

## **DVDS available for borrowing** **Canadian Mental Health Association, Ottawa Branch**

### **ADDICTIONS: SUBSTANCE ABUSE, GAMBLING**

#### **P181 F.A.S.: WHEN THE CHILDREN GROW UP 40 min. DVD**

Explores the realities of living with Fetal Alcohol Syndrome through the stories of three adults with F.A.S. and commentary from experts in the field.

### **AGING / MEMORY**

#### **P150 LABOUR OF LOVE 1988 – 44 min. DVD.**

Explores the human side of caregiving – the loving bonds, frustration and heartaches, mundane caregiving, and fatigue. Five intimate and hopeful profiles of caregivers and their families. NFB.

#### **P151 WELL INTO YOUR FUTURE: DEPRESSION, NOT A NORMAL PART OF AGING 2008 – 57 min. DVD.**

Explores the complex relationship between depression, alcohol & substance abuse, and the benefits of family support and early treatment. Interviews with spouses, family members, social workers and psychiatrists are combined with candid, firsthand accounts.

#### **P152 WELL INTO YOUR FUTURE: ALZHEIMER'S AND DEMENTIA: CARING FOR THE CAREGIVER 2006 – 57 min. DVD.**

The experience of family members and spouses who struggle daily with the heartfelt conflict of love and obligation. Examples of caregivers who have learned to cope effectively, restoring balance in their own lives.

#### **P153 WELL INTO YOUR FUTURE: MAINTAINING MENTAL HEALTH 2006– 57 min. DVD.**

Stories of five vibrantly alive seniors who have successfully navigated through major life changes. Provides firsthand advice on coping with grief, planning for retirement & active living.

#### **P179 BEYOND MEMORY: A DOCUMENTARY ABOUT DEMENTIA 2007 -76 min. DVD.**

An intimate revelation of what it's like to live with dementia or to love someone with dementia as shared by five individuals and families.

#### **P186 CAREGIVERS EPISODE THREE: KURT AND ELIZABETH 1997 - 50 min. DVD.**

The challenges faced by Kurt, a single man and only child who cares for his 88-year-old mother, Elizabeth, who has a variety of health issues including dementia. NFB.

### **ANGER AND BULLYING**

#### **P155 ORIGINS OF HUMAN AGGRESSION: THE OTHER STORY 2005 - 50 min. DVD.**

Is human aggression a result of nature or nurture? Researchers from various fields address the biological, environmental and psychological components and provide guidelines for prevention of human violence. NFB.

#### **P156 WHEN TEMPER FLARE: A GUIDE TO UNDERSTANDING AND MANAGING ANGER 2004, 30 min. DVD.**

Explores why and how we experience anger and offers practical strategies for expressing anger in constructive rather than destructive ways. Features people who have anger issues, family members, a psychiatrist and a psychologist.

## **ATTENTION DEFICIT DISORDER (A.D.D.)**

### **P162 STRUGGLE FOR CONTROL: CHILD AND YOUTH BEHAVIOUR DISORDERS 2005 – 57 min. DVD.**

Follows the stories of four B.C. youth, outlining the causes, symptoms, community resources and treatments for three of the most commonly diagnosed behaviour disorders: Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder & Conduct Disorder.

## **AUTISM**

### **P157 AUTISM: THE ROAD BACK 2005, 55 min. DVD.**

Charts the journeys of three families with children diagnosed with Autism Spectrum Disorder. Includes interviews with parents, service providers and experts in the field about assessment, diagnoses, and treatment options. NFB.

## **BIPOLAR DISORDER (MANIC DEPRESSION)**

### **P178 FLIGHT FROM DARKNESS 2007 – 52 min. DVD.**

Focuses on the life of aboriginal Percy Paul, his daZZling rise and fall as a brilliant mathematician to his continuing struggle to prevail over bipolar disorder and realiZe his full potential. NFB.

## **BODY IMAGE**

### **P166 THIN DREAMS 1986 – 28 Min. DVD**

Looks at how young high school women feel about their self-image and North America's obsession with thinness. Good discussion starter on body image, values and the power of the media and advertising. NFB.

### **P182 SHREDDERED: WHAT WOULD YOU RISK FOR THE PERFECT BODY? 2005 – 22 min. DVD.**

Teenage boys speak about their experiences, desires and motivations to achieve the ideal male shape. Designed to provoke discussion about body image and where lines should be drawn between healthy and dangerous behaviours.

### **P184 SEXY INC.: OUR CHILDREN UNDER INFLUENCE 2009 – 26 min. DVD.**

AnalyZes our hypersexualiZed environment and the unhealthy culture created by advertising, the media, stereotypes and pornography, and offers suggestion on how to counteract them.

## **CAREGIVING**

### **P159 LABOUR OF LOVE- 1998. 44 min. DVD.**

Explores the human side of caregiving – the loving bonds, frustration and heartaches, mundane caregiving, and constant fatigue. Five intimate and hopeful profiles of caregivers and their families. Includes "A Handbook for Family Caregivers". NFB.

### **P150 LABOUR OF LOVE 1988 – 44 min. DVD.**

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An intimate revelation of what it's like to live with dementia or to love someone with dementia as shared by five individuals and families.

## **CHILD AND YOUTH ISSUES**

### **P160 A MAP OF THE MIND FIELDS: MANAGING ADOLESCENT PSYCHOSIS 2004 - 56 min. DVD.**

Psychosis, a brain disorder where an individual experiences some loss of contact with reality, is a serious mental health disorder that often has tragic consequences when undiagnosed or improperly treated. Three B.C. young people share their personal stories.

### **P162 STRUGGLE FOR CONTROL: CHILD AND YOUTH BEHAVIOUR DISORDERS 2005, 57 min. DVD.**

Following the stories of four B.C. youth, the VHS sheds light on the causes, symptoms, community resources and treatments of three of the most commonly diagnosed behaviour disorders: ADHD, Oppositional Defiant Disorder and Conduct Disorder.

### **P163 FROM DEPRESSION TO DISCOVERY: A TEENAGER'S GUIDEBOOK 2005 – 25 min. DVD.**

Shatters common misconceptions about depression, helping young viewers recognize outward and internal symptoms, and outlining forms of treatment. Interviews with teens living successfully with the disorders and a child psychologist Dr. H.S. Koplewicz.

### **P181 F.A.S.: WHEN THE CHILDREN GROW UP 40 min. DVD.**

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### **P183 RACING THOUGHTS: WHEN MENTAL ILLNESS HOLDS CHILDREN HOSTAGE 2010 – 73 min. DVD.**

Four young people living with mental illness and their loved ones tell their stories. Includes an interview with Dr. Stan Kutcher. NFB.

## **CRISIS INTERVENTION**

### **P180 THE INTERVENTIONISTS: CHRONICLES OF A MENTAL HEALTH TEAM – 31 min. DVD.**

A mental health crisis team works their cases in downtown Toronto, responding to 911 calls, de-escalating situations and helping 'emotionally disturbed individuals' to avoid hospitalization and jail.

## **DEPRESSION & BIPOLAR DISORDER (MANIC-DEPRESSION)**

### **P165 FROM DEPRESSION TO DISCOVERY: A TEENAGER'S GUIDEBOOK 2005 – 25 Min. DVD**

Shatters common misconceptions about depression, helping young viewers to recognize outward and internal symptoms and learn about forms of treatment. Features interviews with teens living successfully with the disorder and child psychologist Dr. H.S. Koplewicz.

### **P164 FEEL LIKE YOURSELF AGAIN: UNDERSTANDING POSTPARTUM DEPRESSION AND OTHER MOOD DISORDERS 2005 – 25 Min. DVD**

Features interviews with postpartum experts, explores the symptoms of the five postpartum mood disorders and treatments, and provides information for family members and friends.

## FAMILY ISSUES

### **P167 UNBREAKABLE MINDS 2004 - 52 min. DVD.**

Every child is born full of promise, but for those diagnosed with schizophrenia in the prime of their lives, independence, acceptance, and even a place to call home may slip beyond their grasp. Filmed over three years, this documentary captures the emotional journeys of Randy, Brad and Rob and their families.

## POSTPARTUM DEPRESSION

### **P164 FEEL LIKE YOURSELF AGAIN: UNDERSTANDING POSTPARTUM DEPRESSION AND OTHER MOOD DISORDER 2006 – 26 min. DVD.**

Features interviews with postpartum experts, explores the symptoms of the five postpartum mood disorders and treatments, and provides information for family members and friends.

## PSYCHOSIS

### **P169 A MAP OF THE MIND FIELDS: MANAGING ADOLESCENT PSYCHOSIS 2004 - 56 min. DVD.**

Psychosis is a brain disorder where an individual experiences some loss of contact with reality. Three teens share their personal stories.

## SCHIZOPHRENIA

### **P171 UNCHAINING THE MIND: ADVANCES IN SCHIZOPHRENIA RESEARCH 2005 - 36 min. DVD.**

Relates the history and physiology of schizophrenia; presents current research aimed at finding a cure; outlines the function of neurotransmitters and the development of antipsychotic drugs and newer medications; and explores the clubhouse approach and cognitive therapy.

### **P167 UNBREAKABLE Minds 2004, 52 min. DVD.**

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DVDs are available to the public and educational institutions free of charge for a maximum of two weeks.

Please book well in advance by contacting Julie Levesque at (613) 737-7791, ext. 217 or by emailing to [jlevesque@cmhaottawa.ca](mailto:jlevesque@cmhaottawa.ca).

Materials must be picked up at and returned to the CMHA office during regular office hours:

Monday to Friday: 8:30 a.m. to 4:30 p.m./

Summer Hours: Monday to Friday: 8 a.m. to 4 p.m. (June 1 to Sept 1)

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