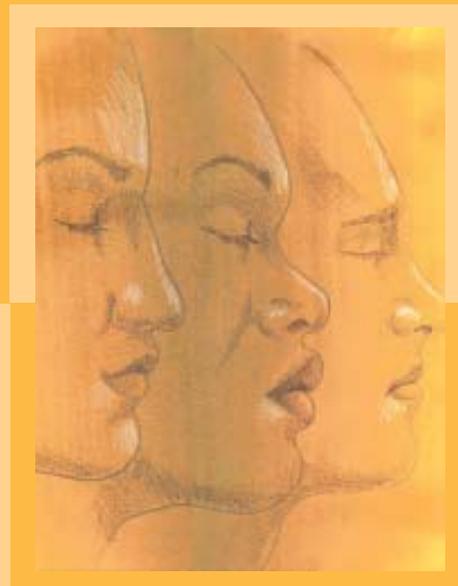


Women and Substance Use in the Childbearing Years

A Prevention Primer



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A Prevention Primer



Compiled by the Minnesota Department of Health
Family Health Division
MCH-FAS Prevention

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While the materials mentioned in the Primer are all deemed to have value for community education, their inclusion does not constitute an endorsement of the work, nor a guarantee of the materials' accuracy.

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Awakening Minnesota about Substance Use in Women and Girls

Introduction

Over the past decade, research has confirmed women and children's unique vulnerability to and the devastating impact of alcohol, tobacco and other drug use on our nation's health and future:

- A 2003 national study by the Center on Addiction and Substance Abuse (CASA) found that girls and young women (8-22 years of age) become addicted to alcohol and other drugs much faster than boys, even though they used lower amounts of alcohol, drugs and cocaine.(1)
- The 2001 U.S. Surgeon General's report on women and smoking found an increase in women and girls' tobacco use and the subsequent premature death previously associated with men's use.(2)
- The Center for Disease Control (CDC) and Prevention reports that girls and women of childbearing age are drinking earlier, more heavily and continuing to drink during pregnancy.(3)

The research also illustrates that the use of alcohol and drugs during pregnancy is a growing, significant and preventable risk for birth defects, disabilities and a range of women's health issues.

Based on these findings, national prevention researchers and specialists recommend that prevention efforts and treatments adapt to address the unique circumstances of women and girls' substance use and associated risks.

In addition, public health experts continue to recommend that a woman's safest choice is to avoid all alcohol, street drugs and nonprescribed drugs during pregnancy. The nation's chief health leader, the U.S. Surgeon General has recommended that:

- all Americans should avoid tobacco use
- all women should avoid all types of alcohol and other street drugs when planning a pregnancy and as soon as a woman believes she may be pregnant

About the Primer

This Primer promotes public education to all Minnesotans who need to know that:

- There is no known safe time to use any type or amount of alcohol during pregnancy and
- Alcohol, tobacco and other drugs have immediate and long-term negative effects on women and children's health.

Minnesota's drug and substance use is complex and pervasive, presenting unique

challenges in planning public education and prevention activities. This Primer includes information about illicit drugs, but primarily focuses on young women's use of tobacco and alcohol, which, while legal and readily available, can have serious health ramifications for women and their communities. The Primer provides information, educational resources, and tools in various formats about:

- 1) women's substance use, addiction and its consequences,
- 2) risk factors associated with women's substance use including, sexual and domestic abuse, depression and other mental health issues,
- 3) how to engage a wide range of community members—men, families, friends, partners, and health and social service providers to take action in helping women who abuse substances, particularly during pregnancy.

Women and Girls' Substance Use

The Childbearing Years

Girl's adolescence and young women's childbearing years (14–45 years) are promising and perilous times. During these years, girls and young women experience tremendous physical and mental changes as well as changing social expectations on their journey into womanhood. The stresses of adolescence include forming an identity, emerging sexuality, separating from parents and physical, intellectual and hormonal changes.(4) At this time young women make many of the following life-shaping decisions, which are often associated with substance abuse and other risks:

- Choosing whether or not to use contraception, alcohol, tobacco and other drugs with

the potential risks of unintended pregnancy, substance abuse or addiction, and the possibility of living with a partner's substance use or domestic violence.

- Becoming sexually active with the potential risks of unintended pregnancy, sexually transmitted infections and sexual violence.
- Seeking information and help if needed and the risk of denying problems or acting on inadequate information.

Women Listen to Those Who Care

Women highly value and are greatly influenced by others in their lives. Several women's mental health experts describe the importance of relationships to women's well being and their substance use. Researchers suggest that women's need for relationships can be instrumental in changing harmful substance use habits when family, partners and care providers offer their caring support.(5)

Additionally, Minnesota Department of Health surveys indicate that a majority of Minnesota women are open to accepting information and help from others and that many Minnesotans think they should offer help to a woman they care about.(6)

Pregnancy, A Special Time for Change

Women turn to many people in their lives—partners, family, friends, co-workers and health care providers—for advice about having a safe pregnancy and healthy baby. Most women are motivated to make the habit and lifestyle changes needed to ensure the best outcomes for the baby, including stopping or reducing their drinking and smoking when they learn they are pregnant. However, those women who have become dependent on alcohol or other sub-

stances not only need accurate information, they also need assistance from others in their lives. Although surveys of Minnesota women indicate that most women avoid drinking and other drugs once they learn they are pregnant, harmful habits, addictions or mental health issues may make it very difficult for vulnerable women to change harmful habits. (See Appendix G: Recognizing and Treating Alcohol Abuse and Alcoholism)

Community Prevention.....It Takes a Village to Change Harmful Habits

Women learn to use substances in the community in which they live. A woman's alcohol, tobacco and drug use is influenced by her partner's, family and friend's use and expectations, and her community's substance use beliefs and norms. In addition, her own mental health, life circumstances and life stressors can either make her more or less vulnerable to substance use and addiction.

What Community Prevention Education Can and Cannot Do

Community education efforts first and foremost raise community awareness, sensitivity and concern about a health issue. Education resources can increase knowledge about the issue and about interventions to address the problem. Additionally, group and individual attitudes and beliefs may be influenced to help motivate community members to take positive action.

Education alone, however, will not create the multi-level changes necessary to diminish the problem. It is recommended that you embed your community education efforts into a multi-level community change plan that includes other

effective alcohol, tobacco and other drug (ATOD) prevention strategies and collaborates with other committed community partners. This Primer includes public health strategies that address community ATOD and other health issues associated with women's substance use which includes mental health and depression, unintended pregnancy and domestic and sexual violence.(7) (See Appendix C: Prevention Strategies)

Engaging The Village

Each of us plays a role in helping women understand the potential harm of substance use on her health, during pregnancy, and over her lifespan. As partners, families and friends we need to prepare ourselves to help women who abuse alcohol or use harmful substances by:

- 1) learning about substance abuse and addiction and the associated risks that impact women, children and families
- 2) understanding our own attitudes about women's substance use and addiction
- 3) learning to approach a woman with an attitude of care and nonblame
- 4) understanding that a woman may not be able to stop her use or that she may feel fear or shame that she will be harshly judged. She may also fear the possible loss of her children if she admits she has a problem and seeks treatment
- 5) learning about local community resources and what to do to support her to stop using alcohol or drugs.

Many of us have a special place in women's lives and through our relationships we can influence a woman's substance use.

Partners, Family and Friends can help women they care about by:

- talking to a woman about the risks of drinking, tobacco and drug use during pregnancy
- encouraging a woman to completely avoid alcohol, tobacco and drugs while pregnant
- helping a woman find professional assistance if needed
- avoiding smoking, drinking or drug use in her presence
- arranging and inviting her to nondrinking and nonsmoking social activities

Health and Human Service Providers play a critical role in educating and counseling women about harmful substance use, especially during pregnancy. Providers can help women at risk by:

- routinely asking about women's use of alcohol and other substances
- advising women to completely avoid harmful substances (including all alcohol) while pregnant
- helping women who risk-drink to set safe drinking goals
- linking women to appropriate treatment services and resources
- encouraging partners, family and friends to support their loved one in seeking substance abuse treatment

Community Educators and Organizations can help women by:

- assessing, and if needed, changing community norms about substance use
- reducing youth access to alcohol
- conducting counter-advertising that explains

the harmful impact of substance use on women, children, and the community

- promoting alternatives to alcohol use for everyone
- encouraging worksites, school and communities to examine and enforce policies about alcohol, tobacco and other drugs
- educating and encouraging health care providers to screen, counsel and refer as needed for alcohol and drug use, especially during pregnancy
- involving women's partners in activities that emphasize their supportive role for women to remain alcohol and drug free during pregnancy
- emphasizing responsibly for healthy pregnancy and positive parenting skills

Policy Planners and Decision Makers can change the community environment that encourages drinking and substance use by:

- developing and enforcing policies that limit access to alcohol, tobacco and other drugs
- decreasing alcohol advertising and marketing
- increasing the price of alcohol and tobacco products
- developing and implementing policies and funding that support culturally and gender sensitive education, prevention, screening, counseling and treatment services.(7)

Minnesota Women and Girl's Substance Use

Among Minnesotans, the most frequently consumed substances include:

- alcohol (60.5% vs. 54.8% for the U.S.)
- cigarettes (23.7% vs. 30.1% for the U.S.)
- marijuana (4.1% vs. 8.0% for the U.S.)(8)

Alcohol is clearly Minnesotans' drug of choice since it is both legal and readily available in nearly every community. While estimates among the states vary widely, according to the CDC, Minnesota has some of the highest binge drinking rates for women of childbearing age in the nation. In 2002, the National Center for Chronic Disease Prevention and Health Promotion Behavioral Risk Factor Surveillance System reported that 11.45% of Minnesota women binge drank, having 5 or more drinks on an occasion, one or more times in the past month. Furthermore, the rates of binge and frequent drinking among nonpregnant women of childbearing age and during pregnancy have not declined since 1991.(3) In 2001, more than 25.1% of girls in Grade 12 reported they had engaged in binge drinking in the past two weeks. In the metro area the rate was 23%.(9)

In Minnesota, binge drinking is more common than the chronic, heavy drinking associated with alcoholism. Since the mid 90s, national and state surveys have confirmed that Minnesota women of childbearing age, are:

- drinking and smoking at an earlier age
- drinking more heavily and more often
- continuing to drink and smoke during pregnancy

Compared to men, women are:

- at greater risk for addiction and greater harm than men
- more likely to use multiple substances than men
- more vulnerable to substance use harm than men

Due to their smaller body size and different metabolism, women handle alcohol differently than men. Recent studies have found that

women experience greater harm earlier in their drinking careers, despite having consumed less alcohol than men.(10,11,12) This is true for all alcoholic beverages although many women mistakenly believe that certain alcoholic beverages such as wine, wine coolers or beer are less harmful.

Risk Drinking

Risk drinking is the term used to describe 1) harmful drinking patterns and 2) using even small to moderate amounts of alcohol in certain risky situations, especially during pregnancy.

Women who are risk drinkers consume alcohol in a heavy or binge-drinking pattern.

- Heavy drinkers, drink seven or more drinks per week.
- Binge drinkers, drink four or more drinks per occasion, in one sitting. (for men, five or more drinks in one sitting).

Often, risk drinkers not only drink heavily, but binge drink as well.(3)

Use in Risky Situations

- Drinking during pregnancy, increases the risk of Fetal Alcohol Syndrome (FAS) or alcohol-related birth defects, stillbirth and miscarriage.
- Drinking and having unprotected sex, increases the risk of HIV/AIDS and other infections and unintended pregnancy. Drinking before driving, risks traumatic injury or death.
- Drinking with certain medical conditions or medications, risks harmful reactions and disease complications.(13)

Minnesota Girls Drink Early

In a 1994 survey, Minnesota girls reported having their first alcoholic drinks between the ages 11 and 25, with an average age of initiation of 17 years.(14)

As indicated in the 2003 CASA study, these young women and girls are at risk for substance use problems and addiction.

Minnesota Women Drink Often and Heavily

In the same survey, an alarming 22% of Minnesota women reported binge drinking, though most women were light to moderate drinkers and only 4% drank 30 or more drinks in the past month.(14) According to the most current CDC data on women's drinking, Minnesota women of childbearing age drank more frequently than women in nearly every other state.(3)

Drinking During Pregnancy

In a 1994 Minnesota Department of Health survey among women aged 18–45 years, about 25% said they drank at least once during their pregnancies, though most either reduced (15%) or stopped (52%) drinking after they conceived.(14)

Women's Tobacco Use

In 2001, more than 19% of Minnesota women smoked, and nearly 25% of Minnesota men (women's partners) smoked. Of great concern is the fact that smoking rates are rising among Minnesota 18–25 year olds and that women are experiencing many of the negative health consequences that male smokers have experienced, including a doubling of women's risk of death between the ages of 45–74 years.(15)

Smoking during Pregnancy

Cigarette smoke contains more than 2,500 chemicals, including carbon monoxide gas, nicotine, cyanide and chemicals that cause cancer. It is known that many of these chemicals can pass from a mother's blood to her unborn baby. Many women (13–22%) continue to smoke during pregnancy, exposing themselves and their babies to complications including a 59% higher death rate for infants borne to smokers compared to nonsmokers.(16)

Other Drug Use in Minnesota

Less than 1% of adults in Minnesota use any other kinds of drugs, such as cocaine/crack, hallucinogens, stimulants, sedatives, opiates or inhalants.(8) However, nationwide findings suggest that women are more likely than men to use multiple substances, compounding both the harmful effects to themselves and if pregnant, to their babies.(17) (See Appendix F: Alcohol and Drug Use Harm to Women and Newborns.)

The Relationship of Substance Use and Other Risks

National research links the problem of women's alcohol and drug use to their life circumstances and mental health status which may include the following risk factors:

- having a relationship with partners who drink, smoke or use other drugs
- a history of childhood sexual abuse and domestic violence
- mental health issues including depression, anxiety, low self-esteem and suicide
- poly-drug use—using alcohol in combination with other drugs

- unintended pregnancies (See Appendix E: Facts About Women Who Drink and Use Substances During Pregnancy)

Male Partners' Substance Use

Minnesota men in all ethnic groups continue to use substances at a higher rate than women. Many researchers find that women will use substances similar to their partner's use. Problems with alcohol and other drugs may be strongly rooted in women's past and current relationships and researchers have long noted the link between women's relationship problems and the onset of depression, another risk factor for substance use in women.(5)

Another researcher suggests that some women may use drugs or alcohol to "fill a void" for what is missing in a relationship and others may use to maintain a relationship (e.g., "he's using, so if I do, we'll have something in common and be able to relate better to each other").(5)

Unintended Pregnancies

Nearly half of Minnesotan's pregnancies are either mis-timed or not intended. Many women continue their drinking habits before realizing they may be pregnant. A recent study found that white women who binge drink are more likely to have an unintended pregnancy, thereby putting their baby at risk for Fetal Alcohol Syndrome.(18)

Mental Health Issues

The 2003 CASA study found that girls' and young women's early experimentation with substances corresponded with several mental health and relationship issues which include:

- eating disorders
- using substances to reduce stress or alleviate depression
- physical or sexual abuse (1)

Depression

Major depression and dysthymia (low-grade depression) affect twice as many women (12%) as men, regardless of racial and ethnic background or economic status. Before adolescence (11–13 yrs), there is little difference in the rate of depression in boys and girls but by age 15, rates of depression double in girls. By high school, studies show that girls have significantly higher rates of depression, anxiety disorders, eating disorder and adjustment disorders than male students.(4) While the presence of these disorders may be caused by substance use, women often use substances to self-medicate the symptoms of anxiety and depression.(5) Depressed women often smoke and drink to excess. Their babies are often irritable and lethargic, underweight and may be slow learners, emotionally unresponsive, with behavior problems such as aggression.(19)

Eating Disorders

Eating disorders include anorexia nervosa, bulimia nervosa or binge eating disorder and mostly affect women and girls. Over a lifetime, an estimated 0.5–3.7% of females suffer from anorexia and an estimated 1.1–4.2% suffer from bulimia. Eating disorders often co-occur with depression, substance abuse and anxiety disorders, and also cause serious physical health problems.(20)

Research reveals that women who use both alcohol and other drugs are more likely than

other women to be mentally ill or victims of family violence or sexual abuse.(21)

Domestic Violence

In 2001, hospitals statewide reported treating 806 Minnesotans for injuries caused by an intimate partner. In 2000, 98% of patients seeking treatment were females and 99% of the offenders were male. Results of national surveys reveal that almost three-quarters of all domestic violence incidents involve alcohol use either by the victim, the partner or both.(22) Many researchers suggest that use of substances may be an attempt to “escape the unresolved emotional trauma of abuse or neglect.”(5)

Childhood Trauma and Abuse

Studies of women enrolled in substance abuse treatment programs indicate that 30–75% have histories of child sexual abuse and these rates appear to be similar regardless of a woman’s sexual preference. Women who had traumatic childhood histories were five times more likely than those who did not to use drugs and over twice as prone to abuse alcohol.(5)

Poly-Drug Use

Women are more likely than men to use more than one substance at a time, and women who do so are more likely than other women to be mentally ill or victims of family violence or sexual abuse.(21) Women who consume alcohol in addition to other substances (prescription drugs, cocaine/crack, hallucinogens, stimulants, sedatives, opiates or inhalants) along with cigarettes may increase the risk of having babies with birth defects. Risk factors for polysubstance use by pregnant women include:

- low educational attainment or low literacy
- a history of physical or sexual abuse
- drug use by parents
- drug use by the woman’s current partner
- mental illness, especially depression or a history of suicide attempts
- among adolescents, early sexual experiences.(17)

Educating Minnesotans About Substance Use

While the problem of drinking during pregnancy is the same for all Minnesotans regardless of race, ethnic background or culture, some groups face unique challenges and call upon different strengths in dealing with alcohol use among pregnant women. Each community holds different perceptions about why the problem exists and what can be done within their communities.

Minnesotans' Concerns About Womens' Drinking

Since 1995, the Minnesota Department of Health (MDH) has conducted focus groups and phone surveys in various Minnesota communities about womens' alcohol use. In April 2002, MDH convened three groups of African Americans, three groups of American Indians and four groups of Latinos. An MDH report, *Drinking and Pregnancy, Attitudes and Awareness Among Minnesota Populations of Color*, presents findings from ten focus groups among women (ages 15–45 years) and community members (men and women age 18 and older) from African American, American Indian and Latino rural and urban Minnesota communities. During the focus group process, MDH heard participants' thoughts and feelings about

drinking in their communities (especially about drinking during pregnancy) and their ideas about how to educate members of their community. Both reports are available on the MDH website at www.health.state.mn.us/fas.

NOTE: While the results provide public educators with an understanding of how community members perceive drinking during pregnancy and FAS, the following findings should be interpreted in general terms only, and not in terms of percentages. In some cases, participants' perceptions that certain behaviors are dangerous may reflect a belief that this was the expected answer during the focus group, rather than a reflection of their own opinions or knowledge about these issues.

Focus Group Common Themes

The groups voiced the following concerns, thoughts and ideas about the problem of drinking in their communities:

- Depression, alcoholism, violence, poor access to health care services, diabetes, obesity and smoking are serious health concerns.
- Most African Americans and American Indians believe alcohol abuse is a problem in their communities and that it is fairly

common for women to drink while pregnant.

- Drinking is less social among Latinos, and it is culturally less appropriate for Latinas to drink. Latinas who drink must often do so in secret.
- There is a high level of awareness of risks of drinking while pregnant.
- Most men and women believe the MDH's public education message: "drinking during pregnancy is risky."
- Many demonize women who drink while pregnant, feeling they do so because they are alcoholics, or because they are selfish, careless or stupid.
- All groups—African Americans, Latinos and American Indians expressed the feeling that they couldn't change a woman's drinking habits, thinking that at best, she would not listen, and at worst she would get angry with them for overstepping their bounds and interfering in private affairs.

When women were asked, "Who would you trust to help you?" they said:

- friends may be less judgmental, but may "sugarcoat" the issues rather than help
- partners and family members have a personal investment in health, but are likely to be judgmental and contribute to drinking habits
- physicians may provide valuable information, but women were afraid they might report to authorities.(23)

Opportunities For Community Action

Based on these focus group findings, it appears Minnesota community members feel that

drinking, especially during pregnancy, is a problem. However, focus group participants felt reluctant to approach a woman about her drinking, fearing that they might be intrusive and she might become angry. However, Minnesota women themselves feel otherwise.

In phone interviews conducted by MDH in 1994 with women of child-bearing age, most agreed that friends, relatives or husbands/partners should warn a pregnant friend not to drink.(14)

An underlying issue about community members reluctance to approach women may be found in the findings from a MDH 1998 statewide phone survey. In interviews with community members, many expressed their concern about women's drinking and their sense of inadequacy to approach her about the issue. They said they did not know enough about the issue, how to help her, or how to approach her on the subject.(24)

Experts in the prevention field note that when communities have become aware of the heavy toll alcohol and substance use takes on women and children, they recognize the imminent threat to the future of the entire community. Motivated by a concern for women and children, community members have rallied around the issue to find effective and caring ways to intervene and address the problem.

The remaining sections of the Primer highlight the Minnesota focus group recommendations for educating specific Minnesota communities and suggests resources to inform and empower Minnesotans in the prevention of women and girl's substance use.

Pre-Testing Education Materials

Although the materials in this Primer have been screened by health educators, we strongly recommend taking the time and effort to both assess your user audience and to pre-test these materials with your intended users. A more complete discussion about the value and process of pre-testing materials is presented in Appendix A: Selecting and Pretesting Education Materials and Appendix B: Selecting Health Information on the Web.

Educating Minnesota Communities

In focus groups conducted by the Minnesota Department of Health (MDH) in 2002, participants spelled out what they thought was important for educating their communities about drinking during pregnancy. Although the following tips were given in response to questions about alcohol use, many of them are appropriate in addressing women's tobacco and other substance use. In addition to the following tips, review the prevention strategies presented in Appendix C, and embed your these multi-level strategies with your educational efforts to reduce alcohol and substance use during pregnancy. This Primer lists education materials for specific audiences: African American, American Indian, Asian American, Latinos, college students, partners, family and friends and teens.

Tips for Educating About Substance Use During Pregnancy

- People need to know the risks of drinking during pregnancy and the resources they can turn to for support.
- Educate about the difference between alcoholism vs. social drinking (See Appendix G: Recognizing and Treating Alcohol Abuse and Alcoholism)
- Educate about the impact of significant others, (especially partners) alcohol use on women's drinking.
- Use simple language and clear, respectful, nonjudgmental messages.
- Provide education on support skills and intervention techniques.
- Use in-person, face-to-face education in public or community settings.
- Use visual materials including television spots, educational videos, and photos in printed materials.
- Use testimonials from women who have been through real-life experiences.
- Use culturally-targeted educational strategies and tools when needed.

Source: *Attitudes and Awareness Among Minnesota Populations of Color*, MDH, 2002.(23)

Community members who participated in the focus groups emphasized the importance of delivering health information through trusted community voices including other women, houses of worship, clubs and culturally sensitive health and human service providers. Community education should:

- explain how and why alcohol, tobacco and drugs can be harmful to women, girls, and babies now and in the future
- Clarify that the risks associated with drinking during pregnancy are greater than the use of illegal drugs and the damage is worse

if a woman uses both alcohol and other drugs, including tobacco (see Appendix F: Substance Use Harm to Women and Newborns).

- Deliver a respectful, clear, consistent, nonblaming and nonshaming message that using drugs and any type or amount of alcohol at any time during pregnancy is risky.
- Clearly state that even though a woman may have used alcohol or other drugs during a previous pregnancy with no harm to the baby, she may not be as lucky with her next pregnancy if she continues to drink and use drugs.
- Clearly explain the possible irreversible life-long problems (permanent brain damage resulting in learning and behavioral problems) due to alcohol use during pregnancy.
- Encourage women who are not ready to have a child to use effective birth control methods until they think they are ready to take on the responsibility of a healthy pregnancy and parenthood.
- Involve pregnant women's partners (or if her partner is missing, her female relatives or friends) in prenatal and parenting education and/or implement activities that emphasize partner's supportive roles for women to remain alcohol and drug free during pregnancy.
- Appeal to the community's strengths: spiritual values, community pride and care for women and children by emphasizing the importance of parental and community responsibility for healthy pregnancies, positive parenting skills and support for women.
- Encourage caring others (especially other women) to learn about the dangers and signs of substance abuse and addiction and how to approach a woman in a caring, nonblaming way to help her find culturally and gender appropriate treatment and other services to help her to manage stress, depression, family violence and financial concerns.
- Partner with other community organizations to reduce the number of liquor stores and bars, reduce the amount of alcohol advertising in the community and the presence of alcohol at community events and to enforce laws that prohibit selling or giving alcohol to underage young people.
- Provide a list of culturally and gender appropriate resources for women and caring others to contact when she needs help. Include confidential information and referral phone lines, phone numbers for chemical dependency assessment and treatment services, women's shelters, emergency day care and mental health phone lines and services.
- Use materials written at the reading level of the user. One study showed that among English speaking women of any race, culture or ethnicity (including Hispanic/Latino), materials written at the 3rd grade level are more effective than materials written at the 10th grade level, regardless of women's ages or education.(25) (See Appendix A: Selecting and Pretesting Education Materials).

African American Communities

African Americans make up about 3.5% of Minnesota's total population (about 171,731

people) and represent the state's largest racial/ethnic group. The number of African Americans in Minnesota is expected to more than double over the next quarter-century. The largest concentration of African Americans is in the Twin Cities area. Cities with the largest African American populations include: Minneapolis, St. Paul, Brooklyn Park, Brooklyn Center and Rochester. There are about 82,745 African American women and girls in Minnesota, and in 2000, about 6.6% of babies born in the state (about 4,450) were to African American mothers.(26)

Community Drinking Patterns and Risks

African American women and men are less likely to drink alcohol than their white counterparts. The rate of alcohol abuse among young African American women is 3%, compared to almost 10% for all women in the United States within this age group.(27)

In the MDH focus groups, some Minnesotans reported that women are encouraged to drink at the same pace as men at nightclubs, especially through bar and nightclub promotions such as "ladies' night." Both men and women in the community focus groups thought that women drink to escape stress and depression associated with economic deprivation, being of minority status or having an unwanted pregnancy.

Drinking During Pregnancy

The rate of infant deaths and infants born with FAS is higher for African Americans than the rate for whites/Caucasians (0.48–1.4 per 1,000 vs. 0.09 per 1,000 live births vs. 0.29 per 1,000,

respectively).(27) There are several possible reasons for higher FAS rates among African American children:

- African American women's beliefs about the relationship between drinking during pregnancy and birth defects are different than the beliefs of other women (28)
- women who drink on weekends or at home with their partners tend to drink until they are intoxicated (29)

African American women who drink while pregnant are more likely than any other group continue to drink daily basis and binge drinking.(30)

Beliefs and Knowledge About Drinking

Most African Americans know that drinking during pregnancy can hurt their babies. However, some African American women believe or misunderstand the problem as follows:

- Compared with illegal drugs, some believe alcohol is relatively harmless and drug use (crack, cocaine) is more damaging to babies than alcohol use (the reverse is actually true). (See Appendix F: Substance Use Harm to Women and Newborns)
- The U.S. health system exaggerates the harmful consequences of alcohol use and may be untrustworthy.
- The more an alcoholic drink "burns" when swallowed, the more it will harm the fetus (wine and wine coolers seem milder).
- Children with Fetal Alcohol Syndrome (FAS) will grow out of their symptoms (the reverse is actually true).(31)

Consequently, when they see health messages about drinking during pregnancy, African American women are much more likely than other women to “tune out.”

The Power of Women’s Relationships

For African American women, there is a strong relationship between the use of substances and their personal stress, self-esteem and quality of their relationships with partners. Groups of African American women who are most at risk for giving birth to children with FAS include those who are in abusive or violent relationships, are disconnected from their families of origin, extended families, or community and women with a childhood history of physical or sexual abuse. Conversely, women who are well connected and have good role models are less likely to drink during their pregnancies.

For young African American women, the most influential role models are other women, mothers, sisters, aunts, grandmothers, close friends and godmothers. These relationships are close, enduring and highly valued, and hold obligations of reciprocity.(32)

Community Strengths, Values and Beliefs

Men and women have held flexible roles within the African American community, with both participating in family life. Messages about FAS that reach African American women, thus, are likely to benefit men as well. The following are cultural norms, beliefs and practices within the African American community that may influence how people respond to the problem of drinking and substance use during pregnancy:

- holding elders in high esteem and seeing

elders as holding great knowledge and wisdom

- an emphasis on community rather than the individual
- great regard for children, and belief in communal responsibility for children’s upbringing, values and health (if a child’s biological parents are missing, others in the extended family or community will raise the child)
- high expectations regarding children’s achievement and education
- strong connections to spiritual life and communities, and a belief that anything is possible with divine intervention
- the use of rituals to mark important events (girl’s transition to womanhood, Kwanzaa, etc.) (33)

Women’s Health Beliefs

Young African American women most often define “health” as “avoiding disease or illness.” They hold several beliefs about health including:

- weight is a natural sign of health—having large babies equates to healthy babies. Being thin is acceptable for children, but not as women age
- health is related to exercise, eating enough good food, finding good role models and getting a good education
- stress is seen as a barrier to good health. Stressors include: raising children as single mothers, lack of money, lack of support from their partners, trouble with men in their lives and stress in the work-place.(34,35)

Educating African American Communities

Health information for African American women and their community should be delivered by trusted community voices and organizations including respected elders, recovering women, houses of worship, clubs, and culturally sensitive and gender appropriate health and human service providers. In addition to the tips suggested for educating communities about alcohol and substance use during pregnancy, education focused on the African American community should:

- Appeal to the community's strengths—spiritual values, community pride and care for children by emphasizing the importance of parental and community responsibility for healthy pregnancies and positive parenting.
 - Appeal to women's health beliefs, and community members' value for children by promoting women's and children's health, safety, healthy pregnancy, stress management, and parenting skills.
 - Promote the importance of locally based culturally and gender appropriate substance use treatment, domestic violence protection, daycare and mental health services for women.
 - Encourage caring others (especially other women and respected elders) to learn about the dangers and signs of substance abuse and addiction, and how to approach a woman in a caring, nonblaming way. Encourage them to help her find culturally and gender appropriate professional treatment services and other services to help her to manage stress, depression, family violence and financial concerns.
- Address the belief that using some types of alcohol may be safer than others. Clearly state that using all types of alcohol, tobacco or drugs, at any time during pregnancy can harm both mother and baby.
 - Partner with other community organizations to reduce the number of liquor stores and bars, reduce alcohol advertising and special "ladies' night" promotions. Promote the reduction of alcohol use at community events and enforce laws that prohibit selling or giving alcohol to underage youth.

American Indian Communities

There are 81,074 Minnesotans who define themselves as American Indian or Alaska Native, either alone or in combination with other races.(36) There are 14 reservations and associated land trusts in Minnesota, but three are either unpopulated or have very small numbers of residents.(37) About one-fourth of these individuals (22.7%, or 18,397 people) live on one of the seven Anishinaabe reservations or four Dakota communities in Minnesota. The Anishinaabe (Chippewa and Ojibwa) reservations are Grand Portage, Bois Forte, Red Lake, White Earth, Leech Lake, Fond du Lac and Mille Lacs. The Dakota (Sioux) communities include Shakopee Mdewakanton, Prairie Island, Lower Sioux and Upper Sioux. Another 24,407 American Indians live in the cities of Minneapolis, St. Paul, Duluth, Bemidji or Cloquet.(38)

Community Drinking Patterns and Risks

Binge drinking rates among American Indians is higher than the national average in almost all age groups. American Indians' drinking patterns

are associated with the same factors for alcohol abuse as other groups: age, social norms, gender, geography and political and legal policies.

Contrary to popular belief, American Indians do not metabolize alcohol differently than do members of other population groups (i.e., more slowly). (39)

However, they suffer higher rates of alcohol-related injuries and deaths.

The age-adjusted death rate for American Indians due to problems associated with alcoholism is 48.7 per 100,000 population, compared to 6.7 per 100,000 population for the United States as a whole. At the same time, the rate of current drinking (any alcohol consumption within the past month) is higher for American Indians until high school, but then drops below the rate for most other populations.(40)

In the MDH focus groups conducted in 2002, American Indians in Minnesota indicated that alcohol plays a key role in social events, frequently in the form of neighborhood gatherings and block parties. Some also identified casinos and bingo halls as popular recreational venues where community members drink. American Indians reported that public drunkenness is common in their communities, and that the use of alcohol and other substances is tolerated (and even tacitly encouraged) among all segments of the community.

Drinking and Pregnancy

Like other Minnesota communities, American Indian women who drink have a tendency toward serious binge drinking. Some women drink very heavily on a regular basis and as a result, they have multiple, alcohol-damaged

children and tend to die early of alcohol-specific diseases, such as cirrhosis of the liver. As with alcohol consumption, rates of FAS among American Indians vary greatly. In some communities the rate of children born with FAS is zero and in others the rate is very high. Most estimates for American Indians fall in the range of 1.6 to 10.3 per 1,000 births, although rates as high as 189 per 1,000 births have been reported for some groups.(41,42)

A study completed in 1988 among urban women showed that 22% of American Indians drank alcohol while pregnant, although 90% reduced their consumption (or quit) when they realized they were pregnant. A small proportion (6%) of the American Indian women in this study drank more than six alcoholic beverages per week, although the rate for white/Caucasian women was higher (9%). Another study conducted using birth certificates showed that 4.5% of American Indian mothers drink during pregnancy, with a slightly higher rate (6.2%) among women within the Bemidji Indian Health Service region. The highest rates of drinking while pregnant among American Indian women are for:

- mothers age 30 or older and mothers under age 19
- women who smoke or use drugs
- women with higher education and income levels
- single mothers, women who are socially isolated or who lack transportation
- women who do not receive prenatal care and
- women whose families of origin had problems with alcoholism.(43)

Beliefs and Knowledge About Drinking

American Indian women find it difficult to be the only nondrinker in a family or social group where drinking is accepted as normal. They also tend to be unsure about the value of cutting down on alcohol consumption during pregnancy.⁽³¹⁾ Most American Indian women are familiar with problem drinking.

Many have a sense of sadness and loss associated with deaths of family members, friends or members of their communities due to alcoholism. They often see drugs and alcohol as a “way of life” for some American Indians, and as a way to escape emotional trauma, violence and the conditions of life on reservations.

They understand how alcoholism is transmitted from generation to generation, in the form of child abuse and neglect. Youth also tend to see alcohol as a problem brought upon the American Indian community by white society.⁽⁴⁴⁾ American Indian women who know someone personally who has FAS are more likely to view the consequences of alcohol consumption during pregnancy as plausible.

In the 2002 MDH focus groups, many Minnesota American Indians said that they would not intervene or offer support because cessation would be impossible. An older American Indian woman said, “On the reservation, if somebody is trying to be sober, it’s like a joke, you know. There’s no support, no encouragement.” In addition, some said they would not do anything if a woman they know was drinking while pregnant because they would not be able to affect her behavior. One American Indian man expressed this sense of futility: “It’s up to

the individual. If a woman’s going to drink, she’s going to drink. It’s a free country.”⁽²³⁾

Community Values and Beliefs

Minnesota’s American Indians place great value on oral history as a way of passing information from generation to generation to retain traditional legends and customs. Many tribes believe communication between young people and elders is essential for the preservation of their people and culture. Most have shown great adaptability and willingness to change without relinquishing their identity, spirituality, clans and traditions of sharing and helping within the community. American Indians respond best within a context of reality, hope and tradition.⁽⁴⁵⁾ The extent to which American Indian cultural practices, values and spiritual beliefs have remained constant over time varies from tribe to tribe. The following is a general list of values, beliefs and practices that are commonly found within American Indian communities in Minnesota and may serve as a framework to educate communities about women’s drinking and drinking during pregnancy:

- historical distrust of the larger society, especially the government, and when programs are imposed from outside the community
- family is central, with great value placed on extended families, clans and traditional kinship ties (some studies have shown that a woman’s families’ alcohol use is the greatest influence on her alcohol abuse vs. non-abuse)
- regard for the welfare of the group over the welfare of the individual

- value of traditional healers who are seen as the connectors and preservers of history, stories and ceremonies, and an orientation to community healing in which all resources (not just the medical establishment) are considered useful, complementary and beneficial.
- harmony (with nature, kin, community, the larger society).
- use of ceremonies—communal healing ceremonies and prayers used to strengthen the well-being of the entire group.(46)

Educating American Indians in Minnesota

Health information for American Indian women and the larger community in which they live needs to emerge from within the American Indian community (as opposed to being developed and offered by “outsiders”). Educators must demonstrate a commitment to the community or they will fail to gain people’s trust. Health information should be delivered by trusted community voices including tribal leaders, elders, healers and culturally competent health and human service providers. In addition to the tips suggested for educating communities about alcohol and substance use during pregnancy, education focused on American Indian communities should:

- Respect and observe the sovereignty of each American Indian nation and tribe. Each tribe has the power to regulate the possession, sale, consumption and taxing of alcohol on reservations and these policies will not change unless tribes’ decision-making processes are followed.
- Promote a message of hope that women can

find healthy ways to manage stress and to get culturally appropriate substance use treatment that works. (Effective treatment most often includes American Indian spiritual practices and beliefs).

- Debunk and avoid perpetuating the myths that American Indians are biologically destined to addiction or that addiction is inherently part of the American Indian culture.
- Respectfully work with tribal governments and community leaders to develop prevention activities, reduce the number of liquor stores and bars, and reduce alcohol advertising and the presence of alcohol at community events. Promote the enforcement of laws that prohibit selling or giving alcohol to underage youth.
- Seek to understand individual tribe’s specific beliefs, especially around the use of tobacco which is widely used for tribal ceremonial and healing purposes.

Latino Communities

A July 2003 update to a U.S. Census Bureau Report found that about 3% (141,786) of Minnesota residents who identified as Hispanic or Latino*, with the largest groups being:

- Mexican, 101,821 people
- Central American, 9,616 people
- South American, 8,418 people
- Puerto Rican, 6,508 people
- Cuban, 2,443 people (47)

While these groups share a common language, each is unique in terms of history, cultural practices, beliefs and experiences within the United States. Nationwide, Mexican Americans

**The term Latino encompasses people who self identify as Hispanic or Latino.*

and Puerto Ricans tend to be younger than the general population, have the least education, and also have the highest unemployment and poverty rates of any Latino groups.

Community Drinking Patterns and Risks

Patterns of drinking among Latinos are different not only from those of the general population, but also among the various ethnic groups within the Latino population. While Latino men have relatively high rates of alcohol abuse, Latinas are among the least likely of any racial, ethnic or cultural group in the United States to drink alcohol at all and they have among the lowest rates of risk drinking (heavy, regular or binge-drinking). Overall:

- 45.7% of Cuban American women abstain from alcohol entirely and 24.1% are infrequent drinkers
- 43.4% of Mexican American women abstain, and 20.8% are infrequent drinkers
- only about 5% of Mexican American women abuse alcohol
- 43.8% of Puerto Rican women abstain and 19.8% are infrequent drinkers
- 52.4% of other Hispanic/Latino women abstain, and 16% are infrequent drinkers.(48)

Groups of Latinas who are at greatest risk of having problems with alcohol include:

- women with a history of sexual assault, as children or adults
- women born in the United States are, with each generation more likely to drink or abuse alcohol (49)
- women who identify with Central and South American countries who are married.

Note: Cuban American women who are married drink less than average.(48)

- young, Mexican American women who are current or former gang members and whose family members were drug users or had criminal records.(51)
- women whose partners use drugs or are heavy alcohol users
- Hispanic/Latino women may begin using drugs or alcohol as a way of being supportive to their partners.(52)

Drinking During Pregnancy

While drinking during pregnancy varies significantly depending on Latina's cultural or ethnic identity, pregnant women who are single, employed, have at least a high school diploma and are older (ages 31–44) are more likely than their white/Caucasian peers to drink alcohol while they are pregnant.(53) Overall, the rate of FAS among Latinos, nevertheless, is estimated to be very low compared to that of other groups (around 0.03 per 1,000 births).(54)

Beliefs and Knowledge About Drinking

While drinking takes place publicly in the other communities alcohol and Latino men may drink together to socialize, it is considered culturally inappropriate for women to do so, especially if they are married.

Latinas who drink face condemnation from the Church and the community, so they often do so in secret. Some felt that women are likely to drink more as they acclimate to the greater freedoms enjoyed by women living in the U.S.

Latinos tend to associate alcohol with violence, including spousal and child abuse resulting from drunkenness. Latinos believe it is less common for pregnant women to drink alcohol in their communities; the fact that drinking is very likely to take place in private, however, makes it difficult to assess the accuracy of this perception. Some Latinos not only believe Latinas drink secretly to avoid social condemnation, they also feel women will hide their husbands' alcohol problems for the same reason. For example, two members of the Latino community participating in a MDH focus group in 2002 had the following exchange: "I believe they hide the fact [that] their husbands drink and abuse them physically when they drink. They feel ashamed about what the Hispanic community may say. Many women don't want to share the problem, because they are church members and are afraid of what others may say." "You are right... I think alcoholism is hidden more among women than among men. It doesn't mean that women don't drink—They may be drinking at home, doing their chores, having a drink, without going outside. They go to bed and no one ever knew."(23)

Among Latinas, virtue and respect are highly valued and drinking outside family functions is viewed very negatively. Drinking in large quantities is perceived as masculine, and Mexican men, and not women, are seen as having problems with alcohol.(55,56)

Like the other Minnesota groups, Latinos expressed feeling that at best a woman would not listen, and at worst the woman would get angry with them for overstepping their bounds and interfering in private affairs. A member of

the Latino community associated this with Latino pride: "That whole issue is not easy to talk about among Latinos, because we are very proud individuals. There is the usual 'What do you care? Live your life and leave me alone'."

Community Values and Beliefs

Across ethnicities, Latinos place great importance on family, which involves close reliance on one's immediate and extended family for support and pride. Latinos are very receptive to family members' needs, sharing values and beliefs with one's family, the ability of family members to work well together, loyalty to and pride in the family unit and sharing trust and confidence with one's family.

Latinas tend to keep problems with alcohol within the family and can be reluctant to reveal such problems to health professionals.

The following is a general list of norms, beliefs and practices that are commonly found in Latino communities and that may influence how people respond to education campaigns about FAS prevention and women's drinking:

- religion is highly valued, and religious institutions are a source of support that people turn to in periods of stress—attending church with one's family is one of the best predictors of abstinence from alcohol or drugs among Latinas
- an emphasis on obedience and respect for adult authority among children
- an emphasis on warm, personalized styles of interaction, a relaxed sense of time and the need for a comfortable, informal atmosphere for communication

- a belief in the absolute authority of schools and teachers (57)

TIP: To learn more about Latino health beliefs and how to work with Latino communities, refer to the report, *Latino Health Beliefs: A Primer for Health Care Professionals*, available to download at www.nclr-ihh.org or contact the National Council of La Raza, Institute for Hispanic Health.

Educating Latinos in Minnesota

Health information should be delivered by trusted community members including community and religious leaders, healers, teachers and culturally competent health and human service providers. In addition to the tips suggested for educating communities about alcohol and substance use during pregnancy, education focused on Latino communities should address the following:

- written materials should be avoided as a primary way of imparting critically important messages to pregnant women. Spanish speakers respond best with face-to-face counseling regarding abstaining from alcohol (58)
- assess each community to determine the degree of acculturation to the dominant society, because the greater the adaptation to the dominant culture, the more likely the risk of alcohol abuse
- assess the literacy level of the group for both their native language, and English; provide written materials written in the appropriate language and reading level
- for low level readers, consider using clear drawings or photos to reinforce essential information

College Students

In 2001, Minnesota's 177 public and private post-secondary institutions enrolled 297,157 students. The mean age of the Minnesota college student population is 24.5 years. A majority are female (54%), and a majority are aged 20 to 24 years. Most students are enrolled full time (64.9%) and at the undergraduate level (86.9%). About half of all students are enrolled in colleges located in the seven county metropolitan areas. Of the students enrolled in private institutions, two-thirds of them attend colleges in the metro area. Of the students enrolled in public institutions, about the same number of students are enrolled in metro and greater Minnesota schools.(59)

The National Advisory Council on Alcohol Abuse and Alcoholism recognizes that first-year students who live on campus may be at particular risk for alcohol misuse.

During the first few years following high school, the heavy drinking rates of college students surpass those of their noncollege peers, and this rapid increase in heavy drinking over a relatively short period of time can contribute to difficulties with alcohol and with the college transition. There is evidence that during the first six weeks of enrollment many students initiate heavy drinking, which may interfere with successful adaptation to campus life.(60)

Community Drinking Patterns and Risks

According to the 1997 College Alcohol Survey conducted by Anderson and Gadaletto, college and university administrators estimate that the abuse of alcohol is associated with a range of

college problems including:

- 29% of college dropouts
- 38% of academic failures
- 64% of violent behaviors
- 66% of unsafe sexual practices
- 75% of acquaintance rapes (61)

Although these consequences of campus drinking are serious, the majority of college students drink moderately or abstain. Studies show that students who drink the least attend:

- two-year institutions
- religious schools
- commuter schools
- historically Black colleges and universities

Students who drink the most include:

- males
- whites
- members of fraternities and sororities
- athletes (61)

Student Alcohol Abuse And Dependence

According to self-reports about their drinking, 31% of college students met criteria for a diagnosis of alcohol abuse and 6% for a diagnosis of alcohol dependence in the past 12 months. In another study, 39% of college women binge drank within a two-week period compared to 50% of college men.

Students who live in a fraternity or sorority house are the heaviest drinkers—86% of fraternity residents and 80% of sorority residents report binge drinking.(60)

Data from several national surveys indicate that about four in five college students drink and that about half of college student drinkers binge drink, engaging in heavy episodic consumption. In one study, frequent binge drinkers (defined as three times or more in the past two weeks) grew from 20% to 23% between 1993 and 1999. The number of students who reported three or more incidents of intoxication in the past month also increased. However, the number of college students who do not drink is also growing. In the same study, the percentage of nondrinkers increased from 15% to 19%.

The U.S. Surgeon General and the U.S. Department of Health and Human Services have identified binge drinking among college students as a major public health problem.

Federal public health goals single out binge drinking among college students for a specific, targeted reduction from 39% to 20% by the year 2010.(62)

Educating College Students in Minnesota

Health information should be delivered by respected campus community members including peer leaders, teachers, campus health educators and health service providers. In addition to the tips suggested for educating communities about alcohol and substance use, campus education and prevention activities should:

- Engage students, within the first six weeks of college life, introducing them to campus rules and policies regarding alcohol use during the campus orientation.

- Correct misperceptions and change student drinking patterns. Take care not to reinforce the notion that harmful drinking is the norm or acceptable behavior on campus.
 - Integrate a wide range of approaches into campus housing, sororities, fraternities, athletic activities, and campus health and student service, and other organizations.
 - Don't only "educate" about the problem. Work on changing campus and local community policies and norms around alcohol use.
 - Seek on and off campus community partners to develop prevention activities, reduce the number of liquor stores and bars, reduce the amount of alcohol advertising in the community and the presence of alcohol at campus and community events and to enforce laws that prohibit selling or giving alcohol to underage youth.
 - Organize nonalcoholic activities and provide nonalcoholic beverages at all events.
 - Encourage friends, peers, resident assistants, student health service and counseling providers, professors and advisors to talk with young women about abusive drinking or drug use and help her find support to address her harmful habits, stressors and mental health issues.
 - Train peers, resident advisors, student health service and counseling providers, coaches, and faculty to recognize alcohol abuse and to assist students to find resources and help. (See Appendix G: Recognizing and Treating Alcohol Abuse and Alcoholism)
- Promote healthy choices for students as part of an informational campaign.
 - Support safe, legal, responsible, moderate consumption of alcohol for those who choose to drink.(62)

Books

Program planners, educators, students and policy makers may find the following books useful for developing a better understanding of alcohol and drug use in their community, as well as to inform their decisions about local prevention and treatment programs. The books cover substance abuse and other risk factors associated with substance abuse, Fetal Alcohol Syndrome (FAS), and books to help partners, family and friends understand and intervene when a loved one abuses alcohol and drugs.

We strongly recommend pre-testing items with a sample of intended learners before purchasing multiple copies for wider distribution. Refer to Appendix A: Selecting and Pretesting Education Materials. Go to the vendor contact list at the back of the Primer for information to order additional copies of the items on this list.

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Note: To view PDF files you will need Adobe Acrobat Reader (free downloads from Adobe website at www.adobe.com/support/downloads).

College Students

Beer, Booze And Books...A Sober Look At Higher Education

Takes a non-judgmental look at college drinking issues on campuses around the country. Includes student views—both pro and con—regarding the various issues.

Audience: Adults (parents, health and human service providers, educators)

Format: Book

Price: \$15.00 each for 1-10 copies, \$9.50 for 11-149, \$5.50 for 150-400, \$4.50 for 400 or more copies

Contact: Jim Matthews

Dying to Drink: Confronting Binge Drinking on College Campuses

Presents an analysis of college alcohol policies and their effectiveness in this call to action for colleges, parents and lawmakers. (2002)

Audience: Adults (educators, planners, health/human service providers)

Format: Hard cover, 322 pages

Price: \$24.95

Contact: Rodale Press

Wrongs of Passage: Fraternities, Sororities, Hazing, and Binge Drinking

Examines the injury associated with fraternity rituals, including beatings, mental abuse, excessive physical exercise, and the forced consumption of alcohol, food, and other substances. Presents the history of hazing as well as efforts to stop it. Includes interviews with victims of hazing and the parents of those who have died. (1999)

Audience: High school to adults (students, administrators, counselors, educators)

Format: Soft cover, 360 pages

Price: \$45.00

Contact: Indiana University Press

Fetal Alcohol Syndrome

Children with Fetal Alcohol Syndrome

Addresses the needs of children with FAS. Explores FAS diagnosis, treatment, home and classroom management, social skills and medications. (1999)

Audience: Adults (parents, health and human service providers, educators)

Format: Soft cover, 74 pages

Price: \$15.00

Contact: Hazelden

Fetal Alcohol Syndrome: Diagnosis, Epidemiology, Prevention and Treatment

Discusses FAS and other alcohol-related birth defects diagnosis, surveillance, prevention and treatment. Includes several vignettes of FAS children and explores research findings and problems associated with FAS epidemiology and surveillance. Describes an integrated multidisciplinary approach to research on the prevention and treatment of FAS. (Institute of Medicine, 1996)

Audience: Physicians, nurses, mental health practitioners, school/public health officials, policymakers, researchers, educators

Format: Book, 230 pages

Price: \$37.40 or download free at www.nas.edu

Contact: National Academies Press

Family, Partners and Friends

Addict in the Family—Stories of Loss, Hope, and Recovery

Presents stories of fathers, mothers, sons and daughters of addicts offering important lessons on loving, detachment, intervention, and self-care. (2003)

Audience: High school to adult

Format: Soft cover, 188 pages

Cost: \$12.95

Contact: Hazelden

❖ A Guide for the Family of the Alcoholic

Offers help to family members, looking at their involvement in alcohol addiction and urges them to seek help from support groups.

Audience: High school to adult

Format: Book, English or Spanish

Price: \$1.75

Contact: Hazelden

Family Intervention: Positive Action You Can Take to Help a Loved One—and Yourself—to Break the Cycle of Addiction and Codependency

Utilizing worksheets, checklists and examples from practice, an expert in the recovery field presents a step-by-step process for families and friends to break through the addicted person's denial. Shows how the love and care inherent in professionally guided intervention can break the cycle of addiction and codependence. (1991)

Audience: High school to adult (family, friends)

Format: Soft cover, 208 pages

Price: \$12.95

Contact: Hazelden

Helping a Loved One Live Smoke-Free—What Works, What Won't and Why

This how-to book for nonsmokers presents effective strategies for assisting a loved one who is trying to quit smoking. Examines research evidence about nicotine's effect on stress and the link between smoking and depression. Includes tools to help a loved one give up smoking. (2002)

Audience: High school to adult (family, friends)

Format: Soft cover, 160 pages

Price: \$16.00

Contact: Hazelden

Helping Those Who Don't Want Help

Describes the process to motivate chemically dependent people to accept help. Shows how chemical dependency affects those around the addicted person, and teaches concerned people how to help and how to do it right. (Johnson Institute-QVS, Inc)

Audience: High school to adult (family, friends)
 Format: Soft cover, 116 pages
 Price: \$13.95
 Contact: Hazelden

Love First A New Approach to Intervention for Alcoholism & Drug Addiction

Presents step-by-step information to guide family members through the intervention process. The book explains how to use love and honesty to give an addicted loved one the chance to reach out for help. (2000)

Audience: High school to adult (family, friends)
 Format: Soft cover, 280 pages
 Price: \$14.95
 Contact: Hazelden

Training Families To Do a Successful Intervention

A step-by-step professional's guide for preparing families and other concerned persons to intervene effectively with those who are dependent on alcohol or other drugs. Describes the proper process and explains why it leads to success. (1996)

Audience: Counselors, therapists, physicians, judges, lawyers, nurses, probation officers, personnel directors, teachers, clergy
 Format: Soft cover, 168 pages
 Price: \$16.95
 Contact: Hazelden

Latinas

❖ Soy Unica, Soy Latina The Girl I Am/La Nina Que Soy

Activities to help Latinas get to know themselves better, develop a better appreciation of their heritage and learn to make positive, healthy decisions for the future. (CSAP, 2001)

Audience: Girls, ages 9-11, Spanish and English
 Format: Book, 90 pages
 Price: Free
 Contact: The National Clearinghouse for Alcohol and Drug Information

❖ Soy Unica, Soy Latina Grandma's Wisdom/Los Consejos de la Abuelita

Includes useful tips and positive messages about self-esteem, communication, family ties and self-awareness. (CSAP, 2001)

Audience: Girls, ages 12-14
 Format: Book, 82 pages, Spanish and English
 Price: Free
 Contact: The National Clearinghouse for Alcohol and Drug Information

❖ Soy Unica, Soy Latina Who Am I? Quien Soy

Contains activities to help Latinas learn more about and celebrate their heritage. (CSAP, 2001)

Audience: Girls, ages 12-14
 Format: Book, 80 pages, Spanish and English
 Price: Free
 Contact: The National Clearinghouse for Alcohol and Drug Information

Substance Use

❖ Chemical Dependency and the African American Counseling and Prevention Strategies

Discusses the African American perspective toward addiction treatment, the dynamics of race, culture and class in treatment and recovery and specific racial identity and recovery issues.

Audience: Adult (health and human service providers, counselors)
 Format: Soft cover, 120 pages
 Price: \$16.00
 Contact: Hazelden

❖ Libre de Adicciones (Free from Addictions)

Addresses addiction recovery from a culturally sensitive perspective. Incorporates Hispanic culture and religious/spiritual beliefs. (1991)

Audience: High school to adult (family, partners, friends)
 Format: Soft cover, 248 pages, Spanish
 Price: \$15.00
 Contact: Hazelden

❖ **The Sacred Tree: Reflections on Native American Spirituality**

Uses Native values, traditions and the guidance of elders as the key to eliminate widespread drug and alcohol use in tribal communities.

Audience: High school to adult (American Indian)

Format: Soft cover, 88 pages

Price: \$10.95

Contact: Hazelden

Understanding and Defeating Alcoholism

Presents scientific research to explain the neurological nature of alcohol addiction and why some people drink addictively and others do not. It spells out the steps to help an addicted person find effective treatment and support. (Random House, Inc. 2000)

Audience: High school to adult (family and friends)

Format: Soft cover, 370 pages

Price: \$13.95

Contact: Hazelden

Women's Health

The Childbearing Year

Helps mothers-to-be learn about keeping themselves and their babies healthy during pregnancy. Contains reading and writing activities, narratives by other expectant mothers and key vocabulary.

Audience: High school to adult (reading level, grades 4-6)

Format: Soft cover

Price: \$10.00 for 1-3, \$8.00 for 4 or more copies

Contact: New Readers Press

Managing Stress

Develops awareness of how stress affects our capabilities in both positive and negative ways. Individuals learn to cope with the ways stress affects them in order to feel and perform their best. Easy-to-understand language; clear graphics and charts.

Audience: High school to adult (reading level, grades 4-6)

Format: Soft cover

Price: \$9.75 for 1-3, \$7.80 for 4 or more copies

Contact: New Readers Press

❖ **Saving Our Last Nerve: The African American Woman's Path to Mental**

Offers advice for helping African American women handle the stresses of everyday life and anticipate and prepare for long-term mental health. (Hilton Publishing, 2002)

Audience: High school to adult (African American women, family, friends, counselors)

Price: \$16.95

Format: Paperback, 256 pages

Contact: National Mental Health Association

Women's Health

Provides important information on how to stay healthy from menstruation to menopause and beyond. Chapters include Mental Health Matters, Exercise and Doctor Visits. Easy-to-understand language; clear graphics and charts.

Audience: High school to adult (4-6 grade and above reading level)

Format: Soft cover

Price: \$9.75 for 1-3, \$7.80 for 4 or more copies

Contact: New Readers Press

Women and Girl's Substance Use

Drug Addiction Research and the Health of Women

Reviews the epidemiology, etiology, health, social and behavioral consequences of drug abuse and addiction in women. Explains the biology of addiction and legal, prevention and treatment issues surrounding drug abuse and addiction. (NIDA, 1998, Reprinted 2002)

Audience: High school to adult

Format: Soft cover, 596 pages

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

❖ **Happy Hours: Alcohol in a Woman's Life**

Examines alcohol as a woman's health issue and addresses women's shame about sexuality and physical abuse. Focuses on therapy for childhood traumas, gaining financial independence and treatment programs tailored to the needs of women, including Native American and African American women. (Harper Collins Inc., 2001)

Audience: High school to adult (women, friends, partners, health providers)

Format: Soft cover, 400 pages

Price: \$13.95

Contact: Hazelden

Pregnant Women on Drugs: Combating Stereotypes and Stigma

Looks at the lives of pregnant drug users through interviews with 120 pregnant or recently delivered, drug-using women. Examines how pregnant addicts make choices about drug use, pregnancy and prenatal care. (1999)

Audience: High school to adult

Format: 192 pages

Cost: \$23.00

Contact: Rutgers University Press

On Loan Books

Several libraries maintain a collection of books and other resources about Fetal Alcohol Syndrome (FAS).

Minnesota Department of Health Library Resource Center

The library assists Minnesota public health professionals, school nurses, psychologists, teachers and social workers. The public is welcome to use materials at MDH library locations.

Phone: 612-676-5090

Fax: 612-676-5385

Email: library@health.state.mn.us

Website: www.health.state.mn.us/library/about.htm

Minnesota Library Collections

Eleven university and community libraries throughout the state loan materials about alcohol-related birth effects. For a complete list of library resources go to the Minnesota Department of Health, FAS prevention website at www.health.state.mn.us/fas. Click on "Publications."

MNLink

Additional resources are available at many public libraries throughout Minnesota. To See what is available near you, go to the Electronic Library (MNLink) website at <http://gateway.mnlink.org> or call the Minnesota Prevention Resource Center (763-427-5310 or 1-800-782-1878) for assistance.

Brochures, Booklets, Pamphlets

These recommended brochures, booklets and pamphlets cover various topics and information to help partners, family and friends understand and intervene when a loved one abuses chemicals or is suffering domestic violence or mental health issues. Also included are materials to address women's drinking and drinking during pregnancy.

We strongly recommend pre-testing items with a sample of intended learners before purchasing multiple copies for wider distribution. Refer to Appendix A: Selecting and Pretesting Education Materials. Go to the vendor contact list at the back of the Primer for information to order additional copies of the items this list.

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Note: To view PDF files you will need Adobe Acrobat Reader (free downloads from Adobe website at www.adobe.com/support/downloads)

College Students

Alcohol and Other Drugs: Risky Business

Discusses the risks and signs of alcohol and other drug use or problems. Defines categories of common drugs and emphasizes prevention, treatment and resources for support.

Audience: College students

Format: Brochure

Cost: \$.70 each for 25-99, \$.49 for 100-499, \$.42 for 500-999, \$.35 for 1,000-9,999, \$.31 for 10,000+ copies

Contact: American College Health Association Publications

Audience: College students

Format: Brochure

Price: \$.70 for 25-99, \$.49 for 100-499, \$.42 for 500-999, \$.35 for 1,000-9,999, \$.31 for 10,000+ copies

Contact: American College Health Association Publications

Depression and College Women: Finding Hope and Help

Provides a general overview, identifying signs and symptoms of depression in women and where to go for help.

Audience: Students, parents, counselors, educators

Format: Brochure

Price: \$.60

Contact: National Mental Health Association Resource Center

Alcohol: Decisions on Tap

Offers practical advice on how to set limits and handle peer pressure. Emphasizes the consequences of a single, careless drinking episode as well as chronic drinking.

Dealing With Depression: What Everyone Should Know

Addresses depression ranging from mild “blues” to suicidal feelings. Suggests self-help techniques and identifies signs that indicate professional help may be needed. Gives advice on helping a friend who is depressed or feeling suicidal.

Audience: College students

Format: Brochure

Price: \$.70 for 25-99, \$.49 for 100-499, \$.42 for 500-999, \$.35 for 1,000-9,999, \$.31 for 10,000+ copies

Contact: American College Health Association Publications

How to Help a Friend With a Drinking Problem

Suggests practical ways to evaluate a possible drinking problem. Gives tips on talking to the problem drinker, including dealing with denial and defensiveness. Lists resources on alcoholism.

Audience: College students

Format: Brochure

Price: \$.70 for 25-99, \$.49 for 100-499, \$.42 for 500-999, \$.35 for 1,000-9,999, \$.31 for 10,000+ copies

Contact: American College Health Association Publications

Stress in College: What Everyone Should Know

Provides short and long-term stress management techniques, including a practical plan to beat procrastination. Warns students about alcohol abuse and other possible danger signs of stress overload.

Audience: College students

Format: Brochure

Cost: \$.70 for 25-99, \$.49 for 100-499, \$.42 for 500-999, \$.35 for 1,000-9,999, \$.31 for 10,000+ copies

Contact: American College Health Association Publications

What College Presidents Need To Know About College Drinking

Encourages colleges to be proactive in addressing the culture of alcohol on campus. (NIH, 2002)

Audience: College presidents, administrators

Format: Booklet, 12 pages

Price: Free single copy, \$1.25 each additional copy, \$17.00 for 25, \$33.00 for 50 copies

Contact: National Institute on Alcohol Abuse and Alcoholism College Drinking website

What Parents Need To Know About College Drinking

Highlights practical information to help parents understand campus drinking culture and to choose a college for their son or daughter. (NIH, 2002)

Audience: Educators, parents

Format: Brochure, 9 pages

Price: Free single copy, \$1.25 each additional copy, \$14.00 for 50, \$23.00 for 100, \$85.00 for 500, \$150.00 for 1,000 copies

Contact: National Institute on Alcohol Abuse and Alcoholism College Drinking website

What Peer Educators And Resident Advisors (RAs) Need To Know About College Drinking

Helps peer educators and RAs understand the extent of this problem, speak knowledgeably about it, and be proactive in taking steps to address it at school. (NIH, 2002)

Audience: College students, counselors

Format: Booklet, 11 pages

Price: Free single copy, \$1.25 each additional copy, \$14.00 for 50, \$23.00 for 100, \$85.00 for 500, \$150 for 1,000 copies

Contact: National Institute on Alcohol Abuse and Alcoholism College Drinking website

Domestic and Sexual Violence**❖ Concerned about your Relationship?**

Addresses the warning signs of abuse, how abuse affects a woman's health, what actions she can take and how her health care providers can help.

Audience: Women, family, friends, and health care providers

Format: Brochure, English, Spanish and Tagalog. Camera-ready copy available to customize with local information. Version for same-sex relationships in English

Price: \$7.00 for 50, \$11.00 for 100, \$20.00 for 200+ copies; \$25.00 for camera-ready art

Contact: Family Violence Prevention Fund

Dating and Violence—How to Tell If a Relationship is Abusive

Helps teens and young adults understand emotional, physical, and sexual abuse and what to do about it.

Audience: High school to adult. (5th grade reading level)

Format: Pamphlet

Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies

Contact: Journeyworks Publishing

Domestic Violence: Getting Out

Discusses leaving a violent relationship. Offers safety guidelines for staying as well as guidelines for leaving.

Audience: High school to adult (women, family, friends)

Format: Brochure

Price: \$16.00 for 50, \$30.00 for 100, \$56.00 for 200, \$130.00 for 500, \$230.00 for 1,000 copies

Contact: ETR Associates

Domestic Violence: How to Help

Suggests how to support a friend who's being abused, describes signs of abuse and encourages helpers to take care of themselves.

Audience: High school to adult (family, friends)

Format: Brochure

Price: \$16.00 for 50, \$30.00 for 100, \$56.00 for 200, \$130.00 for 500,

\$230.00 for 1,000 copies

Contact: ETR Associates

Helping Yourself Heal—A Recovering Woman's Guide to Coping with Childhood Abuse Issues

Identifies abuse and common symptoms and feelings of childhood abuse in adults. Provides guidance on how to address childhood abuse issues while in treatment, as well as insights into how substance abuse counselors can help. Provides a list of federal and other selected resources is included. (CSAT, 2003)

Audience: High school to adult (women, family, friends, counselors, health and human service providers)

Format: Brochure, 3 pages

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

Person to Person Domestic Violence Action Kit

For survivors of domestic violence (including those who witnessed abuse as a child) who want to share their experiences and reach out to help others facing abuse.

Audience: High school to adult (family, friends)

Format: Brochure

Price: \$2.50

Contact: Family Violence Prevention Fund

❖ Safety Cards

Outlines potentially lifesaving steps women can take to protect themselves and their children from domestic violence.

Audience: Women, family, friends

Format: Pocket card, English, Laotian, Russian, Spanish, Tagalog Vietnamese

Price: \$6.00 for 50, \$11.00 for 100, \$52.00 for 500, \$95.00 for 1,000 copies

Contact: Family Violence Prevention Fund

❖ You Have the Right To be Free: Answers for Immigrant and Refugee Women

Answers common questions that battered immigrant and refugee women ask about

domestic violence as it relates to immigration and family law. Addresses the following issues: women facing domestic violence, legal issues and national resources for help.

Audience: Immigrant and refugee women, family, friends

Format: Brochure 8.5" x 14" foldout, English, Arabic, Chinese, Korean, Russian, Spanish, Tagalog and Vietnamese
Camera-ready copy available to customize with local information.

Price: \$12.50 for 50, \$125.00 for 100, \$50.00 for 200 copies; \$25.00 for camera-ready art

Contact: Family Violence Prevention Fund

Sex, Alcohol and Your Right to Say No

Explains how alcohol makes it hard to make good decisions. Empowers a reader to say no to alcohol and stick to their sexual limits.

Audience: Middle school to adult (4th grade reading level)

Format: Pamphlet

Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies

Contact: Journeyworks Publishing

What to Do If Someone You Know Is Raped

Provides information and suggestions on how to help a friend who has been sexually assaulted.

Audience: High school to adult (5th grade reading level)

Format: Pamphlet

Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies

Contact: Journeyworks Publishing

When No Means No!

Gives young women specific tips for how to say "no" so it will be heard and respected.

Audience: Middle school to adult, girls and women (3rd grade reading level)

Format: Pamphlet

Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies

Contact: Journeyworks Publishing

Family, Partners and Friends

Asking for Help

Recognizes that everyone needs help at times. Offers simple steps to help people overcome their resistance and ask for help.

Audience: Middle school to adult (4th grade reading level)

Format: Pamphlet

Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies

Contact: Journeyworks Publishing

A Guide for the Family Of The Alcoholic

Describes the weapons used by the alcoholic to control the family and cover up problem drinking are destructive and deadly. Suggests ways that the family can defend itself and encourages them to take a look at their involvement. Urges family members to seek help from support groups.

Audience: High school to adult

Format: Pamphlet, 10 pages

Price: \$1.95

Contact: Hazelden

Drinking During Pregnancy-Women Listen to Those Who Care

Provides an overview of the lifelong risks of drinking during pregnancy for baby. Encourages and provides a four-step communication process to speak with a woman who continues to drink during pregnancy. Provides a toll-free Minnesota information number and web site resources. (MDH, 1999)

Audience: High school to adult (general public, parents, clinic clients)

Format: Booklet, 6 pages, 2-color 5" x 8"

Price: \$5.00 minimum shipping charge

Contact: Minnesota Prevention Resource Center

Fetal Alcohol Syndrome

❖ **Fetal Alcohol Syndrome and Fetal Alcohol Effects**
 Easy to understand information about FAS/FAE symptoms, alcohol use during pregnancy and parenting children with FAS/FAE.
 Audience: Adults (parents, professionals, American Indians)
 Format: Booklet, 24 pages
 Price: \$1.00
 Contact: National Indian Child Welfare Association

Guidelines for Children with Special Health Needs Fetal Alcohol Syndrome and Fetal Alcohol Effects
 Addresses common questions about children with alcohol-related birth effects including the health care needs, developmental stages and hints for working with the affected child. Provides information about family support services and resources and how families can most effectively work with these services. (1999)
 Audience: Parents, health and social service professionals, family members to an affected child
 Format: Booklet, 114 pages
 Price: Download free copy from www.health.state.mn.us/divs/fh/mcshn/guide.htm
 Contact: Minnesota Department of Health, Library Resource Center

Men

❖ **Becoming a Dad**
 Describes ways in which the expectant dad can be a part of his baby's life before he or she is born. Provides information on prenatal visits, preparing the home for the newborn, childbirth classes and healthy practices for mom and dad during pregnancy.
 Audience: High school to adult (men)
 Format: Booklet, English or Spanish
 Price: \$12.00 for 50 copies
 Contact: March of Dimes Birth Defects Foundation

Coaching Boys into Men
 Encourages adult males to teach boys early and often that violence against women is wrong. Suggests strategies to teach boys that there is no excuse for violence in any relationship.
 Audience: High school to adult (men)
 Format: Brochure
 Price: \$1.75 for 12 copies
 Contact: Family Violence Prevention Fund

15 Things Every Man Needs to Know About Date and Acquaintance Rape
 Gives facts about date and acquaintance rape. Addresses men's specific concerns to help them learn and grow into responsible caring men.
 Audience: Middle school to adult (5th grade reading level)
 Format: Pamphlet
 Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies
 Contact: Journeyworks Publishing

50 Things Men Need to Know About Sex and Responsibility
 Includes facts about birth control, pregnancy, HIV, STDs, date rape, communication and more. Helps young men make good decisions about sexual involvement.
 Audience: High school to adult (6th grade reading level)
 Format: Pamphlet
 Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies
 Contact: Journeyworks Publishing

❖ **Man to Man**
 Developed by and for the African American community, this brochure suggests ways men can take action against domestic violence by communicating to other men that domestic violence is never acceptable.
 Audience: High school to adult (African American males)

Format: Brochure
 Price: \$1.75 for 12 copies
 Contact: Family Violence Prevention Fund

Mental Health

Anxiety Disorders: Overcoming the Fear

Describes general anxiety disorder, panic disorder, phobias, obsessive compulsive disorder and post-traumatic stress disorder.

Audience: High school to adult

Format: Brochure

Price: \$.35

Contact: National Mental Health Association
 Resource Center

Bipolar Disorder

Explains bipolar disorder, its treatment and where to get help.

Audience: High school to adult

Price: \$.35

Contact: National Mental Health Association
 Resource Center

❖Bipolar Disorder and African Americans

Discusses factors which have contributed to African Americans not receiving help for bipolar disorder and other mental illnesses. Describes signs, causes and treatments.

Audience: High school to adult (African American)

Format: Brochure

Price: Download free or order print copy

Contact: National Mental Health Association

❖Depression in African Americans

Discusses depression, how the African American culture views depression, treatment and sources of help.

Audience: High school to adult (African American)

Format: Brochure

Price: \$.35

Contact: National Mental Health Association
 Resource Center

❖Depression: What Every Woman Should Know

Discusses symptoms of depression, reasons why women are so vulnerable, therapy, and where to go for help. (2001)

Audience: Adults (educators, planners, health care providers)

Format: Booklet, 26 pages, English or Spanish

Price: Download free at www.nimh.nih.gov/publicat/index.cfm

Contact: National Institute of Mental Health

Depression: What Women Need to Know

Discusses the effects of depression in women, the treatment and sources of help.

Audience: High school to adult (women, family, friends)

Format: Brochure

Price: \$.35

Contact: National Mental Health Association
 Resource Center

50 Things You Should Know About Eating Disorders

Provides information about anorexia, bulimia, and binge eating. Discusses body image, dieting and getting professional help.

Audience: Middle school to adult (7th grade reading level)

Format: Pamphlet

Price: \$16 for 50, \$29 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies

Contact: Journeyworks Publishing

How to Deal with Stress—Without Using Alcohol or Other Drugs

Gives healthy alternatives and empowers young people to make good choices for themselves.

Audience: Middle school to adult (4th grade reading level)

Format: Pamphlet

Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies

Contact: Journeyworks Publishing

Tobacco and Stress

Helps people see how they can cope with stress without cigarettes.

Audience: High school to adult (3rd grade reading level)

Format: Pamphlet

Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies

Contact: Journeyworks Publishing

❖ Trastorno Bipolar: LoQue Usted Necesita Saber

Explains bipolar disorder, its treatment and where to get help.

Audience: High school to adult (Latino)

Format: Brochure, Spanish

Price: \$.35

Contact: National Mental Health Association Resource Center

What is Depression?

Explains depression, its treatments and sources of help.

Audience: High school to adult

Format: Brochure

Price: \$.35

Contact: National Mental Health Association Resource Center

Women Hold Up Half the Sky

Describes how mental illnesses affect women and men differently. Clarifies the risk and protective factors for mental disorders in women. (NIMH)

Audience: Adults (educators, planners, health care provider)

Format: Booklet, 4 pages

Price: Download free at www.nimh.nih.gov/publicat/index.cfm

Contact: National Institute of Mental Health

Pregnancy and Substance Use**❖ About Alcohol (Sobre El Alcohol)**

Explains what alcohol is and outlines its negative effects on the body and in prenatal development.

Audience: High school to adult (Latinas and partners)

Format: Brochure, English or Spanish

Price: \$16.00 for 50, \$30.00 for 100, \$56.00 for 200, \$130.00 for 500, \$230.00 for 1,000 copies

Contact: ETR Associates

Be Good to Your Baby Before It Is Born

Provides tips for a healthy pregnancy and baby. Highlights the dangers associated with drinking, smoking or taking other drugs during pregnancy. Discusses prenatal care, making healthy food choices, common concerns about pregnancy, labor, delivery, breastfeeding and health problems that can affect pregnancy.

Audience: High school to adult (women and partners)

Format: Booklet, 13 pages

Price: \$12.00 for 50 copies

Contact: March of Dimes

Carry Your Baby to Health-Don't Drink

This brochure for pregnant women with basic reading skills encourages them to avoid drinking and gives practical alternatives for relieving stress and advice on where to seek help if drinking is a problem.

Audience: Middle school to adult (women and partners)

Format: Brochure, 7 pages, simple reading level

Price: \$1.10 (quantity discounts available)

Contact: Channing L. Bete Company, Inc.

❖ Drinking and Your Pregnancy

Provides basic information about the impact on children whose mothers drank during pregnancy. Answers the most common questions women have about drinking during pregnancy. Recommends that women stop drinking when planning a pregnancy and as soon as she becomes pregnant. Recommends women seek help if they are unable to stop drinking and provides national information sources regarding alcohol abuse. (NIAAA, 2002)

Audience: High school to adult (women, partners, family, friends)
 Format: Brochure, 3 pages, English or Spanish
 Price: Download free or order print copy
 Contact: National Clearinghouse for Alcohol and Drug Information

❖ **Drug Use and Pregnancy**

Covers basic information about how drugs (tobacco, alcohol, illegal drugs, over the counter and prescription drugs) can affect pregnant women and their babies. Encourages women to talk to their health care provider before taking any type of drug or medicine.

Audience: High school to adult (5th grade reading level)

Format: Pamphlet, English or Spanish

Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000

Chinese or Vietnamese: \$12.00 for 25, \$20.00 for 50, \$36.00 for 100, \$65.00 for 200, \$145.00 for 500, \$250.00 for 1,000 copies

Contact: Journeyworks Publishing

❖ **The Facts About Alcohol and Pregnancy: Make the Right Choice**

Discusses the dangers of drinking alcohol during pregnancy, including Fetal Alcohol Syndrome.

Audience: Middle school to adult (women, partners)

Format: Brochure, 2 pages, English or Spanish

Price: \$10.00 for 50 copies

Contact: March of Dimes

The Facts About Drugs and Pregnancy

Discusses the dangers of using drugs during pregnancy for both mother and baby. Discusses the use of a variety of drugs including cocaine/crack, over-the-counter medications, tobacco and alcohol. (2002)

Audience: Middle school to adult (women, partners)

Format: Brochure, 2 pages

Price: \$10.00 for 50 copies

Contact: March of Dimes

For a Strong and Healthy Baby

Recommends that women do not drink alcohol or use drugs if pregnant or planning to become pregnant. Describes the risks and potential effects of drinking and using drugs.

Audience: High school to adult (women, partners)

Format: Brochure, 6 pages

Price: \$5.00 minimum shipping charge

Contact: Minnesota Prevention Resource Center

5 Baby Steps to a Healthy Pregnancy

Steps include: 1) Plan ahead, 2) Get prenatal care, 3) Baby yourself, 4) Know what to avoid and 5) Get support.

Audience: High school to adult (women, partners)

Format: Brochure, simple reading level

Price: \$18.00 for 50, \$34.00 for 100, \$64.00 for 200, \$145.00 for 500, \$260 for 1,000 copies

Contact: ETR Associates

Great Start. What You Should Know About Alcohol, Tobacco And Other Drug Use During Pregnancy.

Provides the facts about drug use during pregnancy along with alternatives. Includes local resources.

Audience: Middle school to adult (women, partners)

Format: Brochure, 4-color

Price: \$.20

Contact: Minnesota Prevention Resource Center

How to Take Care of Your Baby Before Birth

Provides activities women can do for themselves during pregnancy to avoid using alcohol or other drugs. (CSAP)

Audience: High school to adult (women who are pregnant, planning a pregnancy, breastfeeding and her partner)

Format: Brochure, 4 pages
 Price: \$5.00 minimum shipping charge
 Contact: Minnesota Prevention Resource Center

❖ **I never thought I'd get pregnant...let alone have a baby with Fetal Alcohol Syndrome.**

Discusses the causes and characteristics of FAS, highlight the risks associated with drinking and having unprotected sex, and identifies ways to prevent FAS. (Recommend avoiding version with with cover photo of a wine glass.) (2002)

Audience: High school to adult (African American women)

Format: Brochure, 2-color

Price: Free in limited quantities

Contact: Centers for Disease Control and Prevention Fetal Alcohol Syndrome Prevention

Is It Safe for My Baby?

Gives information about drugs and their relative risk and safety to the baby, both during pregnancy and while breastfeeding. Lists legal and illegal substances, including alcohol, marijuana, herbal remedies, tobacco and other drugs, with recommendations for dealing with the risks these substances present. (2003)

Audience: High school to adult (women, partners)

Format: Brochure

Price: \$21.25 for 25 copies

Contact: Center for Addiction and Mental Health

❖ **La bebida y su embarazo (Spanish version of Drinking and Your Pregnancy)**

Explains how drinking alcohol can hurt a developing fetus. Describes FAS, and the possible physical and mental problems associated. Answers common questions about drinking alcohol during pregnancy, and how to stop drinking. (NIAAA, 1997)

Audience: High school to adult (Latinos, partners, family, friends)

Format: Brochure, 2 pages, Spanish

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

Personal Steps to a Healthy Choice: A Woman's Guide

For women with a drinking problem. Provides information on the harmful effects of alcohol use and a structured plan to help cut down or stop using alcohol. Includes tear-out pages of drinking diary cards. (NIAAA, 2001)

Audience: Women diagnosed with a drinking problem, health care providers

Format: Booklet

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

❖ **Think before you drink**

Describes what FAS is and how to prevent it. The brochure targets childbearing-age women with the message to avoid drinking during pregnancy.

Audience: High school to adult (African American women)

Format: Brochure, 2-color

Price: \$.50

Contact: Arc of the United States

Smoking Cessation and Pregnancy

Great Start

Self-help guide and toll free quit line for pregnant smokers. Provides basic facts about smoking and pregnancy. Also covers the benefits of quitting for her and baby. Worksheets help her deal with habits, negative feelings, withdrawal, social pressure. Provides support and website resources. Can be used as a self-help tool. (2001)

Audience: High school to adult (pregnant smokers, simple reading level)

Format: Booklet

Price: Free

Contact: American Legacy Foundation

Need Help Putting Out That Cigarette?

For pregnant smokers. Includes benefits of quitting for mom and baby, ways to prepare to quit, setting a quit date, how to handle “slips” and tips for after the baby is born. (Smoke-Free Families)

Audience: High school to adult (pregnant smokers, simple reading level)
 Format: Booklet, 4-color, 28 pages
 Price: \$10.00 or download free sample copy from www.smokefreefamilies.org
 Contact: American College of Obstetricians and Gynecologists

Secondhand Smoke and Your New Baby

Encourages new moms, dads and other caregivers to protect their babies from second-hand smoke. Gives tips for keeping the home smoke free and suggests parents quit smoking for their health and that of their baby.

Audience: High school to adult (5th grade reading level)
 Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies
 Format: Pamphlet, English or Spanish
 Contact: Journeyworks Publishing

❖ Ten Best Reasons Not to Smoke While You're Pregnant

Helps women who are pregnant (or who are planning to be) quit smoking.

Audience: High school to adult (3rd grade reading level)
 Format: Pamphlet
 Price: English or Spanish: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies
 Chinese or Vietnamese: \$12.00 for 25, \$20.00 for 50, \$36.00 for 100, \$65.00 for 200, \$145.00 for 500, \$250.00 for 1,000 copies
 Contact: Journeyworks Publishing

Substance Use**The Alcohol and Binge Drinking Quiz**

Presents the risks involved in drinking too much, too fast, including alcohol poisoning, accidents, car crashes, sexual assault, STDs and more.

Audience: Middle school to adult (5th grade reading level)
 Format: Pamphlet
 Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies
 Contact: Journeyworks Publishing

❖ Alcoholism: Getting the Facts

Discusses the widespread problem of alcoholism, defines moderate drinking levels for men and women, and covers alcohol dependence vs. alcohol abuse. Provides a brief self-assessment tool regarding alcohol use and describes available treatment and resources. (NIAAA)

Audience: High school to adult
 Format: Booklet, 12 pages, English or Spanish
 Price: Download free or order print copy.
 Contact: National Clearinghouse for Alcohol and Drug Information

❖ Alcoholismo: Preguntas Frecuentes/Frequently Asked Questions About Alcoholism and Alcohol Abuse

Provides answers in Spanish to common questions about alcoholism and alcohol abuse. Explains how alcohol affects the body and what to do if some-one has a problem with alcohol. (2002)

Audience: High school to adult (Latina)
 Format: Booklet, Spanish
 Price: Free
 Contact: National Clearinghouse for Alcohol and Drug Information

❖ Alcohol: What You Don't Know Can Harm You

Provides an overview of the problems caused by drinking, even moderately. Defines a standard drink is defined and describes alcohol-related

problems including drinking and driving, interactions with medications, social and legal problems, alcohol-related birth defects and long-term health problems. (NIAAA)

Audience: High school to adult

Format: Booklet, 12 pages, English or Spanish

Price: Download free or order print copy

Contact: National Clearinghouse for Alcohol and Drug Information

Crossing The Thin Line Between Social Drinking and Alcoholism

Encourages people to look at their own drinking habits to decide if they are crossing the very thin line between social drinking and abuse. An excellent resource for anyone who has wondered about his or her own drinking habits.

Audience: High school to adult

Format: Pamphlet, 20 pages

Price: \$2.50

Contact: Hazelden

Drinking, Drugs and Sex

Describes the physical effects drugs and alcohol can have on sexual activity and provides people with information to make smart choices.

Audience: Middle school to adult

Format: 8 pages

Price: \$.40

Contact: Planned Parenthood of Minnesota/ South Dakota

Drug and Alcohol Use-Issues To Consider For The Gay, Lesbian, and Bisexual Communities

Describes the issues related to this population's use of alcohol and drugs and offers advice on getting help.

Audience: High school to adult

Format: Brochure

Price: \$10.00 for 50

Contact: Center for Addiction and Mental Health

50 Things You Should Know About—Binge Drinking and Alcohol Poisoning

Helps young people understand the serious risks of drinking too much too fast.

Audience: Middle school to adult (8th grade reading level)

Format: Pamphlet

Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000

Contact: Journeyworks Publishing

❖How to Cut Down on Your Drinking

A self-help guide to help drinkers determine if they have a drinking problem. Provides a three-step process for setting a drinking goal and a three-week diary to record drinking. Includes tips for quitting and preventing relapse.

Audience: High school to adult

Format: Brochure, 5 pages, English or Spanish

Price: Available only as a free PDF file

Contact: National Institute on Alcohol Abuse and Alcoholism

How to Tell If You Have a Problem with Alcohol

Helps young people understand the risks and assess their own alcohol use.

Audience: Middle school to adult (7th grade reading level)

Format: Pamphlet

Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies

Contact: Journeyworks Publishing

❖I Can't Be an Alcoholic Because

Presents the common misconceptions and facts about alcohol, alcohol abuse, and alcoholism.

Audience: High school to adult

Format: Booklet, English or Spanish

Price: \$1.50

Contact: Hazelden

❖ **Respecting Our Children**

Describes the effects of substance abuse on parenting and how it contributes to child abuse and neglect.

Audience: Adults (American Indian)

Format: Booklet, 15 pages

Price: \$1.75 each, \$1.60 for 100+ copies

Contact: National Indian Child Welfare Association

❖ **Take Action: Alcohol, Other Drug Problems and Your Family**

Discusses how to prevent alcohol and drug problems and suggests strategies for dealing with existing drug or alcohol problems.

Audience: High school to adult (women, partners, family, friends)

Format: Brochure, English or Spanish

Price: \$15.00 for 25 copies

Contact: Center for Addiction and Mental Health

Teens Talks Drugs

Provides teens' (ages 13–17 years) experiences and opinions about alcohol and drug use.

Encourages young people to talk about their concerns with adults they trust.

Audience: Middle to high school

Format: Pamphlet

Price: \$10.00 for 50

Contact: March of Dimes Birth Defects Foundation

Audience: High school to adult (simple reading level)

Format: Booklet, 14 pages

Price: \$5.00 for 20 copies

Contact: Children of Alcoholics Foundation

Women and Alcohol

Covers the physical and psychological effects of alcohol, pregnancy and breastfeeding; alcohol and other drugs; stress, safe drinking, women and drinking problems; other people's drinking; and looking for support.

Audience: High school to adult (women, partners)

Format: Booklet, 12 pages

Price: \$21.25 for 25 copies

Contact: Center for Addiction and Mental Health

Women and Smoking-Ten Great Reasons to Quit

Discusses the risks women smokers face and explains the benefits of quitting. Includes information on heart and lung disease, osteoporosis, menstruation, birth control pills, pregnancy, secondhand smoke and more.

Audience: High school to adult (6th grade reading level)

Format: Pamphlet

Price: \$16.00 for 50, \$29.00 for 100, \$54.00 for 200, \$125.00 for 500, \$225.00 for 1,000 copies

Contact: Journeyworks Publishing

Women and Substance Use

Know Your Strengths, Know Your Risks: A Woman's Guide to Healthy Choices

For all women concerned about alcohol, especially those whose families may have abused alcohol. Includes an assessment of personal strengths, the effects of growing up with an alcoholic parent, alcohol and pregnancy, alcoholism treatment and parenting and domestic violence. Provides national toll free resource phone numbers.

Counseling and Information Phone Lines

The following resources provide confidential, one-on-one counseling, information and resources to women who and want to stop smoking or using alcohol or drugs.

Trained phone specialists can assist women in finding local services for alcohol, drug and tobacco use, domestic violence and mental health issues. Many of the phone lines are available in multiple languages, 24 hours a day, 7 days a week. Several of the smoking phone lines specifically address quitting smoking for women who are pregnant. Program planners and educators can contact phone specialists to consult on planning programs and locating education resources.

This phone list is not comprehensive and the recommended resources are not meant to replace the advice of a physician or primary care provider.

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Note: To view PDF files you will need Adobe Acrobat Reader (free downloads from Adobe website at www.adobe.com/support/downloads)

Alcohol and Drug Counseling and Referral Lines

❖Minnesota Help Info

Provides local Minnesota resources for women who drink.

211 or 1-800-543-7709

Spanish: 651-291-0211

Russian: 651-698-9167

Hmong, Laotian, and Vietnamese: 651-721-4852

Website: www.MinnesotaHelp.Info

❖Drug and Alcohol Treatment Hotline

A nationwide, 24 hour helpline offering information and treatment facility referral in Spanish 1-800-662-4357 or 1-877-767-8432

National Council on Alcoholism and Drug Dependence

Provides education, information and help for alcohol and other drug addictions.

212-206-HOPE (6770)

Website: www.ncadd.org

Pregnancy and Smoking Cessation Help Lines

Minnesota's state Medicaid program covers smoking cessation counseling services for pregnant smokers including group and individual counseling. For more information about Medicaid coverage, visit the Centers for Medicare and Medicaid Services at <http://cms.hhs.gov>

❖Minnesota Group Health Quit Line

Audience: High school to adult (family, partners, friends)

Toll free: 1-877-270-STOP (7867)

Spanish: 1-877-2NO-FUME (266-3863)

TTY: 1-877-777-6534

❖ Great Start-For Pregnant Smokers

This 24 hour, toll free line provides counselor information and support to help women quit smoking during pregnancy. The website provides a self-help workbook.

Audience: High school to adult (family, partners, friends)

Toll free: 1-866-66-START (667-8278) English and Spanish. For local prenatal services: 1-800-311-BABY

Website: www.americanlegacy.org/greatstart/html/quitline.html

Great Start-For Health Care Providers

Providers can request patient education resources to help pregnant smokers. All materials can be copied and used with appropriate acknowledgment of the source.

Audience: Health care providers
919-843-7663

Website: www.smokefreefamilies.org or
www.acog.org

Great Start-For Partners, Family and Friends

Smoking and nonsmoking partners/household members of pregnant women may also call for information to help a loved one. If they are smoking and interested in quitting, they will be referred to resources for nonpregnant smokers.

Audience: Adults (family, partners, friends)

Toll free: 1-800-4-A-LEGACY (534229)

TTY: 1-800-215-0608

National Counseling and Referral Lines

❖ Domestic Abuse Domestic Abuse Hotline

24 hour statewide information, support, advocacy and shelter.

Toll free: 1-800-799-7233 Spanish and English

TTY: 1-800-787-3224

National Mental Health Service Referral Line

Provides answers to clinical, technical questions and information about local consumer, family support and self-help groups.

Toll free: 1-800-969-NMHA (6642)

National Hopeline Network

Reaches a certified crisis center 24 hours a day, seven days a week. (National Mental Health Association Resource Center)

Toll free: 1-800-SUICIDE (1-800-784-2433)

Multilingual Counseling and Referral Lines

❖ National Women's Health Information Center

This national toll free line provides information and resources for all women about women's health issues including chemical health.

Audience: High school to adult (women)

Toll free: 1-800-994-9662 (1-800-994-WOMAN)
English and Spanish

TTY: 1-888-220-5446

Website: www.4woman.gov

❖ Spanish and English National Prenatal Information Line

Offers information about local and state low cost services for pregnant women and their babies. Services include: medical care, support, advice and information about health insurance for women and babies. Sponsored by Maternal and Child Health Bureau Health Resources and Services Administration

Audience: Family, women and health care providers (Spanish speaking)
Toll free: 1-800-311-BABY (1-800-311-2229)
Spanish: 1-800-504-7081

Website: www.mchb.hrsa.gov/programs/womeninfants/prenatal.htm

❖ The Su Familia Help Line

This toll free bilingual national health hotline provides Latino families with basic health information. Sponsored by the Department of Health and Human Services. Callers can request basic health information, referrals to information sources, or fact sheets on a variety of topics.

Audience: Family, women and health care providers (Spanish speaking)

Toll free: 1-866-SU-FAMILIA (1-866-783-2645)

Website: www.hhs.gov/news/press/2003pres/20030312.html

Curricula

The following curricula contain facilitator guides, kits and various teaching tools including workbooks and videos to be used to teach in group settings or one-on-one. We strongly recommend pretesting with a sample of intended learners before purchasing and widely using items in this section. Refer to Appendix B: Selecting and Pretesting Education Materials. Go to the vendor contact list at the back of the Primer for information to order additional copies of the items on this list.

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Note: To view PDF files you will need Adobe Acrobat Reader (free downloads from Adobe website at www.adobe.com/support/downloads)

American Indian

❖Faces Yet to Come

Discusses the physical and historical impact of drinking alcohol during pregnancy in nineteen lessons. Presents Native views of spirituality and Mother Earth to protect the health and well-being of future generations. (American Indian Institute)

Audience: Middle school (Native American Indian students)

Format: Video (12 minutes), facilitator guide

Price: Video, \$35.00; Video and Guide Set, \$85.00

Contact: Opportunity Productions

❖The Gathering of Native Americans (GONA) Curriculum

Addresses the effects of alcohol and substance abuse on Native American communities. Presents four major themes: 1) Belonging – infants and children learn who they are, where they belong and a sense of protection; 2) Mastery – adolescents and young adults learn to understand their

gifts, vision, origins and how to master their talents; 3) Interdependence – adulthood, responsibility and interconnectedness with all things; and 4) Generosity – a person learns to give back to their family and community through sharing wisdom, teachings, culture, rituals, stories and songs. (2000)

Audience: High school to adult

Format: Guide, 64 pages

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

Domestic Violence

Domestic Violence: A Workplace Issue: A Training Resource Kit

Provides training outlines, along with overheads and handouts about domestic violence as it affects the workplace.

Audience: Workplace employees, managers, domestic violence service providers

Formats: Curriculum and video

Price: \$40.00 for curriculum only
\$50.00 for curriculum and video
Contact: Family Violence Prevention Fund

Worker to Worker Domestic Violence Action Kit

Includes step-by-step instructions for holding a brown bag lunch on abuse. Includes a handout, audiocassette, and checklist of company policies, posters and talking points for how to approach co-workers living with domestic abuse.

Audience: Workplace employees, managers
Format: Curriculum
Price: \$20.00
Contact: Family Violence Prevention Fund

Family, Partners and Friends

Flashing Your Brights (FLASH)

This set of communication tools and training program helps students take action about a peer's high-risk drinking without taking responsibility for it. Peers can "flash their brights" to warn others about a problem they can't see.

Consists of five simple and effective communication tools to teach friends and peers to influence positive change.

Audience: High school or college students (student leaders, residence hall staff, peer health educators, student councils, athletic teams, fraternity and sorority officers)

Format: Guidebook for trainers, tool kit for participants, *What Do you Say?* booklet, wallet card/bookmark, training seminar

Price: Depends on order. See items listed below.

Contact: Starfish Enterprises Ltd.

FLASH Guidebook For Trainers

Introduces FLASH methods and includes handouts, a copy of the participant's tool kit, and *What Do You Say?* booklet.

Format: 100 pages
Price: \$79.95

FLASH Tool Kit For Participants

Format: 14 pages
Price: \$1.35 each. For 1-24, \$1.25 for 25-99, \$1.12 for 100-499, \$0.98 for 500-999, \$0.88 for 1,000 or more

FLASH Booklet: What Do You Say?

Stands on its own as a counseling tool and for times when the training cannot be offered.

Format: 14 pages
Price: \$1.35 each. For 1-24, \$1.25 for 25-99, \$1.12 for 100-499, \$0.98 for 500-999, \$0.88 for 1,000 or more

FLASH Bookmarks/Wallet Cards

Carry the basic information about FLASH.

Format: Wallet card 2" x 3.5"
Price: \$18.00 per hundred for 100-400, \$15.00 per hundred for 500-900, \$12.50 per hundred for 1,000 or more

FLASH Training Seminars for Campus Leaders

A four-part program about implementing the FLASH program and use of the *Guidebook For Trainers* to include: basic knowledge training, skills training, training of trainers, discussion and planning for program implementation.

Price: Negotiable

How to Help Someone You Care About... (And Feel Good About It)

Gives families and friends tools to take the first step toward the lifesaving process of intervention. Includes *Back to Reality* video, *How You Can Help and Feel Good About It* workbook and *Intervention-A Step-by-Step Guide for Families, Friends of Chemically Dependent Persons*.

Audience: High school to adult (family, friends)
Format: Video, 28 minutes; workbook, 60 pages; book, soft cover, 130 pages
Price: \$59.95
Contact: Hazelden

Latino

❖The 8-Hour Spanish Language Substance Abuse Program Video Set

A complete curriculum on substance abuse awareness. Stories from recovering people highlights the importance of managing high-risk behaviors to prevent relapse. Eight videos include *Drinking and Drugging, Alcohol and Other Drugs, Values Clarification, Common Myths Concerning Alcohol and other Drugs, Signs and Symptoms of Abuse, Coping Skills, Personal Assessment and Alternatives*. (PRIDE)

Audience: High school to adult (educators, Spanish speaking)

Format: 60-minute videos; Instructor's manual in both English and Spanish

Price: \$600.00

Contact: Hazelden

❖Prenatal Care: Pictures of Health/Cuidado Prenatal: Imagenes de Salud

This flipchart teaching tool for health providers and outreach workers contains 15 topics on the stages of pregnancy and delivery including early care, physical changes and labor. Ideal for teaching small groups or one-on-one patient education.

Audience: High school to adult (Spanish speaking women, partners, friends)

Format: 11" x 17" flipchart; color photos and illustration with Spanish and English messages

Price: \$40.00

Contact: The National Center for Farmworker Health

❖Healthy Mommy, Healthy Baby/ Mama Sana, Bebe Sano

Easy-to-read, bilingual presentations, developed to teach patients about prenatal care and baby care. Topics include a healthy pregnancy, taking care of your baby and what to do when your baby is sick. The book is in a camera-ready format and can be easily reproduced.

Audience: High school to adult

Format: Curriculum with teacher's guide, both Spanish and English

Price: \$5.00

Contact: The National Center for Farmworker Health

Substance Use

Brain Power: The NIDA Junior Scientist Program

These six modules are designed to examine the effects of drugs on the brain. Lays the foundation for future scientific learning and substance abuse prevention efforts.

Audience: Grades 2-3, parents, teachers

Format: Curriculum

Price: Download free copy from www.backtoschool.drugabuse.gov

Contact: National Institute on Drug Abuse

The Brain: Understanding Neurobiology Through the Study of Addiction

This interactive, science-based curriculum provides current information on drug abuse and addiction, including neurobiology, behavioral components and treatment.

Audience: High school (Grades 9-11)

Format: CD-ROM with video and activities

Price: Download free copy or order from www.backtoschool.drugabuse.gov

Contact: National Institute on Drug Abuse

Environmental Prevention Strategies: Putting Theory into Practice

The intent of this videotape is to raise the level of knowledge about environmental prevention strategies in youth drug abuse prevention. Includes a facilitator's guide with copies of graphics used in the video, resources for further research and discussion, four in-depth papers discussing environmental prevention strategies and a diskette of the resources and two of the four papers. (CSAP, 2000)

Format: Video, 116 page guide, diskette

Price: \$35.00

Contact: The National Clearinghouse for Alcohol and Drug Information

Everybody's Business 2: Building Bridges

This staff development package offers strategies for implementing risk-focused prevention in schools and communities. It outlines the prevention of health and behavior problems among young people, supplies positive strategies to implement peer helper, service learning and adult mentor opportunities. (CSAP, 1995)

Audience: Adults (teachers who work with youth grades 5–12)

Format: 4 videotapes, 4.5 hours; facilitator's guide, participant's manual and resource guide

Price: \$24.95

Contact: The National Clearinghouse for Alcohol and Drug Information

Foundations of Substance Use, Abuse and Dependence

This two-day training curriculum focuses on participants' experiences and how they have shaped attitudes, beliefs and perceptions toward alcohol and other drugs. Includes short lectures, activities, group discussion, as well as four videos which can be ordered separately. Participants will gain a greater understanding of substance use, abuse and dependence.

Audience: Middle school to adult

Format: Teaching Guide, 83 pages; 64 overhead masters; teachers guide, 93 pages

Price: \$45.00. Download from www.mattc.org/information/foundations.html

Contact: Mid-America Addiction Technology Transfer Center

The Gamble Learning Program

This seven-day curriculum explores the effects of drug and alcohol use on an unborn infant. Includes worksheets, a crossword puzzle, quizzes, a discussion guide, and photos comparing healthy infants to infants with Fetal Alcohol Syndrome. Also included are supplies for an FAS baby shower, a team review competition, and learning assessment tools.

Audience: Middle school

Format: Kit

Price: \$199.00

Contact: Realityworks, Inc.

❖ Growing Up Black And Proud Teen Guide

Helps students discover how racial identity affects personal identity and how to use this understanding as a prevention tool. Provides skills to grow into drug-free adults.

Audience: African American youth

Format: Video, facilitator's guide, 10 teen guides

Price: \$300.00

Contact: Hazelden

Heads Up: Real News About Drugs and Your Body

A collection of magazine articles designed to teach students about the repercussions of drug use. Includes a teacher's edition that provides skills-building extension activities and resources. (2003-04 series)

Audience: Middle school (Grades 5–11), parents, and teachers

Format: Monthly magazine

Price: Download free from www.backtoschool.drugabuse.gov

Contact: National Institute on Drug Abuse

Health Promotion for Adult Literacy Students: An Empowering Approach Alcohol and Other Drugs: Realities for You and Your Family

Provides educators with material to deal with the realities of alcohol and other drug issues within the adult literacy system today. It includes background material, information on resources and sample lesson plans.

Audience: High school to adult (simple reading level)

Format: Curriculum

Price: Download free file

Contact: Hudson River Center for Program Development, Inc.

Prevention Training Curricula: CSAP Training Library CD-ROM

Covers a variety of prevention and intervention strategies, prevention knowledge and technologies. Assists in planning and implementing effective substance abuse prevention programs for schools, medical institutions and other community-based organizations. (CSAP, 2001)

Audience: Adult (educators, community planners)

Format: CD-ROM

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

Slide Teaching Packets

These five teaching packets include PowerPoint slides and text presenting a scientific overview of the mechanisms of addiction.

Audience: High School (Grades 9–11)

Format: CD-ROM. Titles include:

Packet 1: The Brain and the Actions of Cocaine, Opiates, and Marijuana

Packet 2: The Neurobiology of Drug Addiction

Packet 3: Understanding Drug Abuse and Addiction: What Science Says

Packet 4: The Neurobiology of Ecstasy (MDMA)

Packet 5: Bringing the Power of Science to Bear on Drug Abuse and Addiction

Price: Download free copy from www.backtoschool.drugabuse.gov

Contact: National Institute on Drug Abuse

Women and Girl's Health

Diapers, Dishes and Deep Breathing: A Stress Management Workshop for Mothers

Designed to be held in four weekly sessions, this program on stress reduction includes art activities, breathing techniques, stretching (yoga), positive self-talk, hypnosis/relaxation and massage. Originally designed for smoking

mothers but can be adapted for mixed-gender audiences and includes information about how to adapt the materials for limited literacy audiences. (1998)

Audience: Adult (educators, community planners, simple reading level)

Format: Curriculum guide, 30 pages

Price: Free

Contact: Tobacco Free Greater Franklin County Coalition

Helping Women Recover Curriculum

Integrates the theories of women's psychological development, trauma and addiction treatment specifically designed to meet the needs of chemically dependent women. Covers the topics of self, relationships, sexuality and spirituality.

Audience: Adult (women, counselors, mental health and corrections staff)

Format: Curriculum with facilitator's guide, woman's journal

Price: \$182.00

Contact: Hazelden

Seven Deadly Myths

Hosted by cover model, Christy Turlington, the video explores the common myths about smoking and empowers women to become or stay smoke-free. Discusses the myths that surround women and smoking, some of the serious health effects of smoking on women, and the benefits of quitting smoking. (2001)

Audience: Women (ages 18–34)

Format: Video, 17 minutes; Facilitator guide

Price: Free

Contact: Center for Disease Control and Prevention, Office on Smoking and Health Publications

Women's Health: Body Wisdom for Every Woman

Provides educators with material to educate women about a range of subjects related to women's health including choosing a healthy

lifestyle, smoking, mental health issues including stress, fatigue, eating disorders, depression, rape and sexual abuse. Provides information on resources and sample lesson plans.

Audience: Adults (educators, planners, health/human service providers)

Price: Download free copy

Contact: Hudson River Center for Program Development, Inc.

Fact and Tip Sheets

These free or inexpensive materials can be distributed through mailings, with employee paychecks, as email attachments or in community or employee newsletters. Fact sheets are intended to raise awareness about an issue. They provide a brief description of a problem, its impact on individuals and communities, and may include a list of references and resources for further information. Tip sheets are intended to motivate individuals to take action to help themselves or to help others deal with an issue. In addition to basic information about a problem, tip sheets present specific ideas, actions and resources to prevent or deal with a health issue.

We strongly recommend pre-testing items with a sample of intended learners before purchasing multiple copies for wider distribution. Refer to Appendix A: Selecting and Pretesting Education Materials. Go to the vendor contact list at the back of the Primer for information to order additional copies of the items on this list.

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College Drinking

Binge Drinking in Adolescents and College Students

Fact sheet contains information on prevalence of binge drinking on college campuses. (SAMHSA, 2000)

Audience: High school to adult

Format: Fact sheet

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

Domestic and Sexual Violence

❖Minnesota Coalition for Battered Women

MCBW serves as an information clearinghouse and organizes statewide domestic violence prevention public, systems, and media advocacy.

Audience: High school to adult (caring others, co-workers)

Format: Fact and tip sheets, English and Spanish

Price: Download free from www.mcbw.org

Topics:

- Actions You and Others Can Take to Stop the Violence
- How to Begin Creating a More Inclusive and GLBT-Friendly Workplace

- Immigration Law Overview for Victims of Domestic Violence
- Battered Women's Programs in Minnesota
- What Do You Know About Deaf Culture?
- Rural Battered Women
- Defining Domestic Violence, Violence Against Women
- Women Escaping Prostitution
- Does the Person You Love? A Guide for Women
- Teen and Young Adult Dating Violence
- Understanding Men Who Batter
- Women and Children Murdered in Minnesota, 1988-2002
- Helping Battered Women: A Guide for Friends and Family What Is Domestic Abuse?
- Homophobia In Our Workplace: A Quiz
- What You Should Know About Domestic Violence
- Wheels in English: Power and Control Wheel; Effects of Violence on Children
- Wheels in Spanish: Poder Y Control; Igualdad

Contact: Minnesota Coalition for Battered Women

Fetal Alcohol Syndrome

About Alcohol-Related Birth Defects

Permission is granted to copy with acknowledgment to the Minnesota Department of Health, Family Health Division. (2003)

Audience: General public and care providers

Format: Fact sheet

Price: Download free from www.health.state.mn.us/fas/

Contact: Minnesota Department of Health, Family Health Division

Minnesota Resources: Children and Youth with Disabilities

This fact sheet is camera ready. Permission is granted to copy with acknowledgment to the Minnesota Department of Health, Family Health Division.

Audience: General public and care providers

Format: Fact sheet

Price: Download free from www.health.state.mn.us/fas/

Contact: Minnesota Department of Health, Family Health Division

❖ National Center on Birth Defects and Developmental Disabilities (NCBDD)

NCBDD works to identify the causes of birth defects and developmental disabilities, helping children to develop and reach their full potential, and promoting health and well-being among people of all ages who have disabilities. Several publications and facts sheets about birth defects, including alcohol-related birth defects can be downloaded in English or Spanish.

Topics include:

- ABCs of a Healthy Pregnancy - tips for preventing birth defects
- Attention-Deficit/Hyperactivity Disorder
- Birth Defects
- Developmental Disabilities
- Fetal alcohol syndrome
- Fetal Alcohol Syndrome Surveillance Network
- Mental Retardation

Audience: Adults (parents, family, health/social service providers)

Format: Fact sheets, Spanish or English

Price: Download free in English from www.cdc.gov/ncbddd/fas/default.htm or in Spanish from www.cdc.gov/ncbddd/Spanish/default.htm.

Contact: Center for Disease Control, National Center on Birth Defects and Developmental Disabilities

Latino

❖ **Alcoholismo: aprenda la realidad (Alcoholism: Getting the Facts)**

Defines alcoholism and explains the difference between alcohol use and abuse, identifies signs of a problem, and how to get help. Includes resources are listed at the end. (NIAAA, 1997)

Audience: Health and Human Service Providers

Format: Tip sheet, Spanish

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

❖ **Latinos and Tobacco Series**

Titles: Latinas and Tobacco, 2001
Pregnant Latinas and Tobacco Use, 2001
Latino Youth and Tobacco, 2001

Format: Fact sheets

Price: Free

Contact: National Latino Council on Alcohol and Tobacco Prevention

❖ **The National Center for Farmworker Health (NCFH)**

NCFH provides low literacy, bilingual patient education tools. These materials may be reprinted and distributed. Topics include:

- Teens Can Say No To Sex; Los Adolescentes Pueden Decir No Al Sexo (Spanish)
- Planning Your Family-Planeando Su Familia (Spanish)
- Rules for Healthy Eating; Reglas Para Comer Saludablemente (Spanish)
- Alcohol and Children; El Alcohol y los Niños (Spanish)
- Tips to Reduce Stress; Consejos para Reducir la Tensión (Spanish)

Audience: High school to adult (Spanish, low literacy)

Format: Fact and tip sheets

Price: Free

Contact: The National Center for Farmworker Health

Mental Health

National Mental Health Association Resource Center

The NMHA Resource Center provides a series of fact sheets on a variety of mental health topics. Titles:

- Anxiety Disorders
- Children's Mental Health
- Mental Illness in the Family
- Strengthening Families
- Substance Abuse
- Depression and Mood Disorders
- Bipolar Disorder and African Americans
- Depression in Teens
- Depression in College
- Depression in Women
- Stigma
- Dysthmic Disorder
- Postpartum Disorders
- Take a Depression Screening
- Seasonal Affective Disorder
- Coping with Loss: Bereavement and Grief
- Codependency
- Controlling Your Anger
- Homelessness
- Stress: Coping with Everyday Problems
- Mental Illness in the Family
- Guidelines for Seeking Help

Audience: General public

Format: Fact Sheets

Price: Free

Contact: National Mental Health Association Resource Center

Substance Use, Womens' and Childrens' Health

About Alcohol and Pregnancy

Permission is granted to copy with acknowledgment to the Minnesota Department of Health, Family Health Division. (2003)

Audience: General public and care providers

Format: Fact sheet

Price: Download free from
www.health.state.mn.us/fas/

Contact: Minnesota Department of Health, Family Health Division

Alcohol and Children's Health

Permission is granted to copy with acknowledgment to the Minnesota Department of Health, Family Health Division.

Audience: General public and care providers

Format: Fact sheet

Price: Download free from
www.health.state.mn.us/fas/

Contact: Minnesota Department of Health,
Family Health Division

Alcohol and Women's Health

Permission is granted to copy with acknowledgment to the Minnesota Department of Health, Family Health Division.

Audience: General public and care providers

Format: Fact sheet

Price: Download free from
www.health.state.mn.us/fas/

Contact: Minnesota Department of Health,
Family Health Division

Alcohol Screening: Women of Childbearing Age

Outlines an "Ask, Assess, Advise and Arrange" four-step process to determine a woman's alcohol use. Provides resources for client education, screening, referral and clinician training resources for brief intervention and counseling. Based on the guide from the National Institute on Alcohol Abuse and Alcoholism, *The Identification of At-Risk Drinking and Intervention with Women of Childbearing Age*, 1999.

This fact sheet is designed to be copied for distribution. Permission is granted to copy with acknowledgment to the Minnesota Department of Health, Family Health Division. (2003)

Audience: Health and human service providers

Format: Fact sheet, 2 pages

Price: Download free from
www.health.state.mn.us/fas/

Contact: Minnesota Department of Health,
Family Health Division

Drinking Alcohol During Pregnancy

Audience: Middle school to adult

Format: Fact sheet

Price: \$5.00 for 50 copies

Contact: March of Dimes

Drinking and Pregnancy: Women Listen to Those Who Care

Outlines how a woman's loved ones can prepare and talk with her about alcohol use. Provides tips and resources to help women who drink or drink while pregnant. This fact sheet is designed to be copied for distribution. Permission is granted to copy with acknowledgment to the Minnesota Department of Health, Family Health Division. (2003)

Audience: Adult (partners, family, friends and general public)

Format: Fact sheet, 4 pages

Price: Download free from
www.health.state.mn.us/fas/

Contact: Minnesota Department of Health,
Family Health Division

Great Start

Provides a variety of free fact sheets and links to education and smoking cessation resources specifically for pregnant women who smoke.

Titles:

- Effects Of Smoking And Environmental Tobacco Smoke On The Pregnant Woman, Fetus And Infant (Including SIDS And Breastfeeding)
- Benefits Of Quitting For The Pregnant Woman, Fetus And Infant
- Tips For Quitting
- Unproven Or Harmful Approaches To Quitting
- Relative Harm Of Alcohol Or Other Drugs Compared To Tobacco
- Women Experiencing Pregnancy Loss

Audience: Family, women, health and social service providers

Format: Tip sheet

Price: Download free from <http://women.americanlegacy.org/>

Contact: American Legacy Foundation

Making the Link fact sheet: Underage Drinking and the Future of Children

Early alcohol use is a strong predictor of lifetime alcohol abuse and dependence, it is linked to health risks, academic achievement and future earning power. (SAMSHA, 2002)

Audience: High school to adult

Format: Fact sheet, 2 pages

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

Making the Link fact sheet: Underage Drinking and Girls' Health

Girls are beginning to drink at younger ages than ever before, closing the gap between alcohol use by boys and girls. Drinking alcohol has serious consequences for girls' health. (SAMSHA, 2002)

Audience: High school to adult

Format: Fact sheet, 2 pages

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

Making The Link Fact Sheet: Underage Drinking And Mental Health

Alcohol use in adolescence is associated with psychological distress and depression. The severity of behavioral problems in adolescents is significantly associated with increased likelihood of adolescent alcohol use. There is a link between suicide and alcohol use in adolescents. (SAMSHA, 2002)

Audience: High school to adult

Format: Fact sheet, 2 pages

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

Making The Link Fact Sheet: Underage Drinking And Risky Behavior

Underage drinking is linked to an increase in risky sexual behavior, an increased risk of fatalities and unintentional injuries. Early initiation is linked to future alcohol use and dependency problems. (2002)

Audience: High school to adult

Format: Fact sheet, 2 pages

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

❖ Talking to Your Kids About Alcohol

This article tells how to talk to children about using alcohol.

Audience: High school to adult (parents)

Format: Tip sheet, English or Spanish

Price: Download free in English from www.soyunica.gov/adults/monththemes/april/talkalcohol.aspx or Spanish from www.soyunica.gov/adults/monththemes/april/talkalcohols.aspx

Contact: The National Clearinghouse for Alcohol and Drug Information

When Pregnant Women Drink Alcohol: Tips and Resources for Service Providers

Offers tips and resources to help providers talk with women about their alcohol use and to help partners, family and friends support their loved one to stop drinking during pregnancy. Provides resources for client education, screening, referral and clinician training resources for brief intervention and counseling. (2003)

Audience: Adult (health and human service providers)

Format: Tip sheet, 2 pages

Price: Download free from www.health.state.mn.us/fas/

Contact: Minnesota Department of Health, Family Health Division

Women and Smoking Fact Sheet Series

Six fact sheets based on the findings from the CDC 2001 *Women and Smoking: A Report of the Surgeon General* is available in HTML and PDF file formats.

Titles:

- Pattern of Tobacco Use Among Women and Girls
- Marketing Cigarettes to Women
- Health Consequences of Tobacco Use Among Women
- What is Needed to Reduce Smoking Among Women
- Tobacco Use and Reproductive Outcomes
- Efforts to Reduce Tobacco Use Among Women and Girls. (2001)

Audience: High school to adult

Formats: Fact sheets

Price: Download free from www.cdc.gov/tobacco/sgr/sgr_forwomensgr_women_factsheets.htm

Contact: Center for Disease Control, Office on Smoking and Health Publications

Internet Resources

The following resources are provided as a sample of the information available on the Internet. These websites may be used as valuable source of information, education resources and prevention planning tools related to women's and community's substance use and prevention.

Each site's content has been reviewed by the Minnesota Department of Health (MDH) prevention staff against a set of criteria for accuracy, objectivity and audience interests. However, these websites are neither endorsed by MDH nor is MDH responsible for the accuracy of the information on these sites. Refer to Appendix B: Selecting Health Information on the Web.

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Note: To view PDF files you will need Adobe Acrobat Reader (free downloads from Adobe website at www.adobe.com/support/downloads)

Domestic and Sexual Violence

Intimate Partner and Sexual Violence Prevention Centers for Disease Control and Prevention

www.cdc.gov/ncipc/dvp/fivp/fivp.htm

Provides information on surveillance, research, evaluation, training and communication.

Audience: General public, policy makers, health and social service providers

❖Family Violence Prevention Fund

endabuse.org

Provides educational materials for Latinos, Filipino Americans and African Americans including television, print, radio and the Internet. Disseminates information to employers, employees and unions to raise awareness of domestic violence at work.

Audience: General public, policy makers, health and social service providers, educators

Minnesota Department of Health - Center for Health Promotion

www.health.state.mn.us/injury

Supports Minnesota programs that help reduce violence and abuse. Provides data, information and prevention resources related to alcohol use in Minnesota communities.

Audience: General public, policy makers, health and social service providers

MINCAVA Electronic Clearinghouse

www.mincava.umn.edu

The Minnesota Center Against Violence and Abuse at the University of Minnesota provides a web-based library of educational resources, research and access to information about violence.

Audience: General public, policy makers, health and social service providers

Family, Partners and Friends

Drug Help

www.drughelp.org

Offers tips for families and friends to talk with a loved one about alcohol use.

Audience: Friends, family, partners, health and human service providers

❖ Hazelden

www.hazelden.org

Provides affordable rehabilitation, education, prevention and professional services in chemical dependency and related disorders. Provides a catalog of prevention and recovery publications. Materials available in English and Spanish.

Audience: Family, women, health and social service providers

Love First

http://lovefirst.net/index.htm

Provides a description about a family intervention and practical tools for family and friends to prepare to talk with an addicted loved one about getting the help they need.

Audience: Family, friends, partners

Moyers on Addiction

www.thirteen.org/closetohome/home.html

Provides information for families about addiction, family intervention and treatment. Discusses how to tell whether or not a loved one has a drinking problem, how to approach someone about a drinking problem, and how to select treatment services.

Audience: Family, friends, partners, health and social service providers

Contact: Moyers on Addiction

❖ The National Institute on Drug Abuse

www.nida.nih.gov/PODAT/PODATindex.html

Based on extensive research, this booklet, *The Principles of Drug Addiction Treatment: A Research-Based Guide*, outlines principles of effective treatment, describes the types of

treatment and gives examples of scientifically-based and tested treatment components. Available in PDF format in English or Spanish. Audience: Health and social service providers

Substance Abuse Treatment Facility Locator

www.findtreatment.samhsa.gov

A directory of drug and alcohol treatment programs includes more than 11,000 nationwide addiction treatment programs, across the country including adolescent and adult programs for drug addiction and alcoholism. Published by the U.S. Substance Abuse and Mental Health Services Administration.

Audience: Family, women, health and social service providers

Women For Sobriety, Inc.

www.womenforsobriety.org

A nonprofit organization dedicated to helping women overcome alcoholism and other addictions. Provides support groups and educational materials.

Audience: Women

Fetal Alcohol Syndrome and Developmental Disabilities

ARC of Minnesota

www.arcminnesota.com

A statewide advocacy organization for developmental disabilities. Promotes a system of support and self-sufficiency, advocates for basic civil rights and works to increase public awareness.

Audience: Parents, family, affected adolescents and adults, health and social service providers

Canada's Drug Strategy

www.cds-sca.com

Provides information about women's alcohol use and FAS/FAE, including research reports into the risks and causes of substance abuse. Publishes leading-edge best practices for health and human service providers.

Audience: Parents, family, health and social service providers

Interdisciplinary Council on Developmental and Learning Disorders

www.icddl.com/default.htm

Aims to improve the identification, prevention and treatment of developmental and learning disorders. Provides parent education resources on interventions for home, school, family and clinicians

Audience: Parents, educators, health and social service providers

Journal of FAS International

www.motherisk.org/JFAS

This online scientific journal dedicated to FAS is published by The Motherisk Program of the Hospital for Sick Children in Toronto. Includes original papers, case reports and peer reviews of published papers. The editorial board includes researchers and clinicians actively engaged in FAS research, diagnosis and services.

Kids' Quest on Disability and Health: "Fetal Alcohol Syndrome"

www.cdc.gov/ncbddd/kids

This National Center on Birth Defects and Developmental Disabilities (NCBDD) website is intended to get kids to think about people with disabilities. Covers topics related to limitations faced by people with disabilities, grouped by the following: motor, communication, personal-care and learning. Includes a student attitude checkup, quick facts, web search sites and a guide to children's Literature and videos about Disability.

Audience: Grades 4-6

❖ March of Dimes

www.modimes.org

Provides public and professional education, research, advocacy and community services to prevent birth defects and promote healthy pregnancy outcomes. Available in English and Spanish.

Audience: Parents, family, affected adolescents and adults, health and social service providers

Minnesota Children with Special Health Needs

www.health.state.mn.us/divs/fh/mcshn

Provides assessments, education and service information on health conditions for any child or youth under age 21 who is a Minnesota resident and who has a diagnosed medically eligible condition. Free phone information and referral line for families, teachers, social workers and anyone needing help finding resources for children with special health needs.

Audience: Parents, family, health and social service providers

❖ National Center on Birth Defects and Developmental Disabilities

www.cdc.gov/ncbddd/fas/default.htm

(English)

www.cdc.gov/ncbddd/Spanish/default.htm

(Spanish)

This CDC site supports research to monitor trends in the occurrence of FAS and secondary conditions in individuals with FAS. Provides online fact sheets and publications about the problem.

Audience: Parents, family, health and social service providers

Minnesota Organization on Fetal Alcohol Syndrome

www.mofas.org/mofas/mofasmis.htm

The state advocacy organization and affiliate of the National Organization on Fetal Alcohol Syndrome (NOFAS). MOFAS promotes statewide collaboration, advocacy and education on FAS.

Audience: Parents, family, affected adolescents and adults

❖ National Institutes of Mental Health

www.nimh.nih.gov/publicat/index.cfm

Offers online information about the symptoms, diagnosis and treatment of Attention Deficit Disorder, learning disabilities, and other mental health issues. Includes research, brochures, information sheets, reports, press releases and fact sheets. Materials available in English or Spanish.

Audience: Parents, family, affected adolescents and adults, health and social service providers

National FAS Advocacy, Education, Family Support Organizations

www.familyvillage.wisc.edu/lib_fas.htm

Serves families who have children with FAS/FAE through education and support. Sponsors an annual family retreat, national family conference, a toll free family advocate line and education for parents and the public.

Audience: Parents, family, affected adolescents and adults

National Organization on Fetal Alcohol Syndrome (NOFAS)

www.nofas.org

This national nonprofit advocacy organization focuses on FAS prevention, intervention, education and advocacy for children and families affected by FAS. Provides education curricula, youth outreach, peer education, public information workshops and campaign materials including PSAs, brochures, fact sheets and a resource and referral clearinghouse.

Audience: Parents, family, health and social service provide

Partnership to Prevent Fetal Alcohol Syndrome

<http://prevention.samhsa.gov/faspartners>

This federal and local community partnership is supported by the Center for Substance Abuse Prevention to unite communities nationwide in a public health response to prevent FAS and alcohol-related birth defects (ARBD). Provides fact sheets, links and information about FAS, ARBD and drinking during pregnancy.

Audience: Parents, family, affected adolescents and adults

University of Washington School of Medicine Fetal Alcohol and Drug Unit

<http://depts.washington.edu/fadu>

Conducts research and publishes books for parents and care providers about living with FAS/FAE.

Audience: Parents, family, affected adolescents and adults, health and social service providers

Healthy Pregnancy

❖ March of Dimes

www.modimes.org (English)

www.nacersano.org (Spanish)

Provides public and professional education, research, advocacy and community services to prevent birth defects and promote healthy pregnancy outcomes.

Audience: Family, women, health and social service providers

❖ The Pregnancy Foresight Project

www.swedishmedical.org/pregnancyforesight/home.html

This site, co-sponsored by the Swedish Medical Center and the Washington State Chapter of the March of Dimes, is aimed at improving preconception and prenatal health education about folic acid, alcohol, smoking, genetic screening and other topics. The site provides resource tools for health care practitioners, links to free multilingual brochure downloads, a downloadable well-woman visit form and more. Available in Arabic, English, Bosnian, Chinese, Croatian, Korean, Laotian, Russian, Somali, Thai, Ukranian, Vietnamese and more.

Audience: Family, women, health and social service providers

Multicultural and Multilingual Resources

❖ Asian American Health

<http://asianamericanhealth.nlm.nih.gov>

Sponsored by the National Library of Medicine, this website is designed to increase awareness of the health concerns of Asian Americans. Links are provided to a variety of documents, websites, databases and other resources.

Audience: Educators, planners, health care providers

❖ **Center for Cross Cultural Health**

www.crosshealth.com

Through information sharing, training, organizational assessments and research, the Center works to develop culturally competent individuals, organizations and systems.

Audience: General public, policy makers, health and social service providers

❖ **EthnoMed**

<http://ethnomed.org>

Contains information about cultural beliefs, medical issues and other issues pertinent to the health care of recent immigrants.

Audience: General public, policy makers, health and social service providers

❖ **healthfinder**

www.healthfinder.gov/justforyou

Offers information in Cambodian, Chinese, Hmong, Korean, Laotian, Samoan, Spanish, Thai, Tongan and Vietnamese. Useful to caregivers, patients and others searching for health information in individual's native language. Provides links to resources for American Indians, African Americans, Latinos and other groups.

Audience: Educators, planners, health care providers

Prevention Planning

Foundations of Prevention: An Online Course in the Core Knowledge of Substance Abuse Prevention

<http://prevtech.samhsa.gov/fop/>

This free online course from the National Clearinghouse for Alcohol and Drug Information offers the basics of substance abuse prevention. Provides information on prevention principles, approaches, and strategies, and guidance for planning effective programs and measuring results. Optional continuing education units CEUs are available.

Audience: Health educators, health and human service providers

Minnesota Strategies for Public Health: A Compendium of Ideas, Experience and Research

www.health.state.mn.us/strategies/index.html

This planning document presents a menu of strategies to address a range of health issues. Free PDF files for intervention strategies related to pregnancy and alcohol-related birth defects include:

- Alcohol, Tobacco and Other Drugs
- Child and Adolescent Growth and Development
- Community Engagement
- Eliminate Health Disparities
- Disability-Decreased Independence
- Mental Health
- Pregnancy and Birth
- Unintended Pregnancy
- Violence-including domestic violence

Audience: Health educators, health and human services providers

Working Partners-Substance Abuse Information Database (SAID)

<http://said.dol.gov>

This U.S. Department of Labor site provides an interactive database providing of information related to workplace substance abuse issues. Employers can obtain information to establish and maintain a workplace substance abuse program. Includes access to Minnesota employment laws for drug testing, data and costs, kits, brochures, posters, videos and more.

Audience: Employers, adults

❖ **Workplace Resource Center-Substance Abuse and Mental Health Services Administration**

<http://workplace.samhsa.gov/home.asp>

Provides centralized access to information about drug-free workplaces and related topics. Some materials are available in Spanish. A variety of resources and tools are included: Cost Benefit of Substance Abuse Prevention; Cost of Substance Abuse; Drug Testing; Drug-Free Workplace Policy (English or Spanish); Health Promotion; Substance Abuse Prevention in the Workplace;

Survey, Research, Reports, Statistics; and Treatment.

Audience: Employers, adults

Smoking and Pregnancy

❖ American Legacy

<http://women.americanlegacy.org>

Fact sheets about women's smoking are available as free download files. Materials are available in English or Spanish.

Audience: Family, women, health providers

There's Never Been A Better Time To Quit

www.lungusa.org/tobacco/tobacco_women_index.html

Download this helpful question and answer sheet that addresses common questions women have when they start thinking about having children. Provides information about why the best time to quit is when a woman is planning a pregnancy or when she learns that she is already pregnant.

Audience: Family, women, health providers

Freedom From Smoking

www.ffsonline.org

This free, online smoking cessation program can be accessed day or night, seven days a week, on any schedule a smoker chooses.

Audience: Family, women, health and social service providers

Great Start

www.women.americanlegacy.org

Provides free fact sheets and links to education and smoking cessation resources specifically for pregnant women who smoke. Provides a self-help workbook *The Great Start Quitline*. Service and websites are a joint effort of the American Legacy Foundation and the American Cancer Society.

Audience: Family, women, health and social service providers

❖ March of Dimes

www.modimes.org (English)

www.nacersano.org (Spanish)

Provides public and professional education, research, advocacy and community services to prevent birth defects and promote healthy pregnancy outcomes.

Audience: Family, women, health and social service providers

Office of the Surgeon General, U.S. Department of Health and Human Services

www.surgeongeneral.gov/tobacco/default.htm

Provides patient and clinician education and guideline materials to help smokers quit. Site includes *Now Is a Good Time to Quit for You and Your Baby* (for pregnant women).

Audience: Family, women and health providers

Quick Reference Guide for Clinicians: Treating Tobacco Use and Dependence

www.surgeongeneral.gov/tobacco/tobaqrg.htm

Provides information about effective treatments for patients who are willing to quit, or unwilling to quit, or who have recently quit.

❖ Tobacco Information and Prevention Source (TIPS)

www.cdc.gov/tobacco

Center for Disease Control website serves as a gateway to a range of federal websites, links and publications related to smoking education and cessation resources. Materials available in English or Spanish.

Audience: Family, women, health and social service providers

Substance Use Research, Education and Prevention

Center on Addiction and Substance Abuse (CASA)

www.casacolumbia.org

Evaluates and provides tools for prevention, treatment and law enforcement against substance abuse and addiction. CASAs research measures the effects of substance abuse and addiction on our nation's most serious social problems.

Audience: General public, policy makers, health and social service providers

❖ **The Center for Substance Abuse Prevention (CSAP)**

www.samhsa.gov/centers/csap/csap.html

Provides training and technical assistance to those working to prevent alcohol, tobacco and other drug problems in communities and workplaces. Available online in English and Spanish.

Audience: Family, women, health and social service providers

Higher Education Center (HEC) for Alcohol and Other Drug Prevention

www.edc.org/hec

HEC provides curriculum information/opportunities (including workshops, trainings and a calendar), consultation topics, free publications, hints for reducing use on college campuses, links to related topics, weekly features, bibliographic databases and information searches, student information links and current press releases.

Audience: College students administrators, counselors, educators

Join Together

www.jointogether.org

An e-mail news service which summarizes the nation's top news stories pertaining to substance abuse and gun violence. Also reports about grant announcements, foundations and program funding.

Audience: Family, women, health and social service providers

Marin Institute

www.marininstitute.org

Conducts research and provides publications on prevention strategies to create an environment that helps individuals make healthy choices. Supports individuals and groups in working to establish local policies that reduce alcohol outlets in low-income communities, eliminate

alcohol advertising at community events and monitor alcohol marketing practices.

Audience: General public, policy makers, health and social service providers

❖ **National Clearinghouse for Alcohol and Drug Information (NCADI)**

www.health.org

Provides information, materials and a searchable database on substance abuse prevention.

Includes fact sheets on women, teens and populations of color alcohol and drug use and prevention tips. English and Spanish resources.

Audience: Family, women, health and social service providers

❖ **National Council on Alcoholism and Drug Dependence (NCADD)**

www.ncadd.org

Provides education, information and help in the fight against alcoholism and other drug addictions. Available online in English and Spanish.

Audience: Family, women, health and social service providers

❖ **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

www.niaaa.nih.gov

Supports and conducts biomedical and behavioral research on the causes, consequences, treatment and prevention of alcoholism and alcohol-related problems, including alcohol-related birth defects. Produces public and professional education materials based on current research findings. English and Spanish resources available.

Audience: General public, policy makers, health and social service providers

National Institute of Drug Abuse (NIDA)

www.nida.nih.gov

Supports and publishes research findings on the effects of drug abuse and addiction on the body.

Audience: General public, policy makers, health and social service providers

NIDA for Teens**www.teens.drugabuse.gov**

This National Institute on Drug Abuse (NIDA) site delivers science-based facts about how drugs affect the brain and body so that kids will be armed with better information to make healthy decisions. Includes animated illustrations, quizzes, and games to clarify concepts, test the visitor's knowledge and make learning fun through interaction.

Audience: Teens, ages 11–15, parents and teachers

SAMHSA's Office of Applied Studies**www.samhsa.gov/oas/oasftp.cfm**

Provides data about the availability of substance abuse prevention, addiction treatment and mental health services in the United States.

Audience: General public, policy makers, health and social service providers

Task Force on College Drinking**www.collegedrinkingprevention.gov**

Provides research-based information about dangerous drinking among high school and college students. Offer recommendations on the potential effectiveness of current strategies to reverse the culture of student drinking.

Audience: High school and college administrators, students, parents, community leaders, policy makers.

Substance Use Screening, Treatment and Support**❖ Al-Anon Online****www.ola-is.org**

Provides online information and support for family members to meet via e-mail or chat rooms to share and solve common problems of caring for a person with an addiction. Available online in English and Spanish.

Audience: Family, friends, partners

Alcohol MD**www.alcoholmd.com**

Has a one minute online screening tool for pregnant women and other screening tools for adults. Provides information, education and online services about health and alcohol use. Site includes fact sheets, a chatroom, medical literature search links and an online treatment locator.

Audience: Family, women, health and social service providers

Alcohol Screening.org**www.alcoholscreening.org/index.asp**

A free, online service that helps individuals assess their own or a loved one's alcohol use. Users receive scientifically-based feedback on their drinking patterns. Provides information, referral to services, guidelines and tips for lower-risk drinking.

Audience: Family, women, health and social service providers

Alcoholics Anonymous**www.aa.org**

An informal society of more than two million recovering alcoholics. Women make up 35% of the total membership. Local groups meet to provide support for alcoholics to achieve and maintain sobriety. Minnesota groups in Brainerd, Duluth, Minneapolis, St. Louis Park and St. Paul and many other communities.

Audience: Family, women

Women and Girl's Health**❖ American Indian Health Council****www.aich.org**

Developed by American Indians and dedicated to providing health, educational and cultural information, outreach, referrals and counseling services for American Indian communities.

Includes fact sheets, links and hotline information regarding issues of concern to this population, including substance abuse, domestic abuse and alcohol-related birth defects.

Audience: High school to adult (educators, policy makers, health and social service providers)

❖ **Black Women's Health**

www.blackwomenshealth.com

Developed by a team of African American health providers, this site is dedicated to promoting the physical, mental and spiritual wellness of African American women.

Audience: Family, women, health and social service providers

Canada's Drug Strategy

www.hc-sc.gc.ca/dca-dea/main_e.html

A government site focusing on harm reduction, prevention, treatment and rehabilitation for alcohol and other drugs. Provides information about women's alcohol use and FAS/FAE, including research reports into the risks and causes of substance abuse.

Audience: Family, health and social service providers

4 Girls Health

www.4girls.gov

Developed by the Federal Office of Women's Health. Provides current health information for young women. The Mind Over Matter section talks about relieving stress, depression, self-injury and teen suicide prevention. The Choosing Not to Use section discusses different substances' affect on a girls' bodies, ways to avoid using and how to help friends who are using drugs, alcohol or tobacco.

Audience: Girls between 10–16 years

❖ **healthfinder**

www.healthfinder.gov/ (English)

www.healthfinder.gov/espanol/ (Spanish)

Provides reliable consumer health information from the U.S. Department of Health and Human Services. Provides links to selected online publications, clearinghouses, databases, websites and support and self-help groups, as

well as government agencies and nonprofit organizations that produce reliable information for the public.

Audience: Family, women, health and social service providers

❖ **National Women's Health Information Center**

www.4woman.gov

This federal clearinghouse provides links to read and download a variety of women's health-related materials developed by federal, and private sector agencies. Provides information about women of color health concerns including chemical health. Available in English, Spanish and Chinese.

Audience: Family, women, health and social service providers

❖ **NOAH: New York Online Access to Health**

www.ask.noah.org

Provides access to high quality consumer health information that is accurate, timely, and unbiased. Available online in English and Spanish.

Audience: Family, women, health and social service provider

❖ **Soy Unica! Soy Latina!... Soy Unica!**

www.soylatina.gov

A bilingual health and wellness site to help girls learn about their heritage, health and family. Available online in Spanish and English.

Audience: Latinas, ages 9–14

Posters and Give-Away Items

Posters and give away items attract attention, increase reader's awareness and often serve as a draw to initiate one-on-one or group discussions. These items may be displayed in public arenas where women, their partners and community members frequent in the course of their daily life or where they seek special services. Possible community locations include grocery stores, libraries, laundries, hair or nail salons, health clubs, teen clubs, coffee shops, health provider clinic waiting rooms, day care centers, pharmacies, county or state public service waiting areas.

We strongly recommend pre-testing items with a sample of intended learners before purchasing multiple copies for wider distribution. Refer to Appendix A: Selecting and Pretesting Education Materials. Go to the vendor contact list at the back of the Primer to order additional copies of the items on this list.

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Note: To view PDF files you will need Adobe Acrobat Reader (free downloads from Adobe website at www.adobe.com/support/downloads).

Alcohol and Pregnancy

Alcohol Use During Pregnancy

The following series of posters present prevention messages about drinking during pregnancy and are intended for display for the general public. All the posters are available from the Minnesota Prevention Resource Center.

Audience: High school to adult

Format: Posters, 17" x 22"

Price: \$2.95 plus \$5.00 shipping fee

Contact: Minnesota Prevention Resource Center

CP92 - Message: Pregnant mothers who drink alcohol expose their babies to serious health risks. And that's a sobering thought. Fetal Alcohol Syndrome Is 100% Preventable.

CP93 - Message: There's no hiding the fact that when pregnant women drink, their babies drink, too. Fetal Alcohol Syndrome Is 100% Preventable.

CP95 - Message: Pregnant mothers who drink alcohol risk harming their babies. And that's serious food for thought. Fetal Alcohol Syndrome Is 100% Preventable.

CP96 - Message: Keep in mind that while you're breastfeeding, your baby is having what you're having. Fetal Alcohol Syndrome Is 100% Preventable.

CP97 - Message: Use tobacco while you're pregnant and your dreams of a healthy child could go up in smoke. If You're Pregnant, Don't Smoke.

Don't Take The Risk-Post-it-notes

Message: Don't Take The Risk. Don't Drink During Pregnancy. Provides toll free phone number to the Minnesota Department of Health. (MDH, 2001)

Audience: High school to adult (general public, parents, professionals, clinic clients)

Format: 3" x 4" 50 pads per package

Price: Free (minimum \$5 shipping)

Contact: Minnesota Prevention Resource Center

Drink When You're Pregnant, And The Hangover Can Last Forever.

A color photo of infant with text: *There is no cure for alcohol-related birth defects. You can't reverse mental retardation, lifelong learning disabilities and behavioral disorders. But you can prevent them. Stop drinking immediately if you are pregnant—because even one drink is one too many.* Provides toll free phone number to the Minnesota Department of Health. (MDH 1999)

Audience: High school to adult (general public, parents, professionals, clinic clients)

Format: Poster, 11" x 24", 4 color

Price: Free (minimum \$5 shipping)

Contact: Minnesota Prevention Resource Center

❖ Drinking During Pregnancy Pocket Card

Provides information about the dangers of drinking during pregnancy and resource information to encourage friends and loved ones to talk with a woman about getting help if she is drinking during pregnancy. Ideal as a face-to-face handout to clients, family, and partners. (MDH, 2003)

Audience: High school to adult (women, partners, family, friends; Latino, African American, American Indian)

Format: Pocket card 5.5" x 4.8", bilingual English/Spanish

Price: \$5.00 minimum shipping charge

Contact: Minnesota Prevention Resource Center

❖ Drink When You're Pregnant and the Hangover Can Last Forever

A black and white photo of infant in a hospital intensive care with text: *When a pregnant woman drinks alcohol she risks having a baby with brain damage and lifelong speech, learning, and behavior problems. If someone you care about is pregnant and drinking, show her you care. Talk to Her. Show Her You Care. Because drinking during pregnancy isn't worth the risk.*

Audience: African Americans, American Indians, high school, college, adult, clinic clients

Format: Poster, 8.5" x 11"

Price: Free (minimum \$5.00 shipping)

Contact: Minnesota Prevention Resource Center

❖ Karen doesn't know she's pregnant...let alone have a baby with Fetal Alcohol Syndrome. Alcohol and unprotected sex don't mix.

❖ Wanda never thought she'd get pregnant...By the time she finds out, her baby will already have Fetal Alcohol Syndrome. Alcohol and unprotected sex don't mix.

Both these posters advise childbearing age women to avoid drinking during pregnancy. Produced by Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities.

Audience: High school to adult (African American women)

Format: Poster, 17" x 22", 2-color

Price: \$ 2.95, Shipping fee \$5.00

Contact: Minnesota Prevention Resource Center

❖ Safest Choice Posters

Message: Don't Drink Alcohol When You're Pregnant. It's Your Safest Choice.

Audience: High school to adult

Format: Poster, 17" x 22", English, Hmong, Cambodian, Spanish, Vietnamese, Laotian

Price: Free

Contact: Minnesota Organization on Fetal Alcohol Syndrome

The “NOs” of Pregnancy

How to Have a Health Baby

Don't drink alcohol, smoke or take drugs. Drinking, smoking and drugs may hurt your baby. So try to stop, seek help and keep trying to quit.

Audience: High school to adult

Format: Poster, 19" x 24"

Price: \$5.00

Contact: March of Dimes, White Plains, NY

Three Ways to Have a Healthy Baby

1. Take a vitamin pill that has folic acid in it every day.
2. Don't drink alcohol, smoke or take drugs.
3. Get prenatal care as soon as you think you are pregnant.

Audience: High school to adult

Format: Poster, 19" x 24"

Price: \$5.00

Contact: March of Dimes, White Plains, NY

Now Is A Good Time To Stop Drinking

Did you know Minnesota women of childbearing age drink more frequently than women in nearly every other state? If you're a woman who's drinking and pregnant, you're increasing the chance that your baby will be born with alcohol-related birth defects such as mental retardation, delayed development or lifelong behavioral disorders. Remember, one drink is one too many. Provides toll free phone number to the Minnesota Department of Health. (MDH, 1999)

Audience: High school to adult (general public, parents, professionals, clinic clients)

Format: Poster, 8" x 11", 4-color

Price: Free (minimum \$5 shipping)

Contact: Minnesota Prevention Resource Center

Little Bitty Fingers. Little Bitty Toes. Big Reason Not to Drink While You're Pregnant.

When you're pregnant, every drink you take increases the chance that your baby may be born premature, underweight, even severely brain

damaged. These are all symptoms of Fetal Alcohol Syndrome, yet they're 100% preventable. Don't take the risk. Don't take the drink. To learn more call 1-800-KIDS-709. (MDH, 1998)

Audience: High school to adult, general public, parents, professionals, clinic clients

Format: Poster, 18" x 24", 4-color

Price: Free (minimum \$5 shipping)

Contact: Minnesota Prevention Resource Center

If You Drink Now Guess Who Pays For It?

Drinking alcohol during pregnancy is the leading known cause of preventable mental retardation in children. It can cause delayed development or lifelong behavioral and learning disabilities. Fortunately, alcohol-related birth defects are entirely preventable. Stop drinking if you might be pregnant or have just learned you're pregnant. Provides toll free phone number to the Minnesota Department of Health. (MDH, 1999)

Audience: High school to adult (public, parents, professionals, clinic clients)

Format: Poster, 8" x 11", 4-color

Price: Free (minimum \$5 shipping)

Contact: Minnesota Prevention Resource Center

❖ An Inner Voice Tells You Not to Drink or Use Other Drugs

Depicts a pregnant American Indian woman in traditional dress. (CSAP 1990, Reprint 1998)

Audience: High school to adult (American Indian)

Format: Poster, 4-color

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

Domestic Violence

❖ Health Care Setting Family Violence Poster Series

These posters can be displayed in the reception areas, exam rooms or hallways. They let patients know that they can talk to their health care provider about domestic violence. Posters are

also available as camera-ready art where space is available to add the clinic or hospital logo, local hotline number or information about awareness activities. Poster titles:

- When Mom Gets Abused Her Children Suffer Too
- When You Bring Your New Baby Home
- Feeling Alone? Don't Know Who To Talk To?
- Nobody Deserves To Be Abused
- Are You Tired Of Making Excuses For Him?
- Violence Doesn't Have To Be Part Of Your Life (Asian)
Contrary To Popular Belief... Nobody Deserves To Be Abused. No Matter What He Says
- Abuse Is Not Your Fault (Lesbian, Gay, Transgender and Bisexual)

Audience: Women, family, friends

Format: Poster or camera-ready art

Prices: \$3.00–\$3.50 per poster
\$60.00 for camera-ready art

Contact: Family Violence Prevention Fund

Community Setting Family Violence Poster Series

Poster titles:

- If the Noise Coming From Next Door Were Loud Music Some Men Break More Than Their Girlfriends' Hearts
- It's Hard to Confront a Friend Who Abuses His Wife While You're Trying to Find the Right Words
- He Said He'd Never Hit You
- Domestic Violence is Everybody's Business
- He Wouldn't Hurt a Flea
- If He Beats You Does He Really Love You?

Audience: High school to adult (public, family, friends)

Format: Poster or camera-ready art

Prices: \$3.00 average price
\$60.00 camera-ready art

Contact: Family Violence Prevention Fund

❖ "Is someone hurting you? You can talk to me about it."

All clinic or hospital staff can wear this button to send the message to patients that the staff is available to help.

Audience: Clinic clients

Format: Button, 2.5" diameter, English, Spanish, Russian, Chinese, Vietnamese

Price: \$6.00 for 10

Contact: Family Violence Prevention Fund

Latino

❖ Nuestro Orgullo Latino

Reminds Latinos of their strength and ability to overcome obstacles and intelligence. The poster Este p-ster demuestra el orgullo de ser Hispano/Latino. Su prop-sito es el aumentar el amor propio y mejorar la autoestima entre Hispanos/Latinos. El p-ster le recuerda a los Hispanos/Latinos sus fuerzas, habilidad de sobrelivir, y su inteligencia. (CSAP, 1999)

Audience: High school to adult (Latino)

Format: Poster, Spanish or English

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

❖ Si bebe alcohol durante su embarazo, los efectos pueden durar PARA SIEMPRE.

"Cuando una mujer embarazada bebe alcohol, corre riesgos de tener un bebe con dano cerebral que puede provocar trastornos en el habla, el aprendizaje y el comportamiento de por vida. Si alguien que conoce esta embarazada y bebe alcohol, muéstrela su preocupacion. Hable Con Ella. Muéstrela Su Preocupacion. Porque no vale la pena correr el riesgo de beber durante el embarazo. Para mas informacion, llameal (MDH, 2003)

Audience: High school to adult Latinos (clinic clients)

Format: Poster, 8.5" x 11", black and white photo

Price: Free (minimum \$5 shipping)

Contact: Minnesota Prevention Resource Center

Substance Use

Drugs and the Body: It Isn't Pretty

Gives an annotated tour of what drugs of abuse do to the human body and includes skills activities on the back.

Audience: Middle school (Grades 5–11),
parents, teachers

Format: 20" x 31" poster

Price: Download free or order from
www.backtoschool.drugabuse.gov

Contact: National Institute on Drug Abuse

Mind Over Matter

This series encourages students to reject drug use by helping them understand the effects of drug use on the brain. Takes students on a scientific journey to learn about the brain's responses to specific drugs including hallucinogens, inhalants, marijuana, methamphetamine, nicotine, opiates, steroids and stimulants.

Audience: Grades 5–9 (students, parents,
teachers)

Format: 8 magazines/posters

Price: Download free or order from
www.backtoschool.drugabuse.gov

Contact: National Institute on Drug Abuse

Prevention Planning and Resource Guides

The following resource guides provide a range of ideas and resources to assist program planners, educators, public policy makers, health and human service providers and community members in their efforts to develop education and intervention programs for their communities.

The guides share prevention research and practices that work in various communities to prevent chemical abuse, violence and mental health issues associated with alcohol and drug use. A strong theme in the guides, is the need to work with a variety of community partners to effectively address the issue of substance use on individuals, families and communities.

Go to the vendor contact list at the back of the Primer for information to order additional copies of the items on this list.

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Note: To view PDF files you will need Adobe Acrobat Reader (free downloads from Adobe website at www.adobe.com/support/downloads).

American Indian

❖ Handbook for Non-Native American Adult Educators

This is a guide for educators working with and respecting the cultural differences of Native American learners. (1996)

Audience: High school to adult (educators, providers)

Format: Report, 48 pages

Price: Download free copy from <http://literacynet.org/lp/namericans>

Contact: The Arizona Adult Literacy and Technology Resource Center

❖ Health Promotion and Substance Abuse Prevention Among American Indian and Alaska Native Communities: Issues in Cultural Competence

Explores American Indian and Alaska Native (AI/AN) substance abuse treatment and

prevention from an AI/AN community perspective and public health framework. Addresses identifying and developing appropriate AI/AN substance abuse programs. Details the use of the Communities Readiness Model in Native Communities. (CSAP, 2001)

Audience: High school to adult

Format: Report, 214 pages

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

❖ Substance Abuse Resource Guide: American Indians and Native Alaskans

This resource guide offers current information on substance abuse among American Indians and Native Alaskans. Recommends books, booklets, classroom videos reports and organizations. (CSAP, 1998)

Audience: Educators, planners, health and human service providers
 Format: Resource guide, 28 pages
 Price: Free
 Contact: The National Clearinghouse for Alcohol and Drug Information

❖ **To Build a Bridge: Working with American Indian Communities**

This guide is designed to improve service delivery in Indian communities, incorporate Indian values into research methodologies when working with Indian people, and educate policy makers and program developers about American Indians. It includes sections on the history of American Indian law and policy, cultural strengths and how to work effectively with American Indians. (2001)

Audience: Educators, planners, health care providers
 Format: Guide
 Price: \$12.00
 Contact: American Indian Policy Center

Asian American

❖ **Communicating Appropriately with Asian and Pacific Islander Audiences**

This CSAP technical assistance bulletin discusses creating prevention messages and products in the context of various Asian cultures. Discusses substance abuse patterns and the impact of immigration. (1997)

Format: Report, 12 pages
 Price: Free
 Contact: National Clearinghouse for Alcohol and Drug Information

College Students

Enhancing Peer Education Programs

Designed to help evaluate and build upon existing college health peer education efforts. Focuses on such topics as peer education programs for diverse populations, the role of marketing in health promotion and strategies for peer programs in various urban, rural, and

commuter settings. Developed in cooperation with the Centers for Disease Control and Prevention.

Audience: College administrators, health educators, health providers
 Format: Manual, 55 pages
 Price: \$15.00 for ACHAP member institutions; \$20.00 for ACHAP individual members; \$30.00 for nonmembers
 Contact: American College Health Association Publications

❖ **Health Programming in College/University Settings for Students of Color**

Takes a look at the need for campus-wide health programming that accommodates ethnic and cultural diversity. Discusses the needs of students of color, examines the difference and offers frameworks for program development and useful programming strategies.

Audience: College administrators, health educators, health providers
 Format: Booklet, 20 pages
 Price: \$5.00 for ACHAP member institutions, \$7.50 for ACHAP individual members, \$10.00 for nonmembers
 Contact: American College Health Association Publications

Healthy Campus 2010: Making It Happen

This tool helps planners assess campus and community health needs, and then develop, implement and evaluate programs. It provides more than 200 health objectives in 28 focus areas, a glossary of terms and a list of resources.

Audience: College administrators, health educators, health providers
 Format: Booklet
 Price: \$15.00 for ACHAP member institutions, \$20.00 for ACHAP individual members, \$30.00 for nonmembers
 Contact: American College Health Association Publications

How To Reduce High-Risk College Drinking: Use Proven Prevention Strategies

Identifies a number of strategies that colleges and universities could use to reduce excessive high-risk college drinking and offers commentary of their effectiveness. (NIH, 2002)

Audience: Campus administrators and leaders, high school counselors, parents, RAs/peer educators, students

Format: Report, 52 pages

Price: Download free or order \$5.00 print copy

Contact: National Institute of Alcohol Abuse and Alcoholism College Drinking website

Reducing Alcohol Problems On Campus: A Guide To Planning and Evaluation

This planning and evaluation handbook provides direction for program planners on how to incorporate research into the planning process. College administrators and program staff will learn how to maximize the impact of any prevention strategy and monitor any intervention's implementation and local impact. (NIH, 2002)

Audience: Campus health administrators, presidents, community leaders, high school guidance counselor, media, parents, RAs/peer educators and students

Format: Resource guide, 22 pages

Price: Download free or order \$4.00 print copy

Contact: National Institute of Alcohol Abuse and Alcoholism College Drinking website

Standards of Practice for Health Promotion in Higher Education

Lists the quality indicators for health promotion practice in the higher education community. A program self-assessment tool is included.

Audience: Educators, planners, health and human service providers, general public

Format: Booklet, 45 pages

Price: \$5.00 for ACHAP member institutions, \$7.50 for ACHAP individual members, \$10.00 for nonmembers

Contact: American College Health Association Publications

Domestic and Sexual Violence

A Place to Start: A Resource Kit for Preventing Sexual Violence

This two-volume set addresses the prevention of sexual violence. Book 1 provides basic information and strategies about victims, perpetrators, statistics, costs, risk and protective factors and Minnesota laws. Book 2 offers a variety of prevention tools including handouts, posters, sample policies and more. Many of the tools can be photocopied or ordered at low or no cost. View the Kit at www.health.state.mn.us/svp/index.html.

Audience: Educators, planners, health/human service providers, general public

Format: Resource Guide, 2 volumes

Price: \$50.00 for MN government/non-profit; \$125.00 for Minnesota for-profit or outside Minnesota

Contact: Minnesota Department of Health Library

CSAP Substance Abuse Resource Guide: Violence Against Women

Presents recent research findings and information on the relationship of alcohol and substance abuse to violence against women, including battery, murder, stalking, rape and sexual assault. (2000)

Audience: Educators, planners, health and human service providers

Format: Resource guide, 47 pages

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

CSAP Substance Abuse Resource Guide: Violence: An Overview of Its Relationship to Substance Abuse

This overview of the subject of violence and substance abuse is one of 10 guides in a series dealing with violence. Others in the series deal with children witnessing violence and their subsequent substance abuse, suicide, violence against women and more. (2000)

Audience: Educators, planners, health and human service providers

Format: Resource Guide, 26 pages

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

Health Disparities

❖Eliminating Health Disparities for Vulnerable Populations, Journal of Health.

Includes articles on various topics including healthy schools and communities, distance education to increase access to rural health care, and reducing health disparities through cultural competence. Introduces health educators to resources available to aid in elimination of health disparities. (1998)

Audience: Health educators, health providers, administrators, planners

Format: Report, 64 pages

Price: Free

Contact: Health Resources and Services Administration Information Center

❖How Community Efforts to Reduce Substance Abuse Have Influenced Race Relations

Contains lessons learned from a series of 1998 meetings with leaders from six diverse communities that explored how their efforts to reduce substance abuse affected local race relations.

Audience: Health educators, health providers, administrators, community planners

Format: Report, 12 pages

Price: Download free copy from www.jointogether.org/sa/files/pdf/lessons3.pdf

Contact: Join Together

Latino

❖Teaching From A Hispanic Perspective

This handbook is geared toward non-Hispanic teachers who teach Hispanic adults. It seeks to ease the tension caused by the cultural misunderstandings between the Hispanic adult student and the non-Hispanic teachers. (1996)

Audience: Educators, health providers, administrators, planners

Format: Report, 36 pages

Price: Download free copy from www.literacynet.org/lp/hperspectives/

Contact: Arizona Adult Literacy And Technology Resource Center, Inc.

❖Substance Abuse Resource Guide: Hispanic/Latino Americans

Provides information and referral sources to help prevention specialists, educators and community leaders better meet the needs of Latinos living in the United States. (CSAP, 1996)

Audience: Educators, planners, health and human service providers

Format: Resource Guide, 32 pages

Price: Download free or order print copy

Contact: The National Clearinghouse for Alcohol and Drug Information

❖A Toolkit for Hispanic/Latino Community Groups

Provides facts about alcohol/drug use among Latino youth. Outlines basic steps in community organizing and explains factors that either prevent or contribute to substance abuse.

Contains activity books, posters and toolkits. (2003)

Audience: Educators, planners, health and human service providers

Format: 40 pages, English and Spanish

Price: Free

Contact: Center for Substance Abuse Prevention

Lesbians, Gay, Bisexuals, Transgender Persons

CSAP Substance Abuse Resource Guide: Lesbians, Gay Men, Bisexuals, And Transgender Persons

This guide will increase understanding of the issues important to the lesbian, gay, bisexual and transgender communities. (CSAP 2000)

Audience: Educators, planners, health and human service providers

Format: Resource guide, 53 pages

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

Multicultural Health and Health Literacy

❖ Culture, Health and Literacy: A Guide to Health Education Materials for Adults with Limited English Literacy Skills

Includes over 60 materials in easy-to-read English and other languages to help teach health to multicultural populations. Includes materials written in: Arabic, Bosnian, Cambodian, Chinese, Hmong, Laotian, Persian, Portuguese, Russian, Somali, Spanish, Vietnamese, and more. (2000)

Audience: Planners, educators, health/human service providers

Format: Resource guide

Price: Download free copy

Contact: World Education, Health and Literacy Initiative

Facts About Health Literacy

A set of nine fact sheets covering an aspect of health literacy. Includes a bibliography. (2003)

Fact Sheet Titles:

- What is Health Literacy
- Who Has Health Literacy Problems
- Impact of Low Health Literacy Skills on Annual Health Care
- Health Literacy and Understanding Medical Strategies to Assist Low-Literate Health Care Consumers
- Preparing Patient Education Materials
- Tools to Evaluate Patient Education
- Communication and Cultural Resources for Health Literacy Information and Publications

Audience: Health educators, health providers, administrators, community planners

Format: Fact Sheets

Price: Download free copy from www.chcs.org/AboutChcs/programs/collaboratingquality.html

Contact: Center for Health Care Strategies

❖ Health and Literacy Compendium

Provides information and easy-to-read health materials to health professionals and community educators who work with low literacy populations. Includes over 80 print and web materials on a wide range of health topics including women's health issues. Discusses links between health status and literacy status, how to assess and develop easy-to-read health education materials, how to teach health content, curricula and materials for adults with limited literacy skills, bibliographies and databases of easy-to-read or multilingual health information. (1999)

Audience: Health educators, health providers, administrators, community planners

Format: Resource guide, 78 pages

Price: Download free copy from www.worlded.org

Contact: World Education, Health and Literacy Initiative

Substance Use

Assessing Drug Abuse Within and Across Communities

This is a planning tool for communities to detect, quantify and categorize local drug abuse problems in order for public health officials as well as the general public, to take timely action. (1998)

Audience: Educators, program planners, policy makers

Format: Resource Guide, 80 pages

Price: Download free copy from www.nida.nih.gov/DEPR/Assessing/Guideindex.html

Contact: National Institute on Drug Abuse

Community Chemical Health Promotion Guide

This collection of resources, tip sheets, tools, information sheets, samples, worksheets and websites has been developed and used by communities throughout Minnesota and the United States. Developed by public health prevention staff, the Guide includes information for developing a chemical health promotion team and prevention plan including guidance on conducting a community chemical health check; choosing resources and strategies, designing chemical health promotion messages and program funding and evaluation. (2002)

Audience: Educators, planners, health and human service providers

Format: Resource Guide

Price: Download free copy

Contact: Minnesota Department of Health, Center for Health Promotion

Health Promotion for Adult Literacy Students: An Empowering Approach to Alcohol and Other Drugs: Realities for You and Your Family

Provides educators with resources about alcohol and other drug issues within the adult literacy system today. Includes background material, information on resources, and sample lesson plans for use by you or guest presenters.

Audience: Educators, planners, health and human service providers

Format: Resource Guide

Price: Download free copy

Contact: Hudson River Center for Program Development, Inc

❖Moyers on Addiction

Provides information for families about addiction, family intervention and treatment. Discusses how to know a loved one has a drinking problem, how to approach them, and how to select treatment services. Booklet titles include: A Family Guide (English or Spanish), Health Professional's Guide, Elementary School Guide for Educators, and a High School Guide For Students and Teachers. (2001)

Audience: High school to adults (educators, family, friends and partners)

Format: Booklets

Price: Download free or order print copy

Contact: Moyers on Addiction

Prevention 2000: Moving Effective Programs into Practice

Identifies a range of conclusions and recommendations compiled at an October 2000 symposium, focusing on advancing the prevention of alcohol, tobacco and other drug problems in the United States.

Audience: Adults (educators, providers)

Format: Report, 36 pages

Price: Download free or order print copy

Contact: Robert Wood Johnson Foundation

Prevention Planning Tools for Building Productive Community Connections

This packet of worksheets and tools will help community groups assess their current prevention work and focus their future efforts regarding youth and adult alcohol and tobacco use. (2001)

Audience: Educators, planners, health and human service providers

Format: Booklets; Titles:

- Recommended Practices for Talking with Youth About Tobacco Use (17 pages)
- Alcohol and Tobacco Prevention Among Youth (54 pages)
- Final Report (79 pages)
- Executive Summary (8 pages)
- Prevention Planning Tools For Use with Community Partners (18 pages)

Price: Download free copy

Contact: Minnesota Department of Health, Center for Health Promotion

The Prevention Researcher

The Prevention Researcher is a quarterly newsletter devoted to helping professionals who

work with at-risk youth. Each issue focuses on a single topic and contains new and timely research by leading scientists in the prevention field.

Audience: Educators, planners, health and human service providers

Format: Newsletter

Price: \$24.00/year

Contact: Integrated Research Services, Inc.

Science-Based Prevention Programs and Principles 2002: Effective Substance Abuse and Mental Health Programs for Every Community

This report produced by the Substance Abuse and Mental Health Administration (SAMHSA) provides the latest information about model programs and a synthesis of research and evaluation findings across multiple prevention programs and practices. (2002)

Audience: Adults (educators, prevention planners)

Format: Report, 258 pages

Price: Free

Contact: The National Clearinghouse for Alcohol and Drug Information

Strategies for Public Health: A Compendium of Ideas, Experience and Research from Minnesota's Public Health Professionals

This compilation of prevention strategies covers the following topics: alcohol, child development, mental health, pregnancy, unintended pregnancy, violence and more. (2003)

Audience: Educators, planners, health and human service providers

Format: Resource Guide, 2 volumes;

Titles:

- Eliminate Health Disparities (10 pages)
- Social and Economic Determinants of Health (6 pages)
- Alcohol, Tobacco and Other Drugs (72 pages)
- Mental Health (31 pages)
- Pregnancy and Birth (58 pages)
- Unintended Pregnancy (22 pages)

- Violence (66 pages)

Price: Download free copy

Contact: Minnesota Department of Health, Community Health Services

Sustainability Toolkit: 10 Steps to Maintaining Your Community Improvements

Takes planners through a 10-step process for determining which efforts should be maintained and how to maintain them. Contains examples from communities, activities, a CD-ROM, sample plans, timelines, and tips and resources. (2001)

Audience: Educators, health providers, administrators, community planners

Format: Planning Guide

Price: \$80.00

Contact: Center for Civic Partnerships

Taking Action Against Second Hand Smoke

This educational campaign planning kit includes a wide range of tools and reproducible materials, a resources section, best practices information, key reports, data about second-hand smoke, and fact sheets for the most recent statistics and research on secondhand smoke.

Audience: Middle school to adult

Format: Kit

Price: Download or order free copy from www.cdc.gov/tobacco/ETS_Toolkit

Contact: Centers for Disease Control and Prevention, Office on Smoking and Health Publications

Tobacco Resource Guide

Experts on tobacco issues cover a range of issues including working with community coalitions on strategies to prevent tobacco use, scientific research into the causes of nicotine addiction, engaging national media and advocacy campaigns. (1999)

Audience: Educators, planners, health and human service providers

Format: Resource Guide, 51 pages

Price: Download free or order print copy

Contact: Robert Wood Johnson Foundation

Community How To Guide On Underage Drinking Prevention

The guides in this collection are designed to assist communities with the underage drinking problem and community-based advocacy efforts.

Format: Nine guides

Price: Download free or order print copy

Contact: National Highway Traffic Safety Administration

Women and Substance Use**Dispelling the Myths About Tobacco - A Community Toolkit for Reducing Tobacco Use Among Women**

This education toolkit includes presentations, tobacco cessation information, media outreach, and other activities for communities, schools, colleges and health care providers. (2001)

Audience: Women and girls, planners, educators

Format: Resource guide, 107 pages

Price: Download free or order print copy

Contact: CDC's Office on Smoking and Health Publications

Pregnant/Postpartum Women and Their Infants: CSAP Substance Abuse Resource

Provides information for developing effective prevention messages and programs for pregnant women. Includes articles and reports from journals and books and a list of organizations, groups and programs. (CSAP, 1997)

Audience: Educators, planners, health and human service providers

Format: Resource guide, 24 pages

Price: Download free or order print copy

Contact: The National Clearinghouse for Alcohol and Drug Information

Reports

The following reports provide in-depth information about alcohol, tobacco and other drug use nationwide and in Minnesota populations. Community program planners, educators, students and policy makers may use these reports to develop a better understanding of alcohol and drug use in their community, as well as to inform their decisions about local prevention and treatment programs.

Contact the organizations responsible for publishing any report to obtain permission to duplicate or distribute the report. Without permission, you may be in violation of U.S. copyright law. The exception is federal and state government documents which may be reproduced and distributed without permission.

We strongly recommend pre-testing items with a sample of intended learners before purchasing multiple copies for wider distribution. Refer to Appendix A: Selecting and Pretesting Education Materials. Go to the vendor contact list at the back of the Primer for information to order additional copies of the items this list.

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Note: To view PDF files you will need Adobe Acrobat Reader (free downloads from Adobe website at www.adobe.com/support/downloads).

African American Substance Use

❖ An African-Centered Model of Prevention for African American Youth at High Risk

This report examines the role of culture in substance abuse, African American values that provide resistance to substance abuse and socioeconomic conditions that contribute to substance abuse. (1993)

Audience: High school to adult

Format: Report, 145 pages

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

❖ Reaching African American Youth Who Live in High-Risk Environments

This CSAP technical assistance bulletin explains ways to join forces with the African American community to educate youth about prevention. Includes information about market research, implementation, communication, application and more. (1993)

Audience: High school to adult (educators)

Format: Report, 12 pages

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

American Indian Substance Use

❖ Cigarette Use Among American Indian/Alaska Native Youths

This National Household Survey on Drug Abuse report contains cigarette use prevalence, patterns and trends among American Indian/Alaska Native youths aged 12 to 17. (2002)

Format: Report

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

❖ Substance Use Among American Indians in Minnesota: Treatment Issues and Prevention Opportunities, 2000

Examines whether Indians have higher rates of substance abuse, describes treatment needed, wanted, or used and explores prevention opportunities among youth. (2000)

Audience: High school to adult (planners, educators)

Format: Report, 34 pages

Price: Download free or order print copy

Contact: Minnesota Department of Human Service Performance Measurement and Quality Improvement

Asian Substance Use

❖ Communicating Appropriately with Asian and Pacific Islander Audiences

This CSAP technical assistance bulletin discusses creating prevention messages and products in the context of various Asian cultures. Discusses substance abuse patterns and the impact of immigration. (1997)

Audience: Community educators, leaders, health/human service providers

Format: Report, 12 pages

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

❖ Low Rates of Alcohol Use among Asian Youths

This National Household Survey on Drug Abuse report discusses Asian youths' lower use

of alcohol than Hispanic, white, or American Indian/Alaska Native youths. Filipino youths were more likely to have used alcohol during the past year than Chinese or Asian Indian youths. (2002)

Audience: High school to adult

Format: Report

Price: Download free or order print copy

Contact: National Clearinghouse for Alcohol and Drug Information

College Student Substance Use

A Call To Action: Changing The Culture of Drinking At U.S. Colleges

A review of the scientific literature that describes the dangerous drinking behavior by college students and consequences for both drinkers and nondrinkers. (NIH, 2002)

Audience: Campus administrators and leaders, high school counselors, parents, RAs/peer educators and students

Format: Report, 51 pages

Price: Download free or order \$5.00 print copy

Contact: National Institute on Alcohol Abuse and Alcoholism College Drinking website

High Risk Drinking in College: What We Know and What We Need To Learn

A review of the scientific literature describes the magnitude and characteristics of problem drinking in college. (NIH, 2002)

Audience: Campus administrators and leaders, high school counselors, parents, RAs/peer educators and students

Format: Report, 62 pages

Price: Download free from www.college.drinkingprevention.gov/reports/ or order \$5.00 print copy

Contact: National Institute of Alcohol Abuse and Alcoholism

Domestic and Sexual Violence

Abuse Against Women by Their Intimate Partners: Issue Summary

Presents the trends, determinants, consequences, and risk factors of domestic violence. Also provides intervention strategies, and issues for policy, practice and research. (1998)

Audience: High school to adult

Format: Report, 4 pages

Price: Free

Contact: Health Resources and Services Administration

An Assessment of Minnesota's Health Care and Public Health Response to Violence Against Women

This report includes reviews of current policy and practices. Summarizes interviews with individuals working with domestic and sexual violence in health care, public health and survivor advocacy. Provides recommendations for change. (2003)

Audience: Educators, program planners, policy makers, health and social service providers

Format: 90 pages

Price: Download free copy from www.health.state.mn.us/injury/pub/assessvaw.pdf

Contact: Minnesota Department of Health, Injury/Violence Prevention

No Safe Haven: Children of Substance-Abusing Parents

Presents a comprehensive analysis of the impact of substance abuse on child abuse and neglect. Illustrates how parental abuse of alcohol and drugs has overwhelmed the nation's child welfare system and seriously compromised its ability to protect children. (1999)

Audience: High school to adult (educators, planners, health and human service providers)

Format: Report, 180 pages

Price: Download free or order \$22.00 print copy

Contact: Center on Addiction and Substance Abuse

Partners' Influence on Women's Addiction and Recovery: The Connection between Substance Abuse, Trauma, and Intimate Relationships

Discusses the role intimate partners play in women's recovery from substance abuse and explores ways to help women assess their intimate relationships in the context of their addiction. Presents model programs and strategies for safely engaging partners in women's recovery. (2002)

Audience: High school to adults (educators, providers)

Format: Report, 104 pages

Price: Download free or order \$15.00 print copy

Contact: National Abandoned Infants Assistance

Latino Substance Use

❖ Illicit Drug Use Among Hispanic Females, National Household Survey on Drug Abuse Report

Audience: High school to adult

Format: Report

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

❖ Latino Health Beliefs: A Guide for Health Care Professionals

Provides an overview of Latino health issues, concepts of health, cultural and health beliefs and practices. Includes examples of cultural health care models and programs and a bibliography. (1998)

Audience: Health and social service providers, educators and program planners

Format: 62 pages

Price: Download free copy

Contact: National Council of La Raza

Lesbian, Gay, Bisexual, Transgender Persons

A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual and Transgender Individuals

Provides statistical and demographic information, prevalence data, case samples and suggested

interventions, treatment guidelines, and organizational policies and procedures. (2001)

Audience: Educators, planners, health care providers

Format: Report, 209 pages

Price: Download free copy from www.health.org/govpubs/BKD392/index.pdf

Contact: Center for Substance Abuse Treatment

United States National Substance Use

❖ Alcohol Alert No. 55 - Alcohol and Minorities: An Update

This report summarizes research on differences in alcohol use determinants, problems, and the development of targeted prevention and treatment programs with respect to the four main minority groups in the United States: African Americans; Hispanics; Asian Americans and Pacific Islanders; and American Indians/Alaska Natives. (NIAAA, 2002)

Audience: High school to adult

Format: Report

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

Binge Drinking Among Underage Persons

This National Household Survey on Drug Abuse report discusses underage binge drinking, noting that underage persons who reported binge drinking were seven times more likely to report using illicit drugs than underage persons who did not binge drink. (2001)

Audience: High school to adult

Format: Report

Price: Download free or order print copy

Contact: National Clearinghouse for Alcohol and Drug Information

Heavy Alcohol Use Among Young Adults

Based on the National Household Survey on Drug Abuse, this report provides information on the prevalence, patterns and consequences of drug and alcohol use and abuse in the general

U.S. population. (SAMHSA, 2001)

Format: Report, 4 pages

Price: Download free or order print copy.

Contact: National Clearinghouse for Alcohol and Drug Information

❖ Prevalence of Substance Use Among Racial and Ethnic Subgroups in the United States 1991

Presents data on racial/ethnic patterns of substance use in the U.S. Using National Household Survey on Drug Abuse data from 1991, 1992 and 1993. The report estimates the prevalence of substance use, alcohol dependence and the need for illicit drug abuse treatment within racial/ethnic subgroups. (SAMHSA/OAS, 1998)

Audience: High school to adult (educators)

Format: Report, 122 pages

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

Substance Abuse: The Nation's Number One Health Problem

Tracks smoking, drinking and illicit drug use over several decades and documents early use among young people. It covers the context, consequences, patterns and prevention of substance abuse. (2001)

Audience: Adults, educators

Format: Report, 133 pages

Price: Download free or order print copy

Contact: Robert Wood Johnson Foundation

Substance Abuse in Brief: Science of Addiction Simplified

Discusses the biology behind addiction in terms the general population can understand. (CSAT 1999)

Audience: High school to adult

Format: Report, 4 pages

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

Tenth Special Report to the U.S. Congress on Alcohol and Health.

Covers the cause and impact of alcohol use and abuse; genetic, psychological and sociocultural influences on alcohol use/abuse; effects of alcohol on the brain, the body and health; effects of alcohol on fetal and postnatal development; effects of alcohol on behavior and safety; economic impact of alcohol use and alcohol-related problems; prevention and treatment of alcoholism and related problems. (1997)

Audience: Adults (educators, providers)

Format: Report, 492 pages

Cost: Download free highlights (24 pages) or order \$5.00 complete report

Contact: National Institute on Alcohol Abuse and Alcoholism

Womens' and Girls' Substance Use

Alcohol Alert No. 46: Are Women More Vulnerable to Alcohol's Effects?

Gender differences in alcohol's effects and considers some factors that may place women at risk for alcohol-related problems. (2002)

Audience: High school to adult

Format: Report

Price: Free

Contact: National Clearinghouse for Alcohol and Drug Information

Best Practices - Fetal Alcohol Syndrome/Fetal Alcohol Effects and the Effects of Other Substance Use During Pregnancy

Provides an in-depth study of alcohol use by women of childbearing age and pregnant women. Includes information about the effects of prenatal exposure to cannabis, opiates, cocaine, inhalants and alcohol. (2001)

Audience: High school to adult (educators, planners, health/human service providers)

Format: Report, 125 pages

Cost: Download free or order print copy

Contact: Health Canada

❖Meeting the Challenge: Ending Treatment Disparities for Women of Color

Covers issues facing women of color with addictions including stigma and treatment barriers including: economic issues, language barriers, transportation and cultural issues. It also provides action steps for community activists. (NIDA, 1998)

Audience: High School to adult

Formats: Report, 675 pages; Executive Summary, 21 pages; or CD-ROM

Price: Download free full report or Executive Summary; order CD-ROM

Contact: National Mental Health Association

Pregnancy and Illicit Drug Use

This National Household Survey on Drug Abuse examines the increasing use of illicit drugs by pregnant women and younger women. (2001)

Format: Report, 4 pages

Price: Download free or order print copy

Contact: National Clearinghouse for Alcohol and Drug Information

Tobacco and Alcohol Use Among Pregnant Women

National Household Survey on Drug Abuse report discusses women's tobacco and alcohol use during pregnancy. (SAMHSA, 2001)

Format: Report, 4 pages

Price: Download free or order print copy

Contact: National Clearinghouse for Alcohol and Drug Information

❖Taking A Closer Look: Drinking During Pregnancy in Minnesota

Summarizes the problem of FAS, alcohol related birth defects, and drinking during pregnancy in Minnesota. Looks at all women of childbearing age in Minnesota, especially those who identify as African American, American Indian and Latino. These groups face unique challenges and have different perceptions about alcohol use among pregnant women. (2002)

Audience: High school to adults (educators, providers)

Format: Report, 59 pages
 Price: Download free copy from
www.health.state.mn.us/fas.
 Contact: Minnesota Department of Health
 Family Health, MCH

The Formative Years: Pathways to Substance Abuse Among Girls and Young Women Ages 8–22

Examines the addiction of girls and young women (ages 8–22) and shows that girls and young women who use cigarettes, alcohol and other drugs are more vulnerable to substance abuse and addiction and its consequences. (2003)

Audience: Adults (educators, providers)
 Format: Report, 242 pages
 Price: Download free or order \$25.00 print copy
 Contact: Center on Addition and Substance Abuse

Women and Smoking: A Report of the Surgeon General

Provides an overview of smoking and health issues of women and girls in the United States. Summarizes patterns of tobacco use among women, factors associated with starting and continuing to smoke, the health consequences of smoking, tobacco marketing targeted at women and cessation and prevention interventions. (2001)

Audience: High school to adult
 Formats: Report, 675 pages; Executive Summary, 21 pages or a CD-ROM
 Price: Download free or order print copy
 Contact: Center for Disease Control, Office on Smoking and Health

Worksite Substance Use

Substance Abuse Prevention in Workplaces is Good Business

Summarizes recent research and discusses the experience of the Federal Drug-Free Workplace Program. Provides examples of how large and small companies handle the problem of substance abuse.

Audience: Employers and human resource directors

Format: Report, 4 pages
 Price: Download free copy
 Contact: The Workplace Resource Helpline and Center

Resource Centers

Resource centers provide a wide range of services and information to assist program planners, educators, public policy makers, health and human service providers and community members in their efforts to educate and address these issues in their communities.

Many of the resources centers prepare and distribute educational materials addressing substance abuse and domestic violence. Some have staff to provide technical assistance in planning programs and working with specific cultural communities and women within those communities.

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Note: To view PDF files you will need Adobe Acrobat Reader (free downloads from Adobe website at www.adobe.com/support/downloads).

Domestic and Sexual Violence

❖ Family Violence Prevention Fund (FVPF)

FVPF provides educational materials for people in various cultural groups including Latinos, Filipino-Americans and African-Americans via television, print, radio and the Internet. It also disseminates information to employers, employees and unions to raise awareness of domestic violence and to foster a supportive environment for employees who may be victims of violence. The Fund has produced education resources to improve employers and courts' handling of domestic violence.

Contact:

Family Violence Prevention Fund
383 Rhode Island Street, Suite 304
San Francisco, CA 94103-5133
415-252-8089
Fax: 415-252-8991
E-mail: ordering@endabuse.org
Website: endabuse.org

Minnesota Center Against Violence and Abuse Electronic Clearinghouse

The Minnesota Center Against Violence and Abuse is located within the School of Social Work at the University of Minnesota. The clearinghouse provides a web-based library of educational resources, research and access to information about violence.

Contact:

Minnesota Center Against Violence and Abuse
University of Minnesota
School of Social Work
105 Peters Hall, 1404 Gortner Avenue
St. Paul, MN 55108-6142
612-624-0721
Fax: 612-625-4288
Website: www.mincava.umn.edu

Minnesota Coalition for Battered Women

MCBW is a statewide membership program of local, regional and state organizations advocating on behalf of battered women and their children. It also provides training and technical assistance to battered women's programs, and is a clearinghouse for information about domestic violence.

Contact:

Minnesota Coalition for Battered Women
450 North Syndicate Street, Suite 122
St. Paul, MN 55104
612-646-6177
Crisis: 612-646-0994
Toll free: 1-800-289-6177
Website: www.mcbw.org

Fetal Alcohol Syndrome and Developmental Disabilities**The FAS Center for Excellence - Center for Substance Abuse Prevention**

Provides resources including: A database on FAS resources and research; regional town hall meetings for service providers and parents/caregivers of persons with FAS; a toll free information line; training and technical assistance to organizations which includes strategic and operational advice and coordination among the CSAP-funded FAS prevention projects.

Contact:

FAS Center for Excellence-Center for Substance Abuse Prevention (CSAP)
1700 Research Boulevard, Suite 400,
Rockville, MD 20850
Website: www.fascenter.samhsa.gov

Institute on Community Integration - University of Minnesota

The Institute seeks to improve the services and social supports available to individuals with disabilities and their families through research, professional training, technical assistance and publishing activities. Produces newsletters, resource guides, curricula, reports, brochures,

videotapes and training. Addresses a wide range of concerns of people living with disabilities including services, policy issues, research and practical resources related to the social, family, educational, vocational, housing and health care aspects of their lives.

Contact:

Institute on Community Integration
University of Minnesota
102 Pattee Hall
150 Pillsbury Drive SE
Minneapolis MN 55455
612-624-6300
Fax: 612-624-9344
E-mail: info@icimail.education.umn.edu

Mental Health**❖ National Mental Health Association Resource Center**

The NMHA Resource Center is a national resource for information on mental illnesses and treatments, and referrals for local treatment services providing 60 different brochures and fact sheets on a variety of mental health topics.

Contact:

National Mental Health Association
2001 N. Beauregard Street, 12th Floor
Alexandria, VA 22311
703-684-7722
Fax: 703-684-5968
Toll free: 1-800-969-NMHA (6642)
TTY Line: 1-800-433-5959
Website: www.nmha.org

Multi-Cultural Health**❖ African American Family Services-A Minnesota RADAR Network Specialty Center**

The AARC resource center focuses on substance abuse in the African American community. AARC offers books, pamphlets, audio and videotapes and pre-assembled packets addressing several issues pertaining to families, gender differences, substance abuse and treatment, violence, parenting and youth, race and culture.

Contact:

African American Family Services
 2616 Nicollet Avenue, South
 Minneapolis, Minnesota 55408
 612-871-7878
 Toll free: 1-800-557-2180
 Fax: 612-871-2567
 E-mail: contact@aafs.net
 Website: www.aafs.net

❖Center for Cross Cultural Health

Through information sharing, training, organizational assessments and research, the center works to develop culturally competent individuals, organizations and systems. Coordinates the Multilingual Health Resources Exchange for organizations interested in health care for the foreign-born patient. Members explore ways to share the responsibility and cost of creating and distributing health education materials for non-English speaking patients.

Contact:

Center for Cross Cultural Health
 1313 S.E. Fifth Street, Suite 100B
 Minneapolis, MN 55414
 612-379-3573
 Fax: 612-623-3002
 E-mail: ccch@crosshealth.com
 Website: www.crosshealth.com

❖Minnesota Indian Women's Resource Center (MIWRC)

The Center, which includes a library and training program, provides access to materials on American Indian women, chemical dependency and related women's issues. Provides the following services at no charge: literature searches; assistance with database searches; specialized bibliographies and fact sheets; workshop handouts; planning assistance for groups, workshops, lectures, and assistance with research and curricula development. The Center collection contains publications by Native Americans including books, videos, and manuscripts. MIWRC provides lecture and in-service training on special topics related to American Indian

women in the areas of:

- regional American Indian history, language, culture, women's issues
- chemical dependency, recovery, and relapse prevention
- Fetal Alcohol Syndrome
- domestic violence and sexual assault
- healthy sexuality
- parenting

Contact:

Minnesota Indian Women's Resource Center
 2300 15th Avenue South
 Minneapolis, MN 55404
 612-728-2000
 Fax: 612-728-2039
 Website: www.miwrc.org

❖Multi-Cultural Educational Services

This organization specializes in the translation, publication and distribution of information to refugees and immigrants who have not yet mastered the English language. They also design and develop English as a second language (ESL) materials including forms, books, booklets, audio and videotapes and promotional materials for businesses, schools, governmental agencies and social services agencies.

Contact:

Multi-Cultural Educational Services
 832 104th Lane NW
 Coon Rapids, MN 55433
 763-767-7786
 E-mail: service@mcedservices.com
 Website: www.mcedservices.com

❖National Center for Cultural Competence (NCCC)

NCCC provides services and information to increase the capacity of health care and mental health programs to design, implement and evaluate culturally and linguistically competent service delivery systems. NCCC specializes in: 1) training, technical assistance and consultation; 2) linkages and information exchange and 3) knowledge and product dissemination. Provides checklists and tools to conduct cultural competence organizational self-assessments and

ways to the incorporate culturally competent values and practices.

Contact:

National Center for Cultural Competence
Georgetown University Center
for Child and Human Development
3307 M Street NW, Suite 401
Washington, DC 20007-3935
1-800-788-2066
202-687-5387
Fax: 202-687-8899
TTY: 202-687-5503
E-mail: cultural@georgetown.edu

❖ **National Center for Farmworker Health (NCFH)**

NCFH provides information services and products to a network of more than 500 migrant health center service sites, community organizations and individuals serving farmworkers throughout the U.S. Offers English/Spanish health education resources on a range of health topics.

Contact:

National Center for Farmworker Health
The Resource Center
1770 FM 967
Buda, TX 78610
512-312-2700
Toll free: 1-800-531-5120
E-mail: info@ncfh.org
Website: www.ncfh.org

❖ **National Indian Child Welfare Association (NICWA)**

NICWA maintains a library of 3,800 entries. An estimated 800 of these catalogued entries contain child welfare, child abuse or neglect information that is culturally relevant and useful to the American Indian population. Indian child welfare program staff, tribes, individuals and organizations may call with questions or requests for information on a wide range of child and family topics.

Contact:

National Indian Child Welfare Association
Department of Information and Training

3611 SW Hood Street, #201
Portland, OR 97201
503-222-4044
Fax: 503-222-4007
Website: www.nicwa.org

❖ **National Latino Council on Alcohol and Tobacco Prevention**

Provides resources on Latino alcohol and tobacco use, violence and other issues affecting Latino communities. Distributes newsletters, a fact sheet on women's use of alcohol; promotes research on Latinos and other vulnerable populations; develops and analyzes policies; produces and distributes environmental preventive materials.

Contact:

National Latino Council on Alcohol
and Tobacco Prevention
1875 Connecticut Avenue, NW Suite 732
Washington, DC 20009
202-265-8054 (Hablamos Espanol)
Fax: 202-265-8056
Website: www.nlcatp.org

❖ **Office of Minority Health Resource Center**

This national center responds to information requests from the public, clinicians and the scientific community with a variety of print materials on such subjects as children's mental health disorders, schizophrenia, depression, bipolar disorder, seasonal affective disorder, anxiety and panic disorders, obsessive-compulsive disorder, eating disorders, learning disabilities and Alzheimer's disease. Single copies of publications are free.

Contact:

Office of Minority Health Resource Center
P.O. Box 37337
Washington, D.C. 20013-7337
Toll free: 1-800-444-6472
Fax: 301-251-2160
E-mail: info@omhrc.gov
Website: www.omhrc.gov

❖ **The Southeast Asian Prevention and Intervention Resource Center and United Cambodian Association of Minnesota Center-SEAPIN**

SEAPIN works to increase awareness in Southeast Asian refugee communities about chemical dependency and to provide Southeast Asian-specific prevention and intervention resource materials. Services and resources include trained speakers and brochures.

Contacts:

United Cambodian Association of Minnesota
529 Jackson Street, Suite 221
St. Paul, MN 55101
651-255-0728 or 651-222-3299
Fax: 651-222-3599

Lao Family Community of Minnesota, Inc.
320 West University Avenue
St. Paul, MN 55103
651-221-0069
Fax: 651-221-0276

Substance Use and Addiction

❖ **The RADAR Network**

Center for Substance Abuse Prevention (CSAP) The Regional Alcohol and Drug Awareness Resource (RADAR) Network is an international association of more than 750 organizations that provide information and resources about substance abuse prevention and treatment. Minnesota's Statewide Center is the Minnesota Prevention Resource Center (MPRC). (See full description below.) In addition to the State Center, Minnesota has two specialty and five associate centers. The specialty centers and associate centers provide expertise in the needs of ethnic populations, persons with disabilities, rural populations, substance abuse research, workplace issues and schools, including colleges and universities.

Contact:

National RADAR Network Center
Website: ncadi.samhsa.gov/radar/
SAMHSA's National Clearinghouse
for Alcohol and Drug Information

P.O. Box 2345
Rockville, Maryland 20847-2345
301-468-2600, ext. 5111
Toll free: 1-800-729-6686
TDD: 1-800-487-4889
National Clearinghouse for Alcohol
and Drug Information website:
<http://ncadi.samhsa.gov>

❖ **Minnesota Prevention Resource Center (MPRC) Regional RADAR Network Center**

MPRC the statewide clearinghouse for alcohol, tobacco, and other drug abuse prevention. FAS and prenatal drug exposure information resources are available from MPRC, as is a video loan service, specialized reference library and information services, distribution of public education materials and community consultation. Available only to Minnesota residents. Others will be referred to the RADAR Network Center in their state. MPRC's website has an extensive, and fully searchable links section.

Contact:

Minnesota Prevention Resource Center
2720 Highway 10 NE
Mounds View, MN 55112
763-427-7841
Toll free: 1-800-782-1878
Fax: 763-427-7841
E-mail: mprc-order@miph.org
Website: www.emprc.org

❖ **Hazelden Foundation-A Minnesota RADAR Network Specialty Center**

Contact:

Hazelden Library and Information Resources
15245 Pleasant Valley Road
P.O. Box 11, CO-4
Center City, Minnesota 55012
651-213-4093
Toll free: 1-800-257-7800
Fax: 651-213-4411
Email: bweiner@hazelden.org
Website: www.hazelden.org/library

The Higher Education Center (HEC) for Alcohol and Other Drug Prevention

Sponsored by the U.S. Department of Education, HEC is the nation's primary resource center for alcohol, other drug and violence prevention for colleges and universities. HEC provides information, technical assistance and training to help colleges implement prevention strategies focusing on campus environments and student decision-making about alcohol and drug use. The Center's website provides resources to students including:

- alcohol, other drug and violence-related research,
- information about treatment resources,
- literature searches about promising campus-based prevention programs or strategies.

Contact:

Higher Education Center for Alcohol and Other Drug Prevention Education Development Center, Inc.
55 Chapel Street
Newton, Massachusetts 02458-1060
Toll free: 1-800-676-1730
Fax: 617-928-1537
E-mail: HigherEdCtr@edc.org
Website: www.edc.org/hec

Minnesota Department of Health Library Resource Center

Provides videos for loan, posters, brochures and booklets at no cost to Minnesota based community organizations.

Contact:

Minnesota Department of Health Library Resource Center
717 Delaware Street SE
Minneapolis, MN 55440-9441
612-676-5478 or 612-676-5419
Fax: 202-265-8032
E-mail: library@health.state.mn.us
Website: www.best.4-2.com
(FAS Prevention Catalog)

❖The National Clearinghouse for Alcohol and Drug Information (NCADI)

This is the world's largest clearinghouse for information and materials concerning alcohol and substance abuse prevention, intervention and treatment. NCADI provides the following services:

- Telephone Information Specialists - Answer questions about alcohol and substance abuse prevention, intervention and treatment.
- Publication Orders - Distributes free or low cost materials, including fact sheets, brochures, pamphlets, monographs, posters and videotapes.
- Database and Literature Searches - For a small fee, specialists can create a customized annotated bibliography or do an online search of 11 databases for abstracts pertaining to alcohol, tobacco and other drugs.
- Referrals-to organizations and centers that provide additional information.
- Crisis Telephone Calls - If needed, callers are referred to nationwide crisis/suicide hotlines.

Note: It is recommended you contact the state RADAR center, MPRC, before contacting NCADI (many of MPRC's resources come from NCADI).

Contact:

NCADI
P.O. Box 2345
Rockville, MD 20847-2345
Toll free: 1-800-729-6686, TDD and Spanish
Website: www.health.org

Women's Health

March of Dimes Birth Defects Foundation (MODF)

Produces and distributes a variety of health education materials on planning a healthy pregnancy. A professional team (doctors, nurses and health educators) develops and reviews all clinical information so that it is based on scientific research and the collective experience of practicing health care professionals.

Contact:

Minnesota MODF
233 Edina Industrial Blvd.
Edina, MN 5549
952-835-3033
Fax: 952-835-8661

National MODF
275 Mamaroneck Avenue
White Plains, NY 10605
914-428-7100
Fax: 914-997-4763
Website: www.modimes.org

and drug testing. The Center offers a range of free publications including recent research reports, program planning tools, workplace policies, employee education resources and more.

Contact:

The Workplace Helpline and Center
Toll free: 1-800-967-5752 or
1-800-Workplace
E-mail: helpline@samhsa.gov
Website: workplace.samhsa.gov

❖ National Women's Health Information Center

This federal clearinghouse has a variety of women's health-related materials and provides information about the concerns of women of color health, including chemical health.

Contact:

National Women's Health Information Center
The U.S. Department of Health and
Human Services
200 Independence Avenue S.W.
Washington, D.C. 20201
202-619-0257
Toll free: 1-877-696-6775
1-800-994-9662 (800-994-WOMAN)

Available in English and Spanish.
TDD: 1-888-220-5446
Website: www.4woman.gov

Worksite Prevention**Workplace Resource Helpline and Center
Substance Abuse and Mental Health Services
Administration (SAMHSA)**

This toll free telephone consulting service provides technical assistance and guidance on how to develop and evaluate programs and policies to address alcohol and other drug problems at work. Consultation is provided on policy development, supervisor training, employee education, employee assistance programs

Services for Children and Families

Families may turn to many people in their lives—neighbors, family, friends or health and social service providers—for advice and resources to cope with a child’s behavioral and learning disabilities that may be associated with Fetal Alcohol Syndrome (FAS).

Although early diagnosis can improve a child’s life, many feel unprepared to understand or help a child who may be affected by prenatal alcohol or substance exposure. Several factors can significantly improve a child’s life. Protective factors for a child include: 1) an early diagnosis before age six, 2) a stable and understanding caregiver in a non-abusive environment, and 3) access to resources for person’s with disabilities. these recommended resources provide information to increase community member’s ability to help children and families find help.(63)

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Finding Help for Affected Children and Families

If parents, teachers, health or human service providers suspect a child, adolescent or adult may have FAS, the individual and family need to be referred to an appropriate specialist (pediatrician, psychiatrist, psychologist) or a developmental disabilities assessment clinic for further testing.

Families should be told that there is no single feature, symptom, or test that by itself can be used to diagnose FAS.

Once a diagnosis has been made, the child’s family and caregivers should receive specific advice and take aggressive intervention measures. The assistance of a multi-disciplinary team, information and support can improve the outcome for the affected child.

A multi-disciplinary team for care and management should include, at minimum, two

or three professionals, depending on need and availability within the area and could be comprised of the following professionals in many different agencies:

- health providers-physicians, nurses, psychologists, speech pathologists
- educators
- occupational therapists
- social workers (63)

To learn how to help affected children and families or to locate services for children and families in Minnesota, call Minnesota Department of Health and Human Services, 651-297-3933 or TDD: 1-800-627-3529. Refers callers to the Health and Human Services Department in the caller’s local Minnesota County.

The Minnesota Department of Health

Toll free: 1-877-9Best 4-2 or 1-877-923-7842

❖MinnesotaHelp.info (Formerly First Call for Help)

Provides local Minnesota resources.

211 or 1-800-543-7709

651-291-0211 (Spanish)

651-698-9167 (Russian)

651-721-4852 (Hmong, Laotian, Vietnamese)

For additional statewide evaluation services, education and family support organizations and services for children with developmental disabilities and special health needs go to the Minnesota Department of Health website at www.best4-2.com

Diagnostic and Evaluation Services**Minnesota Children with Special Health Needs (MCSHN)**

Behavior Clinic assessment teams:

- Provide evaluations for children with significant behavior difficulties which may be related to fetal alcohol exposure.
- Consist of a physician, behavior analyst, social worker, psychologist, occupational therapist and a speech language pathologist.
- Work with parents to develop and discuss management strategies for home and school.
- Are located in: Bemidji, Cass Lake, New Ulm, Detroit Lakes, Virginia and Willmar.

Contact:

MCSHN, Minnesota Department of Health
651-215-8956 or 1-800-728-5420

Developmental Disabilities Services**Minnesota Children's Mental Health, Minnesota Department of Human Services**

Helps children and adolescents with severe emotional disturbance. Works with counties and statewide Children's Mental Health Collaborative to establish comprehensive, integrated and accountable mental health services that meet the mental health needs of children and youth and

helps people become as self-sufficient as possible.

Website: www.dhs.state.mn.us/CFS/Programs/ChildMentalHealth/default.htm

Minnesota Regional Service Centers

These centers provide information on state, local, tribal and federal government resources and services. Their website provides links to county and tribal government sites.

Website: www.dhs.state.mn.us/infocenter/regional.htm

Minnesota Mental Health and Disability Services

- Ah-Gwah-Ching Center 218-547-8300
- Anoka-Metro Regional Treatment Center 763-712-4000
- Brainerd Regional Human Services Center 218-828-2201
- Eastern Minnesota State Operated Community Services 651-582-1858
- Fergus Falls Regional Treatment Options 218-739-7200
- Minnesota Extended Treatment Options Community Support Services 763-689-7200
- Moose Lake Regional State Operated Services 218-485-5300
- St. Peter Regional Treatment Center Minnesota Security Hospital 507-931-7100
- Willmar Regional Treatment Center 320-231-5100

The Early Intervention Project: Minnesota Department of Health, Children, Families and Learning and Human Services

Provides services for children from birth to age three with special health care needs or developmental delays. Operates through local inter-agency committees. Services may include respite care, physical and occupational therapy, speech and language therapy, early childhood special education, special equipment, public health nursing services, family support, and more. Call your local school district for more information.

Minnesota FAS Collaborative - FAS Library Forum

This monthly newsletter solicits and distributes FAS research information and literature and functions as a central information exchange for printed or published FAS information.

Contact:

Rick Schuette, Executive Director
Thunder Spirit Center
Fax: 763-789-6385
E-mail: rschuette@fetalalcoholservices.org

Thunder Spirit Center

Seeks to improve the mental, physical and social lives of people affected by Fetal Alcohol Syndrome (FAS). Provides clinical psychotherapy and occupational therapy services that address the special needs of the FAS affected individual and family.

Contact:

Thunder Spirit Center
4026 Central Ave NE
Columbia Heights, MN 55421-2916
763-789-6385
E-mail: info@thunderspiritcenter.org
Website: www.fetalalcoholservices.com

Services for Women

Any expectant mother who drinks alcohol, smokes, or uses substances runs the risk of harming her unborn child. Whether she drinks socially, because of stress, or only a little, she needs help.

Finding Help for Women

If friends, family, partners, or health or human service providers suspect that a woman is using alcohol or drugs while pregnant, they need to talk to her about the possible danger to her and her baby. Care providers may need to refer her for alcohol and drug assessment and possibly treatment services.

Families should be told their loved one may have an addiction that may require a broad range of support services provided over an extended period of time.

Once a diagnosis has been made, she should receive services that help her deal with her addiction as well as her multiple roles as a person in recovery, parent and partner or frequently, single head of a household. Ideally, support services should be provided as long as she and her family need and can benefit from them.

A woman may expect to get multiple services from a variety of service agencies. Ideally, her care should be coordinated by a “case manager.” Any agency can provide case management services, although the lead agency typically assigns a staff person to this role, such as a social worker or nurse. The case manager assists a woman by helping her choose appropriate services, and monitors her participation and progress in using health care, alcohol/drug

treatment and other social services. A woman might need the following types of services during and after her pregnancy:

A medical doctor – will help plan and monitor her safe withdrawal from alcohol or drugs and monitor her and her baby’s health through her pregnancy.

Alcohol and other drug treatment – that is gender-specific and ethnically and culturally sensitive, whenever possible.

Child care – if she requires inpatient or residential care treatment,

Support and relapse prevention – through local community groups, including Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Adult Children of Alcoholics (ACoA) and other community support groups.

Group and individual counseling – that focuses on codependency, self-esteem and issues of sexuality, parenting and relapse prevention.

Practical services – that may include assistance with housing, transportation, job skills and other social services.(65)

Minnesota Law - Drinking During Pregnancy

Women, family, friends and their health care providers may be concerned about the law regarding a woman’s drinking during pregnancy. Unlike the use of illicit (illegal) drugs, smoking and drinking alcohol are legal although strongly

discouraged during pregnancy. Under current Minnesota law, health care providers are not legally required to report a woman's alcohol use during pregnancy. However, they are encouraged to help a woman find chemical assessment and treatment services if they believe a woman has knowingly abused alcohol after she knew of her pregnancy. Health care providers can either:

- arrange for an assessment of a woman's alcohol use by a qualified professional through the woman's health plan or an agency that provides these services or
- report a woman to a maternal child substance abuse project for alcohol use assessment and services.(66)

Health care providers may call 612-752-8092 to refer a woman to her local county Health and Human Services Department. For more information regarding the statute, contact:

Minnesota Department of Human Services (DHS)
Dorothy Renstrom 651-297-5303 or at
dorothy.renstrom@state.mn.us

The DHS Bulletin about the statute is available from www.dhs.state.mn.us/FMO/LegalMgt/Bulletins/pdf/1999/99-68-08.pdf

Phone Referral and Online Services

To learn how to help a woman, her partner, or family locate services in Minnesota, contact your county social service agency or health plan or one of the following Minnesota or national help lines. Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Minnesota Department of Health

Toll free: 1-877-9-BEST-4-2 (1-877-923-7842)

Drug Help

www.drughelp.org

Offers tips for families and friends to talk with a loved one about alcohol use.

❖ Drug and Alcohol Treatment Hotline

Toll free: 1-800-662-4357

Spanish: 1-877-767-8432

A nationwide, 24-hour helpline offering information and treatment facility referral.

❖ MinnesotaHelp.info (formerly First Call for Help)

211 or 1-800-543-7709

Spanish: 651-291-0211

Russian: 651-698-9167

Hmong, Laotian, Vietnamese: 651-721-4852

Provides local Minnesota resources.

For help with domestic abuse:

❖ Domestic Abuse Hotline

Toll free: Spanish or English 1-800-799-7233

TTY: 1-800-787-3224

Nationwide 24-hour help line for shelter referral.

For support for recovering women:

Minnesota Health and Human Services Department

612-752-8092

Refers callers to local service in your Minnesota County.

Online Services

The Internet has become a readily available source of support and resources for individuals with addictions. The following websites provide a range of services including locator services for community-based treatment centers, interactive education programs and social support networks which are an essential to recovering individuals and their success in maintaining sobriety.

Each site's content has been reviewed by MDH prevention staff against a set of criteria for accuracy, objectivity and audience interests. However, these websites are not endorsed by MDH nor are we responsible for the accuracy of the information on these sites.

Online Services for Alcohol and Substance Use

Refer to the Internet Resource section of the Primer under the topic headings of “Alcohol and Drug Screening,” “Treatment and Support” and “Helping Women Accept Help.”

Online Service for Tobacco Cessation

A recent study by the Oregon Research Institute (ORI) finds that online smoking cessation programs are as effective in helping smokers quit smoking as face-to-face programs in a clinical setting. However, the Internet solves the cost and flexibility problems, while offering support for smokers trying to quit seven days a week.(67)

Refer to the Internet Resource section of the Primer under the topic headings “Smoking and Pregnancy,” especially at two sites that address smoking during pregnancy:

Freedom From Smoking

www.ffsonline.org

Great Start Quitline

<http://women.americanlegacy.org>

Quitplan

quitplan.com

This free Minnesota website provides smokers with peer support and expert advice about quitting smoking. The site prompts smokers to choose a target date for quitting and provides tools and support for meeting their goal and remaining abstinent. Smoking-cessation products are sold online.

Videos for Purchase and/or Loan

Video presentations can influence viewer's feelings as well as their thoughts and opinions. They often include personal stories and experiences and therefore may be more effective in reaching learners who are not strong readers, or whose cultural background relies on stories to share knowledge and learning.

Many of these recommended videos come with facilitator guides and various teaching tools including workbooks to help facilitators deliver a pre-designed program. However, facilitators should pre-test the materials and if necessary, adapt the delivery of the video to most effectively communicate with the learners. The videos may be used to teach in group settings or to teach one-to-one. Refer to Appendix A: Selecting and Pretesting Education Materials.

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

Go to the vendor contact list at the back of the Primer for information to order additional copies of the items this list.

Note: Several of the videos for purchase are available on loan from either the Minnesota Prevention Resource Center (MPRC) or the Minnesota Department of Health Library Resource Center (MDH). These titles are indicated with an asterisk (*).

American Indian

❖Circle of Life

This documentary addresses issues of teenage pregnancy, the effects of alcohol and drugs on the developing fetus, and the impact of abusive relationships. The video highlights personal stories of American Indian youth who have experienced these issues.

Audience: Middle School to adult

Format: Video

Cost: \$45.00

Contact: Leech Lake Reservation

❖Walking The Same Land

Speaks to young Indians returning to traditional cultural ways to strengthen their recovery from substance abuse. Young Aboriginal men from Australia share their culture and healing with young Mohawk men from upstate New York. Offers a holistic approach to substance abuse treatment. (2001)

Audience: High school to adult

Format: Video, 42 minutes

Price: \$9.50

Contact: National Clearinghouse for Alcohol and Drug Information

❖ **Saying Goodnight to the Sun**

Profiles the Rural Providers Conference, a gathering focused on substance abuse prevention and intervention strategies for the Alaska Native population. Includes conference activities that stress the importance of creative power for communities to preserve what is cherished in their culture and to take ownership of their lives. (1997)

Audience: Adults, educators, counselors (Alaska Natives, Native Americans)

Format: Video, 30 minutes

Price: \$9.50

Domestic and Sexual Violence

Speaking Up: Ending Domestic Violence in our Communities

Through a series of vignettes showing the impact of abuse on a family, this video helps people understand domestic violence and suggests steps we can all take to help stop it.

Audience: Middle school to adult (women, family, partners, friends)

Format: Video, 30 minutes

Price: \$10.00 sale price \$2.50

Contact: Family Violence Prevention Fund

Understanding Abuse: Beginning the Healing

Through narration and interviews with abuse survivors, this video defines abuse and examines the coping strategies abuse victims often develop. Explores the immediate and long-term effects of abuse, and victims are often reluctant to report abuse. Reinforces three points: abuse is never the fault of the person abused; no one deserves to be abused; and healing is possible with the help of support. Provides discussion questions. (1992)

Audience: High school to adults

Format: Video, 28 minutes

Price: \$225.00

Contact: Hazelden

Family, Partners, Friends

Family Matters

Documentary shows how families helped their loved ones and themselves through addiction, including chemical dependency, eating disorders, and sexual abuse. (1999)

Audience: High school to adult (educators, family, partners, friends)

Format: Video, 30 minutes

Price: \$225.00

Contact: Hazelden

Intervention Part: How to Help Someone You Care About

This kit gives families and friends what they need to take the first step in the process of intervention for substance abuse. Kit includes a 28 minute video, workbook, and directions for the intervention process.

Audience: High school to adult (educators, family, partners, friends)

Format: Video and workbook

Price: \$59.95

Contact: Hazelden

The Roles of Friends and Community in the Recovery Process

Discusses the impact of drug and alcohol problems on others and the role each of us can play in confronting addiction. Addresses effective actions to facilitate the recovery process and help individuals and communities recover from the ravages of substance abuse. (2001)

Audience: High school to adult (educators, family, partners, friends)

Format: Video, 57 minutes

Price: \$12.50

Contact: The National Clearinghouse for Alcohol and Drug Information

What Families Can Do to Prevent and Intervene With Alcohol and Drug Problems

Discusses how family members can prevent or intervene in an alcohol or drug problem.

Discusses how families can get beyond their

denial and stop a drug or alcohol problem before it starts or to intervene in a loved one's addiction. (2001)

Audience: High school to adult (educators, family, partners, friends)

Format: Video

Price: \$12.50

Contact: The National Clearinghouse for Alcohol and Drug Information

Fetal Alcohol Syndrome (FAS)

FAS: Everybody's Baby

This docudrama featuring a young man with FAS demonstrates alcohol's effects on a group of high school students, including a boy whose mother drank alcohol during pregnancy.

Audience: Middle school to adult

Format: Video, 35 minutes

Cost: \$25.00

Contact: Fasstar Enterprises

Fetal Alcohol Syndrome and Effect Stories of Help and Hope*

Presents the medical and social consequences of FAS. Excellent for women in treatment, addiction professionals and community education programs. The video focuses on helping children affected by FAS and their families. Provides a factual definition of FAS/FAE, explains how children are diagnosed and illustrates the positive prognosis possible for affected children. Medical and educational professionals, parents and siblings and the affected children speak. (1993)

Audience: Middle school to adult

Format: Video

Price: \$225.00

Contact: Hazelden or
The National Clearinghouse for Alcohol and Drug Information

Latino

❖ **America in Jeopardy: The Young Employee in the Workplace**

Recovering drug users warn viewers that taking drugs is a dead end, and mixing drugs with work is a very big mistake. Explains how drugs affect the body and mind, and encourages viewers to get help for themselves or to talk to a co-worker who may have a problem with drugs. Trainer and participant manuals are available. (1994)

Audience: High school to adult (Latino)

Format: Video, 20 minutes, Spanish

Price: \$6.50

Contact: The National Clearinghouse for Alcohol and Drug Information

❖ **Protegiendo el aire de sus hijos y de su comunidad (How One Latino Community Banned Indoor Smoking)**

(2002)

Audience: High school to adult (educators, planners)

Format: Video (English and Spanish)

Price: \$10.00

Contact: National Latino Council on Alcohol and Tobacco Prevention

❖ **Marketing Disease to Hispanics: The Selling of Alcohol and Tobacco**

(1992, reprinted 2002)

Audience: High school to adult (educators, and planners)

Format: Video (English and Spanish)

Price: \$10.00

Contact: National Latino Council on Alcohol and Tobacco Prevention

❖ **Walls that Speak**

Documents a mural painting project in Santa Cruz County, California, that used ethnic and cultural expression as a substance abuse prevention strategy. 1) community involvement and the empowerment of young people, 2) fostering social bonding between young people and their

community, 3) using mass media and marketing to convey a positive community message, and 4) mobilizing strengths of traditional cultures through ethnic-specific images, language and ideas. Includes a video guide that providing a step-by-step process to replicate the mural project. (CSAP, 1997)

Audience: High school to adult (educators, Latinos)

Format: Video, 29 minutes; video guide, English and Spanish

Price: \$9.50

Contact: The National Clearinghouse for Alcohol and Drug Information

Substance Use and Addiction

The Disease of Addiction - Symptoms and Phases*

Describes addiction and the chronic, genetic, progressive and potentially fatal aspects of the illness. The three phases of addiction and symptoms for each phase provide a basic understanding of addiction. (1999)

Audience: High school to adult

Format: Video, 18 minutes

Price: \$25.95

Contact: Hazelden

Exploring the Connection Between Addiction and Other Health and Social Problems

Discusses key issues related to substance abuse as our nation's number one public health problem. Looks at the costs to individuals and society and demonstrates how addiction treatment can dramatically reduce such problems. (NIAAA, 2002)

Audience: High school to adult

Format: Video

Price: \$12.50

Contact: The National Clearinghouse for Alcohol and Drug Information

The Science of Addiction and Treatment*

Presents scientific approaches to explain the complexities of this brain disease and to identify effective means to treat addictions. This program

focuses on the latest treatment research and initiatives to implement lessons learned from addiction science. (NIAAA, 2001)

Audience: High school to adult

Format: Video, 57 minutes

Price: \$12.50

Contact: The National Clearinghouse for Alcohol and Drug Information

Sobering Facts: The Risks of Alcohol Use

With a strength-based approach and an emphasis on making safe decisions, this video equips teens with important information about alcohol use-how it affects the brain, how it increases the likelihood of accidents and injuries and how it can harm school performance, relationships and health. (2003)

Audience: Middle school to high school

Format: Video and facilitator's guide and reproducible parent newsletter

Price: \$225.00

Contact: Hazelden

Medical Aspects of Chemical Dependency Video

Covers the medical aspects of drug and alcohol use. Updated to reflect new findings on how addictions affect the brain. Through simple graphics and instructive narration, viewers learn how altered brain chemicals affect mood and every bodily function regulated by the brain, including heart rate, breathing and sensory perceptions. Takes viewers through the five major categories of drugs. (2003)

Audience: Middle school to adult

Format: Video, 20 minutes

Cost: \$225.00

Contact: Hazelden

Teens

Moving On to Middle School

Research shows that the transition from elementary to middle school can be a high risk time for initial drug use. Young people discuss issues related to this transition including: changes to expect in middle school; how to handle new

freedom, choices and peer pressure; where to get help and support; what to do when feeling overwhelmed; and why it's important to be involved in different activities. Includes facilitator guide, parent newsletter, discussion questions. (2003)

Audience: Middle school to adult (parents, school counselors)

Format: Video, 18 minutes

Price: \$175.00

Contact: Hazelden

Moving On to High School*

Research shows that the transition from middle to high school can be a high risk time for youth. Young people face social, psychological and educational challenges that can lead to use and abuse of alcohol, tobacco and other drugs. Young people discuss new opportunities and responsibilities to expect in high school; how to deal with peer pressure and risky behaviors; why it's important to be true to themselves; where to find help and support; and how to handle personal stress. Includes facilitator guide, parent newsletter, discussion questions. (2003)

Audience: Middle school to adult (parents)

Format: Video, 18 minutes

Price: \$175.00

Contact: Hazelden

Moving On from High School

The transition from high school to college, marry or enter the workforce, they face new risks from alcohol and other drug abuse. Young people discuss: what it means to be more independent; why it's important to set personal goals; how to handle choices about sexual activity, drug use, and friendships; where to find help and support; and how to handle personal stresses. Includes facilitator guide, parent newsletter, discussion questions. (2003)

Audience: Middle school to adult (parents, school teachers, counselors)

Format: Video, 18 minutes

Price: \$175.00

Contact: Hazelden

Women's Substance Use

And Down Will Come Baby*

Promotes zero tolerance for alcohol, tobacco and drugs for all pregnant women. Addresses the problem among teenagers who are at risk for both unplanned pregnancy and substance abuse. Concludes with a reflection from adolescents on what parenting is all about, how it begins in the womb, and the responsibilities of the mother and father. (1996)

Audience: High school to college

Format: Video (16 minutes), Teacher's guide

Price: \$12.50

Contact: National Clearinghouse for Alcohol and Drug Information

Many Voices One Journey

Seven women tell their recovery stories and explore issues surrounding women in treatment and recovery. This training tool discusses the special issues of women and addiction. For use with women clients who have entered treatment, counselors and educators to use in group sessions. (2001)

Audience: Adults (women, partners, family, friends)

Format: Video, 52 minutes

Price: \$79.95

Contact: Wisconsin Women's Education Network

Women and Addictions

Includes first-person accounts of women of various ages and ethnic groups who are in recovery, with information on the prevalence and effects of alcohol problems. (2002)

Audience: Middle school to adult (women, family, partners, friends)

Format: Video, 12 minutes

Cost: Free

Contact: National Institute on Alcohol Abuse and Alcoholism

Women in Recovery*

Discusses barriers to women's recovery including unhealthy relationships, traumatic experiences, self-isolation, and attitudes about women.

Women talk candidly about how they keep their recovery strong and what they have learned about trust, faith, action and friendship. (2002)

Audience: Middle School to adult; women, family, partners, friends

Format: Video; 25 minutes

Price: \$225.00

Contact: Hazelden

Videos and Slides on Loan

The following videos may be borrowed and used by Minnesota agencies and residents for educating community members about the issues related to the prevention of substance abuse and addiction. Video users are responsible for following loaning agency loan policies and conditions. Both loaning agencies, the Minnesota Prevention Resource Center, and the Minnesota Department of Health Library Resource Center provide written information about their policies on their respective Internet sites.

Minnesota Department of Health Library Resource Center

Videos are available for loan at no cost to Minnesota based community organizations. (Sorry, individuals may not borrow these materials.) Request these items by contacting:

Minnesota Department of Health Library Resource Center

717 Delaware Street SE

Minneapolis, MN 55440-9441

612-676-5478 or 612-676-5419 or

E-mail: library@health.state.mn.us

Minnesota Prevention Resource Center (MPRC)

Videos are available for loan to Minnesota residents only and for a \$5.00 rental fee plus \$4.00 shipping fee. Request these items by contacting:

Minnesota Prevention Resource Center

2720 Highway 10 NE

Mounds View, MN 55112

763-427-5310

Toll free: 1-800-782-1878

E-mail: mprc-order@migh.org

Website: www.emprc.org

Substance Use**Drug Wars-Crank County**

Takes a look at Methamphetamine (Crank or Meth) through interviews and stories from law enforcement, emergency medical workers and users. Depicts the dangers of Meth, including its permanent physical and psychological impact. Discussion guide included. (2001)

Audience: Middle school to adult (law enforcement, health workers)

Format: Video, 24 minutes

Contact: Minnesota Department of Health

Children Exposed to Alcohol and Drugs**A Challenge to Care**

Focuses on a staff training program for professionals working with childbearing women and their children. It presents interventions for women during pregnancy and for families after birth. (1998)

Audience: High school to adult

Format: Video, 8 minutes

Contact: Minnesota Department of Health

Drug Babies

Discusses the problems and solutions related to children who have been prenatally exposed to drugs as seen by treatment professionals, doctors, lawmakers, social service agencies, foster caregivers, educators and mothers recovering from drug addiction. (1998)

Audience: High school to adult

Format: Video

Contact: Minnesota Prevention Resource Center

Drug Wars: Who Will Cry for Our Children?

Provides images and descriptions of children affected by their mother's use of alcohol, tobacco and illegal drugs during pregnancy. Parents discuss the impact of their drug use on their children's health and development. Shows examples of communities using the concept of Asset Building to support the development and productivity of children. Discussion guide included. (2002)

Audience: High school to adult

Format: Video, 25 minutes

Contact: Minnesota Department of Health

The Fabulous FAS Quiz Show

Teaches students about the damage caused by prenatal exposure to alcohol, how to prevent FAS/FAE, the relationship between alcohol consumption, sexual activity and FAS/FAE and the acceptance of people with FAS/FAE. (1993)

Audience: Middle school

Format: Video, 15 minutes

Contact: Minnesota Department of Health

Fetal Alcohol Syndrome

Addresses the cause and effect of Fetal Alcohol Syndrome and provides basic prevention guidelines. Development of the fetus and correlating effects of alcohol are presented. (1991)

Audience: High school to adult

Format: Video, 8 minutes

Contact: Minnesota Prevention Resource Center

Fetal Alcohol Syndrome and Effect, Stories of Help and Hope

Provides a factual definition of the medical diagnosis, Fetal Alcohol Syndrome and effect and explains how children are diagnosed and the positive prognosis possible for these children. (1995)

Audience: High school to adult

Format: Video, 25 minutes (available for purchase from Hazelden)

Contact: Minnesota Department of Health

A Nation's Challenge: Educating Substance Exposed Children

Explains the effects of substance exposure on a child's motor, language, cognitive and social/emotional development. Discusses how to discover the uniqueness of each child and how to unlock their potential. (2001)

Audience: High school to adult

Format: Video, 3 hours

Contact: Minnesota Prevention Resource Center

❖ Sacred Trust: Protect Your Baby Against Fetal Alcohol Syndrome

Addresses Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) among Native American and Alaska Native women. Promotes an alcohol-free lifestyle during pregnancy. Individuals from various Nations give no-use messages: the mother of a child born with FAS; a parent and foster parent discusses their child's physical and behavioral problems; a tribal elder discusses the cultural belief that women possess a sacred trust as life givers; a health educator offers strategies to help women avoid drinking. A Native American man encourages men to support a woman's decision not to drink alcohol during pregnancy. (2000)

Audience: High school to adult

Format: Video, 14 minutes

Contact: Minnesota Prevention Resource Center

Sebastian: An Extraordinary Life

Presents the story of a young boy with Fetal Alcohol Syndrome. Born to a 15 year old and placed with foster parents, Sebastian has permanent brain damage and requires almost constant medical care. Appeals to viewers' desire to avoid creating this sad situation. (1998)

Audience: High school to adult

Format: Video, 28 minutes

Contact: Minnesota Prevention Resource Center

What's Wrong with My Child?

Tom Jarriel, an ABC television news reporter examines alcohol abuse by pregnant women and the resulting effects on grown children and young adults who were born with FAS. (1998)

Audience: High school to adult

Format: Video, 26 minutes

Contact: Minnesota Prevention Resource Center

Women's Substance Use**A Cry for Help: Drugs, Alcohol and Pregnancy**

Illustrates the psychological effects of alcohol and other drugs on the mother, developing fetus and newborn. Enables the viewer to be better able to cope with the stress of newborn babies going through withdrawal. (1990)

Audience: Middle school to adult

Format: Video, 29 minutes

Contact: Minnesota Prevention Resource Center

And Down Will Come Baby

Promotes zero tolerance for alcohol, tobacco and drugs for all pregnant women. Promotes an awareness of the problem among teenagers who are at risk for both unplanned pregnancy and substance abuse. Concludes with a reflection from adolescents on what parenting is all about, how it begins in the womb, and the responsibilities of the mother and father. (1996)

Audience: High school to college

Format: Video, 16 minutes; teacher's guide.
Available for purchase from National Clearinghouse for Alcohol and Drug

Contact: Minnesota Prevention Resource Center

Babies-in-Waiting

This award-winning video mixes cartoon babies with live actors to dramatize the in utero effects of alcohol, tobacco, marijuana, cocaine and crack. Three babies take action to clean up the environment in their womb-rooms by talking to their mothers. (1992)

Audience: Middle school to adult

Format: Video, 27 minutes

Contact: Minnesota Prevention Resource Center

Cocaine's Children

Outlines the harmful effects of using cocaine while pregnant. It focuses on how use interferes with the healthy development of the fetus and newborn baby. (1998)

Audience: High school to adult

Format: Video, 9 minutes

Contact: Minnesota Prevention Resource Center

❖ Chasin' Life: A Drug Prevention Program for Pregnant Women

Describes the effects of alcohol and other drugs on the lives of two young African American women and their babies. Highlights their personal recovery experiences. Substance abuse specialists describe the problem. Discussion guide included. (1993, American Council for Drug Education)

Audience: High school to adult (African American)

Format: Video, 13 minutes

Contact: Minnesota Department of Health

Women of Substance

Presents the problems faced by pregnant women and mothers who are trying to get treatment for drug addiction. (1998)

Audience: Adults

Format: Video, 10 minutes

Contact: Minnesota Prevention Resource Center

Alcohol and Pregnancy: Fetal Alcohol Syndrome and Fetal Alcohol Effects

Explains how alcohol can adversely affect the developing fetus during pregnancy. (1992)

Audience: High school to adult

Format: Video, 20 minutes

Contact: Minnesota Department of Health

Focus on Prevention

Through interviews with experts and parents of children with FAS, the video presents the facts and offers advice on the prevention of FAS and FAE. The importance of abstaining from any kind of alcohol during pregnancy is stressed and viewers learn that help is available for women who have alcoholism. (1997)

Audience: High school to adult

Format: Video, 20 minutes

Contact: Minnesota Department of Health

Last Call: The Sobering Truth About Drinking During Pregnancy

Features two nationally recognized Fetal Alcohol Syndrome (FAS) experts. Discusses the impact of drinking during pregnancy on children and families, and how women can avoid bearing children affected by prenatal alcohol exposure. Talks with women who drank during pregnancy to understand why they drank, and discusses male partner's special responsibility. Includes an audience guide, a quiz and facts about and resources for living with FAS. (2001)

Audience: High school to adult (male partners, parents, clinic clients)

Format: Video, 25 minutes

Contact: Minnesota Department of Health

Pregnancy, Alcohol and Tobacco Don't Mix

Discusses the importance of avoiding harmful substances during pregnancy. Fetal alcohol syndrome and effects, smoking cessation, weight gain and working during pregnancy are discussed. (1992)

Audience: High school to adult

Format: Video, 20 minutes

Contact: Minnesota Department of Health

Stop A.S.A.P.—Avoiding Substance Abuse During Pregnancy

Encourages avoiding drugs, alcohol, cigarettes and excessive caffeine during pregnancy. Positive lifestyle choices are suggested. (1994)

Audience: High school to adult

Format: Video, 12 minutes

Contact: Minnesota Department of Health

Straight from the Heart

Six women share their stories of recovery. Encourages pregnant women and new mothers with chemical dependency to seek treatment. It offers hope to women in the process of recovery. (1998)

Audience: High school to adult

Format: Video, 28 minutes

Contact: Minnesota Department of Health

Slides**Alcohol, Pregnancy and the Fetal Alcohol Syndrome**

Provides an overview of the effects of alcohol during each trimester of pregnancy. Shows facial changes and other characteristics of the same person at different ages; describes behavior problems of people with FAS and reviews the public health issues of preventing FAS prior to and during pregnancy and at delivery. (1994)

Audience: High school to adult

Format: 79 slides and text

Contact: Minnesota Department of Health

Alcohol Use, Abuse and Dependence

Reviews the medical and social consequences of alcohol use and the effect of alcoholism on the family. Gives an overview of screening instruments medical assessment of suspected alcohol problems, the management of withdrawal, the guidelines for managing alcohol use, and treatment outcomes. Discusses possible barriers to treatment and the benefits of support groups such as AA. (1994)

Audience: High school to adult

Format: 93 slides and text

Contact: Minnesota Department of Health

❖ Native American Alcohol and Substance Use

Presents the epidemiology of alcohol and substance use, health problems related to alcohol use, tribal variations in patterns of alcohol use, and risk factors for alcohol problems and treatment. Addresses culture specific issues in clinical management with specific attention to adolescents and women. (1994)

Audience: Adult

Format: 37 slides and text

Contact: Minnesota Department of Health

Vendor Contacts

This is a listing of the vendors where recommended materials in the preceding pages may be obtained. While we have listed the price for each item, we can not guarantee the accuracy of the pricing or the availability of the items since vendors' pricing and inventories are subject to change.

Locating materials on website

Upon entering a website, look for navigation bar titles such as Catalog, Products, Tools, Publications, Reports or Resources. On some sites, you may need to use the site's Search function and then type in the exact title you are seeking.

Using the internet to download materials

Many of the materials mentioned in the Primer are available as free PDF file downloads that you may view and print from your computer. Please note that you will need Adobe Acrobat Reader software to view and print these items. Free downloads of the software are available from the Adobe website at www.adobe.com/support/downloads.

Ordering materials online

Be sure to check the site's security system and privacy policies before you provide sensitive information such as credit card numbers.

Contacting vendors

Ask vendors to mail a current catalog of their products and publication pricing and availability. Request that they send you a sample of their materials for preview and testing before making

a large purchase. Be sure you understand and comply with their preview policies to avoid penalties.

Copyright issues

Before copying or adapting materials, be sure you understand the copyright restrictions for the use of the item. If you have questions about the use of materials, contact the author(s) or publisher directly to obtain permission. Many materials created by federal and state public agency's may be adapted, copied and distributed. However, as a professional courtesy we recommend that you seek permission to use the material and include written acknowledgment of the author in your adaptation. Copyright protections extend to visual, written, audio, musical and performance works including graphics, photos, pantomimes, audiovisual works and recordings. For more information about U.S. copyright protection visit the Library of Congress, Copyright Office website at www.copyright.gov or call at 202-707-3000, 8:30 a.m. to 5:00 p.m. EST, weekdays.

A – H

African American Family Services
2616 Nicollet Avenue, South
Minneapolis, MN 55408
612-871-7878
1-800-557-2180
Email: contact@aafs.net
www.aafs.net/prevention

American College Health Association
Publications
P.O. Box 28937
Baltimore, MD 21240-8937
410-859-1500, option 4
Fax: 410-859-1510
Email: pubs@acha.org
www.acha.org

American College Of Obstetricians & Gynecologists
ACOG Distribution Center
PO Box 4500
Kearneysville, WV 25430-4500
1-800-762-2264, ext 277
304-725-8410, ext 339
Email: <http://sales.acog.org>
www.acog.org

American Indian Policy Center
1463 Hewitt Avenue
Saint Paul, MN 55104
651-644-1728
Fax: 651-644-0740
Email: airpi@cpinternet.com
www.airpi.org

American Legacy Foundation
1001 G Street, NW, Suite 800
Washington, DC 20001
202-454-5555
Fax: 202-454-5599
Email: info@americanlegacy.org
www.americanlegacy.org

Arc of the United States
1010 Wayne Avenue, Suite 650
Silver Spring, MD 20910
301-565-3842 or 3843
1-866-683-0456
Fax: 301-565-5342
www.thearc.org

The Arizona Adult Literacy and Technology
Resource Center, Inc.
730 East Highland
Phoenix, AZ 85014
602-265-0231
www.literacynet.org

Center for Addiction and Mental Health
33 Russell St.
Toronto, Ontario
Canada M5S2S1
Marketing and Sales Service
1-800-661-1111
Email: marketing@camh.net
www.camh.net/publications

Center on Addiction and Substance Abuse
633 Third Avenue, 19th floor
New York, NY 10017
212-841-5200
Fax: 212-956-8020
www.casacolumbia.org

Center for Civic Partnerships
1851 Heritage Lane, Suite 250
Sacramento, CA 95815
916-646-8680
Fax: 916-646-8660
Email: ccp@civicpartnerships.org
www.civicpartnerships.org

Centers for Disease Control and Prevention
Center on Birth Defects and Disabilities
770-488-7150
www.cdc.gov/ncbddd

Centers for Disease Control and Prevention
Fetal Alcohol Syndrome Prevention
4770 Buford Hwy. NE MS F-29
Atlanta, GA 30341
770-488-4549
Fax: 770- 488-7361
Email: FASInquiries@cdc.gov
www.cdc.gov/ncbddd/fas/fassc

Centers for Disease Control and Prevention
Office on Smoking and Health Publications
1-800-CDC-1311
Fax: 1-888-232-3299
www.cdc.gov/tobacco

Center for Health Care Strategies
P.O. Box 3469
Princeton, NJ 08543-3469
609-895-8101
Fax: 609-895-9648
Email: mail@chcs.org
www.chcs.org

Center for Substance Abuse Treatment (CSAT)
Substance Abuse and Mental Health Services
Administration
Rm 12-105 Parklawn Building
5600 Fishers Lane
Rockville, MD 20857
Office of Communications
301-443-8956
Email: info@samhsa.gov
www.samhsa.gov/csar

Channing Bete Company, Inc.
One Community Place
South Deerfield, MA 01373-0200
1-800-477-4776
Fax: 1-800-499-6464
Email: custsvcs@channing-bete.com
www.channing-bete.com

Children of Alcoholics Foundation
164 W. 74th Street
New York, NY 10023
212-595-5810, ext. 7760
Email: coaf@phoenixhouse.org
www.coaf.org

ETR Associates
4 Carbonero Way
Scotts Valley, CA 95066
831-438-4060
Fax: 1-800-435-8433
www.etr.org

Family Violence Prevention Fund
383 Rhode Island St. Suite #304
San Francisco, CA 94103-5133
415-252-8900
1-800-595-4889 (TTY)
Fax: 415-252-8991
Email: ordering@fvpf.org.
http://endabuse.org

Fasstar Enterprises
7725 E. 33rd Street
Tucson, AZ 85710
520-296-9172
Email: fasstar@cox.net
www.fasstar.com

Hazelden Publishing and Educational Services
15251 Pleasant Valley Road
Center City, MN 55012-0176
651-213-4030
Fax: 651-213-4577
www.hazelden.org

Health Canada Publications
Ottawa, Ontario, Canada
K1A 0K0
613-954-5995
Fax: 613-941-5366
www.hc-sc.gc.ca/hecs-sesc/cds/publications

Health Resources and Services Administration
Information Center
1-888-Ask HRSA (275-4772)
Email: ask@hrsa.gov
www.ask.hrsa.gov

Hudson River Center for Program
Development, Inc.
102 Mosher Road
Glenmont, NY 12077
518-432-4005
Fax: 518-427 - 9718
www.hudrivctr.org
Go to "Health Promotion"

I - L

Indiana University Press
601 N. Morton Street
Bloomington, IN 47404
1-800-842-6796
Email: iupress@indiana.edu
www.indiana.edu

Integrated Research Services, Inc.
66 Club Road, Suite 370
Eugene, OR 97401
1-800-929-2955
Fax: 541-683-2621
www.tpronline.org/index.cfm

Jim Matthews
5254 Stump Road
Pipersville, PA 18947
215-766-0727
www.beerboozebooks.com

Join Together
One Appleton Street, 4th Floor
Boston, MA 02116
617-437-1500
Fax: 617-437-9394
www.jointogether.org

Journeyworks Publishing
PO Box 8466
Santa Cruz, CA 95061-8466
1-800-775-1998
Fax: 1-88-775-5853
www.journeyworks.com

Leech Lake Reservation
Health Division
6530 Highway 2 NW
Cass Lake, MN 56633
218-335-8215
Fax: 218-335-8219

M

March of Dimes (Minnesota)
Birth Defects Foundation
5233 Edina Industrial Blvd.
Edina, MN 55439
952-835-3033
Fax: 952-835-8661

March of Dimes Birth Defects Foundation
(National)
1275 White Plains, NY 10605
1-800-367-6630
Fax: 914-997-4763
Email: resourcecenter@modimes.org
www.modimes.org

Mid-America Addiction Technology Transfer
Center
University of Missouri-Kansas City
5100 Rockhill Road
Kansas City, MO 64110-2499
816-482-1200
Fax: 816-482-1101
Email: no@nattc.org
www.nattc.org

Minnesota Coalition for Battered Women
450 North Syndicate Street, Suite 122
St. Paul, MN 55104
612-646-6177
1-800-289-6177
www.mcbw.org

Minnesota Department of Health
Family Health Division
85 East Seventh Place, #300
St. Paul, MN 55101
651-281-9850
www.health.state.mn.us/fas

Minnesota Department of Health
Center for Health Promotion Program
85 East Seventh Place, #300
St. Paul, MN 55101
Email: chp@health.state.mn.us
www.health.state.mn.us/divs/hpcd/chp
Go to “Topics”

Minnesota Department of Health
Community Health Services
Metro Square Building
121 Seventh Place
P.O. Box 64975
St. Paul, MN 55101
Email: chs@health.state.mn.us
www.health.state.mn.us/divs/chs/profile2.htm

Minnesota Department of Health Library
Resource Center-Catalog Orders
717 Delaware Street SE
Minneapolis, MN 55440-9441
612-676-478 or 612-676-5419
Fax: 612-676-5385
Email: library@health.state.mn.us

Minnesota Department of Health,
Injury and Violence Prevention Unit
85 East Seventh Place, #300
St. Paul, MN 55101
Sexual Violence Prevention Coordinator
651-281-9874
Fax: 651-215-8959
Email: injury.prevention@state.mn.us

Minnesota Department of Human Services,
Performance Measurement & Quality
Improvement, Health Care Research and
Evaluation Division
444 Lafayette Road
St. Paul, MN 55155-3865
651-215-6260
Fax: 651-215-5754
www.dhs.state.mn.us/infocenter/reports

Minnesota Organization on Fetal Alcohol
Syndrome
1821 University Avenue, S-249
St. Paul, MN 55104
651-917-2370
Fax: 651-917-2405
www.MOFAS.org

Minnesota Prevention Resource Center
2720 Highway 10 NE
Mounds View, MN 55112
763-427-5310 or 800-782-1878
Fax: 763-427-7841
Email: mprc-order@miph.org
www.emprc.org

Moyers on Addiction
P.O. Box 245
Little Falls, NJ 07424-0245
www.pbs.org/wnet/closetohome
Go to “Guides/Outreach”

N – O

National Abandoned Infants Assistance
Resource Center
University of California, Berkeley
Family Welfare Research Group
1950 Addison Street, Suite 104 #7402
Berkeley, CA 94720-7402
510-643-8390
Fax: 510-643-7019
Email: aia@uclink4.berkeley.edu
<http://ist-socrates.berkeley.edu/~aiarc/>

National Academies Press
500 Fifth Street, NW
Lockbox 285
Washington, DC 20055
1-888-624-8373
Fax: 202-334-891
Email: zjones@nas.edu
www.nap.edu

National Center for Farmworker Health
The Resource Center
1770 FM 967
Buda, TX 78610
512-312-2700
1-800-531-5120
Email: info@ncfh.org
www.ncfh.org/index.shtml

National Council of La Raza
1111 19th Street, NW, Suite 100
Washington, DC 20036
202-785-1670
Fax: 202-776-1792
www.nclr.org

National Clearinghouse for Alcohol and Drug
Information
P.O. Box 2345
Rockville, MD 20847-2345
1-800-729-6686
1-800-487-4889 (TDD)
www.health.org

National Indian Child Welfare Association
3611 SW Hood Street, #201
Portland, OR 97201
503-222-4044
Fax: 503-222-4007
www.nicwa.org

National Institute on Alcohol Abuse and
Alcoholism
Publications Distribution Center
Address P.O. Box 10686
Rockville, MA 20849-0686
301-443-3860
www.niaaa.nih.gov

National Institute of Alcohol Abuse and
Alcoholism
College Drinking Website
www.collegedrinkingprevention.gov

National Institute on Drug Abuse
6001 Executive Boulevard
Bethesda, MD 20892
301-443-1124
Email: information@lists.nida.nih.gov

National Institute of Mental Health
6001 Executive Boulevard, Rm. 8184
Bethesda, MD 20892-9663
301-443-4513
1-866-615-NIMH
Fax: 301-443-4279
www.nimh.nih.gov/publicat/index.cfm

National Latino Council on Alcohol and
Tobacco Prevention
1875 Connecticut Avenue, NW Suite 732
Washington, DC 20009
202-265-8054 (Spanish)
Fax: 202-265-8056
www.nlcatp.org

National Mental Health Association
Mental Health Resource Center
2001 N. Beauregard Street, 12th Floor
Alexandria, VA 22311
1-800-969-NMHA
1-800-433-5959 (TTY Line)
www.nmha.org

National Highway Traffic Safety Administration
400 Seventh Street, S.W.
Washington, DC 20590
1-888-DASH-2-DOT
www.naghsr.org

New Readers Press
1320 Jamesville Avenue
Syracuse, NY 13210
315-422-9121
Fax: 866-894-2100
Email: nrp@proliferacy.org
www.newreaderspress.com

Opportunity Productions, Inc.
2506 N. Jefferson
Enid, OK 73701
580-234-2845
1-800-443-3827
Fax: 580-242-8273
www.opi2001.com

P – V

Planned Parenthood of Minnesota/South
Dakota
1965 Ford Parkway
St. Paul, MN 55116
651-698-2401
Fax: 651-696-5543
Email: publications@ppmsd.org
www.ppmsd.org

Realityworks, Inc.
2709 Mondovi Road
Eau Claire, WI 54701
1-888-830-1416
Fax: 715-830-2050
Email: information@realityworksinc.com
www.realityworksinc.com

Robert Wood Johnson Foundation
P.O. Box 2316
College Road East and Route 1
Princeton, NJ 08543
1-888-631-9989
www.rwjf.org/publications

Rodale Press
C.S.-Distribution Center
6461 Snowdrift Road
Allentown, PA 18106-9390
610-398-2255
Fax: 610-398-2403
www.rodalestore.com

Rutgers University Press
100 Joyce Kilmer Avenue
Piscataway, NJ 08854.
1-800-446-9323
Fax: 1-888-471-9014
Email: bksales@rci.rutgers.edu

Smoke-Free Families National Dissemination
Office
Cecil G. Sheps Center for Health Services
Research
CB#7590, 725 Airport Road
University of North Carolina at Chapel Hill
Chapel Hill, NC 27599-7590
919-843-7663
Fax: 919-966-9764
Email: smokefreefamilies@unc.edu
www.smokefreefamilies.org

Starfish Enterprises Ltd.
4626 Southwood Drive
Lincoln, NE 68512-1351
1-877-547-5305
Email: starfish@inebraska.com
www.flashbrights.com

Tobacco Free Greater Franklin County Coalition
Coalition Coordinator
72 Federal Street
Greenfield, MA 01301
413-774-4678
www.worlded.org/us/health

Wisconsin Women's Education Network
Department of Professional Development &
Applied Studies
610 Langdon Street, Rm. 313
Madison WI 53703
608-263-2088
1-800-442-4617
Fax: 608-265-2329
Email: pdas@dcs.wisc.edu
www.dcs.wisc.edu/pda/wwen

Workplace Resource Helpline & Center
1-800-967-5752
Email: helpline@samhsa.gov
www.workplace.samhsa.gov.
Go to "Substance Abuse"

World Education
Health and Literacy Initiative
44 Farnsworth Street
Boston, MA 02210
617- 482-9485
Email: literacy@worlded.org
www.worlded.org

Appendices

Appendix A: Selecting and Pre-testing Education Materials

Appendix B: Selecting Health Information on the Web

Appendix C: Community Prevention Strategies

Appendix D: Effective Strategies to Reduce Drinking During Pregnancy

Appendix E: Facts About Women Who Drink During Pregnancy

Appendix F: Substance Use and the Harm to Women and Children

Appendix G: Recognizing and Treating Alcohol Abuse and Alcoholism

Appendix H: Calendar of Community Events and National Health Observances

Appendix A: Selecting and Pre-Testing Education Materials

Education material vendors often recommend the audience and mode of delivery for using their materials. In selecting materials, select a vendor who thoroughly researches target audience characteristics and needs before and during the development phases. Most of the product developers recommended in this Primer have a track record of using research to develop accurate and appropriate education resources.

Pre-Testing Purchased Materials

Pre-testing can prevent costly mistakes. Although the materials in this Primer have been screened by health educators and recommended for use with various audiences, we strongly suggest that you take the time and effort to both assess your user audience and pre-test these materials with your intended users. Regional differences in audience demographics, language, education levels, and attitudes and understanding of a health issue may vary.

When Should I Test?

- Before you decide to use new or existing materials on a topic new to your users,
- When developing sensitive or potentially frightening messages,
- When presenting complex and new information,
- When designing a new program or adapting an existing program for a new audience.

Pre-test education materials before you commit to purchasing a large quantity of the item. Pre-testing allows you to learn whether or not the materials will actually work for your audience.

The steps to pre-testing include:

- 1) Assessing what your audience knows, believes, and what they are willing to do about a health issue
- 2) Assessing what your audience needs to know to act upon the health issue
- 3) Locating materials to review and test
- 4) Screening materials for reading level and simplicity and
- 5) Pre-testing materials with members of your target audience to test the materials clarity, acceptability, and impact.

TIP: Contact the vendors listed in the Primer to ask if they will send you sample materials for preview and testing before making a large purchase.

Why Should I Test?

Pre-testing will let you know if the materials will work with your audiences. Through pre-testing, find out if:

- 1) the content is appropriate to your learners/users
 - it is accurate, providing the correct information,
 - it is believable and relevant to the user,
 - the recommended advice or action is acceptable and realistic so that the user could actually take action.
- 2) the material is readable and understandable to your learners/users
 - the amount and level of information is just right, not too much detail, but enough to be convincing.
 - the language used is understandable and appropriate to the user's ability to read and understand, and
 - the layout, artwork, and graphics make it easy to read.
- 3) the material is appealing to your learners/users
 - it avoids images, examples, words, and symbols, that may be interpreted as racially or gender offensive, and
 - the artwork and graphics reinforce the written key points and do not create clutter.

How Do I Plan and Conduct A Pre-Test?

You will need to plan a pre-test process that will include developing a set of audience questions, recruiting participants, conducting the pre-test sessions, and analyzing your findings. University departments of marketing, communications, or health education may provide help. Marketing research firms can be hired to help with certain aspects of pretesting or to conduct the entire process. For help in getting started, refer to the Health Education and Communication Bibliography at the end of this section.

TIP: Borrow pre-testing research questions and tools. Sample questionnaires and instruments are available in the publication, *Making Health Communication Programs Work*, by the Office of Cancer Communications, National Cancer Institute (NCI). It covers all aspects of health communications, including pre-testing. It is available from the NCI website at www.cancer.gov or call NCI's Cancer Information Services at 1-800-422-6237.

Audience Needs Assessments and Materials Pre-Testing Methods

The following tools and methods can be used to assess your audience as well as to pre-test a range of print and media education materials. Pre-test both the materials you develop and those you plan to purchase or borrow from another source.

Audience Assessment and Materials Pre-Testing Methods

Method	Purpose	When to use	Resources required
Focus group interviews	Obtain in-depth information re: beliefs, perceptions, language, interests and concerns.	Test concepts, issues, audiovisual or print materials and logos/other artwork. Use to discuss concepts before materials development.	Discussion outline; trained moderator; list of respondents; meeting room; tape or video recorder (for AV materials).
Theater testing	Test materials with many respondents at once.	Pretest audio or audiovisual materials.	List of respondents; questionnaire; large meeting room; audiovisual equipment.
Self-administered questionnaires	Obtain individual reactions to draft materials (mailed/ personally delivered).	Print or audiovisual materials.	List of respondents; draft materials; questionnaire; postage; tape or video recorder (to view AV materials).
Individual interviews (phone or in person)	Probe individual's responses, beliefs; discuss range of issues	Develop hypotheses, messages, motivational strategies; discuss sensitive issues or complex materials.	List of respondents; discussion Primer/questionnaire; trained interviewer; telephone or quiet room; tape recorder.
Intercept interviews	Obtain more quantitative information about materials, messages.	Concepts, messages, beliefs, print, audiovisual materials.	Structured questionnaire; trained interviewers; access to mall, school other location; room or other place to interview; tape recorder or VCR.

Source: *Making Health Communication Programs Work from the Office of Cancer Communications*, National Cancer Institute, 2003. (68)

Print Materials Readability and Simplicity Testing

For the general public, writing at the sixth grade reading level is usually safe. Use a readability test or a computer software program to determine the literacy level of print materials. To determine the level of complexity of print materials' layout, formatting, as well as language levels, use the

simplicity-screening checklist. The Smog Index readability formula and a Simplicity screening checklist are included at the end of this section.

TIP: Refer to the *CSAP Technical Assistance Bulletin: You Can Prepare Easy-to-Read Materials*.

Method	Resources Required
Readability tests	Use a readability formula or software; 15 minutes review time. (Several paper/pencil tools are available: Smog Index; Fog-Gunning Index; Fry Formula; software programs)
Simplicity screening	Simplicity criteria; 15 minutes review time

Health Education and Communication Bibliography

Assessing Audiences & Pre-testing Educational Materials

American Marketing Association. *Marketing Services Primer*. 250 South Wacker Drive, Suite 200, Chicago, IL 60606, 312-648-0536.

Published annually, lists suppliers and services available from the association.

Morgan, D. Krueger, R. *The Focus Group Kit*. Thousand Oaks, CA: Sage Publications, 1998. This six volume set covers the process and tools to plan and conduct focus group research including questionnaire and moderator guides, recruiting community members, and analyzing and reporting focus group results. To order contact: Sage Publications, 2455 Teller Rd., Thousand Oaks, CA 91320. E-mail order: order@sagepub.com.

National Clearinghouse for Alcohol and Drug Information (NCADI), P.O. Box 2345, Rockville, MD 20852, 301-468-2600 or 1-800-729-6686. Provides information on the research literature, programs, and educational materials.

Selecting & Developing Education Resources

Office of Cancer Communications, National Cancer Institute. *Making Health Communication Programs Work*, 2003. (Publication No. 02-5145). A primer to all aspects of health communications, including pretesting. Available from NCI website at www.cancer.gov or call NCI's Cancer Information Services at 1-800-422-6237.

U.S. Department of Agriculture. *Guidelines: Writing for Adults With Limited Reading Skill*.

Washington, DC: U.S. Department of Education, 1988. To order contact: Clearinghouse, Division of Adult Education, U.S. Department of Education, 400 Maryland Avenue, S.W., Reporters Building, Room 522, Washington DC 20202 or call 202-732-2396.

Developing Effective Print Materials for Low Literate Readers

CSAP Technical Assistance Bulletin: You Can Prepare Easy-to-Read Materials, September Rockville, MD: NCADI, 1994. Provides information on how to assess audiences, develop messages and materials, and evaluate communications programs. To order contact: CSAP Communication Team, 7200 Wisconsin Avenue, Suite 500, Bethesda, MD 20814-4820, or call 301-941-8500.

Doaks, Cecilia and Leonard, and Root, Jane H. *Teaching Patients With Low Literacy Skills*, 2d ed. Philadelphia, PA: J.B.Lippincott, 1994.

Clear and Simple: *Developing Effective Print Materials for Low Literate Reader*. Baltimore, MD: National Cancer Institute, 1994. To order contact: NCI, CPEN Educational Resources, PO Box 24128, Baltimore, MD 21227 or call 1-899-4-Cancer. A free copy can be downloaded from http://cpen.nci.nih.gov/educational_resources/marketing.htm or order a hardcopy.

Readability Testing Computer Software

The following software programs should be available from your local computer store. Mention of these products does not constitute an endorsement.

StyleWriter

This software makes it easier to write error-free, plain English copy. The Windows-based program checks word-processed documents against 35,000+ language problems and shows how to clarify the style. To order contact: Byline Media, Po Box 14061, Surfside Beach, SC 29587, or call 1-800-797-9027. Website: www.StyleWriter-USA.com

Readability Calculations

This software analyzes a document's readability level using nine different readability formulas. To order, contact: Micropower and Light Company, Readability Calculations, 8814 Sanshire Avenue, Dallas, TX 75231, or call 214-553-0105. Website: www.micropowerandlight.com

Simplicity Screening Checklist

Streamlines and Organizes Ideas

- Avoids including irrelevant points and information
- Presents information in a logical order
- The main points are easily found and understood
- Users are guided through the content

Uses Suitable Words

- Uses simple, everyday, familiar words
- Avoids or explains necessary jargon and technical words
- Avoids or explains unfamiliar acronyms and abbreviations
- Uses inclusive and bias-free language
- Avoids language/words perceived as offensive to users

Uses Clear and Simple Sentences

- Uses active voice verbs—unless there's a strong reason to use passive
- Presents only one idea per sentence
- Sentences contains about an average of 20 words
- Pronouns refer clearly to their related nouns
- Avoids using negative language
- Uses correct and consistent punctuation and grammar

Uses Clear and Effective Paragraphs

- Includes only one topic per paragraph
- Contain no more than 5–7 sentences per paragraph
- Unrelated paragraphs are separated with headings and subheadings
- Uses lists and bullet points to break up complicated text

Uses Appealing Layout and Design

- Most paragraphs are limited to no more than seven lines
- Uses a left-aligned margin and a ragged-right margin
- Leaves plenty of white space on the page
- Informative headings
 - Headings and subheadings stand out
 - Headings follow a consistent style and hierarchy
- Highlighting
 - Boxes or stresses important information
 - Uses boldface for key words and headings
 - Avoids underlining anything but Internet hyperlinks

- Type style and size
Uses a type size of 10 or 12 points (serif face preferred) for body copy
Avoids all-cap words and headings
- Color of type and backgrounds
Avoids large passages of reversed (white) type on a dark background
Avoids colors perceived as offensive to users
- Graphics and illustrations
Visual images relate to the text and are placed near the text they refer to
Visual images and graphics help clarify vs. distract the user

Charts and graphs are clear and understandable

Avoids images perceived as offensive to users

Using the Smog Index for Readability

For the general public, writing at the sixth grade reading level is usually safe.

1. Select a passage with 30 sentences.
2. Choose 10 consecutive sentences at the beginning, middle, and end of the piece.
3. Count all the words containing three or more syllables (polysyllabic) including repetitions.

SMOG Conversion Chart*

Polysyllabic Word Count	Grade Level	Polysyllabic Word Count	Grade Level
0-2	4	57-72	11
3-6	5	73-90	12
7-12	6	91-110	13
13-20	7	111-132	14
21-30	8	133-156	15
31-42	9	157-182	16
43-56	10	183-210	17
		211-240	18

* Predicts the grade-level difficulty within 1.5 grades, plus or minus

Source: Adapted from *CSAP Technical Assistance Bulletin: You Can Prepare Easy-to-Read Materials*, September 1994.

Appendix B: Selecting Health Information on the Web

The Internet has become a popular place for the public to access health information. Health information seekers enjoy both the convenience and privacy of finding information from the privacy of their home computer. Recently, the Pew Internet and American Life Project estimated the number of health Internet users at 70 million adults. Harris Interactive, a national polling organization, put the number at 110 million. However, a recent study found that half of those who go online for health information aren't checking the source or timeliness of the data they find.(69)

Helping your audiences select and use credible Internet websites is essential since users often do not take the time nor recognize if online information is scientifically based. We recommend the use of the following criteria, which were applied to the websites listed in the Internet Resources section of this Primer.(70)

Authority

- Who developed and maintains the site? Government and university-based sites provide the best scientifically sound health and medical information. Private practitioners or lay organizations may have marketing, social, or political agendas that may influence the information on their site and on the sites to which they link.
- Is there an editorial board, or listing of the names and credentials of individuals who write or review the site's content? When respected experts "sign off" you have some assurance that the content is reliable. The experts or site's publisher should be available via e-mail or phone if visitors have questions or want additional information.

Objectivity

- Does the site claim to be the source of information on a particular medical condition? No reputable organization will position itself as the sole source of information. The fact that a site has good links, especially to government sites, does not guarantee its reliability. Health information produced by government agencies is not copy protected. Therefore, anyone can post this information on their site. By including government information on their sites, marketers and advocacy organizations can make it appear as though the government endorses their advice and/or products.

Accessibility

- Are graphics and multimedia files (i.e. video or audio clips) available? Graphics and visuals can help clarify medical conditions and procedures. Graphics and multimedia should be used to help explain medical information, not substitute for it.

- Is the user charged a fee or need special software or browser technology to view the site?

- Is the site set up so that people with disabilities, special needs, or low literacy skills can access and understand the information on the site?

Currency

- When was the site last updated? Generally, the more current the site, the more likely it is to provide timely material. Ideally, health and medical sites should be updated at least monthly.

Appendix C: Community Prevention Strategies

Educators, employers, planners, policy makers, government and community based health and human service agencies all play a vital role in protecting and promoting women’s health. This compilation of prevention strategies presents and focuses on substance abuse and risk factors associated with women’s and girl’s abuse including mental health issues, depression and unintended pregnancy. Download full report from www.health.state.mn.us/strategies/. To view these PDF files you will need Adobe Acrobat Reader 4.0 or higher or for screen reader accessibility Adobe Acrobat Access.

ALCOHOL, TOBACCO AND OTHER DRUGS (ATOD)							
	Government Public health Agencies	Health Plans	Hospitals and Clinics	Educational Systems and Orgs.	Community Based Orgs.	Business or Worksites	Other
Assess use and norms Assess and if needed, change community norms about ATOD.	X	X		X	X		
Reduce access Reduce youth access to alcohol.	X				X	X	
Decrease ads/marketing Decrease the appeal of alcohol products and conduct counter-advertising.	X	X		X	X		
Promote alternatives to alcohol use for those who should not drink.	X			X	X	X	
Enforce policies Encourage worksites, school and communities to examine and enforce policies about alcohol, tobacco and other drugs.	X	X	X	X	X	X	

ALCOHOL, TOBACCO AND OTHER DRUGS (continued)							
	Government Public Health Agencies	Health Plans	Hospitals and Clinics	Educational Systems and Orgs.	Community Based Orgs.	Business or Worksites	Other
Increase prices Increase the price of alcohol and tobacco products.	X						
Encourage screening, treatment and referral Encourage health care providers to screen, counsel and refer for alcohol and other drug use, especially during pregnancy.	X	X	X		X	X	Social Services (domestic violence programs, welfare to work, etc.)
Involve pregnant women's partners Develop materials, conduct education and/or implement activities that emphasize partner's supportive roles for women to remain alcohol/drug free during pregnancy.	X	X	X	X	X	X	
Public education Emphasize parental responsibly for healthy pregnancy and positive parenting skills.	X	X	X		X		
MENTAL HEALTH							
Reduce stigma Education the public about mental health disorders, substance abuse, suicide and treatment.	X	X	X	X	X	X	
Screen, counsel and refer for depression in adults in primary care settings.	X	X	X		X	X	
Ensure supply and access to prevention and treatment Services/activities should be culture and gender appropriate and effective.	X	X	X	X	X	X	
Reduce financial barriers to mental health services.	X	X	X	X	X	X	
Train frontline providers to identify and respond to mental health issues and substance abuse.	X	X	X	X	X	X	

MENTAL HEALTH (continued)							
	Government Public health Agencies	Health Plans	Hospitals and Clinics	Educational Systems and Orgs.	Community Based Orgs.	Business or Worksites	Other
Promote physical activity to improve and maintain health.	X	X	X	X	X	X	
Educate professionals and community to recognize suicide warning signs and to appropriately respond and refer.	X	X	X	X	X	X	
Improve media images Improve reporting and portrayals of suicidal behavior, mental illness and AOD abuse in the news and entertainment media.	X						Media
WOMEN'S DEPRESSION							
Increase provider awareness of signs, symptoms, treatment, for depression in women, particularly following pregnancy.	X	X	X		Mental health providers		
Conduct public health nurse visits to provide routine education and screening for depression in pregnancy women and following pregnancy.	X	X	X		X		
UNINTENDED PREGNANCY							
Assess, plan and develop policies to reduce the incidence of unintended pregnancies.	X	X	X	X	X		
Provide comprehensive family planning services designed to meet cultural, age and gender needs of clients in many settings.	X	X	X	X	X		
Develop adolescent prevention programs	X	X	X	X	X		
Educate the public about family planning and reproductive health.	X	X	X	X	X		
Promote safe and healthy sexual behaviors	X	X	X	X	X		

Adapted from: Minnesota Department of Health, *Strategies for Public Health, Volume 2*, Fall 2002, www.health.state.mn.us/strategies/.

Appendix D: Effective Strategies to Reduce Drinking During Pregnancy

Education alone will not create the multi-level changes necessary to diminish the problem of women's and girls' alcohol use. The following list of effective strategies to reduce drinking during pregnancy is summarized from a wide range of studies and literature. We strongly recommend your community education efforts be one of many approaches in your community change plan that includes other effective substance prevention strategies and collaborates with other committed community partners.

Effective strategies for reducing drinking during pregnancy include the following:

- routine and consenting prenatal screening for alcohol use (mother gives consent)
- limit alcohol availability through legal means or pricing strategies
- warning labels, posters
- media approaches-social marketing and public education
- life-skills training, multi-component substance abuse prevention programs
- brief interventions (counseling) in women's and girl's health care and prenatal care settings
- drug education for pregnant girls and women attending prenatal clinics
- training physicians/health professionals on screening, counseling and working with women with substance use issues
- intensive case management, coordination of services for women
- combine prenatal care with other services, such as public welfare, child care, homelessness prevention, education/job training, and behavioral health
- respectful, flexible, culturally appropriate, woman-centered approaches to alcohol and substance abuse treatment
- services with a single point of access addressing range of issues (domestic and sexual violence, mental health issues, etc.)
- workplace health promotion programs
- pregnancy planning, birth control counseling, promoting safe relationships and safe sex
- overall efforts to reduce use of a range of substances including tobacco, alcohol and other drugs (71)

Appendix E: Facts about Women Who Drink During Pregnancy

While most women stop drinking when they learn they are pregnant, a recent study conducted by the Centers for Disease Control and Prevention showed that during the 1990s, pregnant women who are significantly more likely than other women to drink alcohol while pregnant are:

- single
- employed
- age 31 to 44 years
- self-identify as African American, Asian American, American Indian or Hispanic/Latino
- have at least a high school diploma

Other study findings concluded that:

- college-educated women are most likely of any group to drink alcohol while pregnant
- high school-educated women drink less often, but when they do, they drink larger quantities

Younger women are as likely as older women to use alcohol during pregnancy, but younger women are less likely to stop. These findings are based on the CDC study involved a very large

sample (more than 4,800 pregnant women and over 102,000 women in total), thus the results have a very low margin of error and are probably the most accurate available for the U.S. as a whole.(50)

Continuing Harmful Habits

There is a strong link between women's drinking and smoking habits before pregnancy and what happens after they become pregnant.

Women who smoke and drink heavily before pregnancy:

- find it hardest to stop drinking alcohol when they become pregnant
- consume larger amounts than do women who were light drinkers before pregnancy

Women who do not smoke before pregnancy may:

- stop drinking
- reduce the amount they consume
- start drinking more often, a pattern that is not evident for heavy drinkers.(72)

Stopping Harmful Habits

The two factors that best predict whether a woman will stop or cut down on drinking alcohol during her pregnancy are:

- having confidence she has the psychological resources needed to avoid drinking (this is harder for women who abuse alcohol or are alcoholics)
- having a strong belief that alcohol has negative consequences—in fact, the stronger this belief, the less likely a woman is to consume any alcohol while she is pregnant.(72)

Woman Who Drink Heavily During Pregnancy

SOCIAL, DEMOGRAPHIC AND ECONOMIC STATUS

Younger, Affluent, Well-Educated:

- young (under age 35), single
- college-educated, students or employed
- middle-class
- more often white/Caucasian
- unplanned or mistimed pregnancy

Older, Affluent, Well-Educated:

- older (over age 35), single, divorced-separated
- annual income of \$50,000 or more
- well-educated
- employed outside the home or a student
- more often white/Caucasian
- higher-order births, unplanned pregnancy

Poverty, Low Social Status:

- annual income of \$10,000 or less
- living in poverty, low education, low literacy
- more often African American
- women in urban areas
- unplanned pregnancy

- no health insurance

Pregnancy Circumstances:

- unplanned or unwanted pregnancy
- first pregnancy, plus domestic violence
- history of severe unresolved abuse
- pregnancy due to sexual assault
- receive late or no prenatal care
- multiparous (multiple pregnancies)
- has public or no health insurance

Mental Health Factors:

- suffers from depression
- mental health problems, especially agoraphobia
- have alcohol-related organic brain dysfunction
- does not want to be pregnant-unplanned

Substance Use:

- began drinking early in life
- alcohol plays a role in social interactions
- currently smoking, using illicit drugs
- drug use by parents or current partner
- partners don't want them to enter treatment

Sources: (21,71,72,73)

Appendix F: Substance Use and the Harm to Women and Children

The following charts illustrate the comparative harmful impact of alcohol, tobacco, and drug use on women’s and children’s overall health. Clearly, the risks associated with the use of alcohol and tobacco are greater than that of other drugs.

The Harm to Women

Studies of women alcoholics in treatment suggest they experience greater physiological impairment earlier in their drinking careers, despite having consumed less alcohol than men.(10) Female

alcoholics have death rates 50–100 percent higher than those of male alcoholics.(11) Further, more female alcoholics die from suicides, alcohol-related accidents, circulatory disorders, and cirrhosis of the liver.(12)

Alcohol, Tobacco and Other Drugs Effects on Women					
Effects	Alcohol	Tobacco	Marijuana	Crack/Cocaine	Meth*
Cancers	X	X	X		
Heart and Circulatory problems	X		X	X	
Harmful Effects to Fetus	X	X	X	X	X
Infertility			X		
Injury and Accidents	X		X		
Lung Disease		X	X	X	
Liver Damage	X				
Menstrual and Reproductive Problems	X	X			
Pregnancy Problems					
Mental Health problems	X			X	X
Miscarriage	X				
Osteoporosis		X			
Stroke		X		X	
Suicide	X				
Still birth	X				
Violence	X			X	X

*Methamphetamine
Sources: (2,6,11,73,74,75,76,77,78)

The Harm to Children

The causes of 60 to 70 percent of birth defects currently are unknown. We do know that both genetic and environmental factors cause birth defects, and that birth defects are the leading cause of death in the first year of life.(79)

Current research tells us that women’s use of drugs and alcohol during pregnancy are a preventable environmental risk to fetal development, newborn health, and in some cases, children’s life-long health and social well-being.

Fetal Alcohol Syndrome (FAS) and Alcohol related birth defects (ARBD)

Children who are prenatally exposed to alcohol are at risk of being born with permanent brain damage and consequent life-long learning and behavioral disabilities.

The most recent and accurate data collected by the Centers for Disease Control and Prevention’s Fetal Alcohol Syndrome Surveillance

Network (FASSNet) shows that the rate of FAS in children born between 1995 and 1997 in four states (Alaska, Arizona, Colorado, New York) ranged from 0.3 to 1.5 per 1,000 live births.(80) The highest rates were found among blacks and American Indian/Alaska Natives. However, all women who drink during pregnancy run the risk of having a child born with FAS or ARND.(81) Many more children are born with alcohol-related neuro-developmental disorder (ARND), a condition where the child is not diagnosed with FAS but manifests signs of nervous system damage.(82,83,84) ARND is sometimes called fetal alcohol effects, (FAE). In 1981, the U.S. Surgeon General’s Advisory on Alcohol and Pregnancy first advised against drinking alcoholic beverages during pregnancy or when planning a pregnancy. This warning was later re-issued in 1990 and 1995 by the U.S. Secretary of Health and Human Services.

Possible Effects on Newborn					
Effects	Alcohol	Tobacco	Marijuana	Crack/Cocaine	Meth*
Lower intelligence	X	X	X	X	X
Learning disabilities	X		X	X	X
Emotional or behaviors problems	X	X	X	X	X
Delayed or stunted physical growth	X	X		X	X
Higher infant death		X		X	X
Lung problems (asthma, sudden infant death syndrome)		X			
Physical abnormalities/defects	X		X	X	X

*Methamphetamine

Sources: (85,86,87,88)

Appendix G: Recognizing and Treating Alcohol Abuse and Alcoholism

Alcohol Abuse

A person can drink too much and too often but still not be an alcoholic. However, they may suffer the same problems linked to alcoholism including:

- not being able to meet work, school or family responsibilities
- drunk-driving arrests or car crashes
- drinking-related medical conditions
- drinking in certain risky situations even in social or moderate amounts

Drinking is dangerous, during pregnancy, when driving, with certain medical conditions or when taking certain medications.

Alcohol abuse and alcoholism cut across gender, race and nationality. In the U.S., nearly one in every thirteen adults abuse alcohol or are alcoholic. In general, more men than women are alcohol dependent or have alcohol problems.

Alcohol problems are:

- highest among young adults ages 18–29
- lowest among adults ages 65 and older
- drinking at an early age (14 or younger), greatly increase the chance of developing alcohol problems (99)

Alcoholism, also known as alcohol dependence, is a chronic disease that cannot be cured.

However treatment can help people quit and stay sober. Like many other chronic diseases, alcoholism lasts a person's lifetime; it usually has predictable symptoms and course. The risk for developing alcoholism is influenced both by a person's genes and by his or her lifestyle. The following four symptoms are used to diagnose alcoholism:

- **craving**—a strong need, or urge to drink
- **loss of control**—not being able to stop drinking once drinking has begun
- **physical dependence**—withdrawal symptoms, such as nausea, sweating, shakiness and anxiety after stopping drinking
- **tolerance**—the need to drink greater amounts of alcohol to get “high”

Alcoholics who try to cut down on drinking rarely succeed. Cutting out all alcohol is usually the best course for recovery. People who are not alcohol dependent but who have experienced alcohol-related problems may be able to limit the amount they drink. If they can't stay within those limits, they need to stop drinking altogether.

Binge Alcohol Use

Binge alcohol use is defined as drinking four or more drinks on one occasion for women and for men, five or more drinks on one occasion. An occasion means at the same time or within a couple of hours of each other.

Heavy Alcohol Use

Heavy alcohol use is defined as drinking five or more drinks on the same occasion on each of five or more days in the past 30 days. All heavy alcohol users are also binge alcohol users.(102)

Recognizing Problem Drinking

Answering the following four questions can help you find out if you or a loved one has a drinking problem:

1. Have you ever felt you should cut down on your drinking?
2. Have people annoyed you by criticizing your drinking?
3. Have you ever felt bad or guilty about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

One “yes” answer suggests a possible alcohol problem. More than one “yes” answer means it is highly likely that a problem exists. If you think that you or someone you know might have an alcohol problem, it is important to see a doctor or other health care provider right away. They can help you determine if a drinking problem exists and plan the best course of action.(103)

Alcohol Treatment

Alcoholism cannot be cured at this time. Even if an alcoholic hasn’t been drinking for a long time, he or she can still suffer a relapse (resume drinking). To guard against a relapse, an alcoholic must continue to avoid all alcoholic beverages. However, alcoholism can be treated in treatment programs that use both counseling and medications to help a person stop drinking. Most alcoholics need help to recover from their disease. With support and treatment, many people succeed at quitting and at rebuilding their lives. Like any chronic disease, there are varying levels of success. Some people stop drinking and remain sober. Others have long periods of sobriety with bouts of relapse. And still others cannot stop drinking for any length of time. However, the longer a person abstains from alcohol, the more likely he or she will be able to stay sober.

Source: Adapted from National Institute on Alcohol Abuse and Alcoholism, *FAQ’s on Alcohol Abuse and Alcoholism*.(89)

Appendix H - Calendar of Community Events and National Health Observances

This calendar lists selected health observances and other occasions that present opportunities for communities to gather and become educated about the risks of alcohol and drug use on the community's health and well being and to offer alternative ways to celebrate without alcohol or drugs.

Health professionals, teachers, community groups and others can use these special times to sponsor health promotion events, stimulate awareness of health risks or focus on prevention. These are all occasions to inform about and promote alcohol, tobacco, and drug free pregnancy and to promote alternatives to substance use. Several of the mental health and substance abuse health observances listed below present opportunities to promote screening, treatment and support for women's alcohol, tobacco and drug use, especially during pregnancy.

Materials available from sponsoring organizations range from a single flyer to packets of promotional materials. To determine each observances' actual date(s) and for more information, contact the sponsoring organization directly.

The National Health Information Center's list of National Health Observance is updated annually in mid November. The updated calendar can be found at www.healthfinder.gov/library/nho.

Multi-lingual and multi-cultural resources are indicated by the ❖ symbol.

JANUARY

❖Dr. Martin Luther King, Jr. Day
(Third Monday in January)

Commemorates the life and work of Dr. King in the U.S. and in 100 countries around the world. A day of celebration and remembrance, education and tribute, but above all a day of service.

The King Center

449 Auburn Avenue NE

Atlanta, GA 30312

404-526-8900

E-mail: information@thekingcenter.org

Website: www.thekingcenter.com/holiday/index.asp

National Birth Defects Prevention Month
March of Dimes Birth Defects Foundation

1275 Mamaroneck Avenue

White Plains, NY 10605

Toll free: 1-888-M-O-DIMES

E-mail: askus@marchofdimes.com

Website: www.marchofdimes.com

Contact: Pregnancy and Newborn Health
Education Center

FEBRUARY

❖ Black History Month
National Clearinghouse for Alcohol and Drug
Information (NCADI)
P.O. Box 2345
Rockville, MD 20847-2345
Toll free: 1-800-729-6686
Website: www.health.org/

National Children of Alcoholics Week
National Association for Children of Alcoholics
11426 Rockville Pike, Suite 100
Rockville, MD 20852
Toll free: 1-888-554-2627
E-mail: nacoa@nacoa.org
Website: www.nacoa.org

MARCH

Mental Retardation Awareness Month
The ARC of the United States
1010 Wayne Avenue, Suite 650
Silver Spring, MD 20910
(301) 565-3842
E-mail: info@thearc.org
Website: www.thearc.org

Brain Awareness Week
Dana Alliance for Brain Initiatives
745 Fifth Avenue, Suite 900
New York, NY 10151
(212) 401-1680
E-mail: bawinfo@dana.org
Website: www.dana.org/brainweek

APRIL

Alcohol Awareness Month
National Council on Alcoholism and Drug
Dependence, Inc.
20 Exchange Place, Suite 2902
New York, NY 10005
(212) 269-7797
Hopeline: 1-800-NCA-CALL
Fax: 212-269-7510
E-mail: national@ncadd.org
Website: www.ncadd.org

Treatment and Awareness Month
American Treatment and Support Association
5999 Stevenson Avenue
Alexandria, VA 22304-3300
Toll free: 1-800-347-6647
(703) 823-9800
E-mail: aca@treatmentandsupport.org
Website: www.treatmentandsupport.org

❖ National Minority Health Month
1101 Pennsylvania Avenue NW, Suite 820
Washington, DC 20004
202-347-3820
Fax: 202-347-1822
E-mail: info@nmhm.org
Website: www.nmhm.org/contact.htm

Kick Butts Day
Campaign for Tobacco-Free Kids
1400 Eye Street, Suite 1200
Washington, DC 20005
Toll free: 1-800-803-7178
202-296-5469
E-mail: info@tobaccofreekids.org
Website: www.kickbuttsday.org

Alcohol-Free Weekend
National Council on Alcoholism and Drug
Dependence, Inc.
20 Exchange Place, Suite 2902
New York, NY 10005
212-269-7797
24-hr. Helpline: 1-800-NCA-CALL
Fax: 212-269-7510
E-mail: national@ncadd.org
Website: www.ncadd.org

National Alcohol Screening Day
Screening for Mental Health
One Washington Street, Suite 304
Wellesly Hills, MA 02481
781-239-0071
E-mail: nasd@mentalhealthscreening.org
Website: www.mentalhealthscreening.org

MAY

❖ Cinco de Mayo (May 5)

Latino commemoration of the battle of Puebla, when the Mexican army won a crucial battle against invading French forces on May 5, 1862. Cinco de Mayo has evolved into a holiday similar to St. Patrick's Day that Mexican Americans and non-Mexican Americans enjoy celebrating.

Center for Substance Abuse Prevention (CSAP)
5600 Fishers Lane, Rockwall II Building
Rockville, MD 20852-1750
301-443-0365
Fax: 301-496-5447
Website: www.samhsa.gov/centers/csap

Mental Health Month

National Mental Health Association and
National Council for Community Behavioral
Healthcare
2001 North Beauregard Street
Alexandria, VA 22311
Toll free: 1-800-969-6642
Website: www.nmha.org

National Mental Health Treatment Week
American Mental Health Counselors Association
801 North Fairfax Street, Suite 304
Alexandria, VA 22314
Toll free: 1-800-326-2642
E-mail: vmoores@amhca.org
Website: www.amhca.org

Children's Mental Health Week

Federation of Families for Children's Mental
Health
1101 King Street, Suite 420
Alexandria, VA 22314
703-684-7710
E-mail: ffcmh@ffcmh.org
Website: www.ffcmmh.org

Mother's Day

Inform about and promote women's mental health, safety and substance free pregnancy.

Mother's Day Comes Early for Too Many of Our Nation's Teens

National Organization on Adolescent
Pregnancy, Parenting and Prevention
2401 Pennsylvania Avenue NW, Suite 408
Washington, DC 20037
202-293-8370
E-mail: noapp@noapp.org
Website: www.noapp.org

National Women's Health Week

Office on Women's Health
U.S. Department of Health and Human
Services
200 Independence Avenue SW, Room 730 B
Washington, DC 20201
Toll free: 1-800-994-9662
E-mail: 4woman@soza.com
Website: www.4woman.gov

National Alcohol and Other Drug-Related Birth Defects Week

National Council on Alcoholism and Drug
Dependence, Inc.
20 Exchange Place, Suite 2902
New York, NY 10005
212-269-7797
24 hour Helpline: 1-800-NCA-CALL
Fax: 212-269-7510
E-mail: national@ncadd.org
Website: www.ncadd.org

National Women's Check-up Day

Office on Women's Health
U.S. Department of Health and Human
Services
200 Independence Avenue SW, Room 730 B
Washington, DC 20201
Toll free: 1-800-994-9662
E-mail: 4woman@soza.com
Website: www.4woman.gov

JUNE

❖ Juneteenth (June 19)

Celebrated by African American, this is the oldest known celebration of the ending of slavery. Celebrates freedom and emphasizes education and achievement. It is a time for assessment, self-improvement and for planning the future.

High School Graduations and Proms and College Graduations
Promote alcohol, tobacco and drug free community and family celebrations.

SEPTEMBER

National Alcohol and Drug Addiction Recovery Month

Substance Abuse and Mental Health Services Administration (SAMHSA)
Center for Substance Abuse Treatment (CSAT)
5600 Fishers Lane
Rockville, MD 20857
Toll free: 1-800-729-6686
301-443-5052
Website: www.recoverymonth.gov

National Women's Health and Fitness Day

1850 West Winchester, Suite 213
Libertyville, IL 60048
Toll free: 1-800-828-8225
Fax: 847-816-8662
E-mail: healthprograms@aol.com
Website: www.fitnessday.com

OCTOBERNational Family Sexuality Education Month
Planned Parenthood Federation of America

810 Seventh Avenue
New York, NY 10019
212-541-7800
E-mail: education@ppfa.org
Website: www.plannedparenthood.org

Domestic Violence Awareness Month
National Coalition Against Domestic Violence
P.O. Box 18749
Denver, CO 80218-0749
303-839-1852
Website: www.ncadv.org

Mental Illness Awareness Week
American Psychiatric Association
1400 K Street NW
Washington, DC 20005
Toll free: 1-888-357-7924
E-mail: apa@psych.org
Website: www.psych.org

National Child Health Day
Maternal and Child Health Bureau
Health Resources and Services Administration
U.S. Department of Health and Human Services
Parklawn Building, Room 18-20
5600 Fishers Lane
Rockville, MD 20857
301-443-2170
E-mail: pbandyck@hrsa.gov
Website: www.mchb.hrsa.gov

National Depression Screening Day
Screening for Mental Health, Inc.
1 Washington Street, Suite 304
Wellesly Hills, MA 02481
781-239-0071
E-mail: info@mentalhealthscreening.org
Website: www.mentalhealthscreening.org

National Red Ribbon Celebration
(Campaign to keep kids off drugs)
National Family Partnership
Inform about Family Education Center
2490 Coral Way
Miami, FL 33145
Toll free: 1-800-705-8997
E-mail: info@Informaboutedfamilies.org
Website: www.nfp.org

NOVEMBER

❖ National American Indian and Alaska Native
Heritage Month

Indian Health Service
The Reyes Building
801 Thompson Avenue, Suite 400
Rockville, MD 20852
301-443-3593
E-mail: heritage@hqe.ihs.gov
Website: www.ihs.gov/Heritage/
Contact: Public Affairs

Great American Smokeout
American Cancer Society
1599 Clifton Road NE
Atlanta, GA 30329
Toll free: 1-800-ACS-2345
Website: www.cancer.org
Contact: National Office

Minnesota Chemical Health Week
One week in November of each year
Minnesota Prevention Resource Center
2720 Highway 10 NE
Mounds View, MN 55112
763-427-5310 or 800-782-1878
Fax: 763-427-7841
E-mail: mprc@miph.org
Website: www.emprc.org

DECEMBER

❖ Kwanzaa (December 26 - January 1)
Celebrates African American family, community
and culture. Builds on the five fundamental
activities of ingathering, reverence, commemora-
tion, recommitment and celebration.

African American Cultural Center
401 North Myers Street
Charlotte, NC 28202
704-374-1565
323-299-6124
Website: www.officialkwanzaawebsite.org/

Christmas and New Year's celebrations.
Promote alcohol, tobacco and drug free
community and family celebrations.

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