

National Alcohol
& Drug Addiction
Recovery Month

National Alcohol and Drug Addiction Recovery Month Booklist September 2012

“Join the Voices for Recovery: It's Worth It!”

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) Center for Substance Abuse Treatment (CSAT). This year's theme is “Join the Voices for Recovery: It's Worth It!”

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.

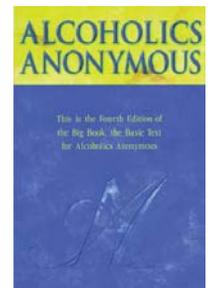
Nonfiction

The following is a selected list of nonfiction books about addiction and recovery and families.

Addiction and Recovery

Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism. 4th ed.

(Alcoholics Anonymous) “The Big Book” has served as a lifeline to millions worldwide. This edition is updated with modern personal stories reflecting the growing and diverse fellowship



America Anonymous: Eight Addicts in Search of a Life

(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

(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

(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

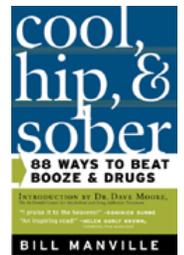
(John Newport) Recovery from drug or alcohol dependency is crucial for survival, as is overcoming substance abuse's unhealthy effects on the body. Newport, a wellness professional and counselor, offers wellness concepts to aid and encourage those in recovery to take charge of their health.

Safe Medicine for Sober People

(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.

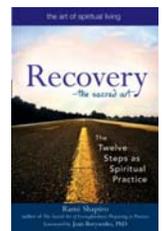
Cool, Hip, and Sober: 88 Ways to Beat Booze and Drugs

(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.



Recovery -- The Sacred Art: The Twelve Steps as Spiritual Practice

(Rami M. Shapiro) This hope-filled approach to spiritual and personal growth, the Twelve Steps of Alcoholics Anonymous are uniquely interpreted to speak to everyone seeking a freer and more God-centered life. This special rendering makes them relevant to those suffering from specific addictions -- alcohol, drugs, gambling, food, sex, shopping -- as well as the general addictions we wrestle with daily, such as anger, greed, and selfishness.



It Works How and Why : The Twelve Steps and the Twelve Traditions of Narcotics Anonymous
(Narcotics Anonymous) Classic book is used by NA members and groups around the world. It lays out the principles by which NA members recover and by which the fellowship functions.

Twelve Steps and Twelve Traditions

(Alcoholics Anonymous) This classic book is used by AA members and groups around the world. It lays out the principles by which AA members recover and by which the fellowship functions. The basic text clarifies the Steps which constitute the AA way of life and the Traditions, by which AA maintains its unity.

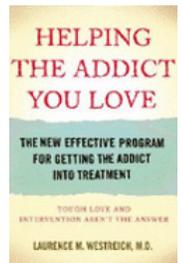
Relationships and Families

Al-Anon's Twelve Steps & Twelve Traditions

(*Al-Anon Family Group Headquarters*) Because alcoholism affects all those who have a relationship with a problem drinker. helps families of alcoholics by practicing the Twelve Steps used by Alcoholics Anonymous members.

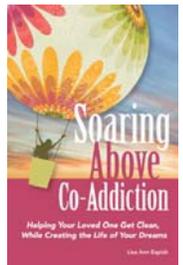
Helping the Addict You Love: The New Effective Program for Getting the Addict into Treatment

(*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.



Soaring Above Co-addiction: Helping Your Loved One Get Clean, While Creating the Life of Your Dreams

(*Lisa Ann Espich*) Living with an addict can be crazy. Your world becomes consumed with lies, uncertainty, and chaos. Ashamed-you keep it a secret. It only makes sense that in such an unhealthy environment, over time you would start to feel hopeless.



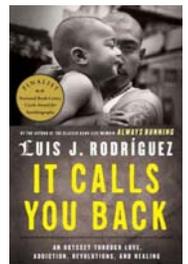
Biography and Memoir

Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse

(*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.

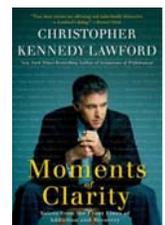
It Calls You Back: An Odyssey Through Love, Addictions, Revolution, and Healing

(*Luis Rodriguez*) Shares the author's story of his brushes with the law and addictions to heroin and alcohol, tracing his complicated journey toward a recovery marked by a run for political office and his rise to an internationally respected gang interventionist. A follow up to *Always Running : La Vida Loca, Gang Days in L.A.*



Moments of Clarity: Voices from the Front Lines of Addiction and Recovery

(*Christopher Kennedy Lawford*) The author of the bestseller *Symptoms of Withdrawal* explores the shift in time and perception from addiction to recovery based on his own experiences and those of other recovered addicts from all walks of life.



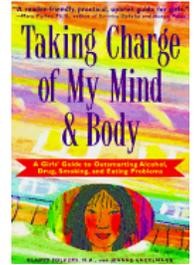
Young Adult

The Facts About Drugs and the Body

(*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

(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.

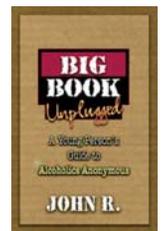


Taking Charge of My Mind and Body: A Girl's Guide to Outsmarting Alcohol, Drugs, Smoking, and Eating Problems

(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

(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.

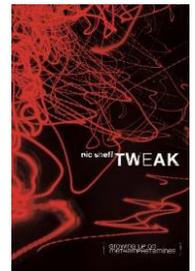


Big Book Unplugged: A Young Person's Guide to Alcoholics Anonymous

(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.

Tweak: Growing Up on Methamphetamines

(Nic Sheff) Nic Sheff was drunk for the first time at age eleven. In the years that followed, he would regularly smoke pot, do cocaine and Ecstasy, and develop addictions to crystal meth and heroin. Even so, he felt like he would always be able to quit and put his life together whenever he needed to. It took a violent relapse one summer in California to convince him otherwise. In a voice that is raw and honest, Nic spares no detail in telling us the compelling, heartbreaking, and true story of his relapse and the road to recovery. Read the sequel, *We All Fall Down*.



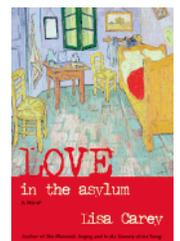
Fiction

The following is a selected list of fiction books about people dealing with addiction and recovery.

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

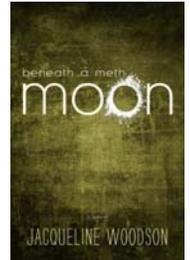
The Amazing Spider-Man Fights Substance Abuse

(*Lee Stan*) The Amazing Spider-Man does the Marvel Universe proud in a titanic tome that is both entertaining and educational. Swing along with Spidey and his amazing friends as they take substance abuse in the mighty Marvel manner.



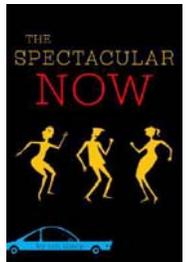
Beneath a Meth Moon: An Elegy

(*Jacqueline Woodson*) Laurel Daneau has moved on to a new life, in a new town, but inside she's still reeling from the loss of her beloved mother and grandmother after Hurricane Katrina washed away their home. Laurel's new life is going well, with a new best friend, a place on the cheerleading squad and T-Boom, co-captain of the basketball team, for a boyfriend. When T-Boom introduces Laurel to meth, she immediately falls under its spell. But as she becomes alienated from her friends and family, she becomes a shell of her former self, and longs to be whole again. With help from an artist named Moses and her friend Kaylee, she's able to begin to rewrite her story and start to move on from her addiction.



The Spectacular Now

(*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.



Where Things Come Back

(*Jon Whaley*) In the remarkable, bizarre, and heart-wrenching summer before Cullen Witter's senior year of high school, he is forced to examine everything he thinks he understands about his small and painfully dull Arkansas town. His cousin overdoses; his town becomes absurdly obsessed with the alleged reappearance of an extinct woodpecker; and most troubling of all, his sensitive, gifted fifteen-year-old brother, Gabriel, suddenly and inexplicably disappears. This extraordinary tale illuminates the hope of second chances.

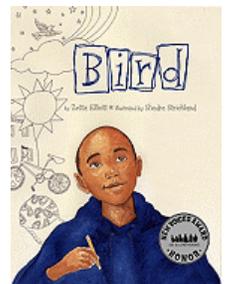


Juvenile Fiction & Biography

The following is a selected list of juvenile books about addiction and recovery for children.

Bird

(*Zetta Elliott; ill. 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.



Luis Rodriguez

(*Michael Schwartz*) Rodriguez's rise from gang member to prize-winning author is succinctly and sympathetically documented. Schwartz, the editor of Rodriguez's adult book, *Always Running*, does not gloss over his subject's troubled youth. Instead, he provides insights into the negative choices about gangs and drugs Rodriguez made and overcame.

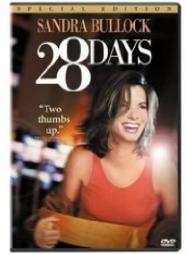
Moon Pie (*Simon Mason*) Eleven-year-old Martha tries to keep her family together after her mother's death as her father struggles with alcoholism. Mason skillfully handles this challenging material by providing some comic relief through two of Martha's friends and using a third-person narrator to give some distance to the children's situation.

Films

The following is a selected list of videos books about addiction and recovery and families.

28 Days

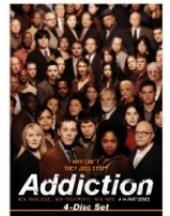
(Directed by *Betty Thomas*) Gwen (Sandra Bullock) denies her alcoholism as she is admitted to a rehab facility. She befriends others struggling with addiction, and soon begins to re-examine her life and carves a path to recovery.



Addiction

(HBO)

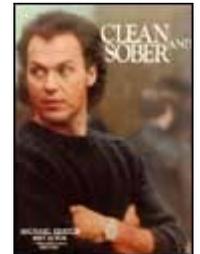
Through 13 short films, this documentary brings together drug and alcohol addiction experts with filmmakers to shed light on addiction, its causes and treatment developments. Its focus is on case studies and new medical treatments.



Clean and Sober

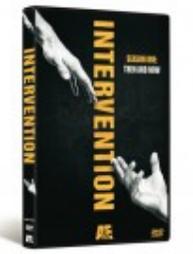
(Directed *Glenn Gordon Caron*)

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.



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.



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. The **Intervention: Follow-up Special** returns with some of the show's subjects, highlighting the next steps on the road to recovery.

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.



Websites

The following is a selected list of websites for those seeking help with addiction and recovery.

Norfolk Community Services Board

www.norfolkcsb.org

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. The telephone number is 757-823-1600.

Alcoholics Anonymous

www.aa.org

Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. The Tidewater area telephone number is 757-490-3980 and the website is

www.tidewaterintergroup.org

Narcotics Anonymous

<http://www.na.org/>

Narcotics Anonymous (NA) is a nonprofit fellowship or society of men and women for whom drugs had become a major problem and, as recovering addicts, meet regularly to help each other stay clean. The Tidewater Area NA telephone number is 866-972-5055 and website is

www.tidewaterareana.org.

National Alcohol and Drug Addiction Recovery Month

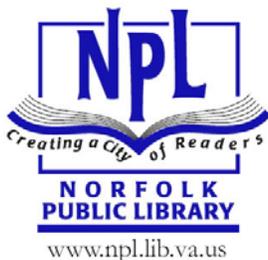
The Recovery Month Web sites aim to promote the societal benefits of alcohol and drug use disorder treatment, laud the contributions of treatment providers, and promote the message that recovery from alcohol and drug disorders in all its forms is possible. Sponsored by several U.S. federal health agencies.

www.recoverymonth.gov/

Substance Abuse and Mental Health Services Administration

www.samhsa.gov/

The Substance Abuse and Mental Health Services Administration's (SAMHSA) mission is to reduce the impact of substance abuse and mental illness on America's communities. It produces the "Road to Recovery" television series. The national helpline telephone number is 1-800-662-HELP (4357).



Norfolk Public Library

(757) 664-READ

www.npl.lib.va.us

www.facebook.com/NorfolkPublicLibrary