

Video Lending Library:

Video Title	Audience	Year	Runtime	Materials Included	Description	# of Copies	Type
Adolescence	Adult	1988	20mins	Discussion Guide	Live action video, parents are shown what to expect, how to prepare, and ways to guide teens through these years	1	VHS
After The Tears	Grades 10-12 Adult	1986	20.5mins		Teenagers who have a relative affected by a mental illness talk honestly and directly about how this problem affects their lives.	1	VHS
All About Anger	Grades 2-4	1991	15mins	Teacher's Guide	Teaches basic, easily comprehensible concepts about anger along with some simple techniques to help kids deal with their anger in an appropriate manner.	1	VHS
Andrea: A Friend In Need	Grades 10-12 Adult	1987	15min/19mins with discussion breaks	Teachers Guide and Student Packet	A true story about Andrea, who was sixteen when she committed suicide. Her friends and her mother talk about how Andrea warned them, how they might have stopped her. They offer thoughts to help others realize that suicide is not the answer. Recommend to use with small groups.	1	VHS
Anger: You Can Handle It	Grades 8-12	1995	24mins	Teacher's Guide	Introduces a variety of anger management skills teenagers can easily incorporate into their daily lives. The techniques show student that they can defuse anger long enough to find nonviolent ways of responding to provocative situations.	1	VHS
The Angry Couple: Conflict-Focused Treatment	Adult	1995	73 mins	Information Booklet	Judith and Richard, a distressed married couple in their early 30s who have come to treatment locked in a seemingly irreconcilable conflict.	1	VHS
U Can Choose! Being Responsible	Grades 2-4		28mins	Discussion Guide	Rhonda Bird faces a tough choice between having fun, and being responsible to her friends and working on a school group project.	1	VHS
Beyond Cold Turkey: Tobacco Quitting Methods	Grades 7- College	2003	18mins	Teacher's Resource Book, Fact Sheets	This up-to-date video clearly identifies the major medical quitting methods that are currently available to anyone who wants to stop smoking or chewing tobacco. Two teen presenters offer an overview of nicotine and its addictive properties, as well as an explanation of the withdrawal process.	1	VHS
Breakthrough '92: Depression	adult	1992	1hr 55mins		Depression	1	VHS
Building Self Confidence	Grades 9-11	1990	30mins	Teacher's Guide	Demonstrates that self-confidence is achieved in small steps: by taking risks, learning how to deal with putdowns, and through encouragement from others.	1	VHS
about Fights between Brothers and Sister	Grades K-4	1989	25mins	Discussion Questions	Shows kids why revenge doesn't work and how everyone wins when brothers and sisters respect one another.	1	VHS
Children and the Internet	Adult	1999	1hr 39mins		Computers & Online technology offer children unparalleled recreational and educational opportunities, but not all safe. Discusses the emerging threat to children posed by sex offenders using the internet.	2	VHS
Children's Program Kit: Supportive Education for Children of Addicted Parents	Multi-age curriculum	2003	7mins 24mins 23mins	Three separate videos with different activities for different age groups	Appropriate for younger children, middle school students and adults	1	VHS

Communicating, with Dr. Jessie Potter	Grade 12-Adult		28mins			1	VHS
Conversation at the Carter Center: Coping with the Stigma of Mental Illness	Adult	1996	27mins		Hosted by former First Lady Rosalynn Carter, featuring author Kathy Cronkite, and actor Rod Steiger, who discuss their personal experiences of coping with mental illness and answer questions from the live audience.	1	VHS
Coping With Depression, Self-help strategies	Adult	1994	48mins		viewers learn how to incorporate strategies into life to keep depression at bay.	2	VHS
Coping with Pressures	Grades 8-10		30mins	Discussion Guide	Comedian Mike Pritchard, and students from around the USA talk about the pressures they face.	1	VHS
Cultural Diversity In America	Adult	1998	1hr 51mins		The issues of perceptions we have towards those around us also impact how we will handle situations. Shows how socialization and upbringing impact who we are today.	2	VHS
David's Story: A Teen Suicide	High School	1991	28mins	Discussion guide and suicide information folder	A suicide awareness program, cutting through the deadwood of suicide myths. Sensitizes students to the warning signs of suicide in their peers and shows them how to get help.	1	VHS
Dealing With Diversity: Perception vs. Reality	Adult	1997	1hr 56mins	Resource packet available	Confront the issue of cultural diversity and awareness. Examines the topic of diversity and associated issues affecting individuals, organizations, and communities.	2	VHS
Depression and Suicide	High School		30mins	Video incorporates interactive discussion with High School Students throughout U.S. to engage students in brainstorming about problems that affect their lives	Explores the challenge of making positive choices in a complicated world.		
Domestic Violence Awareness	Adult		2hrs			2	VHS
Don't Laugh At Me	Grades 2-5	2000	17mins	Teacher's Guide and Music CD included: Peter, Paul & Mary	Intended to serve as an introduction to, and enrichment of, ongoing efforts that nurture children's emotional, social, and ethical development. Including character education, conflict resolution, and teaching tolerance.	1	VHS
Don't Pick on Me	Grades 5-8	1993	20mins	Teacher's Guide	Will help students understand that teasing, harassment, and bullying are grabs for power by a person who feels threatened and insecure, and that self respect and mutual support can lay the foundation for thwarting the bully's efforts.	1	VHS
Dying To Be Thin	Grades 7 - Adult	200	60mins		An educational program on eating disorders, complete with accurate information, moving stories, and touching interviews.	1	VHS
Families in Trouble: Learning to Cope	Grades 8-12	1990	35mins	Teacher's Guide	Tells the stories of three young people who experience the coping process by dealing with crises they face at home: sibling alcoholism, divorce, and child abuse.	1	VHS
Fear Itself	Adult	1988	26mins		Three common phobias: simple, social, and agoraphobia	1	VHS
Friendship	Grades 5-9		30mins		Helps young teens work their way through the turmoil of early adolescence while making positive and healthy life choices.	1	VHS
Friendship: The Good Times ... The Bad Times	Grades 5-7	1990	24mins	Teacher's Guide	Helps students understand that changes in friendship are common in early adolescence, and is often based on changing interests. Helps identify the qualities that they look for in a friend.	1	VHS
Getting Better at Getting Along: Conflict Resolution	Grades 2-4	1992	16mins	Teacher's Guide & Worksheets	Helps students learn alternatives to fighting as a way to solve their disputes. Nonviolent alternatives for resolving differences.	1	VHS

Go For It! Natural Highs	Grades 8-12	1990	29mins	Teacher's Guide	Saying no to drugs and going for natural highs can be a route to transcendent, "top-of-the-mountain" feelings	1	VHS
Growing Up Isn't Easy	Grades 5-8	1993	15mins	Viewer's Guide	This film is designed to help children discover alternative, less destructive coping strategies	1	VHS
Has Anybody Seen Phil?	High School/ Adult	1989	30mins	Discussion Guide	about teenagers, paretns, communication and stress	2	VHS
Handling Emotions	Grades 5-9		30mins	Discussion Guide	Helps young teens work their way though the turmoil of early adolescence while making positive and healthy life choices.	1	VHS
Harassment Hurts: Gossiping, Taunting, and Bullying	Grades 3-5	new	18 mins	Teacher's Resource Guide with Worksheets	Using Brief, Dramatic senarios, the vidoe offers the kind of advice potential victims can use to minimize harassment's devastating effects.	1	VHS
Hope And Solutions for OCD	High School/ Adult	1999	85mins		4 parts: What OCD is, How to treat it, the Process, and how to deal with OCD in schools and your family.	1	VHS
How Can I Tell if I'm Really in Love?	High School	1987	51mins		The answers to the difficult questions: Can I fall in love more than once? How do I know I am in love? How important is sex to a relationship? Etc.	4	VHS
How to Build Self-Esteem	Grades 6-12		15mins		Teaches students to concentrate on their abilities rather than their inadequacies	1	VHS
Invest in Youth for a Safer Future	Adult	1998	1hr 55mins		Offers free crime prevention tips and suggests teenagers as great crime prevention resources.	2	VHS
It Happened to Me	6-9yr old boys, their parents and/or Gaurdians	1993	28mins		a video to help prevent sexual abuse of young boys	1	VHS
It's Never Too Late: Stopping Teen Suicide	Grades7- College	2005	28mins	Teacher's Resource Book, Fact Sheets	The video stresses that students should not be afraid to ask if a peer is thinking about suicide and that it is important to get help. It includes the true story of several teens who recognized the warning signs in a classmate, contacted a trusted adult, and—because of their intervention—saved a life.	1	DVD
Jenny's Journeys	High School/ Adult	2000	32mins		Factual account of jenny's struggles through peer pressures into depression and eventual death. (discretion is advised for children 10 and under.	1	VHS
Sesame Street's Lead Away	Preschool- Grade 2	2000	15mins		A video to alert views to the dangers of lead poisoning	1	VHS
Lead Poisoning Awareness	Adult	2002				1	VHS
Less Stress in Five Easy Steps	Adult	1986	45mins		An entertaining program that provides the tools to deal effectively with everyday stress.	1	VHS
Liking Me: Building Self-Esteem	Grades 4-6	1986	25mins	Teacher's Guide	Examines the concept of self-esteem and it's importance in school preformance, in resisting peer pressure, and coping with life.	2	VHS
Living Well With Bipolar Disorder	High School/ Adult	2001	47mins		Viewers see how individuals can get and stay well by combining medication, counseling, and psychotherapy.	1	VHS
Matt's Story: A Journey of Addiction	Grades 5- College	2006	29mins		The story of a young man from Whitefish Bay, Wisconsin and his journey becoming a drug addict. The video includes information on how drugs work in the body, ways teens hide drugs and drug use, and valuable information for teachers and teens alike.	2	DVD

Me and My Parents: Working It Out	Grades 5-8	1991	22mins	Teacher's Guide	Students are helped to see that when the messages they send their parents reflect more mature behavior, the more likely it will be that their parents will treat them in a more mature way.	1	VHS
Mental Wellness: Making It Happen	High School	new	21mins		Presents the major components of mental wellness in teenagers—self-esteem, competence, responsibility, enjoyment of life, and the ability to balance their lives and be flexible.		
Methamphetamine and Drug Endangered Children: Breaking The Cycle	Adult	2005	20mins 7mins 28 mins	Music video, Documentary, and Public Service Announcements	Examines the physical, psychological, relational, and criminal damage wrought by Methamphetamine use and production.	1	DVD
Michael's Journey	Grades 6-12	1993	30mins	Viewer's Guide, program guide	Focuses on a family with alcohol problems and how they effect youth. Follows two African American boys who exemplify two different coping style of children of alcoholics.	1	VHS
News From Medicine: Peace of Mind	Adult		51mins		the story of former Green Bay Packer football star, Lionel Aldridge's experience with mental illness and his recovery efforts; presented by the National Alliance for the Mentally Ill.	1	VHS
No-Name Calling: Creating Safe Enviroments	Grades 4-9	2004	27mins	Teacher's Resource Book	The video shows why name calling is unfair, painful and perhaps even illegal. Additionally, the video offers constructive ways for creating a positive school environment where everyone will feel safe and free to learn.	1	DVD
No More Teasing!	Grades 2-4	1995	14mins	Teacher's Guide and Worksheets	Provides children with the essential tools for understanding and dealing with teasing. Explains how teasing affects the victims, and explores the reasons that people tease. Includes techniques for deflecting teasing.	1	VHS
No More Bullying!	Grades 2-5	1996		Curriculum Module: 4 videos, 1 teacher's guide, 82 cards, 18 activity sheets	Respect yourself and others, too; No more teasing!; How I learned not to be bullied and Staff development video : Bullying at school : strategies for prevention.	1	VHS
Obsessive Compulsive Disorder: New Help For A Troubling Disease	Adult	1997		Viewing Record	Helps to better understand this condition and how it can be treated. Explains various treatment options, including potential risks and benefits.	1	VHS
OCD: Sharing The Hope	Adult	1997	18mins		Provides information to parents of children and adolescents with OCD. It gives an overview of what OC is and how symptoms can be managed.	1	VHS
OCD: Understanding Obsessive Compulsive Disorder	Adult	1997	23mins		Patient Education Video	1	VHS
Panic Disorders	High School/ Adult	1996	60mins		Dr. Rosenbaum discusses how to recongnize the presentations of panic disorder. Uses a case review approach.	1	VHS
Parenting Children with Learning Differences: LD, ADHD	For caregivers of grades K-5	1999	45mins	Faciltator's Guide and Handouts	Inspires parents to feel optimistic about the future, rise to the challenges, be realistic about what can be accomplished, and give their child a better chance to succeed and lead a full and productive life.	1	VHS
Picking Up the Pieces	Grades 6-12		4 mins		Set to Music by the Bo-Deans, identifies pressure teens face and suggests that 211/First all for Help, a 24 hr hotline, is a valuable helping resource.	1	VHS
A Place To Come Back To	Grades 11-12/ Adult	1987	30mins	Discussion Guide	produced by the American Luthern Church, about the needs of people with mental illness, there is a strong moral message, but the video does not proselytize	1	VHS

Preventing Gangs	Adult		2.5 hours		Panel profiles behavioral patterns and signs of gangs as well as the strategies for dealing with them effectively.	2	VHS
Real People: Cliques: Who's In, Who's Out	Grades 5-9	1996	24mins	Teacher's Guide	Designed to help middle schoolers gain insight into the nature of cliques. Explores the role that these special groups play in middle school life and the sophisticated dynamics they generate that cause heartache and cruelty.	1	VHS
Real People: Coping with Eating Disorders	Grades 7-12	1989	27mins	Teacher's Guide	The stories of three young people recovering from eating disorders (two females, one male). Helps teenagers to recognize the reason for the dangers of food and weight obsessions.	1	VHS
Real People: Teens Who Choose Abstinence	Grades 7-12	1994	23mins	Teacher's Guide	Teenagers who have chosen a policy of abstinence from sexual intercourse discuss the reasons for their decision and some of the ways that this choice has affected their lives.	1	VHS
Recognizing Panic Disorder	High School/ Adult	1998			Provides viewers with a look at panic disorders from a patient's perspective	1	VHS
Resisting Peer Pressure	Grades 7-12	1998		Teacher's Guide	Explores the issues and concerns surrounding peer pressure. It offers tips and suggestions to students on how to avoid and resist peer pressure.	1	VHS
Rumors and Lies, Gossip and Spies	Grades 5-9	2005	14mins	Teacher's Guide, Handouts	A program specifically developed to help teenagers learn how to control the rumor mill in their schools. Students will see themselves and their neighborhoods in the characters and locations in the video. Will help students learn to be more skeptical of what they hear.	2	1-VHS 1-DVD
Say Please!	Grades K-2	1996	14mins	Teacher's Resource Guide	A story about a boy with no manners, who finally learns how to behave politely. The video has examples that demonstrate respecting the feelings of others and good table manners as well as how words such as "please," "thank you," and "excuse me" can be used effectively.	1	VHS
Scared Straight!	High School/ Adult	2003	90mins + extras	DVD includes the original <i>Scared Straight</i> , as well as interviews 10 years later and interviews again 20 years later with the teenage offenders and the criminals.	Recounts the day that 17 teenage lawbreakers spent inside the Rahway Maximum Security Prison with the most dangerous criminals that New Jersey had to offer. Calling themselves "the Lifers," these convicts gave the youths an in-your-face, no-holds-barred account about life in prison, sharing every ugly detail.	1	DVD
Scene Smoking-Cigarettes, Cinema & The Myth of Cool	High School/ Adult	2002	59mins	Instructor's Guide for College, and Teacher's guide for High School,	Professionals from the entertainment fields discuss real-life choices they've made about smoking.	1	VHS
School Violence Prevention: Past Lessons, Future Promises	Adult	1999	1hour 53mins		Police must have a Major Critical Incident Response Plan, and there must be a partnership developed between the police, the community, the schools, and other police agencies (FBI) in the vicinity to order for such a plan to work.	2	VHS
Search Institute: Creating Healthy Communities For Kids	Adult			Discussion Guide	If your child loses someone close		
Self-Esteem	Grades 8-10	1998	30mins	Discussion Guide	Helps students make good choices over risky ones, and concentration on being your own worst critic and self esteem.	1	VHS
Self-Injury: From Suffering To Solutions	Grades 6-12	2002	18mins		Through dramatic portrayal and in-depth interviews this video discusses the harmful, yet seldom discussed affliction that affects many teenagers today.	1	VHS

Seniors: Victims... or Partners in Community Solutions	Adult	new			Focuses on the issues facing today's senior population. You'll learn ways to prevent frauds and scams and gain an understanding of the Citizens' Police Academy and the TRIAD initiative between the AARP, IACP, and NSA.	1	VHS
Sexual Harrassment: It's Hurting People	Grades 5-9	1994	17mins	Teacher's Guide	Essentially provides a map of the known territory of sexual harassment in schools. It offers a plan for implementing a sexual harassment prevention program as well as a guide for specific class activities for middle school students which can be utilized in conjunction with the video.	1	VHS
A Story About Self Esteem: The Letter on Light Blue Stationery	Grades K-4	1989	22mins		After the death of a classmate, Pamela faces the challenge of being asked to write a letter of sympathy to her friend's family.	1	VHS
Straight Talk About Mental Illness	High School/Adult		17mins	Includes discussion guide, with glossary of terms	In this fast paced video, a group of teens discusses their thoughts, asks questions, and shares their feelings about mental health and mental illness.	1	VHS
Stress and You	Grades 5-7	1994	24mins	Teacher's Guide	Helps students recognize what stress is and how it affects them. Gives simple techniques to handle stress more effectively.	1	VHS
Student Workshop: Conflict Managers	Grades 3-6	1996	25mins	Student Workshop	Skill by skill, children acquire a basic understanding of the mediation process through practice and experience	1	VHS
Student Workshop: Conflict Resolution Skills	Grades 5-9	1994	26mins	Student Workshop	Students enact realistic situations involving subject matter that is appropriate for teens and relevant to their needs	1	VHS
Student Workshop: Mediation Getting to Win-Win!	Grades 7-12	1994	22mins	Teacher's Guide	Depicts a conflict between two students followed by a mediation session. A narrator discusses key points throughout the video.	1	VHS
Student Workshop: Mediation Skills	Grades 5-9	1996	30mins	Student Workshop	Designed to teach students the skills of peer mediation. Step by step, it illustrates the mediation process and applies it to realistic situations with which young viewers can identify.	1	VHS
Student Workshop: Resolving Conflicts	Grades 9-12	1995	24mins	Student Workshop	Helps teens learn how to resolve the conflicts that arise in their lives	1	VHS
Student Workshop: Solving Conflicts	Grades 2-5	1994	26mins	Student Workshop	The video is divided into segments: "Get the Facts," "Good Listening," "Tell How You Feel," and "Brainstorming." Each skill segment ends with a "You Solve It" scenario that presents an open-ended problem. Students use accompanying worksheets to practise the skill and solve the problem.	1	DVD
Taking Charge of Me: Emotional I.Q.	Grades 5-9	1998	24mins	Teacher's Guide	The true-to-life vignettes in which young people grapple with problems such as listening to and respecting others' ideas, persisting at a task, or relating socially to peers will hold the attention of young teenagers, inviting them to give thoughtful consideration to these issues in their own lives.	1	VHS
Taking The "Duh" Out of Divorce	Grade School	2005	20mins	Resource Guide for Parents and Educators	Skye's parents are getting divorced. Skye is hurt, angry, and believes that she's the only one who can keep her mom and dad together. Skye dreams that she is taking her parents to court in order to stop the divorce. Gives helpful advice for dealing and coping with the pain of divorce. Places an emphasis on her parents doing everything they could.	1	DVD
Teen-Adult Conflict-Working it Out	Grades 7-12	1998	28mins	Teacher's Guide	Provides a variety of conflict resolution strategies and skills, including communication skills, brainstorming to solve problems, negotiation, and compromise.	1	VHS

Teen Anger: Real Life Teens	Grades 8-12	2004	20mins	Teacher's Guide	Covers anger and why anger can be the tip of an emotional iceberg for many teens. Includes: how to cope, recognizing anger, what leads up to anger, and how to diffuse angry or violent situations.	1	DVD
Teenagers, Stress, and How to Cope	Grades 7-12	1992	35mins	Teacher's Guide	Learning that stress is a part of everyday life, an important message for teens, but they also need to learn creative and effective ways to manage stress before it gets out of control.	1	VHS
Teen Depression: Real Life Teens	Grades 8-12	2004	20mins	Teacher's Guide	Teens learn about the risks of teen depression, how to identify depression, and why depression interferes with a teen's life. Students learn about self-medication and the dangers of trying to solve chemical imbalances themselves. Students also learn about the warning signs, and why it is important to seek help.	1	DVD
Teen Suicide: Sara's Diary	Grades 9-12	2000	14mins	Facilitator's Guide and three worksheets	A moving piece designed to give students the opportunity to experience the feelings of others, while giving important information on depression and suicide prevention. It also examines the topic of bullying.	1	VHS
A Time to Tell	Grades 6-9 (Male)	1991	28mins	4min 40sec Presenter's Orientation, preview prior to showing the video.	Produced by the AV Service of the Boy Scouts of America, this video explores the problem of sexual molestation.	1	VHS
Tips For Positive Parenting	High School/ Adult	1993	18mins	Includes booklet guide	Positive discipline ideas that may work for you and your family.	1	VHS
1914 and the Stars: The Life and Mind of Vincent van Gogh	Adult		57mins		van Gogh's life illustrates the delicate balance between madness and genius.	1	VHS
Triggering Positive Health Choices	Grades 5-8	1991	36mins	Leader's Guide and Printed Resources	Designed to contribute toward enhancing young adolescents' skills in making positive decisions about their health.	1	VHS
The Truth about Suicide: Real Stories of Depression in College	College/Adult	2005	27mins	Facilitator's Guide, and Brochures: <i>When you fear someone may take their life, About American Foundation for Suicide Prevention, Grief After Suicide, and Suicide Prevention.</i>	Presents a recognizable picture of depression and other problems associated with suicide, as they are commonly experienced by college students and other young adults. Confronts the increasingly recognized problems of student depression and suicide.	1	DVD
Tug of War: Strategies for Conflict Resolution	Grades 9-12	1996	30mins	Teacher's Guide	Introduces conflict resolution strategies as four students try to resolve their disagreements. Describes a four-step process to deal with conflict.	1	VHS
Uncovering the Smoke Scene	Grades 5-9	2002	27mins	Teaching Guide	Middle school students prepare students to understand the effect of the tobacco industry's targeting of young people. Captures student's attention by having real Wisconsin kids host the segments, and talking with the students, rather than an adult who talks down to them.	1	VHS
Understanding Eating Disorders	Grades 7-12	2003	26mins	Teacher's Guide and Factsheets	Students will hear from sufferers of eating disorders as well as experts in the field of treating eating disorders. Aids in the understanding of the causes and issues surrounding eating disorders and will help students avoid falling prey to these illnesses.	1	VHS
Understanding Psychotherapy	High School/ Adult	1997		Viewing Records	explores the psychotherapy available for treatment of mental health problems.	1	VHS
The Unforgettable Pen Pal: A Story about Prejudice & Discrimination	Grades K-4	1989	28mins	Discussion card	When pen pals discover a mutual interest in basketball they become the best of friends. They finally meet at a basketball game, and encounter prejudice where they least expect it.	1	VHS

What Can I Do When I Feel Bad?	Grades 7-9	1986	30mins	Teacher's Guide	Provides students with powerful tools to help turn even those tough "feel bad" times around.	1	VHS
When Food Becomes An Obsession- Overcoming Eating Disorders	High School/ Adult	2003	28mins		The film features Emma, a charming 17 year old recovering anorexic, and her parents, Virginia and John. Emma and her parents talk openly and sincerely about her struggle with anorexia and her recovery process	1	VHS
When Mom & Dad Break Up	Grades K-4	1989	32mins		Offers many insights into coping with a divided family. Uses music, dance, animation, and kid-to-kid straight talk to help youngsters who feel bad, mad, or sad, feel a whole lot better. Hosted by Alan Thicke (the dad on TV's Growing Pains)	1	VHS
Working It Out: Conflict Resolution	Grades 4-8	1993	30mins	Teacher's Guide	Help students learn alternatives to fighting as a way of solving disputes, and will help them develop skills to handle conflicts more constructively.	1	VHS
Violence and Mental Illness, A Community Solution	Adult		1hr 46mins		Explore answers to common misconceptions and provides clear strategies for positive resolutions to volatile situations.	1	VHS
Yes? No? Maybe? Decision-Making Sills	Grades 6-8	1990	20mins	Teacher's Guide	Helps students understand that feeling secure about their ability to make good choices will ultimately strengthen their sense of self-esteem and help them gain control over their lives.	1	VHS
You Are Not Alone	Adult		15mins		featuring people with mental illness, conveys the message that mental illnesses respond to care, concern, and treatment.	2	VHS