

Requests for brochures can be made by calling the CNVRAC. Videos and DVD's can be loaned out.

Alcohol

Alcoholism: The Fact is.....

About Alcohol Abuse and Older People

What to do about Alcoholism in the family

You're not alone, Kids book on Alcoholism

The Problem Drinking Continuum, Patterns of Use and Abuse

Denial, the Defense That Disables

Alcohol, Fast Facts

Coping with a parents Alcoholism (blue and white booklet)

What is your Alcohol I.Q.?

How to tell if you have a problem with alcohol

About Alcohol

Helping a Friend with a drinking problem

Alcohol is the number one drug problem in America

Alcohol and Pregnancy, ten best reasons not to drink

Alcohol: straight facts and serious dangers

The truth about alcohol (red booklet)

What is it in for you? Alcohol

Alcohol bookmarks

How adults can help a friend with an alcohol or other drug problem

What everyone should know about alcohol and health (blue booklet)

About codependency

Frequently asked question about alcoholism and alcohol abuse (blue booklet)

What everyone should know about fetal alcohol effects (orange booklet)

Alcohol: How drinking affects health and nutrition

Alcohol and your health: dietary guidelines for Americans

Tips on Sipping

Pressure to drink alcohol, a guide to saying no

If you drink, do I have a problem?

Drinking attitudes and actions

Children of alcoholics, getting past the games addicted parents play

How alcohol affects your body

Binge Drinking can be deadly (blue booklet)

50 things you should know about alcohol (English and Spanish)

Alcohol

Tips for Teens on Alcohol

Binge Drinking drowning in alcohol

Teenage Drinking, detour on the road to maturity

Underage Drinking, what parents need to know

Reducing Underage Drinking, many people one voice

A Guide for Parents About teenagers and Drinking
Parenting Identifying with your child about drug and alcohol concerns
Substance Abuse Prevention, What every parent needs to know
Uncovering mixed messages in the media
Alcohol: Your child and drugs
Alcohol and Advertising five things you should know
Alcohol and teens making smart choices
Teens drinking and driving
Reducing Underage Drinking tips for youth advocates
Focus on Underage Drinking
Reach out now: talk to your 5th graders about underage drinking
Teen Talk Drinking and Driving
Driving Under the Influence a crash course
Alcohol and other drugs tips for concerned parents
Drinking and Driving how to save a friends life and your own
Connecticut's new drunk driving law .08
Drinking and driving alcohol effects ability (Tan)
Why you should say no to alcohol, other drugs and driving (orange booklet)
Drinking, Drugs and Driving Over the Influence
Drive sober bookmarks
A Parent's guide to drinking, driving and drugs (English and Spanish)
Young drivers the high-risk years
Top 10 tips for preventing teen accidents
What Children should know about parents and drinking (blue booklet)
Drinking Facts
Pregnancy and Alcohol
Alcohol Drug Undercover Booklet
Alcohol Problem Punch Booklet
When Parent's are Addicted: Teens talk about their parent's problem (red booklet)

Cocaine and Crack

Tips for Teens Cocaine
About cocaine and pregnancy
Crack Kills
Crack Cocaine Squared
Tips for Teens about crack and cocaine
The Danger of Crack Cocaine it can cost you everything
Don't Blow your chances: the truth about cocaine
NIDA Research report Cocaine Abuse and Addiction
Cocaine: your child and drugs

Club Drugs

Tips for Teens Club Drugs

Club Drugs Destination X

Club Drugs and You concerns for women

Club Drugs: talking to parents and kids

Know the Dangers of Club Drugs (red and white booklet)

Ecstasy

Ecstasy: What's All the Rave About? (red booklet)

32 Facts you need to know about ecstasy and other club drugs

Ecstasy Fast Facts

What Parents should know About Ecstasy (English and Spanish)

Drug Abuse Prevention ecstasy: fact file

Ecstasy, dancing with Mr. "E"

GHB, Rohypnol and Ketamine

GHB, liquid "E" fast facts

GHB, Rohypnol and Ketamine: knockout punch

Date Rape Drugs: Rohypnol and GHB

Ketamine Fast Facts

Ketamine Fact File

Heroin

Tips for Teens Heroin

Heroin, the junk equation

Heroin a deadly drug (blue booklet)

Heroin, addicts come from all walks of life

Heroin the real deal

Cause of Death Heroin

Inhalants

Nitrous Oxide and Nitrite Inhalants

Sniffing and Huffing the Truth about Inhalants

A Parent's Guide to Inhalant Abuse

Tips for Teens Inhalants

Inhalant Abuse: Your Child and Drugs (guidelines for parents)

Inhalants Fast Facts

Just How Dangerous are Inhalants?

Inhalant Abuse Awareness

All about sniffing and inhalants

Steroids

NIDA research Report on Anabolic Steroid Abuse

Tips for Teens Steroids

The Brain's Response to Steroids

About Steroids

Fact File Steroids

Performance enhancing drugs

One Step Closer to the Truth about Steroid Use among Adolescents

Marijuana

Marijuana: Stuff you might not know you don't know

Marijuana: Information booklet for teens in Spanish

Marijuana: Get straight on the facts

Tips for teens about Marijuana

Marijuana: Fast Facts

Marijuana: Stone-Cold Stupid

10 Things every teen should know about marijuana

Marijuana Facts Parents need to know (English and Spanish)

Wake Up to the Risks of Marijuana a Guide for Parents

Point-Counterpoint for Parents How to make a case against Marijuana

Pregnancy and Marijuana

About pregnancy and drugs

Methamphetamine

Meth avoid its deadly trap

Tips for Teens about Methamphetamine

Crystal Meth and other stimulants

Mind Over Matter: The Brain's Response to Methamphetamine

Methamphetamine (blue pamphlet)

Connecticut Methamphetamine Task Force

Fact File Methamphetamines & Ice

Life or Meth What's it cost?

Meth: What's Cooking in Your Neighborhood? (Yellow booklet)

Meth Inhaling the Devil

Don't be consumed by the flames postcard

How Meth affects your brain and the rest of your body

45 Scary but true facts about Meth

Hallucinogens

Hallucinogens out of your mind

Tips for Teens about Hallucinogens

Psilocybin: Demystifying the 'Magic Mushroom'

LSD and other Hallucinogens

PCP and LSD

Angel Dust new facts about PCP

PCP (orange booklet)

Acid/LSD Fast Facts

PCP/Wet Fast Facts

ACID LSD Today

What you should know about PCP (blue booklet)

Prescription Drugs

Darvon, Darvocet and other prescription narcotics

About Antipsychotic Medications (orange booklet)

Amphetamines excessive speed

All about Downer Drugs

Tranquilizers and Painkillers down and out

Barbiturates show stoppers

Benzodiazepine Blues

Prescription Drugs Fast Facts

Prescription Drug Abuse

Vicodin: Fast Facts

Barbiturates and Tranquilizers Fact File

CSAT Advisory: Oxycontin

Taking Care: A guide to managing your medicines wisely

Drugs and Alcohol: Points to keep in mind as we all grow older

Using your medicines wisely: A guide for the elderly

Over the Counter Drugs: Treating or mistreating yourself (pink booklet)

Aging, Medicines and Alcohol

Fast Facts: Robo and dxm

Getting high on prescription and over the counter drugs is dangerous: A guide to keeping your teenager safe in a changing world (English and Spanish)

How to manage your medications (red booklet)

Drug Abuse and Addiction

Drugs of Abuse: Cannabis, Depressants, Stimulants, Narcotics, Hallucinogens, Inhalants and Anabolic Steroids

Just the Facts (pink book)

About Drug Addiction

Drug Facts (Brain Cover)

Drugs on the Street

Drugs and Addiction

Drugs and Fitting In

Drugs and Troubles at Home

Drugs Mean Alcohol Too!

Drugs Mean Nicotine Too!

Drugs and the student athlete

What is your Drug I.Q.?

Don't Lose a Friend to Drugs

What Everyone Should Know about Drugs (orange booklet)

Moving forward with your life! Leaving Alcohol and Drugs Behind

If someone close....has a problem with alcohol or other drugs

What you should know about sports and drugs

Why should I get help? (Blue booklet)

Overcoming Addiction

What is substance abuse treatment?

Parent Education

Help Keep Your Child Drug-Free For Life! (orange booklet)

Talking with your kid about drugs

Healthy Communication with Your Child

How to tell if your kid is on drugs and what to do about it!

Tips for raising drug-free teens

When it's not your kid, how do you deal with drug use and drinking?

Tips for parents of adolescents

Don't Harm Yourself: Arm yourself with knowledge about drugs!

Keeping your kids drug-free booklet

Raising a Drug-Free Child

Prevention Works

Keeping Youth Drug-Free a guide for parents, grandparents, elders, mentors and other caregivers

Make a difference: Talk to your child about alcohol

Raising Kids who don't smoke (English and Spanish)

Raising Kids who don't smoke Peer Pressure and Smoking

Parents' guide to gangs (English and Spanish)

Talking to your child about drugs and its affects (Spanish)

Tobacco and Smokeless Tobacco

The Truth about Tobacco
Smokeless Tobacco your habit or your life
Cold Hard Facts about Dip
Spit Tobacco a guide for quitting
Tobacco and Money what does smoking really cost?
Smokeless Tobacco
Tobacco and Stress
Know What? Smoking Stinks!
Teens and Tobacco
Tips for Teens on Tobacco
Quit the Spit Keeping the lid on smokeless tobacco
No “Safe” Tobacco myths about smoking

Smoking Information for Teens and Parents

Teen Talk: Socializing and Smoking
Tips for Teens about smoking
Teen Talk: 25 reasons not to smoke
The Risks of Tobacco Use: A message to Parents and Teens
Truth or Lies? Young women and smoking
What Parents should know about Teens and Smoking (green booklet)
Think for yourself reject the pressure to smoke!
10 things you can do to keep your child tobacco-free
Why smoking is not for me a teen girl’s story
The Dangers of Smoking
Tobacco: straight talk for teens

Stop Smoking and Second-Hand Smoke Information

You can quit smoking (blue booklet)
When Smokers Quit
The Smoke around You, the risks of involuntary smoking
Living smoke-free for you and your baby
Tick, tick, tick
Quitting Spitting, more than enough reasons to stop using spit tobacco
Set yourself free: deciding how to quit
Pregnancy and Smoking
Smoke-Free and looking good
How to help a friend quit smoking
The benefits of quitting
Connecticut Quitline Information

Refusal Skills and Self-Esteem

How to develop your decision- making skills (turquoise booklet)
Boys and Self-esteem
Girls and Self-esteem
Improving your self-esteem (green booklet)
Refusal Skills for healthy living
Teens and refusal skills making good decisions
Teens and refusal skills defending your decisions
Refusal Skills: Learn how to say no without losing your friends (English and Spanish)
For Teens, saying no to drugs
Helping Your Child Refuse To Use
Teach your child problem solving and conflict resolution skills
What every kid should know about coping skills (orange booklet)
10 things every kid should know about drugs
Drugs: seven good ways to say no
Drugs refuse to Use

Grief, Loss and Trauma

Grief: Living with loss (green booklet)
After Disaster: A Guide for Parents and Teachers
Grief and Loss
After Disaster: Understanding Traumatic Grief
Adolescents and Trauma
Common symptoms after a traumatic event
Aftermath of Disaster: Older Adults stronger than sorrow
Coping with fear and anxiety in today's uncertain world, a resource guide
15 ways to help your kid through a crisis
Traumatic Events: Helping your child cope
Helping Young People Cope with Trauma

Gambling

Gambling Choices and Guidelines booklet
Gambling, What's Normal and What's Not
Gambling Not a Safe Thrill
Problem Gambling is on the Rise: Where do you turn for help?
Warning signs, what is pathological gambling?
Kids don't gamble, wanna bet?

Activity Booklets

Heads Up Real News about Drugs and your Body
Healthy Bodies don't need Drugs
McGruff's Surprise Party
Book about self-esteem (red booklet)
Stay Drug-Free refuse to use (green booklet)
Youth Culture Building Bridges between Generations
My book about self-esteem (orange booklet)
My book about Alcohol (red booklet)
Watch out for Alcohol and Tobacco Ads (blue booklet)
Being me and drug-free (white booklet)
McGruff's kindergarten Activity Booklet
McGruff's Activity Booklet Grades 1-2 and Grades 3-4
Hallucinogens

Available Videos and Curriculum

Underage Drinking- Know the Facts, Know the Risks (VHS)
Club Drugs: The Real Deal (VHS)
Beat Addiction: Choose the Right Path
Children's Program Kit- Supportive education for children of addicted families
Inhalant Abuse prevention kit
Building Blocks for a healthy future
Dying High: Teens in the ER (VHS)
Smashed: Toxic tales of teens and alcohol (DVD)
This Place- Alcohol and Society (DVD)
Wasted (VHS)
Faces of Addiction (VHS)
What you should know: Heroin What's the real Dope? (VHS)
Teen Gambling, Minor Bettors, Major Problems (VHS)
Beyond the Smoke Screen (VHS)
I can't breathe, a smokers story (VHS)
Sudden Impact: After the crash (DVD)
Rushing, Crashing, Dying: The Meth Epidemic (DVD)

Older Adults

Good Mental Health is Ageless (English and Spanish)
Harmful Interactions: Mixing Alcohol with Medicines
What everyone should know about mental health in the later years
Stress and the older person
Alcohol what you don't know can harm you
Depression: Don't Let the Blues Hang Around
Western Connecticut Area on Aging Brochure

100 Great Things about Growing Older
Older Adults and substance use disorders
About alcohol abuse and older people
Taking Care: A guide to managing your medications
Safer Seniors, being alert
Medicines: Use Them Safely
What you need to know as you grow older: Drugs and Alcohol
Alcohol Use and Abuse, Older Adults Fact Sheet

Posters

Addiction imprisons the whole family
You're Smart enough to talk to your parents about serious things- talk to them about alcohol
Do the right dose- Prescription Pain Relievers
Anatomy of Drugs
Here's where kids get alcohol
UCONN Champions- don't make alcohol part of their game
Is Love supposed to hurt me?
Lifeline for problem gamblers- CT Problem Gambling Helpline 1-800-346-6238
Steroids? Not in my game plan. How about you?

Mental Health

Your Child's Mental Health: What every family should know
Your Child's Mental Health: When to seek help & where to get help
Men & Depression Take Charge
Depression Checklist (fact sheet English and Spanish)
Seeking Answers getting help: Facing concerns about your child's mental health
Stress at Work (fact sheet)
(SAD) Seasonal Affective Disorder (fact sheet)
Suicide Frequently Asked Questions (fact sheet)
Suicide in Youth what you can do about it (fact sheet)
Teen Suicide (fact sheet)
Understanding & Helping the Suicidal Person (fact sheet)
10 Things you can do for your mental health (fact sheet)
Bipolar Disorder (Manic Depressive Illness) In Teens (fact sheet)
Children's Mental Health Matters: Take a closer look
Daily Activities to promote mental health (Pink)
About Borderline Personality Disorder (Orange Booklet)
What everyone should know about anxiety disorders (turquoise booklet)
About emotional abuse and neglect of children (red booklet)
DMHAS the Co-Occurring Disorders Initiative postcard
Youth and Suicide (Yellow booklet)
National Mental Health Association What Is Depression?

Booklets: Social Phobia, Panic Disorder, Generalized Anxiety Disorder (GAD), Obsessive-Compulsive Disorder (OCD), Bipolar Disorder, Schizophrenia, Autism Spectrum Disorders

Parents and Teachers as Allies: Recognizing early-onset Mental Illness in Children and Adolescents

Achieving the Promise: Transforming Mental Health Care in America

Relieving Stress: take a breather from your daily tension

Good Mental Health is Ageless (English and Spanish)

Internet Safety

Kids' Rules for Online Safety (fact sheet)

Family Contract for Online Safety Kids' Pledge

Family Contract for Online Safety Parents' Pledge

Children Online the real risks and dangers (English and Spanish fact sheet)

Parental Alert: Drugs, Youth and the Internet (fact sheet)

Cyberbullying Keeping your child safe

Child Safety on the Information Highway

Your kids can fill in the blanks can you?

Health and Wellness

Incredible fitness facts

How to get moving on the road to fitness

Taking care of body piercings

Healthy kids, healthy families

You inspire strong minds, help inspire strong bodies

Wellness-taking charge of your health