National Alcohol and Drug Addiction Recovery Month Bibliography
September 2009

"Together We Learn, Together We Heal"

National Alcohol
& Drug Addiction
Recovery Month

National Alcohol and Drug Addiction Recovery Month is a time of celebration, a time to recognize the accomplishments of those in recovery, and a time to move forward with hope. It also offers a special opportunity for those who may need assistance to reach out and find a helping hand. The observance of Recovery Month each September encourages citizens on a national and local levels to increase the availability of effective substance abuse treatment services for those in need. National Alcohol and Drug Addiction Recovery Month is sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT).

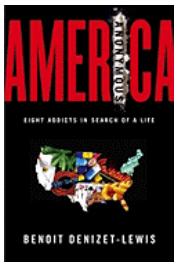
The following list of books, films and websites offer education, resources, and insight on addiction issues, recovery, and where to seek help. All books and films are available at the Norfolk Public Library. The websites may be viewed online at any of the public computers located in the library.

Nonfiction

Addiction and Recovery

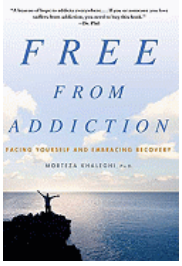
America Anonymous: Eight Addicts in Search of a Life
by Benoit Denizet-Lewis

Eight men and women struggling with a range of addictions, from drugs and alcohol to gambling and food, share their first-hand experiences and journeys along the process of recovery.



Free From Addiction: Facing Yourself and Embracing Recovery
by Morteza Khaleghi with Constance Gove

Addiction affects one in five people in the United States, putting families through a heartbreaking cycle of relapse and recovery. In *Free from Addiction,* Dr. Khaleghi empowers individuals to take positive steps toward recovery.



Addiction and Grace: Love and Spirituality in the Healing of Addictions by Gerald G. May

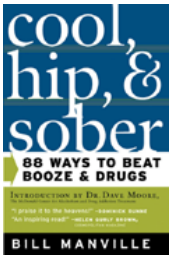
May draws on his experiences as a psychiatrist working with the chemically dependent, as he details various addictions and describes a relationship between addiction and spiritual awareness.

The Wellness-Recovery Connection: Charting Your Pathway to Optimal Health While Recovering From Alcoholism and Drug Addiction by John Newport

Recovery from drug or alcohol dependency is crucial for survival, as is overcoming substance abuse's unhealthy effects on the body. Newport, a wellness professional and counselor, offers wellness concepts to aid and encourage those in recovery to take charge of their health.

Safe Medicine for Sober People by Gene Hawes and Jeffrey Weisberg

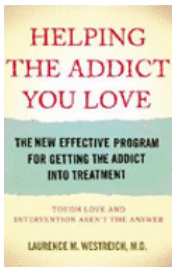
Specific medications have potential for triggering relapse among those who struggle with substance addiction. *Safe Medicine for Sober People* is a guide for the millions of people in recovery from substance abuse, and medical providers, on which medicines are safe to take, from a sober viewpoint, and which are risky.



Cool, Hip, and Sober: 88 Ways to Beat Booze and Drugs by Bill Manville

Writer and radio host Bill Manville, a recovering alcoholic, sums up what he's learned in more than forty years of research and information gathered from his radio show guests. Here, in first-person detail, are responses to the issues faced by those with substance abuse problems and their loved ones. *Cool, Hip, and Sober* offers advice for overcoming denial and achieving a peaceful, long-term recovery.

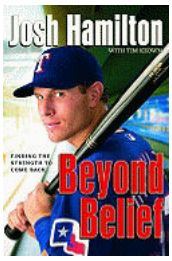
Relationships and Families



Helping the Addict You Love: The New Effective Program for Getting the Addict into Treatment by Lawrence M. Westreich

Challenging popular beliefs about tough-love and intervention techniques for families of individuals facing addiction, *Helping the Addict You Love* outlines a program through which loved ones can engage addicted family members and friends through a course to treatment.

Biography/Memoir



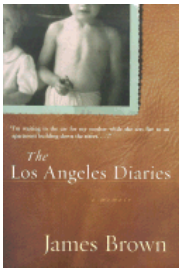
Beyond Belief: Finding the Strength to Come Back by Josh Hamilton with Tim Keown

Hamilton, first overall pick in the 1999 baseball draft, was on the track to athletic success until a nightmare of drug and alcohol addiction derailed his life and career. Chronicling those tragic events, *Beyond Belief* is a story of redemption and triumph.

Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse by Kyle Keegan, with Howard B. Moss

From the time he was in eighth grade, Keegan went from growing up in a loving, middle-class family in a small town in New York to being homeless and addicted to Heroin in California. Now in his early 30s, he has been clean for two years, and through *Chasing the High* hopes to reach at-risk youth who have experimented with drugs or who are using.

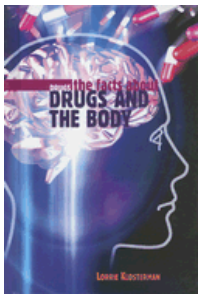
The Los Angeles Diaries: A Memoir by James Brown



James Brown lived a life clouded by addiction and hopelessness. Plagued by the tragic suicide of both of his siblings, he inherits a habit of alcohol and drug abuse. In *The Los Angeles Diaries,* he reveals his struggle for survival, revealing his past to present a story of redemption, having found courage to conquer his demons and believe in life once more.

Young Adult

The Facts About Drugs and the Body by Lorrie Klosterman

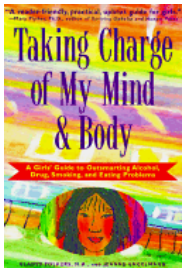


Explores how various addictive drugs affect the systems of the body, including the nervous, cardiovascular, respiratory, digestive, and reproductive systems.

Drugs and Mental Illness by Maia Miller

Prescribed medications can help alleviate the symptoms of a mental health disorder and free individuals to lead healthier lives. All too often, however, the relationship between addictive drugs and mental health disorders is one fraught with dangerous problems. *Drugs and Mental Illness* shows teens how to recognize and prevent patterns of abuse.

Taking Charge of My Mind and Body: A Girl's Guide to Outsmarting Alcohol, Drugs, Smoking, and Eating Problems by Gladys Folkers and Jeanne Engelmann



Offers advice and education, with personal insight from teens, about alcohol and drug use, smoking, body image, and eating disorders, among other issues.

Drugs and Depression by Beth Wilkinson

Some people with depression rely on addictive substances to ease their mind rather than finding healthy outlets to recovery. *Drugs and Depression* helps readers find positive ways of handling depression and lists places to find help.

Big Book Unplugged: A Young Person's Guide to Alcoholics Anonymous by John R.

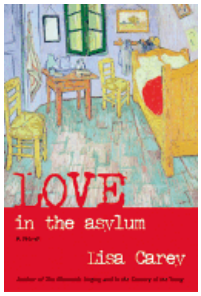
This companion guide is targeted specifically toward teenagers and young adults in recovery from alcohol and drug addiction, with the hope of demystifying "The Big Book," the basic text *Alcoholics Anonymous*, for young people who may be put off by the length or language.

Fiction

Adult Fiction

Love in the Asylum by Lisa Carey

Can love happen to those who believe they are beyond saving? Alba has been diagnosed with bipolar disorder, is tired of being ill, and is waiting for a miracle. Oscar denies his drug addiction problem. Alba and Oscar connect with each other at the Hospital they've been admitted to. One day, Alba finds a letter from the pages of history, and Alba and Oscar begin to heal.



Young Adult Fiction

You Know Where to Find Me by Rachel Cohn

In the wake of her cousin's suicide, overweight and shy seventeen-year-old Miles experiences unsettling changes in her family relationships and with her best friend, while gaining insights about herself.

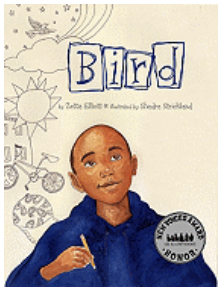
The Spectacular Now by Tim Tharp

As high school nears its end, eighteen-year-old Sutter Keely lives in the now, getting drunk or high most of the time. However, he begins to change his ways when he works to boost the self-confidence of Aimee, a classmate.

Juvenile Fiction

Bird by Zetta Elliott and illustrated by Shadra Strickland

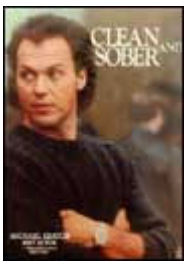
Bird, an artistic young boy, expresses himself through drawing as he struggles to understand his brother's drug addiction and death, while a family friend provides guidance and understanding.



Films

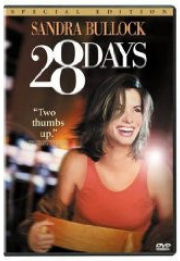
Clean and Sober Directed by Glenn Gordon Caron*

After a series of setbacks, Daryl (Michael Keaton) seeks refuge in a rehab program and must confront the truth of his own addiction at the urging of a counselor (Morgan Freeman), who has struggled with drug addiction himself.

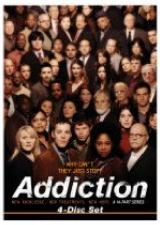


When a Man Loves a Woman Directed by Luis Mandoki
Alice (Meg Ryan) is an alcoholic, and an accident that almost destroys her family causes her to seek treatment. This film offers an honest look at the struggles of alcoholism on the family, as Alice learns to live life again sober.

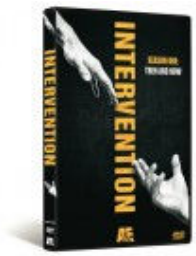
28 Days Directed by Betty Thomas
Gwen (Sandra Bullock) denies her alcoholism as she is admitted to a rehab facility. She befriends others struggling with addiction, and soon begins to re-examine her life and carves a path to recovery.



Addiction An HBO documentary film
Through 13 short films, this documentary brings together drug and alcohol addiction experts with filmmakers to shed light on addiction, its causes and treatment developments. Its focus is on case studies and new medical treatments.



Intervention Season 1: Then and Now Executive Producer Dan Partland
In this A&E television series, people confront various addictions, from substance abuse to compulsive gambling. It features first-hand accounts of individuals, their family members, and friends as they face addiction and begin on the path to recovery.



Intervention: Follow-up Special Executive Producer Dan Partland
Return visits with some of the show's subjects, highlighting the next steps on the road to recovery.

A Commitment to Care: Norfolk Community Services Board
Norfolk Community Services Board is the City of Norfolk agency that provides public mental health, intellectual disabilities and substance abuse services to Norfolk residents in need of care. This DVD highlights some of Norfolk CSB's programs and chronicles the success stories of individuals who have received services.

Internet

Norfolk Community Services Board
http://www.norfolkcsb.org

National Alcohol and Drug Addiction Recovery Month
http://www.recoverymonth.gov/

Substance Abuse and Mental Health Services Administration
"A Life in the Community for Everyone"
http://www.samhsa.gov/

Narcotics Anonymous
http://www.na.org

Alcoholics Anonymous
http://www.aa.org

Addiction Recovery Blog
The Addiction Recovery Blog is a place where recovering alcoholics and addicts can share their experiences, both good and bad, and help each other Live Life Clean!
http://addiction-recovery-blog.com/

The books and films included in this list are just a sample of what Norfolk Public Library has available on these topics. For additional resources, ask a librarian at your local library.

If you or a loved one would like to seek help with addiction recovery, call Norfolk Community Services Board.

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a commitment to care

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