



Resources about the Brain available at Connecticut Clearinghouse

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Audiovisuals

Addiction And The Human Brain (DVD)

Summary: Drug addiction is a disease of the brain, and teens are at highest risk for acquiring this disease. That is the startling conclusion recently arrived at by brain experts, based on the latest research findings. This program illustrates the amazingly complicated structure and function of the brain using colorful and compelling visuals and computer animations. It explains the changes to the brain caused by prolonged use of drugs such as cocaine, heroin, nicotine, alcohol and methamphetamine, and shows why voluntary drug use eventually becomes involuntary and compulsive. Studies indicate that drugs affect the developing brain more than the brain of someone more mature, thus putting teens at a higher risk of addiction. Interviews with recovering teen addicts, an addiction counselor, and brain experts and researchers give the program realism and intensity, and provide sobering thoughts to viewers.

Addiction: From Genes To Neurons (VHS)

Summary: Introduces genetics and twin studies, reinforcers and pleasure centers, and the importance of neurotransmitters on both the neuronal and the whole brain level. Explains how animal research models have provided critical keys to our understanding of drug abuse.

Alcohol: Brain Under The Influence (VHS)

Summary: Explains how alcohol affects the brain, including why drinking alcohol is pleasurable, how field sobriety tests work, how drinking styles affect blood alcohol levels, and why driving skills become impaired.

Alcoholism And Related Mental Health Disorders (VHS)

Summary: It is increasingly recognized that many alcoholics suffer from comorbid psychiatric disorders. This increased awareness has led to higher levels of treatment for these disorders, often using new medications. This final video in the series describes the biological basis of depression, anxiety and other important psychiatric disorders. Explains the pharmacology of common classes of relevant medications. Discusses treatment implications for an alcoholic with a comorbid psychiatric disorder, treated or untreated, from a brain-based perspective.

Alcoholism As A Brain-Based Disorder (VHS)

Summary: A stimulating and thought provoking look at the brain-based nature of alcoholism. This first video in the acclaimed Amethyst Alcohol Series provides many of

the foundation concepts upon which the entire series will build - also stands on its own as an introduction to the neuroscience of alcoholism. Introduces genetics and twin studies, reinforcers and pleasure centers, and the importance of neurotransmitters on both the neuronal and the whole brain level. Explains how animal research models have provided critical keys to our understanding of alcoholism.

The Brain: Effects Of Childhood Trauma (DVD & VHS)

Summary: Part of a series on understanding, identifying and responding to childhood trauma. This segment focuses on the effects that childhood trauma has on brain function. Introduces current research that shows how systems in the brain are activated by trauma, and how trauma changes neuron response and cognitive pathways. These brain chemistry changes can create severe adolescent and adult problems such as learning disorders, acting out behaviors, bonding, attachment, mood problems, and difficulty with problem solving. Shows how caregivers, teachers and healthcare providers can best deal with these symptoms and how severe damage to the developing brain can be treated chronologically, but with primary emphasis on prevention and timely intervention.

Chronic Drug Effects: Tolerance, Sensitization, Withdrawal, Recovery (VHS)

Summary: Takes the information presented earlier in this series further, to explain the critical changes in brain chemistry that occur following chronic use of different drugs. Describes how the brain attempts to maintain normal function in the face of chronic exposure to drugs. The concept of "homeostasis" and its' involvement in chronic drug effects such as sensitization, tolerance, rebound and withdrawal is explained. The effects of changes in brain chemistry are discussed with a focus on recovery and long-term abstinence issues.

Diagnosis, Neurobiology And Treatment Approaches To ADHD (VHS)

Summary: Discusses emerging data on the underlying neural networks, comorbidity and functional impairments; reviews the evidence base for the pharmacotherapy of ADHD.

Don't Drain Your Brain: How Alcohol Damages The Brain (DVD)

Summary: This video uses lively animation and images of the human brain to deliver the latest scientific findings about young people and alcohol. Viewers will learn that early alcohol use causes serious damage to the brain and significantly reduces many important brain functions that are necessary for young people to be successful in life. Young teen presenters review important brain structures and explain how vital they are to normal, healthy functioning: including thinking, moving, speaking, hearing and smelling. Viewers get a chance see what actually happens inside the brain when alcohol is consumed, and witness how normal brain functioning is short-circuited by alcohol. Viewers will learn that the human brain continues to grow and develop until we are in our early twenties.

Drug Abuse And The Brain (VHS)

Summary: Looks at the biological basis of drug addiction. Explains how the brain's reward system operates and how drug abuse can cause fundamental changes in how the brain works.

Drug Abuse Treatment And Dual Diagnosis Issues (VHS)

Summary: It is increasingly recognized that many drug abusers suffer from comorbid psychiatric disorders. This increased awareness has led to higher levels of treatment for

these disorders, often using new medications. This final video in the series discusses the biological basis of depression, anxiety and other important psychiatric disorders and how they impact the recovering drug abuser. The pharmacology of common classes of relevant treatment medications is explained. Treatment implications for clients with a comorbid psychiatric disorder, treated or untreated, are discussed from a brain-based perspective.

Getting Stupid: How Drugs Damage Your Brain (DVD)

Summary: Presents to middle schoolers the latest scientific information on how alcohol, marijuana, inhalants, and other drugs cause serious and potentially permanent damage to the human brain.

The Hijacked Brain (DVD & VHS)

Summary: Scientists are making dramatic discoveries about how addiction affects the brain. Bill Moyers goes into the laboratory to follow researchers engaged in charting an "image of desire in the brain."

Inside The Teenage Brain (DVD)

Summary: In this program, FRONTLINE chronicles how scientists are exploring the recesses of the brain and finding some new explanations for why adolescents behave the way they do. These discoveries could change the way we parent, teach, or perhaps even understand our teenagers.

The Medical Aspects Of Chemical Dependency: The Neurobiology Of Addiction (DVD)

Summary: Explains how mood-altering substances alter the chemicals in the brain, and how this in turn affects heart rate, breathing, sensory perceptions, and more.

The Neurobiology Of Addiction (DVD)

Summary: Explains how new discoveries about the human brain are transforming our approach to addiction treatment, mental health, education, and human development. A clinician's guide is also available.

The Neurobiology Of Addictive Drugs (VHS)

Summary: Describes the effects of different drugs and drug classes at the brain and neuronal levels. Concepts such as excitatory and inhibitory neurotransmitters, reuptake and ion channels are introduced to describe how drugs affect the brain. Shows how drugs imitate the effects of key chemicals in the brain to produce their effects.

The Neuropharmacology Of Alcohol (VHS)

Summary: Describes the effects of alcohol at the brain and neuronal levels in an engaging manner through the use of compelling, state-of-the-art 3D computer animations combined with relevant scenes of real-life situations. Concepts such as excitatory and inhibitory neurotransmitters and ion channels are introduced to describe alcohol as a depressant drug. Shows alcohol's impact on specific brain areas to explain how alcohol produces feelings of pleasure and impairs balance, coordination, reaction time, and memory.

Putting It Into Practice: Integrating Behavioral And Pharmacological Approaches To Treatment (VHS)

Summary: This video expands upon information presented in the earlier videos in this series to discuss the mechanisms of action and clinical value of both behavioral and pharmacological treatments in terms of changes in neurochemistry and effects upon the brain's reward pathways. Introduces the theme that biological and psychosocial interventions can be integrated as a strong treatment strategy. Makes suggestions for possible integration of these approaches. Discusses the application of this information to the matching of clients to different treatment modalities.

The Reward Model Of Alcoholism (VHS)

Summary: Introduces the reward model of alcoholism. Describes alcoholism as a biomedical disorder linked to the rewarding effects of alcohol. Describes parallels between animal models of alcoholism and human drinking behaviors. The basic neurological concepts introduced in volume 1 of the series are expanded upon to discuss the where, what and how of the reward pathways and pleasure centers in the brain. Describes the ability of environmental events to activate reward pathways, and explains how cravings and healthy behaviors can be substituted for alcohol and drinking related behaviors.

The Reward Model Of Substance Abuse (VHS)

Summary: Introduces the reward model of substance abuse and addiction. Describes substance abuse as a biomedical disorder linked to the rewarding effects of drugs. Parallels between animal models of addiction and human drug-taking behaviors are described. The basic neurobiological concepts introduced in volume 1 of the series are expanded upon to discuss the where, what and how of the reward pathways and pleasure centers in the brain. The ability of environmental events to activate the reward pathways is described to explain cravings and how healthy behaviors can be substituted for drug related behaviors.

Roots Of Addiction: Drug & Behavioral Compulsions (DVD & VHS)

Summary: Explores, through interviews with addicts and medical personnel, why people become addicted, the signs of addiction, changes in the brain, how environment and heredity increase one's susceptibility of becoming an addictive personality, and treatment and prevention.

The Science Of Addiction And Treatment (VHS)

Summary: According to the National Institute on Drug Abuse, addiction is a brain disease. Scientific approaches are helping us understand the complexities of this brain disease and identify effective means to treat addictions. This program will focus on the latest treatment research and innovative initiatives to implement lessons learned from addiction science.

This Is Your Brain On Tobacco: A Research Update (DVD)

Summary: This program takes viewers inside a brain lab to show the latest research about the effects of nicotine on the brain. A neuroscientist explains how smoking affects brain chemistry and how dopamine and the brain's reward pathways reinforce tobacco use. Interviews with teen smokers deliver the message that smoking can lead to dependence and addiction; that cravings for nicotine persist; and that people who try to give up smoking often relapse. The program also describes recent research finding that the teenage brain is still developing and why this may mean that teens are at greater risk for long-lasting addiction. The program also profiles teens who have managed to quit.

This Time, Next Time (VHS)

Summary: A drama about Alcohol related brain damage which incorporates documentary information from actual doctors, health workers and afflicted patients. The program outlines the irreversible effects that alcohol consumption can have on the brain.

Tolerance, Withdrawal And Recovery (VHS)

Summary: Takes the information presented earlier in this series further, to explain the critical changes in brain chemistry that occur following chronic alcohol use. Describes how the brain attempts to maintain normal function in the face of chronic alcohol exposure. Explains the concept of "homeostasis" and its' involvement in chronic drinking effects such as tolerance, rebound and withdrawal. Discusses the effects of changes in brain chemistry with a focus on recovery and long-term abstinence.

Which Brain Do You Want (DVD)

Summary: Daniel G. Amen discusses how the brain works, how the brain is involved in all activities, what happens when the brain "misfires", the physical impact of drugs and alcohol on brain function, and ways to improve the brain.

Books

Adolescent Psychopathology And The Developing Brain: Integrating Brain And Prevention Science / edited by Daniel Romer and Elaine F. Walker

Table of Contents: <http://www.loc.gov/catdir/toc/ecip0613/2006015754.html>

616.8900835 A239

Alcohol Problems In Adolescents And Young Adults: Epidemiology, Neurobiology, Prevention, And Treatment / edited by Marc Galanter

616.861 A354AD

Bioavailability Of Drugs To The Brain And The Blood-Brain Barrier / editors, Jerry Frankenheim, Roger M. Brown

362.2912 N277R NO. 120

Also Available Online: <http://www.nida.nih.gov/pdf/monographs/120.pdf>

Brain Facts: A Primer On The Brain And Nervous System / the Society for Neuroscience

612.82 B814

Change Your Brain, Change Your Life: The Breakthrough Program For Conquering Anxiety, Depression, Obsessiveness, Anger, And Impulsiveness / Daniel G. Amen

How Your Body Works: A Fascinating Guide To The Human Body

YOUTH 611H847

Healing The Addicted Brain: The Revolutionary, Science-Based Alcoholism And Addiction Recovery Program / Harold Urschel

616.86 U82

The Neurobehavioral And Social-Emotional Development Of Infants And Children / Ed Tronick

618.92 T853

Neurotoxicity And Neuropathology Associated With Cocaine Abuse / Editor Maria Dorota Majewska
362.2912 N277R NO. 163

The Open-Focus Brain: Harnessing The Power Of Attention To Heal Mind And Body / Les Fehmi and Jim Robbins
616.89 F296

The Owner's Manual For The Brain: Everyday Applications From Mind-Brain Research / Pierce J. Howard
612.82 H851

The Selfish Brain: Learning From Addiction / Robert L. DuPont; foreword by Betty Ford
616.86 D938

The Shaken Baby Syndrome: A Multidisciplinary Approach / Stephen Lazoritz, Vincent J. Palusci, editors
362.76 L431

Spark: The Revolutionary New Science Of Exercise And The Brain / John J. Ratey With Eric Hagerman
Summary: Explores the mind-body connection, presenting startling research to prove that exercise is truly our best defense against everything from depression to ADD to addiction to aggression to menopause to Alzheimer's.
612.82 R233

States Of Mind: New Discoveries About How Our Brains Make Us Who We Are / edited by Roberta Conlan
153 S797

Synaptic Self: How Our Brains Become Who We Are / Joseph LeDoux
612.82 L475

The Teen Brain Book: Who & What Are You? / Dale Carlson
YOUTH 153 C284

Curricula

The Brain: Understanding Neurobiology Through The Study Of Addiction

Brain Power! : The NIDA Junior Scientists Program Teacher's Guide

Brain Quest

Brainwise One On One: A Guide To Building Thinking Skills In Young People For Use By Counselors, Mentors, Social Workers And Others

What To Do When Your Brain Gets Stuck: A Kid's Guide To Overcoming OCD / By Dawn Huebner; Illustrated By Bonnie Matthews

