

Recovery is POSSIBLE, IMPORTANT, and a NEW BEGINNING



The Red Ribbon Campaign [<http://www.redribboniowa.org>] takes place October 23 – 30. It's a good time to initiate a conversation with your children, grandchildren, or students, about the dangers of using drugs and alcohol. Recovery Iowa presents some helpful resources you can use to start a conversation. Iowa News is delivered to your e-mail in plain text format. You may link to <http://www.recoveryiowa.org/RInews.html> for the formatted pdf version.

## Pamphlets, Brochures

Let your teen know that drug and alcohol use is unacceptable and that your rules are set to keep him or her safe. Use these brochures to help you set your family rules and start a conversation:

### How to Hold Crucial Conversations About Drugs With Your Teenager

The Crucial Conversations Tip Card outlines specific skills that parents can adopt in order to talk with their teen about difficult topics, like drugs and alcohol. Online at [<http://www.theantidrug.com/pdfs/resources/general/crucial-conversations.pdf>]

### Keep Kids Alcohol Free: Strategies for Action

This brochure describes three basic strategies for preventing alcohol use by children ages 9-15 and ways these strategies can be applied in the home, the school, and the community. It has been designed as a starting point for parents, teachers, health professionals, law enforcement personnel, alcohol retailers, policy makers, and others who want to take action against early alcohol use. Available online at [<http://www.alcoholfreechildren.org/en/pubs/pdf/prevention.pdf>]

### Make a Difference-Talk to your child about alcohol

This 24 page brochure contains information to help parents discuss alcohol issues with young people ages 10-14. Online at [<http://www.niaaa.nih.gov/NR/rdonlyres/3F7A2293-C695-4B82-882D-9A19BF2782E6/0/Children.pdf>]

### Power of a Grandparent

To help grandparents know what to say about drugs and how to say it, the Partnership for a Drug-Free Iowa has created a booklet containing a few age appropriate and easy-to-follow tips.

Online at [<http://www.drugfreeinfo.org/images/grandparent.pdf>]

### When It's Not Your Kid, How Do You Deal with Drug Use and Drinking?

This 4-page brochure is for adults who serve as role models and mentors for youth. It outlines why adults should care about all children, what steps can be taken to help a teen with a substance abuse problem, and how to discuss the problem with parents and caregivers. A list of additional resources also is included.

Online at [[http://www.theantidrug.com/pdfs/resources/general/AI\\_brochure.pdf](http://www.theantidrug.com/pdfs/resources/general/AI_brochure.pdf)]

## Movies

Watching a movie with your teen can be a great way to get a conversation started.

### 28 Days (2000)

**Theme:** Alcoholism **Rating:** PG-13

Gwen (Sandra Bullock) is an alcoholic in denial whose latest bender with boozier boyfriend Jasper (Dominic West) ruins the wedding of her sister (Elizabeth Perkins) and lands her in a month-long rehab program with the requisite gang of struggling drunks and junkies.

### Thirteen (2003)

**Theme:** Adolescence **Rating:** R

A gut-wrenching portrait of adolescence, Thirteen is made all the more powerful because it was co-written by a genuine teenage girl, Nikki Reed, who also co-stars in the movie.

### Clean and Sober (1988)

**Theme:** Addiction/Treatment **Rating:** R

After a series of setbacks, Michael Keaton's character seeks refuge in a drug rehabilitation program and must confront the truth of his own addiction at the urging of a counselor (Morgan Freeman) who's heard every lame excuse in the book from addicts struggling to quit.

### Little Fish (2005)

**Theme:** Struggle of Addiction **Rating:** MA-15

Tracy (Cate Blanchett) lives with the painful past of her former heroin addiction, often faced with temptation to fall back to her old ways. Constantly trying to redeem herself to her mother and family, she attempts to start her own business and escape her stagnant existence -- only to find road blocks in her way.