

of psychology and presents reasonable, sound, and credible information on this subject.

Availability for loan:

DB 650 E27 2007 Health Information & Wellness Centre, both locations

Alcoholism by C. Everett Koop. New York: Time Life Medical, 1996 30 m.

This video follows the format of all those in Time Life's At Time of Diagnosis series. The condition itself is explained, and then a variety of health professionals provide their insights. Information is provided about treatment and management options, together with helpful lifestyle tips.

Availability for loan:

DB 200 TLM 1996 Health Information and Wellness Centre, both locations
616.861 ALC Mississauga Library System

COMMUNITY RESOURCES

R. Samuel Mclaughlin Information Centre

219 Dufferin Street Ste. 3B
Toronto, ON M6K 3J1
Tel: 416-595-6111 or 1-800-463-6273
E-mail mclaughlininformation@camh.net

The Drug and Alcohol Registry of Treatment (DART)

1-800-565-8603
<http://www.dart.on.ca>

Peel Addiction Assessment and Referral

5170 Dixie Road, Ste. 302
Mississauga, ON L4W 1E3
Tel: 905-629-1007
E-mail admin@paarc.com

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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(Original Title "Substance Abuse")



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Drug and Alcohol Addictions



INTERNET SITES

Centre for Addiction and Mental Health

<http://tinyurl.com/nm8wg>

The CAMH provides extensive information on drug and alcohol abuse. Click on the link 'Addiction Programs' in the right hand column to retrieve information about the various clinics and treatment programs offered by the Centre. Also available are series of documents detailing the effects of various substances.

Canadian Centre on Substance Abuse

<http://www.ccsa.ca>

This is a national agency which provides information on the nature, extent, and consequences of substance abuse. It also supports and assists organizations involved in treatment, prevention, and educational programming. There is an excellent, fully searchable database of treatment programs across Canada available at the site.

The Ontario Drug and Alcohol Registry of Treatment (DART) <http://www.dart.on.ca>

This is a province-wide treatment and referral service, which is designed to link people with suitable treatment options. There is a directory of treatment agencies in Ontario which may be searched by location, agency name, treatment type, or special population (e.g. youth).

National Institute on Drug Abuse

<http://www.nida.nih.gov>

NIDA is part of the National Institutes of Health in the U.S., and it supports over 85% of the world's research on the health aspects of drug abuse and addiction. Access is provided to comprehensive information sheets and scientific reports on a variety of drugs, such as cocaine,

marijuana etc. Follow the link 'Drugs of Abuse & Related Topics' to view this information.

Alcoholics Anonymous

<http://www.alcoholics-anonymous.org>

AA is a world-wide fellowship of men and women who share their experiences and strength in their efforts to overcome alcoholism. This site has information about the organization and provides access to its publications. Local AA contacts throughout North America are listed, including groups and answering services in Ontario.

BOOKS & VIDEOS

Drug and Alcohol Abuse: the Authoritative Guide for Parents, teachers, and Counselors by H. Thomas Milhorn. Cambridge, MA: Da Capo Press, 2003

This essential volume for parents and other involved adults aims to help them prevent young people becoming addicted to drugs or alcohol. Topics covered include descriptions of drugs of abuse, alcoholism, signs of addiction, treatment, and many other related issues.

Availability for loan:

DB 100 M45 2003 Health Information & Wellness Centre, both locations
649.4 MIL Mississauga Library System

Drugs Explained: the Real Deal on Alcohol, Pot, Ecstasy, and More by Pierre Mezinski. New York: Amulet Books, 2004

Aimed at young people, this lively book is written in straightforward language enhanced by superb illustrations. It provides excellent information about the effects and serious problems caused by the most common drinks and drugs.

Availability for loan:

DB 100.6 M39 2004 Health Information & Wellness Centre, both locations
362.29 MEZ Mississauga Library System

Alcoholism: the Facts, 4th ed. by Ann M. Manzardo & others. Oxford: Oxford University Press, 2008

Written in a lively and non-judgemental style, this book is aimed at those with alcohol problems and the people who share their lives. It deals with the effects of alcohol on the body and behaviour, discusses symptoms and possible causes, and explores different treatments and support organizations.

Availability for loan:

DB 200 M26 2008 Health Information and Wellness Centre, both locations

Overcoming Addiction: Paths Towards Recovery A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2008.

This report delivers practical advice and current research findings in clear, easy-to-understand language. It deals with addiction to a variety of substances and behaviours, and provides appropriate information and advice. It also provides help for those coping with a family member's addiction.

Availability for loan:

DB 100 H27 2008 Health Information & Wellness Centre, both locations

Parent's Guide to Marijuana by Mitch Earlywine. New York: High Times, 2007

This useful handbook is filled with surprising, accurate and important facts which will help parents advise their children about the dangers of frequent marijuana use. The author is a professor