

## NEW TO NDSIS

The following is a list of new resources added to the DRUG Database;  
These resources are available to be borrowed by all ADCA members.

### **The Mental Health and Substance Use Series**

#### **Introduction to mental health - substance use**

David Cook (ed) | 2011 | Radcliffe Publishing | 616.86 INT

This introductory book outlines the specific health issues, experiential aspects, treatment options and wider implications of mental health–substance use for professionals, students and educators.



#### **Developing Services in mental health – substance use**

David Cook (ed) | 2011 | Radcliffe Publishing | 616.86 INT

Key book for professionals evaluating, developing and monitoring services for those experiencing mental health-substance use and those close to them.



#### **Responding in mental health-substance use**

David Cook (ed) | 2011 | Radcliffe Publishing | 616.86 INT

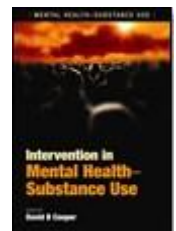
This book explores how professionals can best respond to the particular concerns and dilemmas arising from and in mental health-substance use for individuals and their families.



#### **Intervention in mental health-substance use**

David Cook (ed) | 2011 | Radcliffe Publishing | 616.86 INT

This edition explores the varied needs of individuals and carers, the nature of the therapeutic relationship, and the theory and application of a variety of interventional techniques.



#### **Care in mental health-substance use**

David Cook (ed) | 2011 | Radcliffe Publishing | 616.86 INT

Book five of the *Mental Health–Substance Use* series: a key text on providing appropriate care tailored to the needs of families and individuals.



#### **Practice in mental health-substance use**

David Cook (ed) | 2011 | Radcliffe Publishing | 616.86 INT

This sixth book in the *Mental Health-Substance Use* series explores the effects of various interventions on both affected individuals and their families.



### **The science of drinking: how alcohol affects your body and mind**

Amitava Dasgupta | 2011 | Rowman & Littlefield Publishers | 615.7828 DAS

Scientific research has clearly established that drinking in moderation has many health benefits, including maintaining a healthy heart. Yet, many people do not know that drinking red wine protects the heart more than white wine, while beer, margaritas, and hard liquor are less effective in providing such protection. And while alcoholism is a serious problem requiring medical and psychological treatment, for those who are not addicted, drinking alcohol is not necessarily a bad habit. The problem is to distinguish between drinking sensibly and drinking insensibly. Dasgupta clearly outlines what constitutes healthy drinking and its attendant health benefits, offers advice on how to drink responsibly, and provides insight into just how alcohol works on the brain and the body.



### **Alcohol, tobacco and obesity: morality, mortality and the new public health**

Kirsten Bell, Darlene McNaughton, Amy Salmon (eds) | Routledge | 2011 | 362.1 ALC

Hailing from Canada, Australia, the United Kingdom and the USA, and drawing on examples from all four countries, contributors interrogate the ways in which alcohol, tobacco and fat have come to be constructed as 'problems' requiring intervention and expose the social, cultural and political roots of the current public health obsession with lifestyle. No prior collection has set out to provide an in-depth examination of alcohol, tobacco and obesity through the comparative approach taken in this volume. This book therefore represents an invaluable and timely contribution to critical studies of public health, health inequities, health policy, and the sociology of risk more broadly.

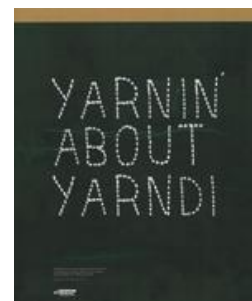
## **New Kit**

### **Yarnin' about yarndi**

Hall M, Koori AOD Workers Network Victoria | Australian Drug Foundation | 2010 | AV YAR

The *Yarnin' about yarndi* kit was developed to encourage discussion around cannabis and to assist people in the Indigenous community to cut back, give up or use cannabis (yarndi) more safely. The *Yarnin' about yarndi* kit contains:

- a facilitators' guide which explains how the DVD can be used, key points facilitators may explore and activity sheets designed to assist behaviour change
- a DVD in which community members talk about the effects of cannabis use, and strategies that might help individuals stop, cut back, or use more safely; other health professionals provide important physical and mental health information
- ten workbooks for participants to record their thoughts or responses to take away with them
- a CD-ROM with PDFs of all written materials, so additional copies can be printed
- three message sticks – "Giving up", "Cutting back" and "Using safer", designed to facilitate open conversations among participants



To request any of the resources above please email [ndsis@adca.org.au](mailto:ndsis@adca.org.au)

To stay up to date with the latest books and journals added to the DRUG database stop past the Drug homepage [www.drug.org.au](http://www.drug.org.au)