change: Errors in Thinking

Part 1: 40 min. \$495 Part 2: 34 min. \$395

Part 3: 39 min. \$425 Series: \$995

Series includes Leader's Guide/Workbook

Interacting with convicted felons in a state correctional facility, **Stanton Samenow, Ph.D.** skillfully allows these men and women to reveal their errors in thinking. This program leads students to practical, concrete ways to become aware of their own thinking and its consequences. (#0713)

Commitment To Change: Tactics

Part 4: 36 min. \$495 Part 5: 30 min. \$495

Part 6: 31 min. \$395 Series: \$995 (#0813)

Series includes Leader's Guide/Workbook

In roleplay and video clips, offenders discover how they use tactics, and how these habits keep them stuck. They learn practical, effective ways to move beyond tactics—step by step. **Facilitated by Stanton Samenow, Ph.D.**

Commitment To Change: The Power of Consequences

Part 7: 33 min. \$495 Part 8: 37 min. \$495

Part 9: 43 min. \$495 Series: \$995

Series includes Leader's Guide/Workbook

People who stay clean and free consider consequences before acting; repeat offenders find a way to shut them out. The group explores facing consequences and discovering the exact moment of decision.

Facilitated by Stanton Samenow, Ph.D. (#0853)

The Disease of Alcoholism - Revised

28 min. \$295

Dr. David Ohlms clearly and cogently explains why the medical community considers alcoholism a disease. He explains the signs and symptoms of alcoholism and explains that it is a treatable disease. (#0903)

The Dog Who Dared

25 min. \$299

Ralph, a street-smart border collie, and his young friends learn about the dangers of drugs and alcohol in an exciting action movie for kids. (#0893)

Driving Drunk, Driving High

32 min. \$300

Addresses the effects of alcohol and prescription drugs on a driver's judgment and motor skills, and the consequences of driving under the influence. (#0953)

El Carro Nuevo

21 min. \$250

The story of a young Hispanic man arrested for drunk driving, and how it affected his work and family life. (#1153)

Fatal Decision

20 min. \$195

The true story of what happened when Bob, an average man, drank a few beers at a party and decided to drive home, resulting in an auto crash that left a young girl dead, his wife paralyzed, and himself in jail. (#1313)

Goin' Home to Stay Series

Part 1: 51 min. Part 2: 41 min. Series cost: \$300

Delbert Boone confronts inmates about going home and staying home. He discusses lifestyles, value systems, hidden anger, anti-social and criminal behavior, as well as the use of alcohol and drugs, and the disease process. (#1663)

Guidelines for Helping the Alcoholic

48 min. \$325

Father Joseph Martin's wit and wisdom make this a classic video for helping the alcoholic, family members and those working in the recovery field. He brings to life eight general principles that have proven successful for helping the alcoholic begin recovery from the disease of alcoholism. (#1633)

Hepatitis C: Staying Well

40 min. \$395 Leader's Guide/Workbook included

Dr. John Keppler offers a clear overview of the often misunderstood virus, discusses how those with the virus can work to stay healthy and those without it can prevent transmission. Viewers come to see how and why Hep C disproportionately affects substance abusers and/or those in recovery. (#2003)

Influences: Innocence Betrayed

24 min. \$295

Discusses the need for caution during pregnancy and the challenges faced by schools and other social institutions that must deal with children affected by Fetal Alcohol Syndrome (FAS) and other drug-induced developmental impairments. (#2283)

Spanish Films (cont'd)

Making Sense of Addiction

34 min. \$395 Leader's Guide/Workbook included
Dr. John Keppler explains how the combination of the psychological and biochemical elements of your brain help make addiction the trap that it is. In recovery, understanding the process of addiction is key. Dr. Keppler offers proactive ways to heal an addicted brain. (#3203)

Marijuana

29 min. \$295
Delbert Boone dispels the popular belief that, "marijuana doesn't do anything." He details the effects on the human brain and body. (#2933)

Marijuana: The Medical Consequences

42 min. \$395 Leader's Guide/Workbook included
Dr. John Keppler uses up to the minute information and computer graphics, which are interspersed with engaging questions from the audience. He explores marijuana's effect on the brain and on general physical health and emotional well-being. (#3143)

Medical Aspects of Alcohol Series

30 min. each \$325 each, or \$600 for series of 2
Part I illustrates the effects on the heart, pancreas, kidney, liver and other organs. **Part II** deals largely with the effects of alcohol upon the brain and nerve tissue. (#3363)

Medical Aspects of Tobacco

27 min. \$295
Combines a dramatic story line, animation, medical information and interviews. (#3053)

Medical Aspects of Codependency

28 min. \$295
Explains the physical and emotional strains that a drug or alcohol abuser places on family, friends, and co-workers. (#2993)

Medical Aspects of Mind-Altering Drugs

30 min. \$295
An all-purpose drug education video which groups mind altering drugs into six major categories. Sound medical research, with real life vignettes. (#3003)

Second Half: The Thomas Henderson Story

29 min. \$325
Thomas "Hollywood" Henderson was the National Football League's first cocaine casualty. Clean and sober now, he has a message of hope for those in recovery. (#4293)

Setup for Relapse

30 min. \$295
Michael Johnson addresses the relapse dynamic of the addicted offender: the role of family and peer relationships, and how boredom and lack of activities can serve as a setup for relapse. (#4443)

Sex, Booze & Blues

12 min. \$195
Educates about substance abuse and the sexual dysfunctions it can create. (#4323)

Smoking: Truth or Dare?

29 min. \$199
Demonstrates to teens and others who use tobacco exactly what this deadly habit is doing to them. (#4373)

Staying Sober & Staying Free

43 min. \$295
Thomas Henderson shares his experiences and process of recovery. His incarceration, release and lifestyle changes are the topics in this feature. (#4603)

Success Stories I - Change is Possible

32 min. \$425 Leader's Guide/Workbook included
Showcases four people who struggled long and hard with substance abuse, destructive behavior and prison time. Each found a path to a better life. (#4553)

Success Stories II - Release & Recovery

Part I-48 min. \$495 Part II-33 min \$395 Part III-37 min \$395 Series \$895 Series includes Leader's Guide/Workbook
How do you get out of prison—and not come back? These are the real stories of five men and two women who have learned the hard way, but have found what it takes to live clean and free. (#4583)

Surviving Recovery Series

37-48 min. each \$350 each, \$895 series
Series includes Leader's Guide/Workbook
A three-part series which focuses on these main topics crucial to lasting sobriety: finding real motivation to stay clean, learning to cope with triggers, and handling conflict. (#4633)

They Call Me Mr. Trejo!

28 min. \$425 Study Guide included
He was a professional criminal by age 14. In his own words, all he did was "shoot drugs and do robberies." What made Danny Trejo, now a noted Hollywood character actor, a changed man? (#4803)

Under the Influence II

27 min. \$395 Discussion Guide included
A two-day drunk driving experiment demonstrates how safe driving is significantly impaired even at .05 blood alcohol content. Made in cooperation with the California Highway Patrol. (#5163)

Violence in the Home: Living in Fear

30 min. \$195
A dramatization of domestic violence and its aftermath reveals that arrest is often the best first step, as it forces the abusers to seek professional help. (#5443)

BROKEN WINGS

DOMESTIC VIOLENCE SERIES (#0883):

Domestic Violence & Children **\$195**

Domestic Violence & Men **\$195**

Domestic Violence & Stalking **\$195**

Dom. Violence & Substance Abuse **\$195**

Domestic Violence & Women **\$195**

Domestic Violence & Young Adults **\$195**

Other Available Titles

For complete film descriptions, visit our website at www.fmsproductions.com

Anger, Violence & You	42 min.	(#0220)	\$250	Anger/Violence
Are You Talking to Me?	45 min.	(#0180)	\$250	At Risk Youth
Aspects of Addiction	30 min.	(#0111)	\$295	Prevention
Boy Who Was Swallowed By the Drug Monster	13 min.	(#0270)	\$149	Drug Abuse Prevention
Breaking Silence (Long version)	60 min.	(#0310A)	\$295	Child Abuse
Breaking Silence (Short version)	30 min.	(#0310B)	\$195	Child Abuse
Continued Acts of Sabotage	35 min.	(#0700)	\$195	Treatment
Crossing the Line	29 min.	(#0760)	\$195	DUI
Darkness to Dawn	16 min.	(#0970)	\$195	Violence / Women
Dog Who Dared	25 min.	(#0890)	\$299	Prevention
Double Trouble I & II	60 min.	(#0940)	\$390	Mental Health
Enjoying Sobriety	25 min.	(#1170)	\$195	Recovery / Relapse
Exploring the Gambling Experience	54 min.	(#1200)	\$195	Gambling
Family Violence in America	28 min.	(#0690)	\$195	Anger / Violence
From Now On	27 min.	(#1380)	\$195	Recovery / Relapse
Generational Forgetting: Cycles of Abused Drugs	18 min.	(#1580)	\$195	Prevention
Healing From Childhood Sexual Abuse	35 min.	(#1900)	\$275	Child Abuse
Hidden Victims: Children of Domestic Violence	30 min.	(#1950)	\$195	Domestic Violence
Hooked: A Gambler's Nightmare	15 min.	(#1930)	\$195	Gambling
How to Sabotage Your Treatment	24 min.	(#1870)	\$195	Treatment
Influences: Innocence Betrayed	24 min.	(#2280)	\$295	Pregnancy / Sub. Abuse
Kids Killing Kids	58 min.	(#2490)	\$195	Youth Violence
Letter to Dad	35 min.	(#2640)	\$195	Codependency
Lots of Kids Like Us	28 min.	(#2690)	\$195	Children of Alcoholics
Mary Jane's House	20 min.	(#2950)	\$199	Prevention
Moments...An Evening With Bill W.	105 min.	(#3090)	\$195	Treatment / Alcohol
Not in My Family	24 min.	(#3100)	\$325	Codependency / Trtmt.
Prescription Trap Update	34 min.	(#3710)	\$295	Prescription Drugs
Problem Gambling: Healing Circle	12 min.	(#3750)	\$195	Gambling
Roger's Story	28 min.	(#5000)	\$225	Heroin
Secret Love of Sandra Blain	29 min.	(#4300)	\$149	Women / Alcoholism
Sexual Abuse of Children	28 min.	(#4490)	\$195	Child Abuse
Sex, Booze & Blues	12 min.	(#4320)	\$195	Recovery / Relapse
Sex & Drugs: Intimate Connection	30 min.	(#2410)	\$225	Recovery / Relapse
Sleeping Tiger	25 min.	(#2320)	\$295	Treatment
Smoking: Truth or Dare?	29 min.	(#4370)	\$199	Prevention
Stories of Change	58 min.	(#4450)	\$295	Women / Treatment
Street Gangs: Circle of Violence	30 min.	(#4560)	\$195	Prevention
Substance Abuse: Road to Nowhere	14 min.	(#4540)	\$195	Prevention/Treatment
This Is Your Life Drug-Free	28 min.	(#4730)	\$299	Prevention
Treating Cocaine Addiction I & II	45 min.	(#4810)	\$390	Treatment
Violence in the Home: Living in Fear	30 min.	(#5440)	\$195	Anger / Violence



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