

2011-2012 **publications
on addiction
and mental health** www.camh.net

books
manuals
DVDs
brochures



Publications for Clients, Professionals and Students

At the **Centre for Addiction and Mental Health (CAMH)**, our goal is to provide leadership in creating better understanding, prevention and care. Each of our unique publications maintains that vision for the therapists, doctors, nurses, front-line workers, and other professionals and students who use our materials, and for the clients and their families who look to us for up-to-date resources on addiction and mental illness.

We've got the books you want,
however you want to read them.

From traditional printed copies to digital versions you can read on your favourite tablet or eReader, CAMH publications are available in a format that best suits your needs.



Browse through CAMH's collection of print and eBooks online at the retailers below:

Print and Print-on-Demand

- CAMH's online store – <http://store.camh.net>
- Barnes & Noble – barnesandnoble.com
- Amazon – Amazon.ca and Amazon.com

ePub

- Kobo – kobobooks.com
- Barnes & Noble – barnesandnoble.com
- Sony – ebookstore.sony.com

PDF

- Canadian Electronic Library
canadianelectroniclibrary.ca/health_research_content_from_ebrary.html

To get live links to these Etailers, please download a PDF copy of this catalogue from camh.net

Attention Instructors

We can create your coursepacks!

Coursepacks are a helpful professional teaching tool, saving students money and providing a solution to copyrighted material Faculty wish for student reference.

Publishing a CAMH coursepack is quick and easy.

All we need from you is a bibliography of the-related materials you are using in your course (books, brochures, research publications, website text etc.) and any additional course notes you may want to include. We handle all of the reproduction, printing and production and distribution to your campus bookstore.

Why create a CAMH coursepack?

- **It is tailored to your course** — a coursepack covers the exact topics of your course.
- **Legal** — We clear all copyright permissions, in compliance with Canadian copyright law.
- **Quality** — We print clean pages – no more photocopy marks – and every CAMH coursepack features a colour cover printed on thick stock for increased durability.
- **Usability** — CAMH coursepacks come paginated with a table of contents and list of acknowledgements.
- **Archiving** — We will securely store a master copy of your coursepack materials for you year after year.

For more information on CAMH coursepacks contact us at publications@camh.net

contents

new releases from CAMH	2-7
books by category	
mental health	8-9
addiction	10-11
family & relationships	12-13
womens' health	14-15
medical	16-17
information guides series	18-19
counselling	20-22
education & training	23-25
safer bars training	25
screening & assessment	26-28
miscellaneous	29
alone in canada series	30
public information brochures	
general information	31
alcohol & substance use	32-34
straight talk... series	33
about... series	34
abuse & trauma	35
stigma	35
family & relationships	36
when a parent... series	36
photo-novella project	37
methadone saves lives series	37
do you know... series	38
index	39-40
<i>CrossCurrents</i>	40



Look for this symbol throughout to identify titles also published in French.



CAMH Education This symbol indicates CAMH publications that are currently used in our online and in-class courses. Check www.camh.net for a list of our current course availability.



Scan to get direct access to our online store.

new releases



LAW/MENTAL HEALTH

\$29.95 | DVD† running time: 42 minutes
Published: 2010 | Product Code: PV219

Format availability: DVD 978-1-77052-519-1

† PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE WITH ALL DEVICES.

The CAMH Bill of Client Rights

Understanding the rights of people who use mental health and addiction services

EMPOWERMENT COUNCIL & THE CAMH CLIENT RELATIONS OFFICE

See what happens in different scenarios involving a client as she navigates the psychiatric system. Each scene dramatizes a positive and negative outcome of a woman who is trying to assert a particular client right.

Based on the *CAMH Bill of Client Rights*, this DVD and the enclosed booklet are designed to promote thinking and discussion about the civil rights of people who use mental health and addiction services in Ontario.

In addition to clients who use psychiatric or addiction services, this DVD and discussion guide will be of interest to mental health and disability rights advocates, service providers, students, and hospital and agency administrators who want to develop a bill of rights for their own organization.



PSYCHOLOGY / MENTAL HEALTH

\$19.95 | 98-page paperback | Published: 2009
Product Code (print edition): PG137

Format availability: PRINT 978-1-77052-398-2
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Girls Talk Facilitator's Manual

An anti-stigma program for young women to promote understanding of and awareness about depression

CATHY THOMPSON, ANGELA MARTELLA, PAM GILLET

Girls Talk is an eight-session prevention and anti-stigma program for girls, generally between the ages of 13–16. The focus is on preventing depression and educating girls about depression. Topics include depression, stress, body image, stigma, relationships and self-esteem. *Girls Talk* provides a safe space for young women to connect with each other and to learn about depression and its contributing factors. Participants develop self-awareness, coping strategies and critical thinking skills through artistic and recreational activities. The activities can easily be tailored to the particular needs of each group. The *Girls Talk* program is not intended for those who have been diagnosed with or are in treatment for depression.

Psychiatry in Primary Care

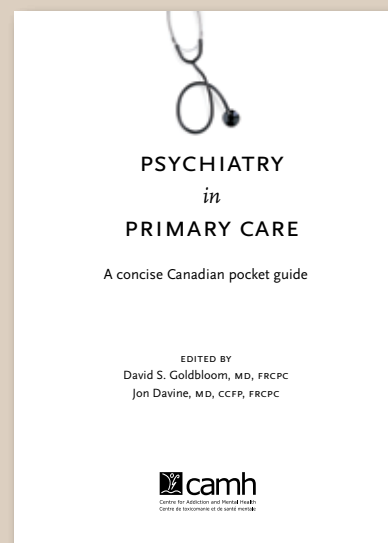
A Concise Canadian Pocket Guide

EDITED BY DAVID GOLDBLOOM & JON DAVINE

P *Psychiatry in Primary Care: A Concise Canadian Pocket Guide* is a comprehensive, practical resource designed to support the work of primary care providers who encounter challenging mental health problems in their daily practices. Following a “just the pearls” approach, *Psychiatry in Primary Care* provides realistic, clinically-tested guidance on detecting and managing mental health problems within the primary care context. Topics covered range from depression, anxiety and personality disorders to psychotherapy in primary care and managing mental health-related disability and insurance claims. Designed for quick access, the guide features useful tools, established diagnostic criteria, useful approaches and alternatives to pharmacotherapies and other resources. Edited by David Goldbloom and Jon Davine, *Psychiatry in Primary Care* features leading contributors from across Canada.

David Goldbloom is a psychiatrist and Senior Medical Advisor, Education and Public Affairs, at the Centre for Addiction and Mental Health. He is also a Professor of Psychiatry at the University of Toronto, a Distinguished Fellow of the American Psychiatric Association, a Fellow of the Canadian Psychiatric Association and Board member and Vice-Chair of the Mental Health Commission of Canada. In 2010 Dr. Goldbloom published *Psychiatric Clinical Skills* (Revised 1st edition) with the Centre for Addiction and Mental Health.

Jon Davine is a psychiatrist who works directly with primary care providers through the Hamilton-Wentworth HSO Mental Health Program. He is also Associate Professor, Psychiatry and Behavioural Neurosciences and Associate Member, Family Medicine, McMaster University. His work in primary care includes being the co-ordinator and a presenter of a week-long CME program “Psychiatry for Family Physicians” and his role as co-ordinator of “Psychiatry of Family Doctors”, a monthly McMaster University CME series.

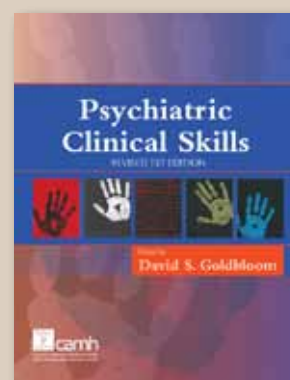


MEDICAL/CLINICAL MEDICINE

\$39.95 | approx. 408-page paperback
COMING Summer 2011
Product Code (print edition): PG126

Format availability: PRINT 978-0-88868-680-0

ALSO AVAILABLE BY DAVID GOLDBLOOM:



For more information on David Goldbloom's book *Psychiatric Clinical Skills*, please see page 24.



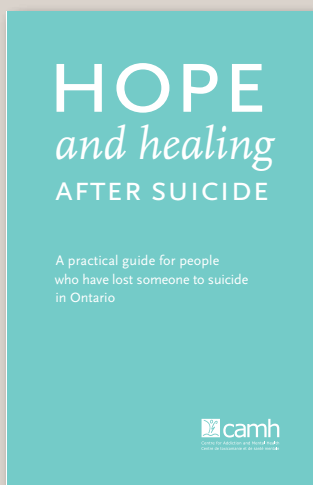
FAMILY & RELATIONSHIPS ✦

\$9.95 | 84-page paperback
 COMING July 2011
 Product Code (print edition): PM066

Format availability: PRINT 978-0-88868-610-7
 EPUB 978-1-77052-284-8
 PDF 978-0-88868-611-4

ALSO AVAILABLE IN THIS SERIES:

For more information on the first title in this series, *What Parents Need to Know About Teens: Facts, Myths and Strategies*, please see page 12.



BODY, MIND & SPIRIT ✦

\$6.95 | 74-page paperback
 Published: 2011
 Product Code (print edition): PM089

Format availability: PRINT 978-1-77052-346-3
 PDF AVAILABLE ONLINE AS
 PDF DOWNLOAD AT
[HTTP://KNOWLEDGEX.CAMH.NET](http://knowledge.camh.net)

Previously listed

What Parents Need to Know about Teen Risk Taking

Strategies for Reducing Problems Related to Alcohol, Other Drugs, Gambling and Internet Use

DAVID A. WOLFE, BRUCE BALLON, GLORIA CHAIM, DEBBIE CHIDO, JOANNA HENDERSON

This booklet is the second in the *What Parents Need to Know about Teens* series. Written in chatty, down-to-earth language, it addresses the challenges and risks that appear as children move into adolescence. This can be a scary time for teens as well as their parents. Teens will face pressures to use substances and engage in other risky behaviours. Parents will face difficult situations as they balance their teens' need for independence and autonomy while providing the guidance and monitoring teens need at this time. Topics include why adolescence is important, why teens experiment and take risks and when experimenting becomes a problem. The booklet suggests strategies for guiding teens and maintaining good relationships with them as they move through this stage of development.

Hope and Healing after Suicide

A practical guide for people who have lost someone to suicide in Ontario

When people die by suicide, they leave behind family and friends who suddenly find themselves mourning the person's loss and wondering what happened. This guide addresses many personal issues related to a death by suicide, including telling others, working through the grief, finding what helps people to heal, and grieving in children and youth. This Ontario guide also outlines practical things that need taking care of, such as arranging a funeral and dealing with the deceased's personal, legal and financial matters. A resource section lists organizations, websites and books that may help.

Cognitive-Behavioural Therapy

An Information Guide

NEIL A. RECTOR

Cognitive-Behavioural Therapy (CBT) is widely recommended as a first-line treatment for a wide variety of emotional problems, including depression and anxiety. CBT works on the basic assumption that the way people think can contribute to their emotional problems. In CBT, people learn to identify, question and change distorted and negative thinking—to see thoughts as ideas rather than as facts, and to “stand back” from their thoughts and consider situations from different points of view. People also learn to change behaviours related to negative moods. CBT is a short-term, practical and goal-oriented therapy that teaches people to become their own therapists.

Cognitive-Behavioural Therapy: An Information Guide:

- describes how CBT was developed, what it is, how it works and what conditions it can treat
- explains the rationale behind CBT
- introduces the process and strategies used in the therapy
- answers common questions about CBT, such as how to find a therapist and what to expect in treatment from the first to last session
- introduces alternative cognitive-behavioural approaches such as mindfulness
- lists further resources, in print and online.

This guide is a brief, easy-to-read introduction for people who are considering or starting out in CBT, for family members and friends who would like to know more about the treatment, and for anyone else with an interest in CBT.

Neil A. Rector, PhD, C.Psych., is a clinical psychologist and research scientist at Sunnybrook Health Sciences Centre in Toronto. He is a founding fellow of the Academy of Cognitive Therapy (USA) and is an active clinician, educator and researcher in the area of cognitive-behavioural therapy. He is also the author of other information guides in this series: *Anxiety Disorders* and *Obsessive-Compulsive Disorder*.



PSYCHOLOGY ✦

\$6.95 | 60-page paperback

Published: 2010

Product Code (print edition): PM087

Format availability: PRINT 978-1-77052-294-7
 EPUB 978-1-77052-297-8
 PDF 978-1-77052-295-4

- For a complete list of titles in our *Information Guide* series, please see pages 18–19
-

new releases



SUBSTANCE USE/TOBACCO

Free (plus †\$3.00 shipping & handling)
32-page paperback | Published: 2011

Format availability: PRINT 978-1-77052-520-7
PDF AVAILABLE ONLINE AS
PDF DOWNLOAD AT
[HTTP://KNOWLEDGEX.CAMH.NET](http://knowledge.camh.net)

† Limited quantity available for free.
(A shipping charge of \$3.00 will be applied to
orders of one or two books to cover costs.)



FAMILY & RELATIONSHIPS/PARENTING

*\$6.25/package of 25 | 2-page brochure
COMING November 2011
Product code: PM096

Format availability: PRINT 978-1-77052-655-6
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

* The first 100 copies of this brochure are available for free in Ontario

Smoking and Quitting

Clean Air for All

PRODUCED BY THE CENTRE FOR ADDICTION AND MENTAL HEALTH
ILLUSTRATIONS BY JOE WEISSMANN

S *Smoking and Quitting: Clean Air for All* tells the story of Daniel and his neighbor Trev's desire to live in a smoke-free home and apartment building. Neither can understand why their parents and other people they care about smoke if they know it's bad for them. Smoking was becoming a big problem where they lived. Firefighters had to put out a fire in the laundry room that someone had started with a lighter. Marmalade the cat got sick from Mr. Becker's smoking. Daniel's mom was sneaking out to smoke when she walked their dog Oscar. They were even learning about how dangerous smoking was at school. Mustering up their courage, Daniel and Trev decided to hold a meeting to make their building smoke free. Everyone came to the meeting and agreed to try to quit smoking. Discouraged when his mother started smoking again, Daniel began to worry more and learned that it was good to talk about his feelings and concerns. Quitting was more challenging for some than others. But they all had a lot to celebrate by the end of the summer; their building was almost smoke free! The best advice was for Daniel and Trev to never start smoking in the first place.

- Awarded Curriculum Services Canada's CSC Seal of Quality recommending it as a reference for teachers and other school professionals who work with children and youth.

When a parent smokes cigarettes.... what kids want to know

When children learn early on about the dangers of smoking, having a parent who smokes can be particularly upsetting. This brochure will help parents and other adults take the first step in talking to children about tobacco addiction. It provides answers to the most common questions children have when a parent or other family member smokes cigarettes.

- Why does my mom or dad smoke?
- Why don't they just quit?
- What happens to people when they smoke?
- When my parents smoke, can it hurt me?
- How can I protect myself?
- Why do some parents keep their smoking a secret?
- What happens when people quit?
- Are there withdrawal symptoms?
- Is there anything I can do to help my mom or dad quit?
- Why do people smoke when they know it will hurt them or others?
- When I grow up, will I smoke too?
- If smoking is so bad, why do so many people do it?
- Where can I go for help?

- For a complete list of titles in our *When a parent...* series, please see page 36

Methadone Maintenance

A Physician's Guide to Treatment

Second Edition

EDITED BY PETER SELBY & MELDON KAHAN

This revised edition of *Methadone Maintenance: A Physician's Guide to Treatment* reflects substantial updates to the previous 1998 version and is consistent with the 2001 College of Physicians and Surgeons of Ontario Methadone Maintenance Guidelines. The book provides guidance on methadone prescribing and dispensing, and includes essential information on such topics as:

- methadone dose tapering
- drug interactions involving methadone
- using methadone in opioid withdrawal management
- managing pain in patients being treated with methadone
- managing pregnancy in women in methadone maintenance treatment.

ALSO AVAILABLE IN THE METHADONE MAINTENANCE FOR PROFESSIONALS SERIES:



Methadone Maintenance

A Counsellor's Guide to Treatment

EDITED BY GARTH MARTIN, BRUNA BRANDS & DAVID C. MARSH

MEDICAL/PHARMACOLOGY

\$69.95 | 150-page spiral-bound | Published: 2003
Product code (print edition): PZ164

Format availability: PRINT 978-0-88868-431-8
EPUB 978-0-88868-835-4
PDF 978-0-88868-833-0



Methadone Maintenance

A Pharmacist's Guide to Treatment, 2nd Edition

EDITED BY PEARL ISAAC, ANNE KALVIK, JOHN BRANDS & EVA JANECEK

MEDICAL/PHARMACOLOGY

\$69.95 | 182-page spiral-bound | Published: 2004
Product code (print edition): PZ162

Format availability: PRINT 978-0-88868-429-5
EPUB 978-1-77052-654-9
PDF 978-1-77052-652-5



MEDICAL/CLINICAL MEDICINE

\$69.95 | 270-page paperback | Published: 2011
Product code (print edition): PZ163

Format availability: PRINT 978-1-77052-892-5
EPUB 978-1-77052-893-2
PDF 978-1-77052-895-6

All titles in this series CAMH Education
OPIOID DEPENDENCE
TREATMENT CORE COURSE

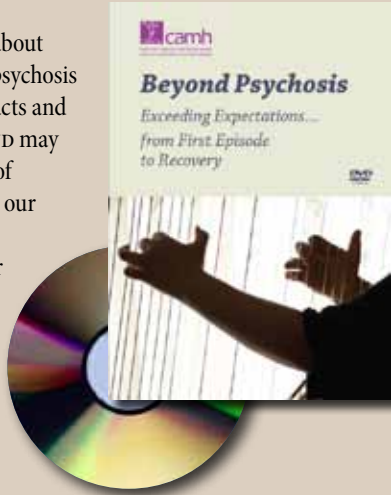
RECENTLY PUBLISHED

Beyond Psychosis

Exceeding Expectations from First Episode to Recovery

LEARN

Five young people talk about their experiences with psychosis and recovery. Sharing facts and personal stories, this DVD may help to change the face of psychosis and challenge our expectations of people recovering from a major mental illness. The DVD provides information for the general public and is a source of hope and inspiration for people living with psychosis.

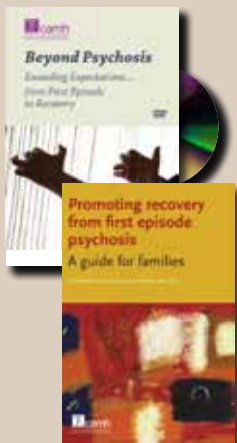


MEDICAL/PHARMACY

\$29.95 | DVD† running time: 30 minutes (long version); 15 minutes (short version)
Published: 2009 | Product code: PV218

Format availability: DVD 978-1-77052-471-2
† PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE WITH ALL DEVICES.

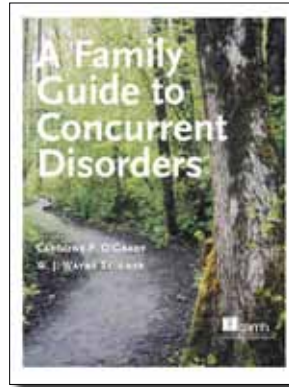
- Please take a few moments to view a short video about our *Beyond Psychosis* DVD at: http://www.camh.net/Publications/CAMH_Publications/Video_Links/Tara_Laing.html



First Episode Psychosis Kit

- We have packaged our *Beyond Psychosis* DVD with *Promoting Recovery from First Episode Psychosis* (see page 12) to create this exceptional information kit.

\$32.45 | Book + DVD kit
Published: 2010
ISBN 978-1-77052-469-9
Product code: PVK45



A Family Guide to Concurrent Disorders

CAROLINE O'GRADY & W.J. WAYNE SKINNER

Having concurrent substance use and mental health problems obviously affects the person experiencing the problems directly, but they also have powerful effects on family members and friends. Families need help to deal with the impact of concurrent disorders, but families are also a key to finding effective solutions.

- Part I is an overview of concurrent disorders.
- Part II focuses on the impact of concurrent disorders on family life.
- Part III explores treatment and support.
- Part IV talks about the journey to recovery.

SELF-HELP/ MOOD DISORDERS

\$16.95 | 210-page paperback | Published: 2007
Product code (print edition): PM077

Format availability: PRINT 978-0-88868-628-2
EPUB 978-0-88868-916-0
PDF 978-0-88868-629-9

The Concurrent Disorders Family Kit

SAVE when you purchase these two related products together!

\$19.95 kit | Books | Published: 2007
Product Code: PM100



Partnering with Families Affected by Concurrent Disorders

Facilitators' Guide

CAROLINE O'GRADY & W.J. WAYNE SKINNER

Family members are often the primary support for people who have substance use and/or mental health problems. We know that these caregivers are likely to experience significant physical, emotional, social and spiritual stress. Although there are a growing number of interventions designed to help and support family members, many agencies do not see this as their mandate.

SELF-HELP/ MOOD DISORDERS

\$8.95 | 64-page spiral-bound | Published: 2007
Product code (print edition): PM093

Format availability: PRINT 978-0-88868-634-3
EPUB 978-1-77052-473-6
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT WWW.CAMH.NET

Asking the Right Questions 2

Talking About Sexual Orientation and Gender Identity in Mental Health, Counselling and Addiction Settings

FIRST EDITION BY ANGELA M. BARBARA, GLORIA CHAIM & FARZANA DOCTOR.
REVISED BY ANGELA M. BARBARA & FARZANA DOCTOR

This manual will help counsellors create an environment where lesbian, gay, bisexual, transgendered, transsexual, two-spirited, intersex and queer (LGBTTTIQ) clients feel comfortable talking about their sexual orientation and gender identity. This will allow the counsellor to:

- best assess the needs of LGBTTTIQ clients
- engage clients in a positive treatment process
- develop tailored treatment plans
- make appropriate referrals.

PSYCHOLOGY/DISSOCIATIVE IDENTITY DISORDER ✦

\$16.95 | 64-page paperback | Published: 2007 | Product code (print edition): P167

Format availability: PRINT 978-0-88868-469-1
EPUB 978-1-77052-244-2
PDF 978-0-88868-541-4



@ CAMH Education

ASKING THE RIGHT QUESTIONS 2:
TALKING WITH CLIENTS ABOUT SEXUAL
ORIENTATION AND GENDER IDENTITY
COURSE

Improving Our Response to Older Adults with Substance Use, Mental Health and Gambling Problems

A Guide for Supervisors, Managers and Clinical Staff

FOREWORD BY BENOIT MULSANT

Part of the CAMH Healthy Aging Project, *Improving Our Response to Older Adults* provides the information, tools and guidance that service providers need to work more effectively with older adults who may have substance use, mental health or gambling problems.

PSYCHOLOGY/MENTAL HEALTH

\$29.95 | 188-page paperback | Published: 2008 | Product code (print edition): PM080

Format availability: PRINT 978-0-88868-677-0



Part of our Older Adults Kit – details page 11.

Depression and Bipolar Disorder Family Psychoeducational Group Manual

Therapists' Guide

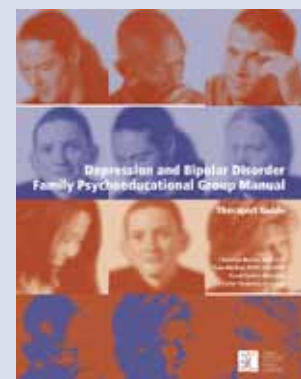
CHRISTINA BARTHA, KATE KITCHEN, CAROL PARKER & CATHY THOMSON

Developed in response to requests for practical assistance from family members struggling to manage the needs of relatives who have been diagnosed with major depression or bipolar disorder, the CAMH family psychoeducation program is designed to help families become knowledgeable about the disorders, and to help them develop skills and strategies that will improve their ability to give ongoing care and support to their relatives.

PSYCHOLOGY/BIPOLAR DISORDER

\$29.95 | 295-page binder | Published: 2001 | Product code (print edition): PM050

Format availability: PRINT 978-0-88868-376-2
EPUB 978-0-88868-931-3
PDF 978-0-88868-929-0

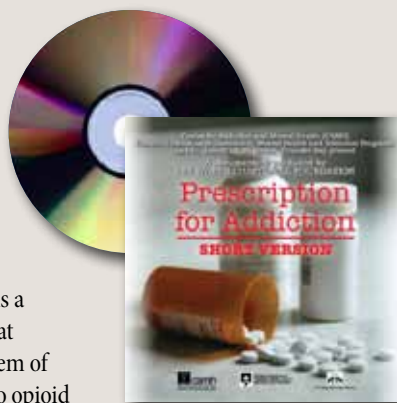


addiction

RECENTLY PUBLISHED

Prescription for Addiction

Short version DVD + User Guide



Prescription for Addiction is a compelling documentary that examines the growing problem of dependence and addiction to opioid pain medications. The film features the stories of individuals who have experienced opioid dependence or addiction first-hand. It also includes insights from doctors and other health professionals about the risks and benefits of opioids, the responsibilities of prescribing doctors, and the use of methadone and other treatment approaches in helping people who are opioid addicted or dependent.

- DVD special features: additional interviews, chapter/scene selection and optional English subtitles for the hearing impaired

PSYCHOLOGY/ADDICTION

\$5.00 kit | DVD† running time: 39 minutes | User guide: 56-page paperback
Produced 2008 | Product code: PG129

Format availability: DVD 978-0-88868-805-7

† PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE WITH ALL DEVICES.

Methadone Maintenance Treatment Client Handbook

Revised

Written in plain language, *Methadone Maintenance Treatment: Client Handbook* gives clients an overview of methadone maintenance treatment. There is valuable information here for those thinking about methadone treatment, for the new client and the long-term client, and for families and friends. This handbook sets the record straight on length of treatment, side-effects, other drugs, counselling, pregnancy, travel, withdrawal and ending treatment—all the information a client needs, in one place.



@ CAMH Education
OPIOID DEPENDENCE
TREATMENT CORE COURSE

SELF-HELP/DRUG DEPENDENCE

*\$4.25 | 134-page paperback | Published: 2008
Product code (print edition): PZ160

Format availability: PRINT 978-0-88868-699-2

EPUB 978-0-88868-922-1

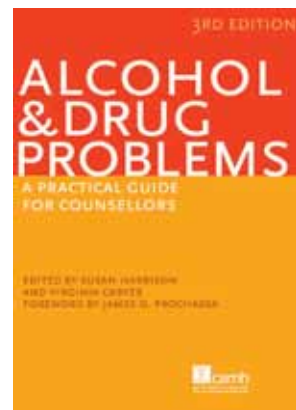
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT WWW.KNOWLEDGEX.CAMH.NET

* The first 100 copies per customer of this item are free in Ontario

Alcohol & Drug Problems, 3rd edition

A Practical Guide for Counsellors

EDITED BY SUSAN HARRISON & VIRGINIA CARVER
FOREWORD BY JAMES O. PROCHASKA



Counselling people with alcohol and other drug problems is often challenging, and can be intensely rewarding. To be effective in helping clients, counsellors need to be skilled in their approach and technique, and to understand unique client needs.

Alcohol & Drug Problems covers a broad range of counselling issues and gives practical guidance on meeting the needs of a diverse client population. Written for both new and experienced counsellors, this fully revised and expanded third edition draws on up-to-date research findings, clinical experience and case studies.

PSYCHOLOGY/ADDICTION

\$75.00 | 768-page paperback | Published: 2004
Product code (print edition): P572

Format availability: PRINT 978-0-88868-445-5

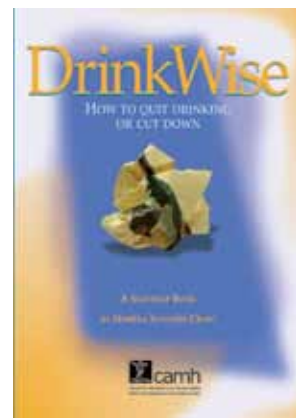
DrinkWise

How to Quit Drinking or Cut Down

MARTHA SANCHEZ-CRAIG

This is a unique and effective companion for people who want to change their drinking habits, learn more about why they drink, and develop new positive and healthy life patterns.

DrinkWise can be used in conjunction with counselling or can be offered to motivated clients to use on their own. The book includes charts and workbook diaries that will help clients track their progress. It offers straightforward, practical advice while providing privacy, confidentiality and the option of setting a personal goal.



SELF-HELP/ALCOHOLISM

\$29.95 | 82-page spiral-bound | Published: 1995
Product code (print edition): PG081

Format availability: PRINT 978-0-88868-215-4

EPUB 978-1-77052-225-1

PDF 978-0-88868-830-9

Responding to Older Adults with Substance Use, Mental Health and Gambling Challenges

A Guide for Workers and Volunteers

Understanding how substance use, mental health and gambling problems affect older adults can help people who work with them to respond more sensitively and effectively when difficult situations arise.

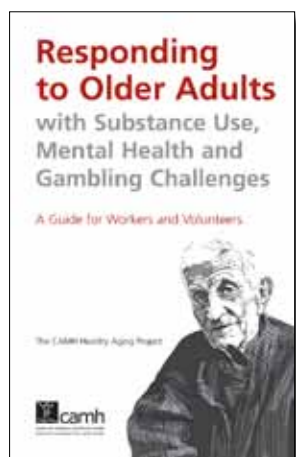
The booklet describes each of the following problem areas, as they relate to older adults:

- alcohol problems
- anxiety
- dementia
- depression
- gambling problems
- medication issues.

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT

\$5.95 | 44-page booklet/guide | Published: 2006
Product code (print edition): PM045

Format availability: PRINT 978-0-88868-486-8
EPUB 978-0-88868-910-8
PDF 978-0-88868-583-4



Part of our Older Adults Kit – details below.

The Older Adults Kit

This kit includes three resources specifically focused on the substance use and mental health needs of older adults. It includes:

- *Responding to Older Adults with Substance Use, Mental Health and Gambling Challenges*
- *Choosing to Change*
- *Improving Our Response to Older Adults with Substance Use, Mental Health and Gambling Problems* (pg. 9)

You SAVE over \$18 when you buy these products together!

\$36.95 kit | Books | Product Code: PM109

Substance Use, Concurrent Disorders and Gambling Problems in Ontario

A Guide for Helping Professionals

A growing number of people who come to helping professionals are struggling with a substance use, gambling or mental health problem—or more than one of these problems concurrently. This guide provides information about how to empathically and non-judgmentally raise these issues with clients, and how and where to refer clients for a more thorough assessment and treatment, when needed. With these tools in hand, service providers will be able to prevent countless people from falling through the cracks.

PSYCHOLOGY/ADDICTION

\$4.95 | 84-page paperback | Published: 2008
Product code (print edition): PZZ93

Format availability: PRINT 978-0-88868-742-5
EPUB 978-0-88868-901-6
PDF 978-0-88868-743-2



Highs & Lows

Canadian Perspectives on Women and Substance Use

EDITED BY NANCY POOLE & LORRAINE GREAVES

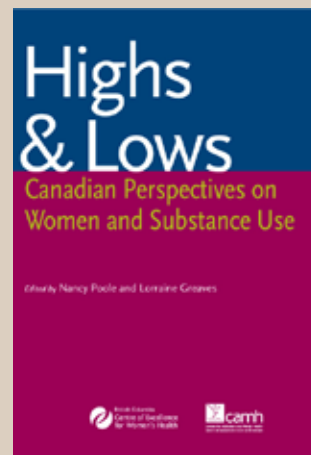
Highs & Lows draws on the latest theory and research to offer strategies for improving practice and developing policy to support women with substance use problems. This unique book includes contributions from nearly 100 experts on women's substance use, including psychiatrists, psychologists, social workers, clinical therapists, health promoters, academics, alternative health care providers, women's health advocates—and women who have personally been affected by substance use.

Highs & Lows is a valuable resource for program developers and administrators, researchers and policy-makers, therapists and counsellors, and educators and students. It is an ideal choice as a course text on this topic.

PSYCHOLOGY/ADDICTION

\$49.95 | 542-page paperback | Published: 2007
Product code (print edition): PG123

Format availability: PRINT 978-0-88868-534-6



Choosing to Change

A Client-Centred Approach to Alcohol and Medication Use by Older Adults

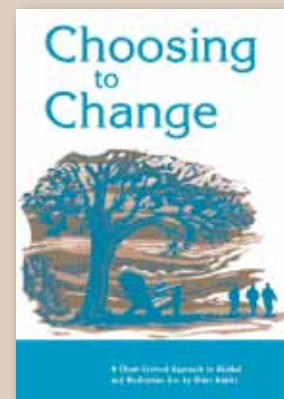
Choosing to Change is a practical handbook for staff of health and social service agencies, people working in addiction treatment programs, and anyone who comes into contact with older adults who have problems with their use of alcohol and/or psychoactive medications.

PSYCHOLOGY/ADDICTION

\$19.95 | 116-page paperback
Published: 1998 | Product code (print edition): PG096

Format availability: PRINT 978-0-88868-771-5
EPUB 978-0-88868-935-1
PDF 978-0-88868-772-2

Part of our Older Adults Kit – details above.



family & relationships

NEW EDITION!

COMING JULY 2011

Wishes and Worries

Coping with a Parent who Drinks Too Much Alcohol

ILLUSTRATED BY LARS RUDEBJER

Wishes and Worries tells the story of Maggie and her struggle to understand her father's problem with alcohol. Her father had been drinking and totally embarrassed her at her birthday party. Over the year, Maggie learns that she is not responsible for her father's drinking, that it's OK to reach out for help, and that there are people in her life that she can trust and talk to about her feelings. Fully illustrated.

FAMILY & RELATIONSHIPS

\$19.99 | 32-page hardcover | COMING July 2011
Product code (print edition): P5599

CO-PUBLISHED WITH TUNDRA BOOKS

Format availability: PRINT 978-1-77049-238-7



RECENTLY PUBLISHED

Promoting Recovery from First Episode Psychosis

A Guide for Families

LISA MARTENS & SABRINA BAKER

Family members can play a significant role in helping to identify early signs of psychosis, in seeking prompt and appropriate treatment for their relative, and in promoting the recovery process.

The guide is divided into two parts:

- Part I is designed to help families support their relative's recovery. It includes information about treatment of psychosis, crisis intervention, and working with mental health professionals.
- Part II focuses on the family's journey to recovery. It describes specialized services for families, self-care strategies, and communication and limit-setting tips.

SELF-HELP/MOOD DISORDERS

\$9.95 | 76-page booklet/guide | Published: 2010
Product code (print edition): PM091

Format availability: PRINT 978-1-77052-382-1
EPUB 978-1-77052-385-2
PDF 978-1-77052-383-8



Part of our First Episode Psychosis Kit – details page 8.

RECENTLY PUBLISHED

Can I Catch It Like a Cold?

Coping with a Parent's Depression

ILLUSTRATED BY JOE WEISSMANN

Can I Catch It like a Cold? tells the story of Alex and his struggle to understand his father's depression. Alex cannot understand why his father sleeps so much and doesn't go to work anymore; he also doesn't attend Alex's soccer games. Alex discovers that his father is depressed, and through the help of family, friends and mental health professionals, Alex gains a greater understanding of depression and stops feeling so alone and confused. Her father had been drinking and totally embarrassed her at her birthday party. Over the year, Maggie learns that she is not responsible for her father's drinking, that it's OK to reach out for help, and that there are people in her life that she can trust and talk to about her feelings. Fully illustrated.

- Awarded Curriculum Services Canada's CSC Seal of Quality recommending it as a reference for teachers and other school professionals who work with children and youth.

FAMILY & RELATIONSHIPS

\$19.99 | 32-page hardcover | Published: 2009
Product code (print edition): P5556

CO-PUBLISHED WITH TUNDRA BOOKS

Format availability: PRINT 978-0-88776-956-6



What Parents Need to Know about Teens

Facts, Myths and Strategies

DAVID A. WOLFE

As a parent, you want practical, accurate and user-friendly information to help raise your teen. You want to know what's considered normal adolescent behaviour, how to determine whether your child is on a good path, how to encourage your teen's healthy development, and how to get help when problems arise. *What Parents Need to Know about Teens* is an easy-to-read book that addresses these issues.

FAMILY & RELATIONSHIPS

\$7.95 | 66-page paperback | Published: 2007
Product code (print edition): PM065

Format availability: PRINT 978-0-88868-604-6
EPUB 978-1-77052-282-4
PDF 978-0-88868-605-3



- See page 4 for a new title in the *What Parents Need to Know about Teens* series

Acting Out

Understanding and Reducing Aggressive Behaviour in Children and Youth

EDITED BY DAVID A. WOLFE

Acting Out is a valuable tool for anyone who works with children and youth. This book explains various types of aggressive behaviour exhibited by young people identifies factors related to aggressive behaviour distinguishes between normal aggression and aggression that is of greater concern gives practical advice on how to address aggression in children and youth highlights proven prevention and intervention strategies and indicates strategies to avoid discusses the assessment and diagnosis of more serious aggressive behaviour in young people.

FAMILY & RELATIONSHIPS/CHILD REARING

\$16.95 | 112-page paperback | Published: 2007
Product code (print edition): PY024

Format availability: PRINT 978-0-88868-532-2
EPUB 978-0-88868-896-5
PDF 978-0-88868-587-2

Families CARE

Helping Families Cope and Relate Effectively Facilitator's Manual

CHRISTINE SLOSS, SUKHI BUBBRA, ANDREA HIMES, COLLEEN KELLY, JOANNE SHENFELD, & LINDA TAIT

Families CARE is a group-based program that helps family members Cope And Relate Effectively with the person who has a substance use problem.

The program offers education, support and skills development. Family members learn about, discuss and practise such skills as coping, grieving, dealing with emotions, solving problems, setting goals, communicating, setting limits, supporting and responding to the person with a substance use problem, and helping children affected by a family member's substance use.

PSYCHOLOGY/COUPLES & FAMILY

\$29.95 | 332-page paperback | Published: 2008
Product code (print edition): PM081

Format availability: PRINT 978-0-88868-705-0
EPUB 978-0-88868-919-1
PDF 978-0-88868-706-7

Strengthening Families for the Future

Strengthening Families for the Future is a prevention program for families with children between the ages of seven and 11 who may be at risk for substance use problems, depression, violence, delinquency and school failure.

FAMILY & RELATIONSHIPS/PARENTING

\$90.00 | Package of 4 English manuals, 1 French manual and 2 children's books | Published: 2006
Product code (print edition): P5607

Format availability: PRINT 978-0-88868-527-8

Growing Up Resilient

Ways to Build Resilience in Children and Youth

TATYANA BARANKIN & NAZILLA KHANLOU

The authors consider the development of resilience at three levels: individual, family and environmental. Tips follow each section.

Bouncing back from today's stresses is one of the best life skills children and youth can develop. *Growing Up Resilient* is a must-read for adults (including parents, teachers and front-line workers) who want to increase resilience in the children and youth in their lives.

PSYCHOLOGY/DEVELOPMENTAL/CHILD

\$16.95 | 97-page paperback | Published: 2007
Product code (print edition): P5601

Format availability: PRINT 978-0-88868-504-9
EPUB 978-0-88868-895-8
PDF 978-0-88868-592-6

Take Action!

Alcohol, other drug problems and your family

When a family knows how to talk—and listen—to each other, serious problems, like those related to alcohol or other drugs, are less likely to develop. Being able to talk openly and honestly with one another strengthens families and brings family members closer together.

This booklet discusses ways that alcohol and other drug problems can be prevented, and suggests strategies for dealing with a substance use problem.

FAMILY & RELATIONSHIPS/ABUSE/GENERAL

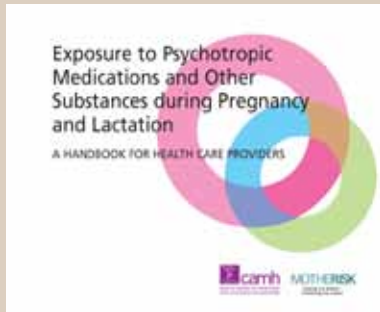
\$3.00 | 25-page booklet/guide | Published: 2001
Product code (print edition): PH044

Format availability: PRINT 978-0-88868-303-8
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET





Part of our Motherhood Kit – details below.



Part of our Motherhood Kit – details below

The Motherhood Kit

This kit includes four resources specifically focused on women's health while pregnant or breast-feeding and the health of their baby.

The kit includes:

- *Women and Alcohol*
- *Exposure to Psychotropic Medications and Other Substances during Pregnancy and Lactation*
- *Is It Safe For My Baby?* (pg. 15)
- *Fetal Alcohol Syndrome* (DVD) (pg. 24)

You SAVE over \$9.00 when you purchase these four related products together!

\$29.95 kit | Books + DVD | Product Code: PM110

†Please note that DVDs may not be compatible with all devices.



Women and Alcohol

This booklet covers such topics as the physical and psychological effects of alcohol; alcohol, pregnancy and breast-feeding; alcohol and other drugs; stress, safe drinking, women and drinking problems; other people's drinking; and looking for support.

HEALTH & FITNESS/WOMEN'S HEALTH 🌟

\$1.50 | 12-page booklet/guide | Published: 2007 | Product code (print edition): P161

Format availability: PRINT 978-0-88868-577-3
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT WWW.CAMH.NET

Exposure to Psychotropic Medications and Other Substances during Pregnancy and Lactation

A Handbook for Health Care Providers

CAMH AND MOTHERRISK

A great deal of misinformation exists about women's use of substances during pregnancy and lactation.

- “Is it ever safe to drink alcohol when breastfeeding?”
- “What are the risks to the baby if the mother uses cannabis while pregnant or breastfeeding?”
- “Are the effects of smoking different during pregnancy versus during breastfeeding?”
- “Can a woman safely breastfeed her baby when taking codeine?”

This book is a convenient source of evidence based information and recommendations on these and many other questions for primary care physicians, psychiatrists, pharmacists, obstetricians, midwives, public health nurses and nurse practitioners.

HEALTH & FITNESS/BREASTFEEDING 🌟

\$6.95 | 115-page spiral-bound | Published: 2007 | Product code (print edition): P134

Format availability: PRINT 978-0-88868-601-5
EPUB 978-1-77052-545-0
PDF 978-0-88868-599-5

First Stage Trauma Treatment

A Guide for Mental Health Professionals Working with Women

LORI HASKELL

While post-traumatic stress disorder (PTSD) has been recognized for some time, only recently have therapists begun to recognize and address complex post-traumatic stress responses in female clients who have a history of early or chronic abuse.

Women experiencing complex PTSD may seek help at any number of services, so *First Stage Trauma Treatment* is written for a diverse audience: mental health and addiction service providers who actively treat women who have survived abuse, and allied caregivers who wish to understand more about the clients they serve.

PSYCHOLOGY/POST-TRAUMATIC STRESS DISORDER (PTSD)

\$36.95 | 196-page paperback | Published: 2003 | Product code (print edition): PG113

Format availability: PRINT 978-0-88868-414-1
EPUB 978-0-88868-873-6
PDF 978-0-88868-721-0

Bridging Responses

A Front-line Workers' Guide to Supporting Women who Have Posttraumatic Stress

LORI HASKELL

Bridging Responses is a resource for front-line staff who work with women in health care, literacy, corrections, housing and community services. This book offers information and tools to help recognize responses to post-traumatic stress in women's lives, and to establish a level of confidence that encourages women who have survived abuse and violence to consider referrals to appropriate services or resources.

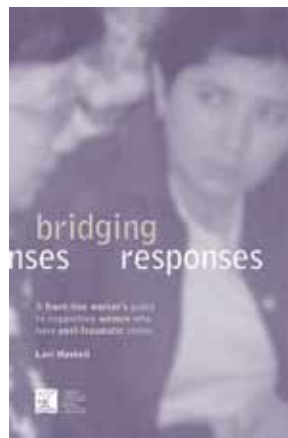
PSYCHOLOGY/POST-TRAUMATIC STRESS DISORDER (PTSD)

\$6.95 | 30-page booklet/guide

Published: 2001

Product code (print edition): PG112

Format availability: PRINT 978-0-88868-412-7
 PDF AVAILABLE ONLINE AS
 PDF DOWNLOAD AT
 WWW.KNOWLEDGEX.CAMH.NET



Postpartum Depression

A Guide for Front-line Health and Social Service Providers

LORI E. ROSS, CINDY-LEE DENNIS, EMMA ROBERTSON BLACKMORE & DONNA E. STEWART

The guide aims to help front-line workers identify PPD and support women and their families in getting the help they need.

It includes information on:

- risk factors for developing PPD
- detection and screening
- prevention
- treatment options
- support for family members
- self-care for women
- diversity issues regarding PPD.

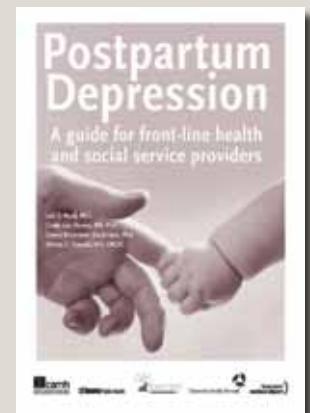
It also includes several illustrative case studies.

MEDICAL/MATERNITY, PERINATAL, WOMEN'S HEALTH

\$22.95 | 167-page paperback | Published: 2005

Product code (print edition): P5600

Format availability: PRINT 978-0-88868-485-1
 EPUB 978-0-88868-897-2
 PDF 978-0-88868-668-8



Women's Choices, Women's Voices

Healthy Drug-Free Ways of Coping DVD

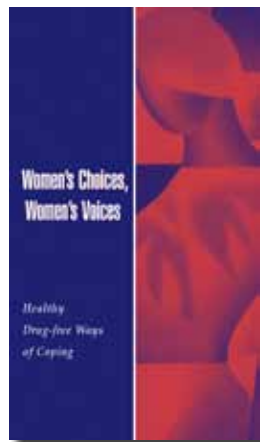
Women's Choices, Women's Voices gives information and ideas about alcohol and other drug use that are specifically relevant to women. This inspirational video profiles six women of varying ages, backgrounds and career paths who have chosen healthy alcohol-free and drug-free ways of dealing with the stress they face in their everyday lives. They describe some of the things they do to take care of themselves and to feel good. This is an ideal resource for community health workers, counsellors, health educators and women's group leaders.

SELF-HELP/ABUSE

\$29.95 | DVD† running time: 28 min.

Published: 1996 | Product code: PV202

Format availability: DVD 978-0-88868-749-4
 † PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE WITH ALL DEVICES.



Is It Safe For My Baby?

The most important issue for a developing baby is to have a healthy mother. This booklet is a starting point. *Is It Safe for My Baby?* gives information and recommendations about the relative risks to the baby of medications, alcohol, tobacco and other drugs, both during pregnancy and while breastfeeding.

HEALTH & FITNESS/BREASTFEEDING

\$1.50 | 34-page booklet/guide

Published: 2003

Product code (print edition): P131

Format availability: PRINT 978-0-88868-446-2
 PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT WWW.CAMH.NET



Part of our Motherhood Kit – details page 14.

Drugs & Drug Abuse

A Reference Text, 3rd edition

EDITED BY BRUNA BRANDS, BETH SPROULE & JOAN MARSHMAN

Drugs & Drug Abuse has become the standard reference text for anyone needing concise and clear scientific information on psychoactive drugs.

This essential text is organized into four main sections:

- understanding drugs, drug effects and drug use
- major drug classes: depressants, stimulants, hallucinogens and psychiatric medications
- key drugs: detailed descriptions of 35 well known drugs, including synopsis, source, combinations, medical uses, dosage, short- and long-term effects and abuse potential
- other drugs in brief: descriptions of 40 less well-known drugs.

It also includes comprehensive reference sections, including glossaries.

MEDICAL/DRUG GUIDES

\$69.95 | 646-page paperback | Published: 1998
Product code (print edition): P5530

Format availability: PRINT 978-0-88868-252-9



Nutrition & Recovery

A Professional Resource for Healthy Eating during Recovery from Substance Abuse

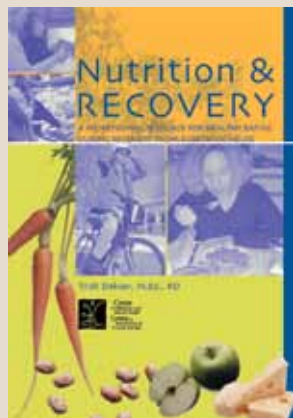
TRISH DEKKER

Many people are unaware of the role nutrition plays in their recovery from substance use problems. *Nutrition & Recovery* helps clients take control over and improve their health by giving them the tools to change their diet.

MEDICAL/NUTRITION

\$32.95 | 200-page paperback | Published: 2000
Product code (print edition): PG104

Format availability: PRINT 978-0-88868-369-4
EPUB 978-0-88868-858-3
PDF 978-0-88868-856-9



The Health Effects of Cannabis

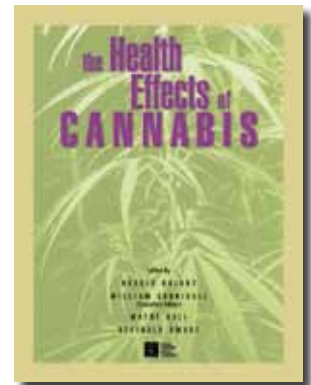
EDITED BY HAROLD KALANT, WILLIAM CORRIGALL, WAYNE HALL & REGINALD SMART

The Health Effects of Cannabis is a definitive reference text on the adverse, and also the potentially beneficial, effects of cannabis use. Internationally recognized experts in the field contribute a wealth of information about the use and effects of Canada's most widely used illicit drug. *The Health Effects of Cannabis* will be of interest to addiction medicine specialists, educators, researchers, health program managers and policy-makers, and anyone else who wants up-to-date scientific information on cannabis and its effects.

MEDICAL/DRUG GUIDES

\$49.95 | 526-page paperback | Published: 1999
Product code (print edition): PB007

Format availability: PRINT 978-0-88868-325-0
EPUB 978-0-88868-928-3
PDF 978-0-88868-926-9



Antisocial and Violent Youth

Volume II

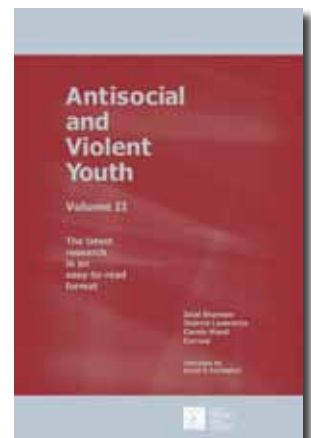
EDITED BY JALAL SHAMSIE, JOANNE LAWRENCE & CAROLE HOOD

Antisocial and Violent Youth: Volume II is a collection of accessible abstracts of research documents that have appeared in professional journals from 1998 to 2002.

MEDICAL/MENTAL HEALTH

\$29.95 | 230-page paperback
Published: 2003
Product code (print edition): PR057

Format availability: PRINT 978-0-88868-435-6
EPUB 978-0-88868-881-1
PDF 978-0-88868-672-5



Managing Alcohol, Tobacco and Other Drug Problems

A Pocket Guide for Physicians and Nurses

MELDON KAHAN & LYNN WILSON

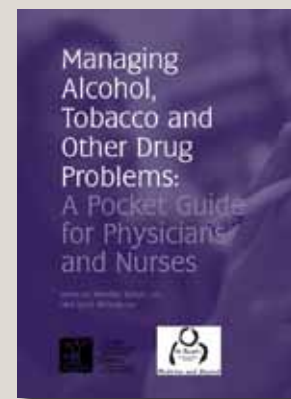
Advice and treatment by physicians and nurses can substantially reduce substance use and its associated disease and health care costs, yet physicians are often hampered by lack of training and knowledge in this area.

The *Pocket Guide* helps medical and nursing students, physicians and nurses recognize that substance use problems are medically treatable. This guide will not only demystify the treatment of patients with substance use issues, but will also lead to better treatment outcomes.

MEDICAL/DIAGNOSIS

\$34.95 | 248-page paperback | Published: 2002 | Product code (print edition): PG107C

Format availability: PRINT 978-0-88868-413-4
 EPUB 978-0-88868-934-4
 PDF 978-0-88868-932-0



Management of Alcohol, Tobacco and Other Drug Problems

A Physician's Manual

EDITED BY BRUNA BRANDS ASSOCIATE EDITORS: MELDON KAHAN, PETER SELBY & LYNN WILSON

This manual allows physicians to identify and treat substance-related problems effectively. Written and edited by physicians, scientists and clinicians, the manual provides the latest clinically relevant findings in an easy to use form, along with practical, research-based resources.

Practical guidelines are supported by detailed discussions of significant clinical issues. This manual is ideal for family and general practitioners, medical students, medical schools, emergency physicians and medical libraries.

MEDICAL/HEALTH CARE DELIVERY

\$55.95 | 546-page paperback | Published: 2000 | Product code (print edition): PG102

Format availability: PRINT 978-0-88868-306-9

RECENTLY PUBLISHED

Methadone Maintenance Treatment

Recommendations for Enhancing Pharmacy Services

PEARL ISAAC, NICOLE BALAN, CARLA BEATON, GERI DART, MAJA GAVRILOVIC, EVA JANECEK, ANNE KALVIK, CATHERINE KELLEY, SATINDER SANGHERA, BETH SPROULE & JILL WHITE

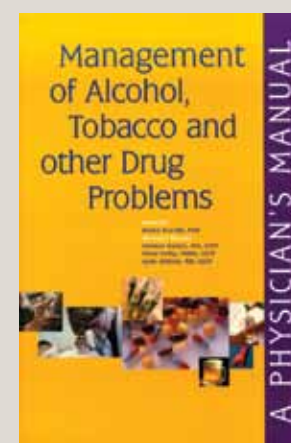
This guide complements CAMH's comprehensive best-practice manual for pharmacists, *Methadone Maintenance: A Pharmacist's Guide to Treatment* (see page 2), a required resource for all pharmacies dispensing methadone in Ontario. This new book addresses issues beyond best practice by the individual pharmacist, making a series of recommendations related to interprofessional collaboration, the pharmacy environment, education programs, accessibility of services and research needs.

As the most accessible member of the treatment team, pharmacists are uniquely positioned to make a difference in the care of MMT clients. This book envisions ways in which professional organizations, educators, policy-makers and researchers, among others, may support individual pharmacists working in a variety of practice settings in enhancing the care they provide through MMT pharmacy services.

MEDICAL/PHARMACY

\$5.00* | 76-page paperback | Published: 2009 | Product code (print edition): PZ170
 *while quantities last

Format availability: PRINT 978-1-77052-302-9
 EPUB 978-1-77052-305-0
 PDF 978-1-77052-303-6



- Get this title for FREE with all orders over *\$60.00

To get your FREE copy, please call our customer service team at 1-800-661-1111 and quote coupon code **C007**

*\$60.00 before shipping, handling & applicable taxes.



@ CAMH Education
 OPIOID DEPENDENCE
 TREATMENT CORE COURSE

Information Guides

► These concise, informative and accessible guides are written for people with mental health concerns, their families and friends, and anyone else interested in an introduction to the many aspects of mental health. The information guides help clients in talking with care providers, by educating and empowering everyone involved. ◀



Borderline Personality Disorder

An Information Guide for Families

This booklet is designed for people who have someone in their lives who has borderline personality disorder (BPD). The first three sections include information about the symptoms and causes and treatment of BPD. Section four talks about how to support someone who has BPD and the last section discusses self-care for family and friends.

SELF-HELP/MOOD DISORDERS ✦

\$6.95 | 60-page booklet/guide | Published: 2009
Product code (print edition): PM083

Format availability: PRINT 978-0-88868-819-4
EPUB 978-0-88868-997-9
PDF 978-0-88868-817-0

Addiction

An Information Guide, 2nd edition

MARILYN HERIE, TIM GODDEN, JOANNE SCHENFELD & COLLEEN KELLY

This concise and easy-to-read guide, written by professional counsellors, provides a basic understanding of addiction, its effects and treatment for people with substance use problems and their families.

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS ✦

\$6.95 | 48-page booklet/guide | Published: 2010
Product code (print edition): PM043

Format availability: PRINT 978-1-77052-505-4
EPUB 978-1-77052-508-5
PDF 978-1-77052-506-1

Anxiety Disorders

An Information Guide, 2nd edition

NEIL A. RECTOR, DANIELLE BOURDEAU, KATE KITCHEN & LINDA JOSEPH-MASSIAH

This guide is designed to provide people with anxiety disorders and their families with the information needed to better understand anxiety, its causes and treatments.

SELF-HELP/MOOD DISORDERS ✦

\$6.95 | 56-page booklet/guide | Published: 2009
Product code (print edition): PM041

Format availability: PRINT 978-1-77052-428-6
EPUB 978-1-77052-431-6
PDF 978-1-77052-429-3

Bipolar Disorder

An Information Guide,

BIPOLAR CLINIC STAFF, CAMH

The guide will help people with bipolar disorder, along with their families and friends, navigate through the highs and lows toward recovery.

SELF-HELP/MOOD DISORDERS ✦

\$6.95 | 52-page booklet/guide | Published: 2000
Product code (print edition): PM017

Format availability: PRINT 978-0-88868-387-8
EPUB 978-0-88868-850-7
PDF 978-0-88868-569-8

Concurrent Substance Use and Mental Health Disorders

An Information Guide

W.J. WAYNE SKINNER, CAROLINE P. O'GRADY, CHRISTINA BARTHA & CAROL PARKER

This guide gives a thorough introduction to concurrent disorder treatment options, and sensitive and sound coping skills to help people with concurrent disorders—and their families—toward recovery.

SELF-HELP/MOOD DISORDERS ✦

\$6.95 | 42-page booklet/guide | Published: 2004
Product code (print edition): PM039

Format availability: PRINT 978-0-88868-474-5
EPUB 978-0-88868-854-5
PDF 978-0-88868-594-0

Couple Therapy

An Information Guide

DAVE DENBERG

Couple therapy is a means of resolving problems and conflict that couples have not been able to handle effectively on their own. This guide answers many frequently asked questions.

FAMILY & RELATIONSHIPS/INTERPERSONAL RELATIONS ✦

\$6.95 | 38-page booklet/guide | Published: 1999
Product code (print edition): PM007

Format availability: PRINT 978-0-88868-332-8
EPUB 978-0-88868-842-2
PDF 978-0-88868-557-5



Depressive Illness

An Information Guide

CHRISTINA BARTHA, CAROL PARKER,
CATHY THOMSON & KATE KITCHEN

This guide is written for people living with depression, their families, and anyone interested in gaining a basic understanding of this illness and its treatment and management.

SELF-HELP/DEPRESSION

\$6.95 | 48-page booklet/guide | Published: 1999
Product code (print edition): PM005

Format availability: PRINT 978-0-88868-339-7
EPUB 978-0-88868-848-4
PDF 978-0-88868-565-0

First Episode Psychosis

An Information Guide

DONNA CZUCHTA & KATHRYN RYAN

A first episode of psychosis is usually very frightening, confusing and distressing. This accessible and concise guide explains what psychosis is and how it can be managed and treated.

SELF-HELP/MOOD DISORDERS

\$6.95 | 16-page booklet/guide | Published: 1999
Product code (print edition): PM015

Format availability: PRINT 978-0-88868-338-0
EPUB 978-0-88868-846-0
PDF 978-0-88868-545-2

Obsessive-Compulsive Disorder

An Information Guide, 2nd edition

NEIL A. RECTOR, CHRISTINA BARTHA,
KATE KITCHEN, MARTIN KATZMAN &
MARGARET RICHTER

OCD is a severe and debilitating anxiety disorder that affects one person in 40. It affects not only how people feel or think, but also how they behave. OCD symptoms often evoke uncomfortable emotions in family and friends.

SELF-HELP/MOOD DISORDERS

\$6.95 | 48-page booklet/guide | Published: 2010
Product code (print edition): PM019

Format availability: PRINT 978-1-77052-245-9
EPUB 978-1-77025-249-7
PDF 978-1-77052-248-0

- For information on the new title in our *Information Guide* series, *Cognitive-behavioural therapy*, please see page 5.

The Forensic Mental Health System In Ontario

An Information Guide

SHANNON BETTRIDGE & HOWARD BARBAREE

The forensic mental health system can be confusing for people who have a mental illness. This guide will help clients and their families find their way through this system.

REFERENCE/HANDBOOKS & MANUALS

\$6.95 | 48-page booklet/guide | Published: 2004
Product code (print edition): PM031

Format availability: PRINT 978-0-88868-451-6
EPUB 978-0-88868-886-6
PDF 978-0-88868-730-2

Schizophrenia

An Information Guide

JANE PATERSON, DALE BUTTERILL,
CLAUDIA TINDALL, DAVID CLODMAN &
APRIL COLLINS

This accessible guide will inform clients and their families about the challenges of living with schizophrenia and the options for moving forward.

SELF-HELP/MOOD DISORDERS

\$6.95 | 36-page booklet/guide | Published: 1999
Product code (print edition): PM009

Format availability: PRINT 978-0-88868-335-9
EPUB 978-0-88868-844-6
PDF 978-0-88868-561-2

Women and Psychosis

An Information Guide

PAMELA BLAKE, APRIL A. COLLINS & MARY V. SEEMAN REVISED BY MARY V. SEEMAN

This guide is written for women who have had a psychotic episode, and for their families.

PSYCHOLOGY/MENTAL ILLNESS

\$6.95 | 36-page booklet/guide | Published: 2006
Product code (print edition): PM021

Format availability: PRINT 978-0-88868-394-6
EPUB 978-0-88868-871-2
PDF 978-0-88868-549-0

Women, Abuse and Trauma Therapy

An Information Guide

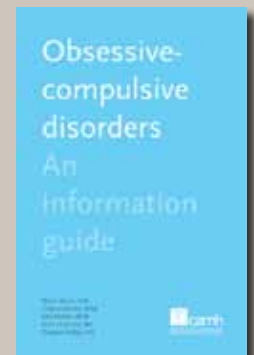
LORI HASKELL

This guide helps women who are in therapy, or looking for a therapist, deal with the long-term effects of abuse and violence.

SELF-HELP/DEPRESSION

\$6.95 | 44-page booklet/guide | Published: 2004
Product code (print edition): PM033

Format availability: PRINT 978-0-88868-442-4
EPUB 978-0-88868-884-2
PDF 978-0-88868-882-8

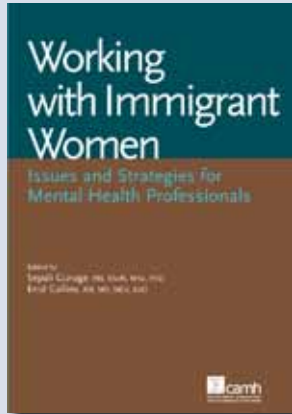


Working with Immigrant Women

Issues and Strategies for Mental Health Professionals

EDITED BY SEPALI GURUGE & ENID COLLINS

Working with Immigrant Women draws on the latest theory, research and programs to offer analysis and strategies for improving practice and policy to support immigrant women experiencing mental health problems. It includes contributions from close to 30 experts on topics related to addressing women's mental health within an immigration and settlement context. Authors include researchers, mental health practitioners, health promoters, community development workers, university professors, diversity trainers, program co-ordinators and community mental health advocates.



PSYCHOLOGY/COUNSELING

\$39.95 | 336-page paperback | Published: 2008
Product code (print edition): PG124

Format availability: PRINT 978-0-88868-535-3

Beyond the Label

An Educational Kit to Promote Awareness and Understanding of the Impact of Stigma on People Living with Concurrent Mental Health and Substance Use Problems

Beyond the Label is a compilation of resources that focuses on the stigma (prejudice and discrimination) associated with having concurrent mental health and substance use problems. A CD of digital handouts is included.



PSYCHOLOGY/COUNSELING

\$24.95 | 80-page binder | Published: 2005
Product code (print edition): PM056

Format availability: PRINT 978-0-88868-506-3
EPUB 978-1-77052-552-8
PDF 978-1-77052-550-4

Freedom to Act

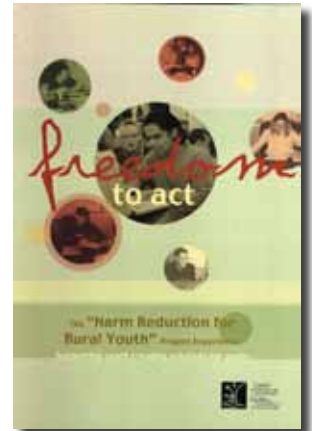
The "Harm Reduction for Rural Youth" Project Experience

This project guide provides activities and ideas for supporting rural youth as they address issues related to alcohol and other drug use among their peers. The resources and strategies of this case study could be applied equally to rural youth service agencies and to urban secondary schools.

PSYCHOLOGY/COUNSELING

\$9.95 | 36-page booklet/guide
Published: 2000
Product code (print edition): PG106

Format availability: PRINT 978-0-88868-374-8
EPUB 978-1-77052-564-1
PDF 978-1-77052-562-7



Let 'Em Go

How to Support Youth in Creating Their Own Solutions

KIM BRELAND, ELSBETH TUPKER & PAULETTE WEST

Let 'Em Go demonstrates the value in empowering youth to take initiative and responsibility, and to get behind social issues that mean a lot to them. The book chronicles the story of the Street-Involved Youth Harm Reduction Project (SIYHRP), which brought together a diverse group of people interested in education, action and social change.

PSYCHOLOGY/COUNSELING

\$19.95 | 64-page paperback | Published: 1998
Product code (print edition): PG094

Format availability: PRINT 978-0-88868-361-8



Structured Relapse Prevention

An Outpatient Counselling Approach (2nd Edition), includes CD

MARILYN A. HERIE & LYN WATKIN-MERЕК

Structured Relapse Prevention provides the substance use treatment field with an effective program for clients seeking to maintain change and avoid relapse. This publication features session-by-session guides, clinical tools and a comprehensive set of coping skills exercises for use with clients.

PSYCHOLOGY/COUNSELING

\$36.95 | 275-page paperback book & CD kit | Published: 2006
Product code (print edition): PZ167

Format availability: PRINT 978-0-88868-517-9
EPUB 978-0-88868-914-6
PDF 978-0-88868-912-2



Introduction to Recovery

A Facilitator's Guide to Effective Early Recovery Groups

MICHAEL DEAN & PHILLIP LANGE

Recovery introduction groups orient clients to group settings in preparation for ongoing treatment. *Introduction to Recovery* will help staff facilitate these recovery introduction groups within withdrawal management settings, allowing clients to experience personal growth, and gain the self-esteem and insights needed to make informed lifestyle changes.

This guide is made up of ten psycho-educational modules: Withdrawal and the Next Step, Group, Early Recovery, The 12 Steps, General Wellness, Nutrition, Relaxation for Recovery, Spirituality, Continuing Care and Denial.

Each module includes:

- background information for the facilitator
- presentation goals and objectives
- a list of group norms
- a presentation script
- worksheets to engage client participation.

PSYCHOLOGY/MENTAL HEALTH

\$24.95 | 176-page binder | Published: 1999 | Product code (print edition): P568

Format availability: PRINT 978-0-88868-328-1
EPUB 978-0-88868-838-5
PDF 978-0-88868-836-1



RECENTLY PUBLISHED

Methadone Maintenance Treatment

Best Practices in Case Management

KATE TSCHAKOVSKY

The first evidence-based guide written for case managers working in methadone maintenance treatment in Ontario describes their roles and makes recommendations about what clinicians, the agencies they work for, policy makers and funding bodies need to do to achieve and support best practice in case management.

PSYCHOLOGY/COUNSELING

\$5.00* | 196-page paperback
Published: 2009
Product code (print edition): PZ169

*while quantities last

Format availability: PRINT 978-0-88868-827-9
EPUB 978-1-77052-426-2
PDF 978-0-88868-828-6



@ CAMH Education
OPIOID DEPENDENCE
TREATMENT CORE COURSE

Structured Relapse Prevention

Instructional Video DVD

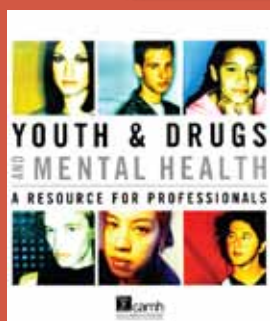
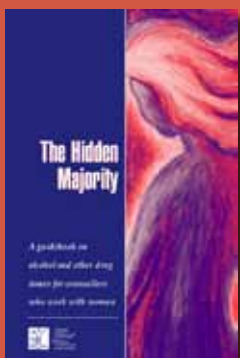
This *Structured Relapse Prevention* video takes you through each phase of the SRP process, using dramatized counselling sessions. You'll gain insight into the flexible nature of the program as you watch two counsellors lead first a mixed gender group, then a women-only group, through realistic sessions.

PSYCHOLOGY/COUNSELING

\$69.95 | DVD† running time: 58 min.
Published: 1997 | Product code: PV206

Format availability: DVD 978-0-88868-753-1
† PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE
WITH ALL DEVICES.





The Hidden Majority

A Guidebook on Alcohol and Other Drug Issues for Counsellors Who Work with Women

The Hidden Majority looks at alcohol and other drug use issues from the perspective of women's lives. It addresses topics such as:

- substances and how they affect women
- how to identify when alcohol or other drug use is a problem
- guidelines for appropriate use of alcohol and other legal drugs
- how to intervene and make appropriate referrals
- enhancing women's health.

PSYCHOLOGY/COUNSELING 🚩

\$14.95 | 220-page paperback | Published: 1996
Product code (print edition): P567

Format availability: PRINT 978-0-88868-256-7
EPUB 978-0-88868-864-4
PDF 978-0-88868-862-0

TAPP-C

Clinician's Manual for Preventing and Treating Juvenile Fire Involvement

SHERRI MacKAY, JOANNA HENDERSON, CAROL ROOT, DIANE WARLING, K.B. GILBERT & JANICE JOHNSTONE

This guide is designed to address firesetting and all other types of inappropriate fire involvement by children and adolescents. It provides a conceptual framework and useful techniques for mental health clinicians working with children, teens and their families.

PSYCHOLOGY/CLINICAL PSYCHOLOGY 🚩

\$29.95 | 212-page spiral-bound | Published: 2004
Product code (print edition): PG116

Format availability: PRINT 978-0-88868-444-8
EPUB 978-0-88868-874-3
PDF 978-0-88868-664-0

Youth & Drugs and Mental Health

A Resource for Professionals

ELSBETH TUPKER

This extensive and important resource on youth and concurrent mental health and substance use disorders is a well-researched and practical tool for all professionals working with youth.

PSYCHOLOGY/ADOLESCENT 🚩

\$50.00 | 272-page binder | Published: 2004
Product code (print edition): PY020

Format availability: PRINT 978-0-88868-476-9
EPUB 978-0-88868-900-9
PDF 978-0-88868-683-1

Brief Couples Therapy

Group and Individual Couple Treatment for Addiction and Related Mental Health Concerns

GLORIA CHAIM, SHARON ARMSTRONG, JOANNE SHENFELD, COLLEEN KELLY & SELINA LI

This is a facilitator's manual for counsellors working in substance use settings who would like to augment their practice by seeing couples. It will also be useful for couple counsellors who would like to offer a focused program for clients with substance use issues.

The program consists of an assessment session followed by eight sessions, each of which includes:

- session guidelines
- session resources
- participant handouts
- template for recording progress notes.

PSYCHOLOGY/COUPLES & FAMILY

\$24.95 | 90-page paperback | Published: 2003
Product code (print edition): PG117

Format availability: PRINT 978-0-88868-448-6
EPUB 978-0-88868-880-4
PDF 978-0-88868-878-1

First Contact

A Brief Treatment for Young Substance Users

CURTIS BRESLIN, KATHY SDAO-JARVIE, ELSBETH TUPKER & SHELLY PEARLMAN

First Contact combines elements of cognitive-behavioural and motivational interviewing approaches. The program can be a first step for youth with substance use problems, fostering motivation for change before addressing more specialized or long-term needs.

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS 🚩

\$9.95 | 68-page spiral-bound | Published: 1999
Product code (print edition): PG100

Format availability: PRINT 978-0-88868-355-7
EPUB 978-1-77052-558-0
PDF 978-1-77052-556-6

Counselling Skills Training In Substance Abuse

This video series is geared toward prevention and early intervention mechanisms and will interest counsellors, educators and social workers, particularly those who practise in multicultural settings.

Each video is accompanied by a supplementary guide booklet, which gives suggestions about how to use the video, techniques, discussion points, references and a reading list.

No. 1: Family Counselling (dvd)

PSYCHOLOGY/EDUCATION & TRAINING

\$99.95 | DVD† running time: 44 min. + booklet | Published: 1999 | Product code: PV211

Format availability: dvd 978-0-88868-755-5

No. 2: Individual Counselling (dvd)

PSYCHOLOGY/EDUCATION & TRAINING

\$99.95 | DVD† running time: 33 min. + booklet | Published: 1999 | Product code: PV212

Format availability: dvd 978-0-88868-756-2

No. 3: Group Counselling (dvd)

PSYCHOLOGY/EDUCATION & TRAINING

\$99.95 | DVD† running time: 43 min. + booklet | Published: 1999 | Product code: PV213

Format availability: dvd 978-0-88868-757-9

Complete Series (dvd)

PSYCHOLOGY/EDUCATION & TRAINING

\$199.90 | Set of 3 DVDs† + booklets | Published: 1999 | Product code: PVK03

Format availability: dvd 978-0-88868-754-8

† PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE WITH ALL DEVICES.

RECENTLY PUBLISHED

Supporting Aboriginal Learning

Reflections from the Voices of Youth

Supporting Aboriginal Learning: Reflections from the Voices of Youth was created to highlight the unique experiences of Aboriginal youth during the transition from elementary school to high school. The purpose of this DVD is to help educators and other professionals working with youth to understand some of the challenges Aboriginal students face as they transition from elementary to secondary school. This DVD was also created to increase the understanding and awareness of all students about some of the fears and challenges Aboriginal students face in the school setting.

EDUCATION/ADULT & CONTINUING EDUCATION

\$29.95 | DVD† running time: 25 min. | Published: 2010 | Product code: PV217

Format availability: dvd 978-1-77052-470-5

† PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE WITH ALL DEVICES.

Alcohol Withdrawal Syndrome

This step-by-step training video shows effective ways to assess and manage alcohol withdrawal. Designed for emergency room professionals, medical and nursing students, detox workers and those working in psychiatric units. It is presented in three modules: Introduction, Assessment and Treatment.

PSYCHOLOGY/EDUCATION & TRAINING

\$49.95 | DVD† running time: 60 min. | Published: 1985 | Product code: PVK44

Format availability: dvd 978-0-88868-750-0

† PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE WITH ALL DEVICES.

Cooling Out

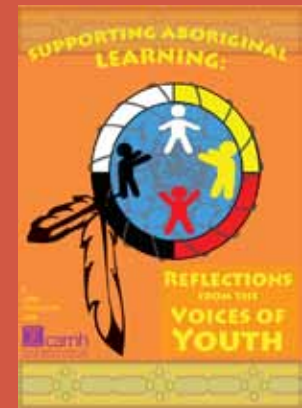
This instructional DVD is designed to help anyone who deals with the public and faces disruptive behaviour such as threats, sexual harassment, destruction of property, assault or other behaviour that could pose a threat to personal safety.

PSYCHOLOGY/EDUCATION & TRAINING

\$49.95 | DVD† running time: 30 min. | Published: 1994 | Product code: PV195

Format availability: dvd 978-0-88868-751-7

† PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE WITH ALL DEVICES.



education & training

RECENTLY PUBLISHED

Psychiatric Clinical Skills

Revised 1st Edition

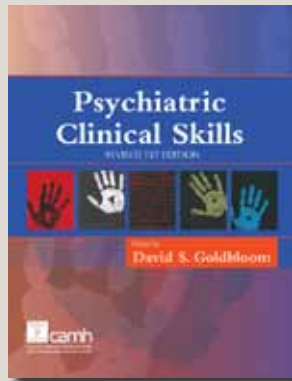
DAVID S. GOLDBLOOM

Psychiatric Clinical Skills is a practical guide to engaging and assessing people who have mental health problems. Written by a team of experienced clinicians, it focuses on “what to ask” and “how to ask,” and covers a wide spectrum of clinical problems and settings. Includes a chapter written from the perspective of people who live with mental health problems.

PSYCHOLOGY/CLINICAL PSYCHOLOGY

\$59.95 | 387-page paperback | Published: 2010 | Product code (print edition): PG136

Format availability: PRINT 978-1-77052-378-4



Treating Concurrent Disorders

A Guide for Counsellors

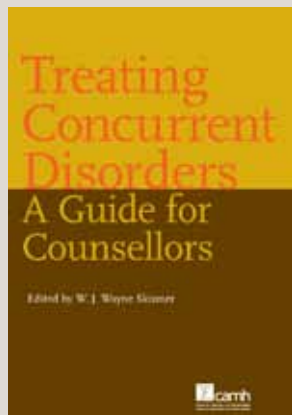
EDITED BY W.J. WAYNE SKINNER

This practical guide prepares addiction and mental health professionals to understand the relationship between substance use and mental health problems, and offers an array of treatment options for different combinations of co-occurring problems. *Treating Concurrent Disorders* champions collaborative, integrative approaches, with the ultimate goal of achieving more responsive and effective client care.

PSYCHOLOGY/EDUCATION & TRAINING

\$45.00 | 410-page paperback | Published: 2005
Product code (print edition): PM055

Format availability: PRINT 978-0-88868-499-8



 CAMH Education
CONCURRENT DISORDERS
CERTIFICATE CORE COURSE

Fetal Alcohol Syndrome

The DVD examines the dangers of drinking during pregnancy and explains fetal alcohol syndrome—the pattern of birth defects associated with heavy drinking. This DVD is an excellent resource for prenatal-class teachers, public health nurses and libraries.

MEDICAL/EDUCATION & TRAINING

\$29.95 | DVD† running time: 13 min.
Published: 1992 | Product code: PV102

Format availability: DVD 978-0-88868-748-7

† PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE WITH ALL DEVICES.



Part of our Motherhood Kit – details page 14.

Methadone Maintenance Treatment A Community Planning Guide

MARK ERDELYAN & COLLEEN YOUNG

Methadone Maintenance Treatment: A Community Planning Guide is a manual offering guidance to communities on how to raise awareness of the benefits of methadone maintenance treatment and how to develop and integrate effective treatment services in their community. The manual reviews the stages of establishing a community working group, engaging the community, and planning, implementing and evaluating a MMT program.

PSYCHOLOGY/EDUCATION & TRAINING

\$5.00* | 108-page spiral bound | Published: 2009

Product code (print edition): PZ168

*while quantities last

Format availability: PRINT 978-0-88868-820-0

EPUB 978-1-77052-427-9

PDF 978-0-88868-821-7



Motivational Strategies for Promoting Self-Change

Dealing with Alcohol & Drug Problems

This training video identifies strategies to help clients help themselves. This is an important part of every counsellor's job.

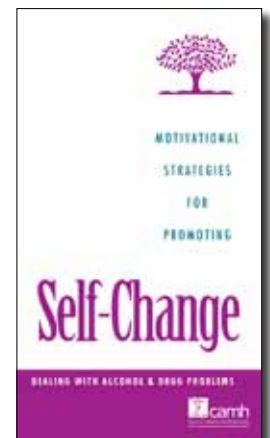
PSYCHOLOGY/EDUCATION & TRAINING

\$99.50 | DVD† running time: 38 min. + booklet

Published: 1995 | Product code: PV201

Format availability: DVD 978-0-88868-247-5

† PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE WITH ALL DEVICES.



Motivation and Change

Motivation and Change comprises a series of instructional videos showing social workers and treatment professionals how to deal with resistance to treatment and motivating clients to change behaviour.

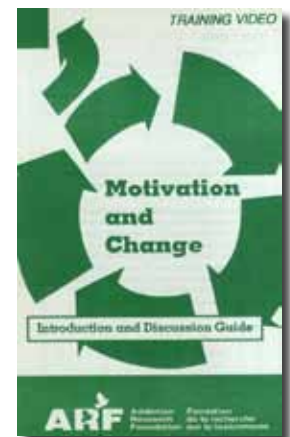
PSYCHOLOGY/EDUCATION & TRAINING

\$75.00 | DVD† running time: 120 min. + booklet

Published: 1990 | Product code: PV186

Format availability: DVD 978-0-88868-758-6

† PLEASE NOTE THAT DVDS MAY NOT BE COMPATIBLE WITH ALL DEVICES.



No More Risky Business

A Guide to Writing Bar Policies to Keep Customers Safe and Avoid Liability

LARRY GRAND

No More Risky Business has been written for bar managers, bar owners and other licensees who recognize the need to write detailed policies for their staff and to write and post “house rules” for their customers. Staff policies cover such issues as:

- avoiding serving customers to intoxication
- how and when ID is to be checked
- where and when alcohol can be consumed in the establishment
- under what circumstances people should be denied entry
- steps to take to prevent drinking and driving
- how to legally eject a customer from a bar.

Comprehensive in its scope, *No More Risky Business* attempts to make bars safer while keeping licensees out of trouble with regulators, the police or injured parties intent on suing them. By keeping bars safer, our communities will also be safer.

While the guide leads people through the process of creating good staff policies and “house rules,” it also provides information about their legal obligations under the Liquor Licence Act, the Occupiers’ Liability Act and the Criminal Code. In addition, the publication also provides an overview of key civil suits in Canada that have shaped how the courts in Canada expect licensees to act and what circumstances they can find themselves being held liable for if one of their patrons is injured, or injures others.

BUSINESS & ECONOMICS/TRAINING

\$29.95 | 108-page spiral-bound | Published: 2009 | Product code (print edition): PG134

Format availability: PRINT 978-0-88868-739-5
 EPUB 978-0-88868-925-2
 PDF 978-0-88868-740-1

Safer Bars

Do you know the law?

This easy-to-read booklet describes the legal and legislative environment that bars in Ontario must comply with to avoid the legal and financial repercussions of not keeping customers safe and out of harm’s way. Specific liability cases illustrate the legal reality in which bars operate.

BUSINESS & ECONOMICS/TRAINING

*\$6.25/package of 25 | 16-page booklet/guide
 Published: 2007
 Product code (print edition): P569

Format availability: PRINT 978-0-88868-708-1

* The first 100 copies of this brochure are available for free in Ontario

Safer Bars

Assessing and Reducing the Risks of Violence

KATHRYN GRAHAM

This easy-to-use workbook helps bar owners reduce the risk of aggression and violence in their bars. Using a checklist method, owners can identify and reduce the risk factors in their bars. Examples of risk factors are: the degree of crowding, the atmosphere and the way staff treat the customers. The checklist also contains a section for planning and monitoring changes in areas identified for improvement.

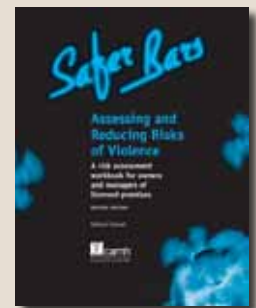
BUSINESS & ECONOMICS/TRAINING

\$12.95 | 42-page booklet/guide | Published: 1999
 Product code (print edition): PG098

Format availability: PRINT 978-0-88868-814-9

Safer Bars

▶ In bars you’ll find that some customers, fueled by alcohol, may resort to threats, intimidation, aggression, violence, mischief, vandalism, property damage and even driving while intoxicated. **Safer Bars** helps bar staff prevent these occurrences thereby keeping customers and others safer. The program includes a 3-hour training for bar staff on managing aggressive customers. ◀



Safer Bars Training

The purpose of the training is to increase bar staff’s ability to work as a team to reduce the risk of customers becoming aggressive, violent or injured. The training is conducted by a skilled, experienced trainer, and is three hours long. Each participant receives a workbook, the *Do you know the law?* booklet, and a certificate of completion. Up to 25 people can be trained at one time.

Training cost is \$935.00 plus applicable taxes. It includes the trainer’s fee, 25 participant workbooks, 25 *Do you know the law?* booklets, 25 evaluation forms, and 25 certificates of completion. (Trainer’s travel and accommodation costs are not included.)


To organize a Safer Bars training, please call 1-800-661-1111 or 416 595-6059 in Toronto.

screening & assessment



IDTS Sample Pack

- SAVE when you purchase IDTS as a kit!
- This Sample Pack consists of the User's Guide, 10 Alcohol Questionnaires and 30 Drug Questionnaires.

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT 
 \$39.95 kit | Published: 1997 | Product code: PG084

Inventory of Drug-Taking Situations (IDTS)

HELEN M. ANNIS, NIGEL E. TURNER & SHERRILYN M. SKLAR

The *Inventory of Drug-Taking Situations (IDTS)* is a clinical tool that allows substance use counsellors and researchers to assess the situations in which a client has used alcohol and/or other drugs over the last year. It consists of two separate questionnaires—one for alcohol and one for up to three other drugs—that gauge a client's substance use over the same 50 risk situations. The IDTS generates a separate profile of risk situations for each substance and can be used in both individual and group counselling programs with clients whose substance use problems range from mild to severe.

IDTS Alcohol Questionnaires

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT 
 \$16.45 pack of 30 | Questionnaire | Published: 1997 | Product code: P162

IDTS Drug Questionnaires

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT 
 \$16.45 pack of 30 | Questionnaire | Published: 1997 | Product code: P163

IDTS User's Guide

This *User's Guide* provides full instructions on how to administer the IDTS, and includes all the data analyses regarding the development and validation of the IDTS. Bilingual in English and French.

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT

\$34.95 | 148-page paperback | Published: 1997 | Product code (print edition): PG082
 Format availability: PRINT 978-0-88868-290-1



DTCQ Sample Pack

- SAVE when you purchase DTCQ as a kit!
- This Sample Pack consists of the User's Guide, 10 Alcohol Questionnaires and 30 Drug Questionnaires.

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT 
 \$39.95 Kit | Published: 1997 | Product code: PG085

Drug-Taking Confidence Questionnaire (DTCQ)

HELEN M. ANNIS, NIGEL E. TURNER & SHERRILYN M. SKLAR

The *Drug-Taking Confidence Questionnaire (DTCQ)*, a companion tool to the IDTS, allows substance use counsellors and researchers to identify a client's self-efficacy in relation to 50 drinking and/or other drug-taking situations. The DTCQ can be administered:

- at assessment, to aid treatment planning
- during and at the end of treatment, to monitor a client's progress, or
- post-treatment, as an indicator of treatment outcome.

The DTCQ is flexible, effective and easy to use. It consists of two separate questionnaires: one pertaining to alcohol and one pertaining to other substances of abuse. Each questionnaire measures a client's confidence in the same 50 risk situations.

DTCQ Alcohol Questionnaires

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT 
 \$16.45 pack of 30 | Questionnaire | Published: 1997 | Product code: P164

DTCQ Drug Questionnaires

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT 
 \$16.45 pack of 30 | Questionnaire | Published: 1997 | Product code: P165

DTCQ User's Guide

This *User's Guide* provides full instructions on how to administer the DTCQ and includes all relevant validity data.

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT

\$34.95 | 156-page paperback | Published: 1997 | Product code (print edition): PG083
 Format availability: PRINT 978-0-88868-294-9

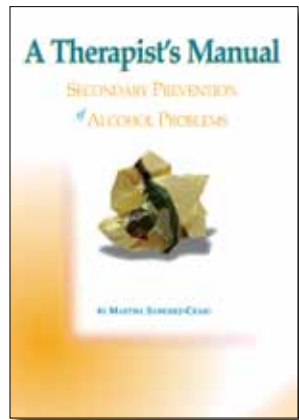
A Therapist's Manual

Secondary Prevention of Alcohol Problems

MARTHA SANCHEZ-CRAIG

In *A Therapist's Manual*, case studies illustrate the techniques needed to offer brief intervention to clients dealing with mild to moderate drinking problems. Early intervention can help people address such problems before they pose serious health risks, or result in other negative consequences.

A Therapist's Manual includes samples of clinical tools that can help you to assess the severity of a client's drinking problem, and to pinpoint particular situations that can trigger excessive drinking. This information allows you to tailor appropriate coping strategies and help your client choose a suitable goal. This book may be used in conjunction with *Drink Wise* (see page 10), also available from CAMH.



PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT

\$36.95 | 152-page paperback | Published: 1996
Product code (print edition): PG014

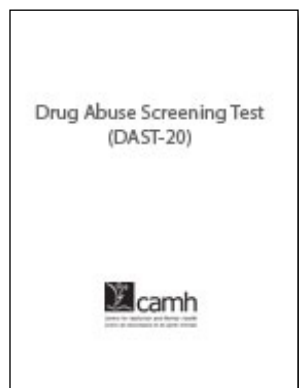
Format availability: PRINT 978-0-88868-275-8

Drug Abuse Screening Test (DAST-20)

HARVEY SKINNER

The *DAST-20* is designed to:

- provide a brief, simple, practical, but valid method for identifying individuals who are abusing psychoactive drugs
- yield a quantitative index score of the degree of problems related to drug use and misuse.



PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT

\$18.45 booklet/guide + pack of 100 questionnaires | Kit | Published: 1992
Product code: PZ077

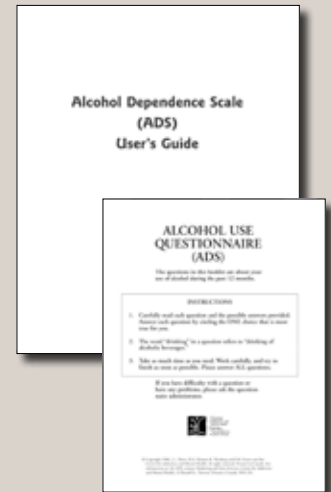
\$14.45 pack of 100 questionnaires only | Questionnaire
Published: 1992 | Product code: PZ075

Alcohol Dependence Scale (ADS) series

HARVEY A. SKINNER & JOHN L. HORN

The *Alcohol Dependence Scale* (ADS) provides a quantitative measure of the severity of alcohol dependence consistent with the concept of the alcohol dependence. The 25 items cover:

- alcohol withdrawal symptoms,
- impaired control over drinking,
- awareness of a compulsion to drink,
- increased tolerance to alcohol, and
- salience of drink-seeking behaviour.



The ADS is widely used as a research and clinical tool, and studies have found the instrument to be reliable and valid. The printed instructions for the ADS refer to the past 12-month period. However, instructions can be altered for use as an outcome measure at selected intervals (e.g., 6 months, 12 months, 24 months) following treatment. Use of the ADS has been reported mostly for clinical adult samples, however, studies have used the instrument in general population and correctional settings. The ADS has been found to have excellent predictive value with respect to a DSM diagnosis. Moreover, the ADS yields a measure of the severity of dependence that is important for treatment planning, especially with respect to the intensity of treatment.

ADS Questionnaire Pack

The 25-item questionnaire can be quickly administered and scored by hand. This package contains 25 ADS assessment questionnaires.

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT

\$11.00 pack of 25 | Questionnaire | Published: 1984 | Product code: P143

Alcohol Dependence Scale (ADS) User's Guide

One of the most widely used and reliable clinical tools for measuring the severity of alcohol dependence and assessing clients with alcohol problems, the ADS is based on the World Health Organization's theoretical concept of a core alcohol dependence syndrome.

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT

\$17.95 | 34-page booklet/guide | Published: 1984
Product code (print edition): PG010

Format availability: PRINT 978-0-88868-091-4

Alcohol Dependence Scale (ADS) User's Guide with Questionnaires

- Package contains 1 User's guide and 25 questionnaires
\$20.95 kit | Published: 1984 | Product code: PG011

Essential Writings in Violence Risk Assessment and Management

EDITED BY HY BLOOM & CHRISTOPHER D. WEBSTER

With *Essential Writings in Violence Risk Assessment and Management*, mental health and legal practitioners have quick access to the most important peer-reviewed writings in the field. The 31 journal articles and book chapters in this collection provide a complete foundational curriculum on the subject.

Topics include:

- the historical shift from “dangerousness” to violence risk assessment
- the emergence of actuarial violence prediction
- clinical prediction and assessment
- the actuarial versus clinical controversy
- decision making
- treatments, security and program planning.

Covering a field that crosses civil, forensic and correctional boundaries, this book is a valuable resource for clinicians, lawyers, judges, law enforcement officials, health and correctional administrators, journalists and anyone working in the forensic system. It is also of interest to anyone intrigued by how the forensic system assesses and manages people deemed to be violent, and how decision makers manage the often precarious balance between protecting the public and according the accused the greatest degree of freedom possible.

The book's six main sections are preceded by introductions, written by the editors, that succinctly encapsulate the main arguments discussed by its contributors. Taken together, these introductions provide a concise summary of a complex topic.

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT

\$69.95 | 634-page paperback | Published: 2007
Product code (print edition): PG125

Format availability: [PRINT 978-0-88868-589-6](#)

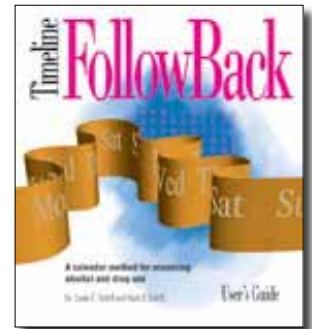


Timeline FollowBack (TLFB) User's Guide

LINDA C. SOBELL & MARK B. SOBELL

More than 20 years of use and testing have shown that the *Timeline FollowBack* (TLFB) is an effective tool for measuring alcohol use. The detailed information generated by the TLFB helps people better understand their drinking, which can motivate change. The TLFB can also be used to collect information about marijuana, tobacco and other drug use.

Includes paper-and-pencil version of the *Timeline FollowBack* calendar method.



PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT

\$29.95 | 110-page paperback | Published: 1996
Product code (print edition): PG075

Format availability: [PRINT 978-0-88868-253-6](#)

Assessment Handbook

A Handbook on Procedures for Addictions Assessment Referral Services including ASIST

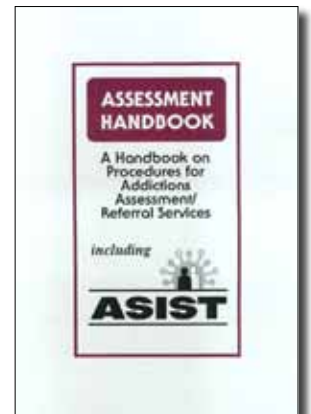
LINDA PALANEK, CHRISTINE BOIS, DARRYL UPFOLD,
ROBERT MURRAY & MICHAEL GAVIN

This handbook will help assessment workers make the best use of local treatment and support services. Contents include intake policies, guidelines for treatment planning, case management procedures, clinical procedures and policies, and samples of ADS, ASIST and DAST-20 questionnaires.

PSYCHOLOGY/ASSESSMENT, TESTING & MEASUREMENT

\$35.00 | 176-page paperback | Published: 1990
Product code (print edition): PZ071

Format availability: [PRINT 978-0-88868-184-3](#)



The Addiction Research Foundation

A Voyage of Discovery

H. DAVID ARCHIBALD

H. David Archibald, founding Director of the Addiction Research Foundation (now a part of the Centre for Addiction and Mental Health), died in Toronto on July 12, 2009. He played an outstanding role in the addictions field, not only in Canada but internationally, as an advisor to the World Health Organization, the North American Association of Alcoholism Programs, the United Nations and the international Council on Alcoholism and Addictions. He conducted inquiries into addictions problems for the governments of Canada, Bermuda and Thailand that had major influence on drug policies, and his advice was sought by addiction treatment groups in many parts of the world. The Centre for Addiction and Mental Health held a commemorative event on October 28, 2009, to honour his monumental contribution to the field of addictions, and reprinted this book as part of the tribute.

BIOGRAPHY & AUTOBIOGRAPHY/MEDICAL

\$9.95 | 178-page paperback with 12-page photo insert | Published: 2009
Product code (print edition): PM094

Format availability: PRINT 978-1-77052-472-9

Guidelines for Managing the Client with Intellectual Disability in the Emergency Room

These valuable guidelines, written for psychiatric residents and for those who work in any hospital with a psychiatric unit, address issues that care providers experience when attending to the person with ID in crisis. Care providers will learn how to optimize the clinical encounter, and to assess the complex medical and mental health issues that often arise for people with ID. The guidelines also present a systematic approach to treatment and triage.

MEDICAL/EMERGENCY MEDICAL SERVICES

\$4.95 | 36-page paperback | Published: 2003
Product code (print edition): PR056

Format availability: PRINT 978-0-88868-434-9

Challenges & Choices

Finding Mental Health Services in Ontario

Finding your way around the mental health system can be confusing, frustrating, scary—and difficult. Written in easy-to-understand language, *Challenges & Choices* gives practical information about mental health services in Ontario and how to find them. You could be looking for services for yourself or for a family member, partner or friend. Or you could be a health care provider who wants to help clients and families find out about different services and how to use them.

REFERENCE/DIRECTORIES

\$12.95 | 138-page spiral-bound | Published: 2003
Product code (print edition): PR068

Format availability: PRINT 978-0-88868-441-7
EPUB 978-0-88868-890-3
PDF 978-0-88868-888-0

Travelling Together

A Hands-On Guide for Moving Your Community Group to Action

Full of creative exercises and activities, this well-evaluated and proven manual encourages all group members to participate and work together.

This resource is suitable for any coalition or community group, regardless of the group's focus or history together, or whether the group is new or established.

SELF-HELP/SUCCESS

\$16.95 | 92-page paperback | Published: 2000
Product code (print edition): PG105

Format availability: PRINT 978-0-88868-372-4

Everybody's Business

A How-To Guide for Establishing a Withdrawal Management Service in Your Community

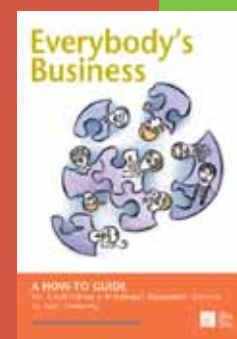
DENNIS BERNARDI & JOANNE BEZZUBETZ

Well-organized and clearly written, *Everybody's Business* is an essential tool for addiction service providers and planners, as well as community members who are interested in mobilizing and organizing local withdrawal management groups.

SOCIAL SCIENCE/DISEASE & HEALTH ISSUES

\$29.95 | 160-page paperback | Published: 1999
Product code (print edition): PG071

Format availability: PRINT 978-0-88868-336-6



Alone in Canada: 21 Ways to Make It Better

► Alone in Canada: 21 Ways to Make

it Better is

a self-help

guide for single

newcomers

developed by a

team at CAMH.

The guide is

designed to

help single new

immigrants and refugees adjust to living

in a new society as quickly and easily

as possible. It provides suggestions on

how to deal with 21 of the most com-

mon issues encountered by newcomers

including how to overcome culture

shock and isolation, cope with stress and

discrimination, learn English, establish

and manage new relationships and enjoy

new experiences. The primary goal of

this booklet is to decrease the amount

of post-migration stresses, facilitate

resettling in Canada and promote

physical and mental health of single

newcomers. ◀



Alone in Canada: 21 Ways to Make It Better

A Self-Help Guide for Single Newcomers

You are a recent immigrant to Canada. Perhaps you came seeking a new life, or to escape war or persecution in your homeland. You came here alone—with no close family or friends to help you. No matter why you came, you have to adjust to living in a society that is new and strange to you. Some days are good. Other days are bad. Sometimes you may wonder why you came at all. These feelings are normal. Over time, you will probably have more good days than bad, and you will begin to feel more comfortable and settled in your new home.

In this book you will find suggestions that may help you to get to the good days as quickly as possible. These “21 ways to make it better” share the experience of people just like you. Each chapter in this book begins with a quotation from a newcomer. Then, you will read about a problem that many people face when they are learning to live in a new culture. Each chapter ends with some tips or exercises that may help you to solve problems and to stay mentally and physically healthy.

EACH: **SELF-HELP/MOTIVATIONAL & INSPIRATIONAL** 🌟 Free (plus \$3.00 shipping & handling) | Published: 2011

Amharic

58-page booklet/guide
Product code (print edition): PZF47
Format availability:
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Arabic

58-page booklet/guide
Product code (print edition): PZF31
Format availability:
PRINT 978-1-77052-924-3
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Bengali

58-page booklet/guide
Product code (print edition): PZF38
Format availability:
PRINT 978-1-77052-896-3
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Chinese

64-page booklet/guide
Product code (print edition): PZF32
Format availability:
PRINT 978-1-77052-803-1
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Dari

64-page booklet/guide
Product code (print edition): PZF39
Format availability:
PRINT 978-1-77052-831-4
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

English

64-page booklet/guide
Product code (print edition): PZF29
Format availability:
PRINT 978-1-77052-795-9
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Farsi

64-page booklet/guide
Product code (print edition): PZF33
Format availability:
PRINT 978-1-77052-819-2
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

French

64-page booklet/guide
Product code (print edition): PZF30
Format availability:
PRINT 978-1-77052-799-7
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Hindi

60-page booklet/guide
Product code (print edition): PZF40
Format availability:
PRINT 978-1-77052-811-6
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Korean

58-page booklet/guide
Product code (print edition): PZF41
Format availability:
PRINT 978-1-77052-815-4
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Portuguese (Brazilian)

58-page booklet/guide
Product code (print edition): PZF48
Format availability:
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Punjabi

58-page booklet/guide
Product code (print edition): PZF42
Format availability:
PRINT 978-1-77052-835-2
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Russian

54-page booklet/guide
Product code (print edition): PZF43
Format availability:
PRINT 978-0-88868-462-2
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Serbian

56-page booklet/guide
Product code (print edition): PZF44
Format availability:
PRINT 978-1-77052-916-8
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Somali

68-page booklet/guide
Product code (print edition): PZF34
Format availability:
PRINT 978-1-77052-823-9
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Spanish

64-page booklet/guide
Product code (print edition): PZF35
Format availability:
PRINT 978-1-77052-807-9
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Tagalog

68-page booklet/guide
Product code (print edition): PZF45
Format availability:
PRINT 978-1-77052-843-7
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Tamil

58-page booklet/guide
Product code (print edition): PZF36
Format availability:
PRINT 978-1-77052-900-7
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Twi

56-page booklet/guide
Product code (print edition): PZF46
Format availability:
PRINT 978-1-77052-920-5
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Urdu

58-page booklet/guide
Product code (print edition): PZF37
Format availability:
PRINT 978-1-77052-827-7
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Vietnamese

58-page booklet/guide
Product code (print edition): PZF49
Format availability:
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

RECENTLY PUBLISHED

Understanding Psychiatric Medications

This new series of brochures is designed to help people better understand and make choices about psychiatric drugs. Each brochure discusses what the drugs are used for, the different types and names of drugs, their effects and their place in the treatment of mental health problems.

Antidepressants

Information for consumers, families and friends

MEDICAL/DRUG GUIDES

*\$7.50/package of 25 | 16-page brochure
Published: 2009 | Product code: P427

Format availability: PRINT 978-1-77052-306-7
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Antipsychotics

Information for consumers, families and friends

MEDICAL/DRUG GUIDES

*\$7.50/package of 25 | 20-page brochure
Published: 2009 | Product code: P429

Format availability: PRINT 978-1-77052-314-2
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Benzodiazepines

Information for consumers, families and friends

MEDICAL/DRUG GUIDES

*\$7.50/package of 25 | 16-page brochure
Published: 2009 | Product code: P433

Format availability: PRINT 978-1-77052-330-2
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Mood Stabilizers

Information for consumers, families and friends

MEDICAL/DRUG GUIDES

*\$7.50/package of 25 | 20-page brochure
Published: 2009 | Product code: P431

Format availability: PRINT 978-1-77052-322-7
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Understanding Psychiatric Medications... Series

- SAVE when you get the complete set!
- Package includes 100 brochures (25 copies of each title).

MEDICAL/DRUG GUIDES

\$25.00/package of 100 | Package includes 100 brochures (25 copies of each title) | Published: 2009
Product code: P425

Looking for Mental Health Services?

What you need to know

Mental health problems are common —one in five people in Canada has a mental health problem at some point in life. But only about 30 per cent seek help. Some people may not know they have a problem. Or they may not know that help is available. Some may not be able to use the help because of barriers like cost, language and transportation.

Others don't seek help because of the stigma (prejudice and discrimination) attached to mental health problems. They feel embarrassed or ashamed. They worry that they will be judged and misunderstood. They worry about being discriminated against.

However, it is important to know that there are services that can help. And the earlier someone gets help, the less chance that the problem will come back or get worse.

SELF-HELP/GENERAL

*\$6.25/package of 25 | 2-page brochure
Published: 2004 | Product code: PM035

Format availability: PRINT 978-0-88868-951-1
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Test Your Road Rage!

Developed by CAMH in conjunction with the Ontario Provincial Police

This valuable tool enables people to quickly test their level of road rage.

It includes 10 true-or-false questions, a scoring section, advice for aggressive drivers, tips for avoiding road rage incidents and a toll-free number for police help. *Test Your Road Rage!* is ideal for health professionals, police officers and anyone concerned by their own or someone else's driving habits.

SELF-HELP/STRESS MANAGEMENT

*\$6.25/package of 25 | 2-page brochure
Published: 1998 | Product code: PZZZ2

Format availability: PRINT 978-0-88868-963-4
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Public Information Brochures

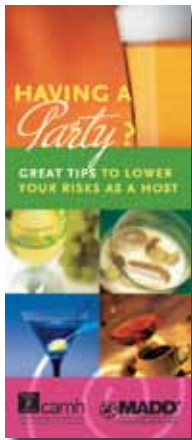
- ▶ CAMH has created materials to help clients and their families, professionals and the general public learn more about addiction and mental health issues. Our publications include helpful tips, answers to frequently-asked questions, best practices and emerging knowledge on different topics to help increase understanding, reduce stigma and promote informed decision-making. ◀



* The first 100 copies of this brochure are available for free in Ontario

public information brochures

▶ alcohol & substance use



Having a Party?

Great tips to lower your risks as a host

This informative brochure is designed to educate social hosts about their legal responsibilities when providing alcohol to guests at parties and functions on their property or on other property under their control. Produced in co-operation with MADD Canada, it provides 12 practical tips to keep guests safe and reduce risks as a host.

HEALTH & FITNESS/HEALTHY LIVING 🌱

*\$6.25/package of 25 | 2-page brochure | Published: 2006
Product code: PZZ66

Format availability: **PRINT** 978-0-88868-963-4
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT
WWW.CAMH.NET



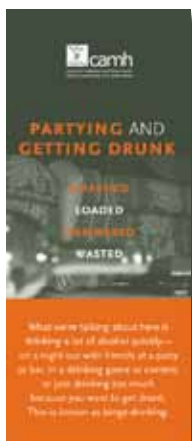
Low-Risk Drinking Guidelines (LRDG)

Many people have heard mixed messages about whether drinking alcohol has good or bad effects on a person's health. The *Low-Risk Drinking Guidelines* (LRDG) are intended to help people make an informed decision about the amount of alcoholic beverages they consume. They offer advice to healthy adults on low-risk drinking based on a very comprehensive review of international research on the long- and short-term effects of alcohol for health and safety.

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS/ALCOHOLISM 🌱

*\$6.25/package of 25 | 2-page brochure | Published: 2005
Product code: P130

Format availability: **PRINT** 978-0-88868-959-7
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT
WWW.CAMH.NET



Partying and Getting Drunk

Smashed, loaded, hammered, wasted

When you binge drink, you get intoxicated, or drunk. This is because you drink faster than your body can eliminate the alcohol. It takes more than an hour for your body to process one standard drink of alcohol. This rate is constant, no matter how much you drink.

The only way to get sober is to stop drinking, and to wait.

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS/ALCOHOLISM 🌱

*\$6.25/package of 25 | 2-page brochure | Published: 2008
Product code: P171

Format availability: **PRINT** 978-1-77052-228-2
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT
WWW.CAMH.NET



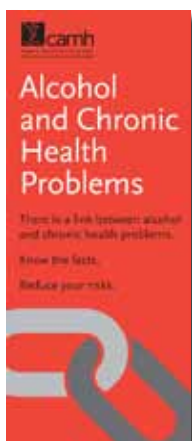
Evaluate Your Drinking

This brochure contains a simple test that allows people to find out how their drinking compares to that of other Canadians. It also presents the choices they might want to make about their drinking based on that comparison.

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS/ALCOHOLISM 🌱

*\$6.25/package of 25 | 2-page brochure | Published: 2006
Product code: P399

Format availability: **PRINT** 978-0-88868-955-9
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT
WWW.CAMH.NET



RECENTLY PUBLISHED

Alcohol and Chronic Health Problems

There is a link between alcohol and chronic health problems. Know the facts. Reduce your risks.

Alcohol is a modifiable risk factor for chronic diseases. The brochure suggests ways to reduce the potentially harmful effects of alcohol on health. It also provides sources where people can get more information on this topic.

MEDICAL/PHARMACY 🌱

*\$6.25/package of 25 | 2-page brochure | Published: 2010
Product code: P407

Format availability: **PRINT** 978-1-77052-338-8
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT
WWW.CAMH.NET



Substance Use

Issues to consider for the lesbian, gay, bisexual, transgendered, transexual, two-spirit, intersex and queer communities

There are many reasons why people drink or use other drugs. However, issues specific to lesbian, gay, bisexual, transgendered, transexual, two-spirit, intersex and queer people's lives can further affect drinking and other substance use. This brochure describes some of those issues and offers advice on getting help.

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS/DRUG DEPENDENCE 🌱

*\$6.25/package of 25 | 2-page brochure | Published: 2006
Product code: P400

Format availability: **PRINT** 978-0-88868-977-1
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT
WWW.CAMH.NET

* The first 100 copies of this brochure are available for free in Ontario

Straight talk series

- ▶ **Straight Talk** is a harm reduction drug information brochure series aimed at people who provide services and health care to individuals who use these drugs. ◀



Straight talk series package

- SAVE when you purchase the entire Straight Talk series!
- This package includes 100 brochures in total (25 of each title)

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

\$20.00/package of 100 | 2-page brochures
Published: 2004 | Product code: P420

Straight talk series

Lack of information, or the wrong information, can worsen the harms of substance use. People who use substances need to be aware of the risks of using, and of ways they can be safer, even when they continue to use.

Four brochures, *Street Methadone*, *OxyContin*, *Crack* and *Methamphetamine* are written directly for people who use these drugs, or who are at risk of using these drugs in a harmful way. These brochures also offer important information to people who provide services and health care to people who use these drugs.

Developed by a doctor and social worker at CAMH, these brief, easy-to-read brochures offer factual information and guidance to help people to:

- understand and consider the risks of using
- learn safer ways of using
- know the signs of an overdose
- know what it means to be “hooked”
- know where they can get information about getting help.

Crack: Straight talk

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$6.25/package of 25 | 2-page brochure
Published: 2004 | Product code: P414

Format availability: PRINT 978-0-88868-981-8
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

OxyContin: Straight talk

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$6.25/package of 25 | 2-page brochure
Published: 2004 | Product code: P412

Format availability: PRINT 978-0-88868-985-6
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Methamphetamine: Straight talk

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$6.25/package of 25 | 2-page brochure
Published: 2004 | Product code: P416

Format availability: PRINT 978-0-88868-993-1
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

Street Methadone: Straight talk

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$6.25/package of 25 | 2-page brochure
Published: 2004 | Product code: P410

Format availability: PRINT 978-0-88868-989-4
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET



Finding Treatment for Substance Use, Concurrent Disorders and Problem Gambling in Ontario

Getting the Help You Need

This brochure provides information on how potential clients and/or family members can find treatment for substance use, concurrent disorders or gambling problems in Ontario. It responds to questions about what happens in treatment, where to go to get help, how long they'll have to wait and other details about what to expect.

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$6.25/package of 25 | 2-page brochure | Published: 2009
Product code: PZZ100

Format availability:
PRINT 978-1-77052-482-8
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET



Methadone Maintenance Treatment

Information for Clients

This brochure provides helpful information about methadone use and answers common questions posed by clients such as:

- What is methadone?
- How does methadone work?
- Does methadone have any side-effects?
- Can methadone interact with other drugs?
- Will methadone cure me?

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$6.25/package of 25 | 2-page brochure | Published: 2002
Product code: PZZ02

Format availability:
PRINT 978-1-77052-390-6
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

* The first 100 copies of this brochure are available for free in Ontario

About... series

- ▶ These full-colour publications, written and illustrated in a fold-out tabloid style, use a humorous approach to deliver a serious message to teens. ◀



* The first 100 copies of this brochure are available for free in Ontario

About... series

ILLUSTRATIONS BY CRAIG TERLSON

These full-colour publications, written and illustrated in a fold-out tabloid style, use a humorous approach to deliver a serious message to teens. Each publication focuses on a specific addiction and covers what it is, who is likely to become addicted, and the sensations and dangers associated with the addiction. It also provides information on substance use problems, legal penalties, health and financial concerns, how to reduce the risks, and more. Each publication is full of lots of interesting and informative facts. For example:

- the addictiveness of the drug or form of gambling
- who uses drugs and alcohol/who gambles
- what activities are considered gambling
- how alcohol and drugs are made
- dangers associated with drug use and drinking too much
- the laws and the legal penalties
- quick quizzes
- how to get help.

RECENTLY PUBLISHED

About... Gambling

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$10.00/package of 25 | 2-page broadsheet
Published: 2009 | Product code: P385

Format availability: PRINT 978-1-77052-274-9
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

About... Alcohol

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$10.00/package of 25 | 2-page broadsheet
Published: 2006 | Product code: P380

Format availability: PRINT 978-0-88868-520-9
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

About... Cocaine

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$10.00/package of 25 | 2-page broadsheet
Published: 2006 | Product code: P382

Format availability: PRINT 978-0-88868-524-7
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

COMING NOVEMBER 2011

About... Prescription Opioids

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$10.00/package of 25 | 2-page broadsheet | COMING November 2011 | Product code: P386

Format availability: PRINT 978-1-77052-936-6
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT WWW.CAMH.NET

About... Marijuana

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$10.00/package of 25 | 2-page broadsheet
Published: 2006 | Product code: P381

Format availability: PRINT 978-0-88868-522-3
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

About... Tobacco

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

*\$10.00/package of 25 | 2-page broadsheet
Published: 2006 | Product code: P383

Format availability: PRINT 978-0-88868-518-6
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

About... series package

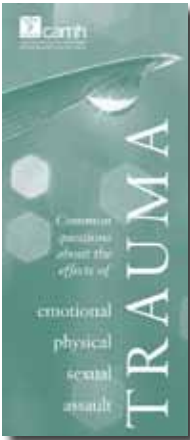
- SAVE when you purchase the entire About series together!
- This package includes 25 of each title available

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

\$42.50/package of 125 | 2-page broadsheets
Product code: P384

Package details after About... Prescription Opioids publication (November 2011):

\$50.00/package of 150 | 2-page broadsheets
Product code: P384



Trauma

Common Questions about the Effects of Physical, Sexual, Emotional Assault

We all respond to abuse, assault and violence in different ways. Trauma is the emotional response that occurs when these situations overwhelm us. This brochure presents some of the causes and effects of trauma.

SELF-HELP/ABUSE ➦

*\$6.25/package of 25 | 2-page brochure | Published: 2000
Product code: P570

Format availability: **PRINT** 978-0-88868-377-9
PDF AVAILABLE ONLINE AS PDF DOWNLOAD
AT WWW.CAMH.NET



Information on Post-Traumatic Stress Disorder (PTSD) for refugees and new immigrant

Brochure on post-traumatic stress disorder (PTSD) for refugees and immigrants who come from a country affected by war, political conflict or disaster.

PSYCHOLOGY/POST-TRAUMATIC STRESS DISORDER (PTSD) ➦

*\$6.25/package of 25 | 2-page brochure | Published: 2006
Product code: P168

Format availability: **PRINT** 978-1-77052-370-8
PDF AVAILABLE ONLINE AS PDF DOWNLOAD
AT WWW.CAMH.NET



Women: What do these signs have in common?

Recognizing the effects of abuse-related trauma

This brochure helps women connect experiences of recurring nightmares, intentional self-harm, substance use problems, ongoing depression, panic attacks, difficult relationships and gaps in childhood memories to possible incidents of early abuse.

SELF-HELP/ABUSE ➦

*\$6.25/package of 25 | 2-page brochure | Published: 2004
Product code: P573

Format availability: **PRINT** 978-1-77052-236-7
PDF AVAILABLE ONLINE AS PDF DOWNLOAD
AT WWW.CAMH.NET

The Trauma Kit

- SAVE when you purchase these 3 trauma-related brochures together!
- This package includes 75 brochures in total (25 of each title)

SELF-HELP/ABUSE ➦

\$15.00/package of 75 | 2-page brochures
Product code: P577



Stigma

Understanding the impact of prejudice and discrimination on people with mental health and substance use problems

This brochure talks about:

- what stigma is—negative attitudes and negative behaviour toward people with substance use and mental health problems
- the effects of prejudice and discrimination on people with mental health and substance use problems
- seven huge things you can do to make a difference.

FAMILY & RELATIONSHIPS/PREJUDICE ➦

*\$6.25/package of 25 | 2-page brochure | Published: 2007
Product code: P132

Format availability: **PRINT** 978-0-88868-536-0
PDF AVAILABLE ONLINE AS PDF DOWNLOAD
AT WWW.CAMH.NET



Moving Beyond Stigma

Information for Families of People with Co-occurring Mental Health and Substance Use Problems

The effects of stigma may be even more painful and harmful for families than dealing with the fact that a loved one has substance use and mental health problems. When families work together, the person with the co-occurring disorder is more likely to have a successful and lasting recovery.

FAMILY & RELATIONSHIPS/PREJUDICE ➦

*\$6.25/package of 25 | 2-page brochure | Published: 2007
Product code: P133

Format availability: **PRINT** 978-1-77052-487-3
PDF AVAILABLE ONLINE AS PDF DOWNLOAD
AT WWW.CAMH.NET

* The first 100 copies of this brochure are available for free in Ontario

public information brochures

▶ family & relationships

When a parent... series

- ▶ These brochures will prepare adults to talk to children about difficult, confusing situations. They list common questions that children have, along with suggestions for how to answer their questions. ◀



When a parent has bipolar disorder... What kids want to know

Children in this situation need some explanation and support, geared to their age, to help them understand bipolar disorder.

FAMILY & RELATIONSHIPS/PARENTING 📄

*\$6.25/package of 25 | 2-page brochure
Published: 2003 | Product code: PM029

Format availability: **PRINT** 978-0-88868-644-2
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

When a parent drinks too much alcohol... What kids want to know

This brochure lists common questions children have about their parent's alcohol problem, as well as suggestions for how to answer their questions.

FAMILY & RELATIONSHIPS/PARENTING 📄

*\$6.25/package of 25 | 2-page brochure
Published: 2005 | Product code: PM048

Format availability: **PRINT** 978-0-88868-656-5
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

When a parent is depressed... What kids want to know

This brochure will prepare parents and other adults to take the first step in talking to children about depression.

FAMILY & RELATIONSHIPS/PARENTING 📄

*\$6.25/package of 25 | 2-page brochure
Published: 2002 | Product code: PM023

Format availability: **PRINT** 978-0-88868-419-6
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

When a parent has experienced psychosis... What kids want to know

This brochure raises and answers the most common questions children have when their parent has psychotic symptoms (including schizophrenia and bipolar disorder).

FAMILY & RELATIONSHIPS/PARENTING 📄

*\$6.25/package of 25 | 2-page brochure
Published: 2005 | Product code: PM046

Format availability: **PRINT** 978-0-88868-638-1
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

When a parent dies by suicide... What kids want to know

How adults should talk to a child about suicide depends on the child's age and ability to handle the information. It is important to answer even the smallest questions.

FAMILY & RELATIONSHIPS/PARENTING 📄

*\$6.25/package of 25 | 2-page brochure
Published: 2004 | Product code: PM037

Format availability: **PRINT** 978-0-88868-650-3
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

When a parent... Series

- SAVE when you purchase the entire series.

FAMILY & RELATIONSHIPS/PARENTING 📄

\$25.00/package of 125 | 2-page brochures
Product code: PM064

Package details after *When a parent smokes cigarettes... what kids want to know* publication (November 2011):

\$30.00/package of 150 | 2-page brochures
Product code: PM064



Raising Resilient Children and Youth

Resilience is the ability to recover from difficulties or change. Being resilient is an important aspect of mental well-being.

Raising Resilient Children and Youth identifies resilience-building tips that parents, teachers and others can use to enhance resiliency in various areas of young people's lives.

FAMILY & RELATIONSHIPS/CHILD DEVELOPMENT 📄

*\$6.25/package of 25 | 2-page brochure | Published: 2008
Product code: PM075

Format availability: **PRINT** 978-1-77052-206-0
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET



Aggressive Behaviour in Children and Youth

When is it something to be concerned about?

This brochure is a quick-reference tool for parents, teachers and others who interact with young people on a regular basis. It suggests ways to prevent aggression and manage aggressive behaviour that does occur—it also offers ways to determine if a young person has a serious problem with aggression and needs help.

FAMILY & RELATIONSHIPS/CHILD DEVELOPMENT 📄

*\$6.25/package of 25 | 2-page brochure | Published: 2008
Product code: PM073

Format availability: **PRINT** 978-1-77052-214-5
PDF AVAILABLE ONLINE AS PDF
DOWNLOAD AT WWW.CAMH.NET

* The first 100 copies of this brochure are available for free in Ontario

Photo-novella Health Promotion Project

Improving mental health and addiction literacy and service access is a major goal of the project. The five photo essays use professional quality photography and short scripts to bring to life the topics of depression, posttraumatic stress disorder, drugs, alcohol and gambling. These booklets assist readers to better understand, and accept, individuals who are dealing with substance use and mental problems, as well as offer basic information about prevention and where to go for help.

Titles are available in pre-packed sets only. Individual titles are available in PDF format on www.camh.net

Titles: *Alcohol, Depression, Drugs, Gambling, and Posttraumatic Stress Disorder*

English

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

\$12.95/set of 5 | 16 and 20 page booklets | Published: 2004
Product code: PN180

Format availability:

PRINT 978-1-77052-464-4
PDF INDIVIDUAL TITLE AVAILABLE
ONLINE AS PDF DOWNLOAD AT
WWW.CAMH.NET

French

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

\$12.95/set of 5 | 16 and 20 page booklets | Published: 2004
Product code: PN181

Format availability:

PRINT 978-1-77052-465-1
PDF INDIVIDUAL TITLE AVAILABLE
ONLINE AS PDF DOWNLOAD AT
WWW.CAMH.NET

Spanish

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

\$12.95/set of 5 | 16 and 20 page booklets | Published: 2004
Product code: PN182

Format availability:

PRINT 978-1-77052-466-8
PDF INDIVIDUAL TITLE AVAILABLE
ONLINE AS PDF DOWNLOAD AT
WWW.CAMH.NET

Portuguese

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

\$12.95/set of 5 | 16 and 20 page booklets | Published: 2004
Product code: PN183

Format availability:

PRINT 978-1-77052-467-5
PDF INDIVIDUAL TITLE AVAILABLE
ONLINE AS PDF DOWNLOAD AT
WWW.CAMH.NET

New!

Créole

SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS

\$12.95/set of 5 | 16- and 20-page booklets | Published: 2011
Product code: PN183

Format availability:

PRINT 978-1-77052-944-1
PDF INDIVIDUAL TITLE AVAILABLE
ONLINE AS PDF DOWNLOAD AT
WWW.CAMH.NET

MethadoneSavesLives.ca brochure series

THE OPIATE PROJECT, CAMH

For some of the 30,000 Ontarians struggling with opioid addiction, methadone maintenance treatment (MMT) could be a lifesaver.

For health care professionals, it could be the solution you've been looking for.

Health Care Professionals and Methadone Maintenance Treatment

MEDICAL/PHARMACOLOGY

*\$6.25/package of 25 | 2-page brochure | Published: 2008 | Product code: P173

Format availability: PRINT 978-1-77052-410-1
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT WWW.CAMH.NET

Addiction Counsellors and Methadone Maintenance Treatment

MEDICAL/PHARMACOLOGY

*\$6.25/package of 25 | 2-page brochure | Published: 2008 | Product code: P174

Format availability: PRINT 978-1-77052-402-6
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT WWW.CAMH.NET

Prescription Painkillers and Methadone Maintenance Treatment

MEDICAL/PHARMACOLOGY

*\$6.25/package of 25 | 2-page brochure | Published: 2008 | Product code: P175

Format availability: PRINT 978-1-77052-418-7
PDF AVAILABLE ONLINE AS PDF DOWNLOAD AT WWW.CAMH.NET

* The first 100 copies of this brochure are available for free in Ontario

Photo-novella Health Promotion Project

- ▶ Published in English, French, Portuguese, Spanish and now Créole, these stories illustrate the most common problems associated with drinking, problem gambling, depression, drugs and posttraumatic stress disorder. ◀



MethadoneSavesLives.ca brochure series

- ▶ MethadoneSavesLives.ca provides professionals and people living with opioid drug problems with the information they need to make informed decisions about this proven treatment option. ◀



Do You Know... series

▶ Brochures in the **Do You Know...** series present straightforward, easy-to-understand information about a variety of substances of abuse and their effects. ◀



Do You Know... Series

- SAVE when you purchase the entire Do You Know... series!
 - This package includes 25 of each of the 20 titles in this series. (500 brochures in total)
- \$110.00/package of 500 | 2-page brochures | Product code: P249

* The first 100 copies of this brochure are available for free in Ontario

Do You Know... series

Each brochure answers common questions about the substance, including:

- How does it make you feel?
- Is it dangerous?
- Is it addictive?
- What are the long-term effects?

Suitable for high school students and adults, these brochures give the essential facts about the most commonly used substances.

EACH: SELF-HELP/SUBSTANCE ABUSE & ADDICTIONS *\$6.25/package of 25 | 2-page brochure

Do You Know... Alcohol

Published: 2003, 2010 | Product code: P251
 Format availability: PRINT 978-1-77052-003-5
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Alcohol, Other Drugs and Driving

Published: 2003, 2010 | Product code: P264
 Format availability: PRINT 978-1-77052-004-2
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Amphetamines

Published: 2004 | Product code: P252
 Format availability: PRINT 978-1-77052-005-9
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Anabolic Steroids

Published: 2003, 2010 | Product code: P256
 Format availability: PRINT 978-1-77052-006-6
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Benzodiazepines

Published: 2003, 2011 | Product code: P261
 Format availability: PRINT 978-1-77052-007-3
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Caffeine

Published: 2003, 2011 | Product code: P263
 Format availability: PRINT 978-1-77052-008-0
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Cannabis

Published: 2003, 2010 | Product code: P254
 Format availability: PRINT 978-1-77052-009-7
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Cocaine

Published: 2003, 2010 | Product code: P262
 Format availability: PRINT 978-1-77052-010-3
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Ecstasy

Published: 2006, 2010 | Product code: P265
 Format availability: PRINT 978-1-77052-011-0
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... GHB

Published: 2006 | Product code: P268
 Format availability: PRINT 978-1-77052-012-7
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Hallucinogens

Published: 2004, 2009 | Product code: P255
 Format availability: PRINT 978-1-77052-013-4
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Heroin

Published: 2007, 2010 | Product code: P272
 Format availability: PRINT 978-1-77052-015-8
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Inhalants

Published: 2007 | Product code: P259
 Format availability: PRINT 978-1-77052-016-5
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Ketamine

Published: 2007 | Product code: P267
 Format availability: PRINT 978-1-77052-017-2
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... LSD

Published: 2006, 2010 | Product code: P271
 Format availability: PRINT 978-1-77052-018-9
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Methadone

Published: 2006, 2011 | Product code: P270
 Format availability: PRINT 978-1-77052-019-6
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Methamphetamine

Published: 2006 | Product code: P269
 Format availability: PRINT 978-1-77052-020-2
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Prescription Opioids

Published: 2003, 2010 | Product code: P307
 Format availability: PRINT 978-1-77052-021-9
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Rohypnol

Published: 2006 | Product code: P266
 Format availability: PRINT 978-1-77052-022-6
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

Do You Know... Tobacco

Published: 2003, 2010 | Product code: P260
 Format availability: PRINT 978-1-77052-000-4
 PDF AVAILABLE ONLINE AS PDF
 DOWNLOAD AT WWW.CAMH.NET

About... Alcohol.....	34	Exposure to Psychotropic Medications and Other Substances during Pregnancy and Lactation ...	14	Methadone Maintenance Treatment: Recommendations for Enhancing Pharmacy Services	17
About... Cocaine.....	34	Families CARE	13	MethadoneSavesLives.ca brochure series	37
About... Gambling	34	Family Guide to Concurrent Disorders, A.....	8	Methamphetamine: Straight talk.....	33
About... Marijuana.....	34	Fetal Alcohol Syndrome	24	Mood Stabilizers	31
About... Tobacco.....	34	Finding Treatment for Substance Use, Concurrent Disorders and Problem Gambling in Ontario ..	33	Motivational Strategies for Promoting Self-Change	24
Acting Out	13	First Contact	22	Motivation and Change.....	24
Addiction: An Information Guide	18	First Episode Psychosis: An Information Guide. 19		Moving Beyond Stigma	35
Addiction Counsellors and Methadone Maintenance Treatment	37	First Stage Trauma Treatment	14	No More Risky Business.....	25
Addiction Research Foundation, The.....	29	Forensic Mental Health System In Ontario, The: An Information Guide	19	Nutrition & Recovery.....	16
Aggressive Behaviour in Children and Youth ...	36	Freedom to Act	20	Obsessive-Compulsive Disorder: An Information Guide.....	19
Alcohol and Chronic Health Problems.....	32	Girls Talk Facilitator's Manual.....	2	OxyContin: Straight talk	33
Alcohol Dependence Scale (ADS) series.....	27	Growing Up Resilient	13	Partnering with Families Affected by Concurrent Disorders.....	8
Alcohol & Drug Problems, 3rd edition	10	Guidelines for Managing the Client with Intellectual Disability in the Emergency Room ...	29	Partying and Getting Drunk.....	32
Alcohol Withdrawal Syndrome	23	Having a Party?	32	Photo-novella Health Promotion Project	37
Alone in Canada: 21 Ways to Make It Better ...	30	Health Care Professionals and Methadone Maintenance Treatment	37	Physician's Guide to Treatment, A	2
Antidepressants	31	Health Effects of Cannabis, The.....	16	Postpartum Depression.....	15
Antipsychotics.....	31	Hidden Majority, The.....	22	Prescription for Addiction.....	10
Antisocial and Violent Youth.....	16	Highs & Lows	11	Prescription Painkillers and Methadone Maintenance Treatment	37
Anxiety Disorders: An Information Guide.....	18	Hope and Healing after Suicide.....	4	Promoting Recovery from First Episode Psychosis	12
Asking the Right Questions 2	9	Improving Our Response to Older Adults with Substance Use, Mental Health and Gambling Problems.....	9	Psychiatric Clinical Skills	24
Assessing and Reducing the Risks of Violence ...	25	Information on Post-Traumatic Stress Disorder (PTSD) for refugees and new immigrant.....	35	Psychiatry in Primary Care	3
Assessment Handbook	28	Introduction to Recovery.....	21	Raising Resilient Children and Youth	36
Benzodiazepines	31	Inventory of Drug-Taking Situations (IDTS).....	26	Responding to Older Adults with Substance Use, Mental Health and Gambling Challenges	11
Beyond Psychosis	8	Is It Safe For My Baby?	15	Safer Bars	25
Beyond the Label	20	Let 'Em Go	20	Safer Bars: Do you know the law?	25
Bipolar Disorder : An Information Guide	18	Looking for Mental Health Services?.....	31	Schizophrenia: An Information Guide.....	19
Borderline Personality Disorder: An Information Guide for Families	18	Low-Risk Drinking Guidelines (LRDG)	32	Smoking and Quitting: Clean Air for All.....	6
Bridging Responses	15	Management of Alcohol, Tobacco and Other Drug Problems: A Physician's Manual.....	17	Stigma	35
Brief Couples Therapy.....	22	Managing Alcohol, Tobacco and Other Drug Problems.....	17	Straight talk series	33
CAMH Bill of Client Rights, The	2	Methadone Maintenance: A Counsellor's Guide to Treatment	7	Street Methadone: Straight talk.....	33
Can I Catch It Like a Cold?	12	Methadone Maintenance: A Pharmacist's Guide to Treatment, 2nd Edition.....	7	Strengthening Families for the Future.....	13
Challenges & Choices	29	Methadone Maintenance: A Physician's Guide to Treatment, 2nd Edition.....	7	Structured Relapse Prevention	21
Choosing to Change.....	11	Methadone Maintenance Treatment: A Community Planning Guide.....	24	Substance Use	32
Cognitive-Behavioural Therapy: An Information Guide.....	5	Methadone Maintenance Treatment: Best Practices in Case Management	21	Substance Use, Concurrent Disorders and Gambling Problems in Ontario	11
Concurrent Substance Use and Mental Health Disorders: An Information Guide.....	18	Methadone Maintenance Treatment: Client Handbook.....	10	Supporting Aboriginal Learning.....	23
Cooling Out.....	23	Methadone Maintenance Treatment: Information for Clients.....	33	Take Action!.....	13
Counselling Skills Training In Substance Abuse... 23				TAPP-C.....	22
Couple Therapy: An Information Guide.....	18			Test Your Road Rage!	31
Crack: Straight talk.....	33			Therapist's Manual, A	27
Depression and Bipolar Disorder Family Psychoeducational Group Manual	9			Timeline FollowBack (TLFB) User's Guide.....	28
Depressive Illness: An Information Guide	19			Trauma	35
Do You Know... series.....	38			Travelling Together	29
Drink Wise	10			Treating Concurrent Disorders.....	24
Drug Abuse Screening Test (DAST-20)	27				
Drugs & Drug Abuse	16				
Drug-Taking Confidence Questionnaire (DTCQ) ...	26				
Essential Writings in Violence Risk Assessment and Management.....	28				
Evaluate Your Drinking.....	32				
Everybody's Business	29				

index

<i>Understanding Psychiatric Medications</i>	31
<i>What Parents Need to Know about Teen Risk Taking: Strategies for Reducing Problems Related to Alcohol, Other Drugs, Gambling and Internet Use</i>	4
<i>What Parents Need to Know about Teens: Facts, Myths and Strategies</i>	12
<i>When a parent dies by suicide... What kids want to know</i>	36
<i>When a parent drinks too much alcohol... What kids want to know</i>	36
<i>When a parent has bipolar disorder... What kids want to know</i>	36
<i>When a parent has experienced psychosis... What kids want to know</i>	36
<i>When a parent is depressed... What kids want to know</i>	36
<i>When a parent smokes cigarettes... What kids want to know</i>	6
<i>Wishes and Worries</i>	12
<i>Women, Abuse and Trauma Therapy: An Information Guide</i>	19
<i>Women and Alcohol</i>	14
<i>Women and Psychosis: An Information Guide</i> ..	19
<i>Women's Choices, Women's Voices</i>	15
<i>Women: What do these signs have in common?</i> ..	35
<i>Working with Immigrant Women</i>	20
<i>Youth & Drugs and Mental Health</i>	22

ordering terms and conditions

▶ Pricing

Prices are effective as of June 1, 2011 and are subject to change without notice.

All prices are quoted in Canadian funds and Canadian orders will be subject to applicable taxes.

▶ Shipping and Handling

Shipping and handling costs are not included in product prices.

In Canada an additional 10% will be added to the total cost of your order. International orders are subject to 15% shipping and handling charges. We will ship all items by our choice of courier from Toronto. However, we can ship collect using your courier account number if you prefer.

Please allow two to three weeks for order processing and shipping.

▶ Returns

We will make good any errors in shipment and will replace defective materials, as long as we are notified and goods are returned within 10 business days of receipt of the materials. We offer a “no-risk” returns guarantee and will issue a full refund on any product returned to us in saleable condition within 45 days of the shipping date. Customers wishing to return merchandise must first call a customer service representative for returns information. Return postage costs are at the sender's expense and the original order's shipping and handling costs will not be refunded unless the product was shipped in error.

▶ Discounts

We are pleased to offer the following membership discounts:

Libraries 25% per copy

Booksellers 40% per copy

Wholesalers 50% per copy

For volume discounts, please call us at 1-800-661-1111, or 416-595-6059 in Toronto.

▶ Site Licences

Site licences are available for many of our clinical tools.

For more information or to obtain a quotation, please call us at 1-800-661-1111, or 416-595-6059 in Toronto.

▶ Examination Copies

Upon request we will forward an examination copy of any book to a college, university or other accredited academic institution at no charge for a period of 60 days. If a book is adopted as a course text, there will be no charge for the examination copy. If the book is not adopted as a text and has not been returned to us within 60 days, an invoice for the cost of the book plus shipping and handling charges will be issued.

▶ Prepayment Policy

Prepayment is required on all orders.

Please have credit card or purchase order information ready when ordering.

CrossCurrents

The Journal of Addiction and Mental Health

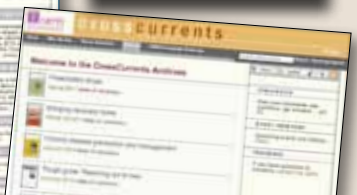
CrossCurrents is a unique journal in Canada that explores issues in both addiction and mental health. It informs and educates front-line health professionals, as well as allied professionals, about the latest developments and issues in the addiction and mental health fields through professionally written and first-person stories, research summaries and debates.

Each issue of this publication is theme-based and features:

- up-to-date news about prevention, assessment, treatment and health promotion
- in-depth stories about current issues in the mental health and addiction fields
- profiles of innovative programs related to addiction and mental health
- summaries of new studies and breakthrough research
- professional conferences and events listings.

Annual subscription rates (includes tax and shipping):

\$16.00 Ontario | \$26.70 Canada | \$36.95 U.S./International
Quarterly Journal | ISSN 1481-3122 | Product Code: PS012



- Check out the *CrossCurrents* website at www.camhcrosscurrents.net

ORDER FORM FORMULAIRE DE COMMANDE



Sales and
Distribution

Ventes et
distribution

Visit our website at: www.camh.net/publications • Consultez notre site Web : www.camh.net/fr/publications

HOW TO ORDER

MAIL
Centre for Addiction
and Mental Health
Sales and Distribution
33 Russell Street
Toronto, Ontario
Canada M5S 2S1

FAX
Fax this form along with
credit card or purchase
order information to:
416 593-4694

E-MAIL
publications@camh.net

TOLL-FREE BY TELEPHONE
1 800 661-1111
Toronto area and outside
continental North America:
416 595-6059

ONLINE STORE
<http://store.camh.net>

PAR LA POSTE
Centre de toxicomanie
et de santé mentale
Ventes et distribution
33, rue Russell
Toronto (Ontario)
Canada M5S 2S1

PAR TÉLÉCOPIEUR
Télécopiez ce formulaire avec
les renseignements concer-
nant votre carte de crédit ou
votre bon de commande au :
416 593-4694

PAR COURRIEL
publications@camh.net

PAR TÉLÉPHONE, SANS FRAIS
1 800 661-1111
Si vous téléphonez de Toronto
ou de l'extérieur du continent
nord-américain, composez le :
416 595-6059

CYBERBOUTIQUE
<http://store.camh.net>

Please print clearly • SVP caractères d'imprimerie seulement

1 • SHIP TO • EXPÉDIEZ À

Name • Nom _____
Organization • Organisme _____
Job title / Dept. name • Titre / Service _____
Address • Adresse _____
City • Ville _____ Province / State • Province / État _____
Country • Pays _____ Postal Code / Zip • Code postal / Zip _____
() _____
Telephone no. • N° de téléphone _____ Ext. • Poste _____

2 • BILL TO • FACTUREZ À

Name • Nom _____
Organization • Organisme _____
Job title / Dept. name • Titre / Service _____
Address • Adresse _____
City • Ville _____ Province / State • Province / État _____
Country • Pays _____ Postal code / Zip • Code postal / Zip _____
() _____
Telephone no. • N° de téléphone _____ Ext. • Poste _____

3 • ITEMS ORDERED • ARTICLES COMMANDÉS

* For office use only • * Réserve à l'administration

Product code Code de produit	Product title Titre du produit	Quantity Quantité	Unit price Prix à l'unité	Discount* Remise*	Extended price Calcul du prix

Notes: ❶ Canadian orders subject to 10% shipping and handling; all other countries, please add 15%. ❷ Taxes on Canadian orders vary by province and by type of item purchased. After filling out the order form, please call 1 800 661-1111 for your tax total. No tax is charged on orders from outside Canada.

❸ Customer GST exemption no.: _____ CAMH GST no. 869673085RT0001

Remarques: ❶ Ajoutez 10 % de frais d'expédition et de manutention pour commandes provenant du Canada, 15 % pour commandes provenant d'autres pays. ❷ Les taux des taxes sur les commandes au Canada diffèrent selon la province et la catégorie d'article. Après avoir rempli le formulaire de commande, veuillez appeler le 1 800 661-1111 pour le total des taxes. Aucune taxe ne s'applique aux commandes en provenance de l'extérieur du Canada.

❸ N° d'exemption de TPS du client : _____ N° d'inscription de CAMH aux fins de la TPS : 869673085RT0001

Subtotal
Prix total des marchandises _____
Shipping and handling ❶ + _____
Frais d'expédition et de manutention ❶ + _____
Taxes applied ❷ + _____
Taxes ❷ + _____
Total ❸ = _____

4 • METHOD OF PAYMENT • MODE DE PAIEMENT

- Enclosed cheque or money order payable to **Centre for Addiction and Mental Health** in the amount of \$ _____
 Chèque ou mandat-poste à l'ordre du **Centre de toxicomanie et de santé mentale**, au montant de _____ \$ ci-joint.
- Visa MasterCard Amex Credit card no. • N° de la carte : _____ Expiration : _____ / _____ CVD • CDV : _____
MONTH • MOIS YEAR • ANNÉE
- Name on card • Nom figurant sur la carte : _____
- Purchase order no. • N° du bon de commande : _____ Signature : _____
- Accounting unit (CAMH staff only) • Unité comptable (réservé au personnel de CAMH) : _____
- Cash paid • Montant en espèces : _____

5 • CUSTOMER SERVICE

- I would like to receive further information about upcoming CAMH courses, publications and special offers.
- I would like to participate in evaluating CAMH publications and courses.
- Please note that if you opt in to receive information on upcoming courses, publications and special offers that might be of interest to you, your information will not be distributed to any third parties at any time. If you would like to be removed from this mailing list at any time, please contact us at 1 800 661-1111, or 416 595-6059 in Toronto, or e-mail publications@camh.net.

SERVICE À LA CLIENTÈLE

- J'aimerais recevoir des renseignements sur les prochains cours, les prochaines publications et les offres spéciales de CAMH.
- J'aimerais participer à l'évaluation des publications et des cours offerts par CAMH.
- Remarque : Si vous cochez la première option, les renseignements vous concernant ne seront à aucun moment remis à un tiers. Si, à tout moment, vous souhaitez que votre nom soit retiré de cette liste d'envoi, communiquez avec nous par téléphone, au 1 800 661-6111, ou, à Toronto, au 416 595-6059, ou par courriel, à publications@camh.net.



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

2011-2012 **publications
on addiction
and mental health**

www.camh.net

The Centre for Addiction and Mental Health
33 Russell Street
Toronto, ON M5S 2S1

A Pan American Health Organization /
World Health Organization
Collaborating Centre
Fully affiliated with the University of Toronto

