



Northern Family Health Society

***Family Resource Centre
Resource Catalogue (Videos)***

Revised: September 2005

WHERE WE'VE BEEN AND WHERE WE'RE GOING:

An introduction to the causes of drug and alcohol addiction as native men and women talk about their experiences, traditional values and the role native traditional values can play in overcoming addictions.

Health Canada 2 copies 1983

AND DOWN WILL COME BABY: 16 min.

This video shows alcohol and drug exposure has far reaching effects that may extend throughout the child's life span, affecting physical, emotional, social and educational development. In addition medical experts offer information, and mothers of alcohol and drug exposed babies share their personal experiences. Audiences, excellent for teenagers and the general public.

CorVisions, FAS Bookshelf 1 copy 1994

WHAT'S WRONG WITH MY CHILD: 26 min.

This report focuses on the lifetime of damage that Fetal Alcohol Syndrome inflicts on grown children and young adults. The lives of several of these children are examined and reveals the tragic reactions of their unsuspecting adoptive parents, puzzled by children who are unable to learn, cannot remember and misbehave without fear or remorse. In light of these facts, the program forecasts the horrendous implications for society.

FAS Bookshelf 1 copy

WOMEN AND ALCOHOL, JOURNEY THROUGH DARKNESS INTO LIGHT: 58 min.

In this video four women talk about their drinking experiences. They discuss the stages of their journeys in regards to the progression of alcoholism each reach a turning point in their lives when they realize how alcohol is affecting their lives and their family. Unable to stop themselves they accept help from other people. They start to learn how to live without alcohol.

Alcohol and drug, P.G. 1 copy 1988

UNDERSTANDING WOMEN'S SUBSTANCE MISUSE; CREATING SOLUTIONS; 20 min.

The search for a better understanding of women recovering from substance misuse And thus preventing FAS was the purpose of creating this video. The women interviewed explore the process of their own recovery and empowerment. They strongly advocate preventing childhood traumas that often lead to "loss of self" and unresolved mental health problems later in life. This video must be reviewed due to its sensitive nature. It is strongly recommended that the professional is familiar with the participants.

NFHS 2 copies 2001

F.A.T. CITY; 70 min.

The F.A.T. City learning disability workshop is a program which allows the viewer to experience life the way a learning disabled student does. Working with parents, teachers and friends of learning disabled children at an all day workshop, the program host and workshop facilitator, Richard Lavoie demonstrated the frustration, anger and tension that learning disabled children or LD children experience in a classroom. During the program the adults are asked questions, given material to read and made to do exercises, which have been specially fashioned to simulate the LD child's experience. They come away from the program determined to alter the way they interact and respond to the learning disabled children in their environments.

PBS Video, Washington, DC 4 copies 1990

STRAIGHT FROM THE HEART; 28min.

An intimate portrait of six mothers from different backgrounds in various stages of recovery. This video is a powerful tool to reach pregnant women and mothers.

Canadian Learning Co. 1 copy

MISCELLANEOUS:

MI'KMAQ FAMILY: 32 min.

Valuable resource of ways to strengthen and explore traditions.

Health Canada 1 copy 1995

RISE AND SHINE: 28 min.

Four young Alberta natives tell their life stories.

Health Canada 1 copy 1987

A BAD DREAM: 17 min.

A young native faces the tragic consequences of drinking and driving.

Health Canada 1 copy 1987

SELF-ESTEEM: 1 COPY

TRADITIONAL PARENTING: 1COPY these five videos are from the presentation

TEEN PREGNANCY: 1COPY Of the Aboriginal Nurses' Association first National teaching conference "keeping Our Children Safe." The quality is not very good.

INJURY PREVENTION: 1 COPY

TRADIITIONAL HEALING: 1 COPY

MARY'S CHOICE:

The story of a teenage girl who gets pregnant and has to make a choice between drugs and alcohol and her abusing boyfriend. Her neighbor who was in the same situation as the teen assists her.

1 copy

PRECIOUS GIFT: 16 min.

This gentle film portrays real life situations, focusing on the life of a young woman who believes she is pregnant. Through the support of her grandmother, boyfriend and friends she decides to remain sober during her pregnancy. The story takes place on a reserve in Saskatchewan

1 copy

STRAIGHT FROM THE HEART: 28 min.

An intimate portrait of six mothers from different backgrounds in various stages of recovery. This video is a powerful tool to reach pregnant women and mothers
Canadian Learning Co.

1 copy

NUTRITION:

THE BONDING CIRCLE OF BREAST-FEEDING: 16 min.

This video conveys the message loud and clear that breast-feeding is and always will be a part of First Nations tradition and culture.

Health Canada
1991

1 copy

CHOOSING THE RIGHT PATH: Moccasin trail to a healthy life.

/The Walpole Island First Nation Health Centre's plan to encourage exercise and healthy eating as a means of controlling and preventing diabetes.

Health Canada
1995

1 copy

HIV/AIDS

HIV/AIDS;

This video is from the presentation of the Aboriginal Nurses Association's First National teaching conference. "KEEPING OUR CHILDREN SAFE".

Health Canada

2 copies

1997

SEXUAL ABUSE:

SEXUAL ABUSE: 30 min.

Piitaa Pookaiksi- Children of the Eagle.

This is a video and a resource handbook that provides support to victims of sexual abuse and their families. For victims of sexual abuse, the healing process is paramount if they are to grow into healthy adults. Often incest and child sexual abuse is multi-generational. In native communities there exists a strong denial and the closeness of the community often protects the offender rather than the child. It is our hope that with a strong emphasis on healing, be it traditional or mainstream, these children and families will begin to heal.

Health Canada

1 copy

1990

THE BUTTERFLY COLLECTORS: 18 min.

After the murder of 17 year old Karen Lewis, street teams were formed. The goal of the street teams was to contact and the recover the children involved in prostitution.

Quebecor printing

1 copy

1996

FACING OUR FEARS: PROTECTING CHILDREN WITH DISABILITIES FROM SEXUAL ABUSE: 30 min

Children with disabilities face a greater risk of being sexually abused than other children. People they trust most often abuse these children like all children. Parents are often unsure of how to prevent their child from being sexually abused. This is a parents' worst nightmare. A support group shares knowledge of abuse, along with three families who share their stories of sexual abuse and the action they took when it was revealed to them.

Sunnyhill

1 copy

INVESTIGATIVE REPORTS: Child Sex Trade-50 min.

This is an inside look at the growth of the sex trade industry of both boys and girls. It examines a disturbing trend child prostitution, through the eyes of the children themselves – and how little is done to stop it. Advice from the girls themselves. Also two programs one here in Canada and the other in the US. The Canadian program is "Children of the Night" and it helps girls get off the street and back to living again. The US program is "Paul and Lisa". This program helps keep young people from sexual exploitation.

A&E Video

1 copy

1996

SOLVENT ABUSE:

A HIT FOR MIKE: 30 min

Members of the community get involved with helping Mike, a 13-year-old “sniffer”, overcome his addiction problem. This video comes with a handbook.

Health Canada 1 copy 1985

A 79-CENT HIGH:

A native couple learn how to recognize the signs of sniffing in their children and what to do about it.

Health Canada 1 copy 1990

HOW WE STOPPED SNIFFING: 18 MIN.

Native children experience the negative aspects of glue sniffing.

Health Canada 1 copy 1990

SNIFF’N HUFF: 5 min.

A rock video intended to act as a deterrent to youth considering “Sniffing”.

Health Canada 1 copy 1989

SNIFFING STINKS: 24 min.

A video in which native youth speak of their experiences with solvent abuse, this video comes with a resource book.

Health Canada 1 copy 1991

INHALENT ABUSE: 26 min.

Depicts young abusers as well as clinical demonstrations and comments by professionals on the effects of inhalants. This tape is not to be shown to potential abusers.

Health Canada 1 copy 1987

SPIRIT OF THE FOREST: 20 min.

An animated video on solvent abuse and this video comes with a resource book.

Health Canada 1 copy 1998

TOBACCO:

Holding our own: 24 min.

Strategies during pregnancy and motherhood to stop smoking.
Health Canada 1 copy 1998

SUICIDE PREVENTION

HEALING JOURNEY: 24 min.

A teenage suicide prevention video with facilitators guide.
Health Canada 1 copy 1995

SUICIDE PREVENTION:

This is a presentation from the Aboriginal Nurses Association's first national teaching conference "Keeping our Children Safe".
Health Canada 1 copy 1997

FAMILY VIOLENCE:

ALL OUR BUSINESS: 22 min.

The story of one native women depicting spousal assault and its effects.
Health Canada 1 copy 1985

A SUMMER IN THE LIFE OF LOUISA: 27 min.

A story of a battered wife in a northern setting. Produced in Inuktitut with English sub-titles.
Health Canada 1 copy 1987

FETAL ALCOHOL SYNDROME:

FETAL ALCOHOL SYNDROME/FETAL ALCOHOL EFFECTS, coping with challenging behaviours. – 25 min.

This is the third video of a series which takes a close look at behaviours FAS/FAE affected individuals display. The video will provide understanding and methods of positive programming for all whose lives are touched by individuals affected by FAS/FAE.
LCC Bookstore Alberta 1 copy 1995

FAS/FAE: TEACHING STRATEGIES FOR THE CLASSROOM – 30 min.

A group of teachers, caregivers and social work professionals, share their individual and insightful experiences in working with children with FAS/FAE. The video explores the development of FAS/FAE children throughout the various stages of their education. Learn more about what behavior to expect, how to set academic goals, the relationships between teachers and caregivers and the methods this group has found successful in helping these children find success from within themselves.

LCC Bookstore Alberta 1 copy 1995

**JOURNEY THROUGH THE HEALING CIRCLE- Birth to 11 years
Ages 12-22 years.**

This two video set includes four books and uses a native American story telling format to educate about FAS/FAE. Forest animals are the main characters in these stories about the complexities and challenges of parenting a child with FAS/FAE. Each book describes experiences at different life stages and offers suggestions to assist parents, caregivers and community helpers. The videos retell the stories using animation.

Health Services Washington 1 set 2001

WORTH THE TRIP: 57 min.

This video is for caregivers of children affected by fetal alcohol – parents, teachers and others who face untold challenges of their own as they discover new ideas, and practical strategies to help their children and themselves. Filled with “hands on” strategies and practical suggestions, here is a sensitive and honest video showing viewers an optimistic and hopeful view of this very real problem.

Canadian Learning Co. 1 copy

A MOTHERS CHOICE: 30 min.

This video examines the root cause of FAS from the perspective aboriginal mothers. Video focuses on an FAS support group whose members provide strong messages about drinking while pregnant, aimed at aboriginal men and women who are thinking of having a child, by may still be dealing with their addiction problems.

Gryphon Productions Vancouver 4 copies

FAS- WHEN CHILDREN GROW UP- 40 minutes

This video is about several families who live with FASD affected children and how lives have changed since they have grown up. Personal experiences are discussed and it also touches on Corrections Canada and some of the changes that are going to be implemented in the future. It also shows how the Focus Program helps FAS adults prepare for a job, improving quality of life and helps find the support they need

Knowledge Network 4 copies 2002.

**LIVING AND LEARNING WITH FAS- 43 min. TOTAL
Program I- Assessment and the early years -----20 min.**

This program looks at the role of early diagnosis and assessment, and explains a range of interventions including positive behavioral programs.

Program II – Adolescence and the future.-----23 min

Characteristics and risks associated with adolescents with FAS/FAE are outlined. Guidelines to providing daily structure and routine to maximize individual potential are described. Audience – parents of FAS/FAE children, educators, training organizations, medical professionals.

BC Ministry of Health

1 copy

1991

ONE DRINK WON’S HURT MY BABY, WILL IT? 25 min.

This video explores the impact on the lives of three individuals who have been affected by alcohol “Leslie” drank alcohol through the latter part of her pregnancy and gave birth prematurely. “Ellie” describes her experiences as a foster parent to a child with FAS, “Maria” a young adult with FAS share her frustrations about living with FAS.

Audiences family life programs. Grade 8 and higher.

Adolescent Centre Winnipeg

2 copies

1996

REMEMBERING WHAT WE KNOW: 12 min.

Aboriginal community members talk about the history of culture, spirituality, and the gifts passed from one generation to the next, and how alcohol is interfering with this process. The video includes a thought provoking play followed by questions, which provide an excellent opportunity for group discussion regarding individual and community responsibility in addressing FAS. Audience- general population of high school and young adult age groups.

American Indian Institute

1 copy

1998

DAVID WITH FAS: 44 min.

David appears to be a normal 21-year-old man. There is little to suggest that while in his mother’s womb, he suffered permanent brain damage. His condition FAS went undiagnosed for the first 18 years of his life, causing confusion, anger and pain for David and his adoptive family. This personal story, using video footage shot by David himself along with the experiences of member of his family is a hard look into the serious consequences of a little known, but widespread, health problem.

FAS Bookshelf

1 copy

HELPING FAMILIES--HELPING CHILDREN: 28 min.

This is a very good video designed for parent who has children, newborn to six years of age, affected by FAS/FE. General information about FAS/FAE is provided as well as concrete ways for parent to support their children to develop to their full potential.

Audiences: parents, families, early childhood educators, social workers and students.

Health Canada

2 copies

1997

HELPING FAMILIES—HELPING CHILDREN: Part II – 28 min.

This video, the second in a series, focuses on children with FAS and partial FAS, their families and the elementary school system. It demonstrates ways they can be supported to achieve success. Audience’s parents, caregivers, educators and health professionals.

Health Canada

2 copies

1997

FETAL ALCOHOL SYNDROME AND THE CRIMINAL JUSTICE SYSTEM: 43 min.

Victor, a young adult affected by FAS was charged with the crime of robbing a pizza parlor in Oct. 1993. Although spurred by his cousin to commit the crime, Victor alone was charged and punished. This video in 3 segments, provides insight into Victoria's Criminal Justice System.

BCFAS Society

2 copies

1994

**FETAL ALCOHOL SYNDROME/ YOU'RE EATING FOR TWO.
PART I 12 MIN. / PART 2 18 MIN.**

This is a video on how alcohol affects the fetus and the brain development. It shows a UNBC research study on the affects of alcohol on mice in various stages of development.

You're eating for two is a video about nutrition before and during pregnancy. It also goes into nutrition for baby. A Doctor gives advice on weight gain during pregnancy, what to eat and what not to eat. It also touches on the harmful effects of drugs on the baby and that includes tobacco.

National Film Board

1 copy

**NO FAS; MAKING A DIFFERENCE
10 Min.**

This is the video of the DC campaign on FAS. The work involved and ways to get the word out on drinking and pregnancy. This is in the teen's own words and young people learn what FAS is and how to prevent it.

Washington DC,

1 copy

**RECOGNIZING AND MANAGING FAS/FAE
3-PARTS 1 HOUR**

This video is based on a Fetal Alcohol Workshop. It has 3 parts;

- 1) Symptoms: Growth deviancies, neurological dysfunction, facial dysmorphology and major organ malfunctions.
- 2) FAE: The medical diagnosis, how the world perceives them- attachment disorder- borderline personality.
- 3) Managing FAS and how and where to get help.

SNAP Publication

3 copies

THE FIFTH ESTATE; AN AVOIDABLE TRAGEDY

22 min

Fetal Alcohol Syndrome-enduring an avoidable tragedy, a group of children with FAS talk about their lives and how they live and cope with FAS. Life stories of a young girl and a teenage boy are discussed. SNAP roundtable discussion on a treatment centre and what the future plans.

CBC Production

1 copy

PARENTING WITH FASD, Challenges, Strategies and Supports

28 Minutes

This Video features four adults living and parenting with Fetal Alcohol Spectrum Disorder, This video focuses on some of the parenting-related experiences and challenges faced by people with FASD. Highlighted as well are strategies, suggestions and resources found to promote positive parenting.

FAS/E Support Network of BC