

ADCA recommends...

Alcohol and other drugs resources for the
health library and researcher

Third edition



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National Drugs Sector Information Service

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Introduction

The Alcohol and other Drugs Council of Australia (ADCA) is the peak, national, non-government organisation representing the interests of the Australian alcohol and other drugs sector, providing a national voice for people working to reduce the harm caused by misuse of alcohol and other drugs. The National Drugs Sector Information Service (NDSIS) is part of ADCA, funded by the Australian Government Department of Health and Ageing, and is the national information clearinghouse for the Australian alcohol and other drugs field. Established in 1974, the NDSIS specialises in the social, psychological, prevention and treatment aspects of alcohol and other drug-related problems and provides information to our members and other interested parties nation-wide. One of our principal services is the production of the DRUG database, accessible from our website.

Alcohol and other drugs information is a vital, specialised area of healthcare information which can become lost in the plethora of other specialties found within the health or medical library. As a library that specialises in material related to alcohol and other drugs, we decided to share our knowledge to assist health and medical library staff in making cost-effective, timely and relevant choices when acquiring alcohol and other drugs resources for their libraries. Researchers will also benefit from this listing of relevant resources.

This booklet primarily lists recommended books, but also included are top journals, databases, and importantly Australian guidelines. Experts from within both the ADCA membership and outside the organisation have been called upon to assist where necessary and all of the material recommended in this list is available from the NDSIS, Canberra.

Few older titles have been removed from previous editions unless they have been superseded with a newer title of equal or improved quality.

We are pleased to offer this third edition of *ADCA recommends...* to our colleagues in Australian health libraries and hope that it is useful and encourages the use of quality alcohol and other drugs information.

Lisa Roulstone
Acquisitions Librarian
National Drugs Sector Information Service
Alcohol and other Drugs Council of Australia

ADCA Recommends...

 Highly recommended

 Australian titles

General information on drugs and alcohol

(Please also see DVD section)

★ **Addiction: a disorder of choice** 2009

Heyman, Gene M.
Harvard University Press, Cambridge, Mass.
200p.
ISBN: 9780674032989

Gene Heyman argues that conventional wisdom about addiction—that it is a disease, a compulsion beyond conscious control—is wrong. Heyman makes a powerful case that addiction is voluntary. He shows that drug use, like all choices, is influenced by preferences and goals. But just as there are successful dieters, there are successful ex-addicts. According to the author, addiction is the psychiatric disorder with the highest rate of recovery. But what ends an addiction?

Addiction medicine 2009

Latt, Noeline *et al.*
Oxford University Press, Oxford
459p.
ISBN: 9780199539338

Addiction medicine is a practical guide for students and practitioners of medicine and other health professions who come into contact with people with substance use disorders. It provides the knowledge base and the skill set required for good professional practice in this field. This guide discusses the broad range of management options and the evidence base behind modern addiction medicine.

★ **Addiction reviews 2** 2010

Uhl, George R. (ed)
New York Academy of Science, New York
300p.
ISBN: 9781573317672

This volume features expert, refereed reviews of timely topics in each of the areas relevant to addiction science and clinical practice to aid researchers and practitioners interested in addictions. Authors from the United States, EU, Asia and elsewhere provide an international perspective on the problems and practices.

★ **Addictive behaviors: new readings on etiology, prevention and treatment** 2009

Marlatt, G. Alan & Withiewitz
American Psychological Association, Washington
778 p.
ISBN: 9781433804021

This book looks at the effects of addictive behaviors, ranging from ill health, social and family problems to economic and legal troubles. It discusses the role of the psychologist in mediating the negative effects of addiction. It also provides insight into designing prevention programs, screening and assessment, finding the best models of treatment, and understanding the needs of specific populations. This book will be of interest to clinical health psychologists and other mental health professionals from graduate students to seasoned clinicians and researchers.

- ★ **AU Alcohol and other drugs: a handbook for health professionals** 3rd ed. 2004
National Centre for Education and Training on Addiction (NCETA) Consortium
Australian Government Department of Health and Ageing, Canberra
294 p.
ISBN: 964282312X

Now in its third edition, this evidence-based handbook is a valuable resource for non-specialist medical practitioners and nurses, as well as a wide range of other health workers including psychologists, social workers and counsellors.

Part 1 provides an overview and introduction to drug use and abuse in Australia and gives a summary of the general principles applied in management and intervention. Part 2 summarises the management and treatment of specific drugs. Part 3 gives a brief overview of psychosocial interventions. Part 4 looks at special issues such as drug users and pregnancy, drug users who need surgery, chronic pain management for drug-dependent people, patients who have a coexisting mental illness, communicable diseases, treatment in correctional services, and finally, intervention with problem gamblers.

http://www.nceta.flinders.edu.au/publications/workforce_dev/resources.html#gp1

- ★ **The American psychiatric publishing textbook of substance abuse treatment** 4th ed. 2008
Galanter, M & Kleber H.D. (eds)
American Psychiatric Press, Washington DC.
752 p.
ISBN: 9781585622764

The fourth edition of the American psychiatric publishing textbook of substance abuse treatment has been fully updated to present the most current scientific and clinical information on a wide range of substance use disorders, from tobacco and alcohol to methamphetamine and “club drug” abuse. It is a comprehensive guide to treatment written for both experienced and new clinicians, reflecting the expertise of leading addiction specialists in psychiatry and allied fields. The 4th edition incorporates the latest biomedical research findings as well as recent advances in treatment and the growth of pharmacotherapies.

- ★ **AU Clinical treatment guidelines for alcohol and drug clinicians (series)** 2000-
Turning Point Alcohol & Drug Centre, Fitzroy, Vic.

The guidelines in this series have been produced for drug clinicians, general health and welfare workers and medical practitioners who have contact with, and assist, people with drug problems. The more recent guidelines are listed below:

- Managing difficult and complex behaviours** 2003
- Working with families** 2004
- Smoking cessation: working with clients to quit** 2005
- Youth alcohol and drug outreach** 2006
- Methamphetamine dependence and treatment** 2007

For the full list of guidelines and order form please go to -
http://www.turningpoint.org.au/library/lib_ctgs.html

★ **Drug addiction: from basic research to therapy** 2008

Rapaka, Rao S. & Sadee, Wolfgang
Springer, New York
782 p.
ISBN: 9780387766775

This book provides a comprehensive overview of physiological, biochemical, genetic and behavioral pathways underlying drug addiction. This volume covers the translation of basic research into novel therapies, not only of drug addiction but a spectrum of related CNS disorders, including pain. Chapters are written by leading scientists with widely ranging expertise in synthetic and computational chemistry, molecular biology, genetics, neurosciences, drug discovery and development, drug targeting, and quantitative therapeutics, providing an overview of a complex field of high societal significance.

Drugs across the spectrum (6th ed) 2010

Goldberg, Raymond
Wadsworth, Belmont, Ca.
360p.
ISBN: 9780495557937

Drugs across the spectrum provides an overview of drugs in contemporary society and motivations for drug use. It discusses drugs and the law, and the pharmacology and physiology of drug use. It covers the psychological and physiological effects of drugs including alcohol; tobacco; narcotics; sedative-hypnotic drugs; psychotherapeutic drugs; stimulants (cocaine, amphetamines, and caffeine); marijuana; and over-the-counter drugs. This book also includes information on substance abuse treatment, drug prevention and education.

★ **AU Drug use in Australia: preventing harm** 2nd ed. 2004

Hamilton, M., *et al.* (eds)
Oxford University Press, Melbourne
320 p.
ISBN: 0195514807

An excellent introduction to drug use in Australia, this book contains discussions of the major perspectives on drug use, treatment and policy. It gives an overview of harm minimisation approaches in a wide range of drug-related areas – policy, treatment, drug taking strategies, psychology, and law enforcement. Intended as an introductory text for tertiary students, it would also be suitable for the non-specialist reader. The contributors to this book are all Australian experts in the alcohol and other drugs field.

★ **AU Drugs and public health: Australian perspectives on policy and practice** 2008

Moore, David and Dietze, Paul (eds)
Oxford University Press, Melbourne
249p.
ISBN: 9780195561029

This book gives an excellent overview of existing practice responses to alcohol and other drug use in Australia. This book looks at the theory, evidence and context of existing and emerging alcohol and other drug practice. It provides material that can be used in vocational and professional education, refresher training as well as with documentation and evaluation of best practice.

★ **Drug and alcohol abuse: a clinical guide to diagnosis and treatment** 6th ed. 2006
Schuckit, M.A.
Springer, New York.
404 p.
ISBN: 9780387257327

This is an emergency-oriented textbook written for the medical student, physician in practice, psychologist, social worker and other health professionals or paraprofessionals who need a quick, handy reference on alcohol and other drug problems. This book covers specific classes of drugs and the discussion in each chapter are subdivided into general information on the drugs in that class (pharmacology, tolerance and dependence, epidemiology and establishing the diagnosis) and then the problems faced in emergency settings (toxic reactions, withdrawal, delirium, psychosis, flashbacks, anxiety and depression and other medical problems). It also covers multiple drug abuse and gives a quick overview of emergency problems, and rehabilitation.

Empathy for the devil: how to help people overcome drugs and alcohol problems
2007
Harris, P.
Russell House, Lyme Regis, UK
217 p.
ISBN: 9781903855546

This book examines the core skills necessary for treating dependent users and to support them through change in an open and accessible way. It covers the latest findings in effective practice, illustrated with case examples, and includes some self-reflective exercises and activities to aid learning and training. It is aimed at a broad audience of anyone working with clients who are drug users.

Forbidden drugs 3rd ed. 2009
Robson, Philip
Oxford University Press, Oxford, UK
280 p.
ISBN: 9780199559961

This book looks at drug use throughout the world. It looks at the effects and side-effects of drugs, discusses why people use drugs and why people become addicted. It also discusses the lessons to be learnt from making drugs illegal.

★ **Ghodse's drugs and addictive behaviour: a guide to treatment** 4th ed. 2010
Ghodse, Hamid
Cambridge University Press, Cambridge, UK
520 p.
ISBN: 9780521000017

Ghodse's 4th edition presents a comprehensive overview of substance misuse and dependence. It places a special emphasis on practical, evidence-based approaches to the assessment and management of a wide range of drug-related problems in a variety of clinical settings. Epidemiology, international prevention and drug control policies are covered to address the global nature of the problem, and the appendix provides a series of clinical intervention tools, among them a Substance Misuse Assessment Questionnaire.

AU Health professionals' attitudes towards licit and illicit drug users: a training resource 2006

National Centre for Education and Training on Addiction
NCETA, Adelaide
14 p.
ISBN: 1876897112

The activities within this resource package are designed to encourage health professionals to explore and evaluate their attitudes towards drug users – particularly perceptions about whether a client or patient deserves medical care. This resource contains teaching materials including activities and measurement tools that are designed to provide a template for educators and trainers which can be adapted to suit the circumstances of a particular training course or group of trainees. This resource is based on research exploring nurses' attitudes towards individuals who use heroin, amphetamines, are heavy smokers or who display high risk patterns of alcohol consumption. The kit is primarily designed for GPs and nurses.

<http://www.nceta.flinders.edu.au/documents/AttitudesBookletFinal.pdf>

★ Improving substance abuse treatment: an introduction to the evidence-based practice movement 2007

Eliason, Michele J.
Sage Publications, London
189p.
ISBN: 97821412951319

This book is an attempt to bridge the gap between research on substance abuse treatment programs and what actually goes on in the field of substance abuse treatment. It is aimed at both the academic and practitioner market and it clearly describes how to determine what evidence based practice is and it addresses some of the challenges faced when implementing EBP. It contains two case studies that outline examples of evidence-based practice which will be particularly useful in the course market.

AU Making values and ethics explicit: a new code of ethics for the Australian alcohol and other drug field 2007

Fry, C.
Alcohol and Other Drugs Council of Australia, Canberra
22 p.
ISBN: 9781876837112

http://www.adca.org.au/publications/ethics_code.pdf

New treatments for addiction: behavioural, ethical, legal, and social questions 2004

Committee on Immunotherapies and Sustained Release Formulations for Treating Drug Addiction.
Harwood, H.J. & Myers, T.G. (eds)
National Research Council & Institute of Medicine of the National Academies, Washington, D.C.
306 p.
ISBN: 0309091284

This report is the work of the Committee on Immunotherapies and Sustained Release Formulations for Treating Drug Addiction established in 2002 by the US National Academies. Commissioned by the National Institute on Drug Abuse (NIDA) which is funding the development of new types of medications to treat drug dependency, this book

considers the behavioural, ethical, legal, and social issues likely to arise as a result of the unique characteristics of these medications, if and when they become available.

★ **Principles of addiction medicine** 4th ed. 2009
Richard K. Ries., *et al.* (eds)
Lippincott Williams & Wilkins, Philadelphia, PA
1408 p.
ISBN: 9780781774772

This 4th edition is valuable for all physicians and mental-health personnel who specialize in addiction medicine and who treat patients with addiction disorders. The chapters blend scientific principles underlying addiction with the practical essentials of clinical addiction medicine.

Relapse prevention: maintenance strategies in the treatment of addictive behaviors
2nd ed. 2005
Marlatt, G. A. *et al.*
Guilford Press, New York
416 p.
ISBN: 1593851766

This book, a compilation of chapters by expert contributors examines what works in the prevention of relapse into addictive behaviours, largely focusing on drug and alcohol use, but also including gambling, eating disorders and sexually risky behaviours. Procedures for teaching cognitive and behavioural coping strategies are spelled out and relevant empirical data reviewed.

★ **Substance abuse: a comprehensive textbook** 4th ed. 2004
Lowinson, J.H., *et al.*, (eds)
Lippincott Williams & Wilkins, Baltimore.
1421 p.
ISBN: 0781734746

The goal of this massive textbook, as with previous editions, is to provide the most authoritative and comprehensive resource on the subject of substance misuse and its related areas. It draws upon the knowledge and expertise not only of health professions, but social service, law enforcement, judicial, legal and corrections personnel as well as economists, ethicists and governmental and private administrative staff. The book is divided into sections – foundations; determinants of substance abuse and dependence; substances of abuse; related compulsive and addictive behaviours such as gambling, eating disorders, sexual addiction, computer addiction; evaluation and early treatment; treatment approaches; management of associated medical conditions; HIV and AIDS; life cycle issues; women's issues; ethnic populations; other populations including gays, lesbians, transsexuals, the homeless, the disabled, impaired professionals, immigrants and refugees; models of prevention; training and education; and policy issues. Within each section are state-of-the-art contributions from experts and practitioners in their respective areas. The section on treatment approaches has been expanded and updated and the latest developments in pharmacotherapy are included. In the section on prevention there is an excellent chapter on harm reduction. Each chapter has extensive bibliographies and there is a detailed index at the end of the book. It is highly recommended for the reference shelf.

★ **Translation of addictions science into practice 2007**

Miller, Peter M. & Kavanagh, David J.

Pergamon, Amsterdam

495p.

ISBN: 9780080449272

The aim of this book is to summarize current and potential linkages between advances in addiction science and innovations in clinical practice. This book is primarily focused on translation, however it also includes some scientific advances that are relevant to dissemination, and the book is itself a tool for disseminating innovative thinking. The goal is to generate interest in application opportunities from both recent research and theoretical advances.

Addiction nursing & allied health

(Please also see the Australian guidelines and DVD sections)

Alcohol, social work and community care 2000

Collins, S. & Keene, J.
Venture Press, London
252 p.
ISBN: 1873878524

The authors consider the role of UK social workers as providers of both social care and counselling help. They examine the different theories and models that can be used in working with people who have alcohol-related problems. There are chapters on young people, the elderly, ethnic communities and offenders.

AU Alcohol, tobacco and other drugs resource package

- **Alcohol, tobacco & other drugs guidelines for nurses & midwives: a framework for policy and standards** Version 2, April 2003
South Australian Alcohol and Other Drug Nursing and Midwifery Statewide Action Group; De Crespigny, C. & Cusack, L. (eds); endorsed by the Drug and Alcohol Nurses of Australasia Inc.
38 p.
ISBN: 0646337882
- **Alcohol, tobacco & other drugs guidelines for nurses & midwives: clinical guidelines** Version 2 2003
South Australian Alcohol and Other Drug Nursing and Midwifery Statewide Action Group; de Crespigny, C. *et al.* ; endorsed by the Drug and Alcohol Nurses of Australasia Inc.
Flinders University and Drug & Alcohol Services Council, South Australia, Adelaide
223 p.
ISBN: 0646337882
- **Alcohol, tobacco & other drugs guidelines for nurses & midwives: a quick clinical reference** Version 2 2003
15 p.
Drug and Alcohol Services Council, Adelaide
<http://www.dasc.sa.gov.au>

★ Casebook for clinical supervision: a competency-based approach 2008

Falender, Carol A. & Shafranske, Edward P.
American Psychological Association, Washington D.C.
259 p.
ISBN: 9781433803420

This casebook is a comprehensive resource for the supervision of mental health practitioners. It will help to make the leap from theory and research to the real-life, hands-on implementation of the elements of successful supervision. The supervision relationship is examined in detail, and supervision tools are included to help supervisors implement best practices within a competency-based framework.

★ **Dual diagnosis nursing** 2006
Rassool, G.H. (ed.)
Blackwells, Addiction Press, Oxford
306 p.
ISBN: 9781405119023

A practical guide for the nursing care of people with alcohol and other drug problems. This book covers assessment and how to plan therapeutic nursing interventions, liaison with other services, and explores the role of the nurse as an advocate for patients and the family. It was written for nurses by experienced nursing academics and clinicians.

★ **Group supervision: a guide to creative practice** 2nd ed. 2008
Procter, Brigid
Sage Publications, London
249p.
ISBN: 9781847873354

This book looks at how group supervision can provide a supportive environment in which practitioners learn from each others' experience, finding positive and creative ways of working with the diversity which characterises all groups. The Second Edition features up-to-date research findings on group supervision in organisations and further coverage of the challenge of ethical decision-making in groups. Essential for all supervisors and trainers, the practical information in this book will also benefit those who manage organizations providing group supervision for counsellors and psychotherapists - be they employees, volunteers or trainees.

AU Just another manic Monday: the challenges of working with clients with alcohol and other drug issues in community service organisations 2009
Hinton, Teresa
Anglicare Tasmania, Hobart
82p.
ISBN: 9781921267109

This latest research report explores the experiences of workers in community service organisations (CSOs) working with clients with problematic drug and alcohol use.
http://www.anglicare-tas.org.au/index.php?option=com_docman&task=doc_view&gid=424&Itemid=81

Scope and standards of addictions nursing practice Rev. ed. 2004
International Nurses Society on Addictions; published by the American Nurses Association
96 p.
ISBN: 1558102183

This books sets out the essentials for providing care to patients with alcohol and drug problems and their families. It delineates the standards of care, professional performance, and management criteria for nurses providing care in this field. It also addresses the care of nurses with addictions and includes a glossary and index.

Pharmacology

AU The Australian drug guide: every person's guide to prescription and over-the-counter medicines, street drugs, vaccines, vitamins and minerals 7th ed. 2006

Upfal, J.
Black Inc, Melbourne
818 p.
ISBN: 1863951741

Over 600 drugs are listed alphabetically by their chemical names. Detailed information is provided about drug class, brand name, whether available on prescription, whether a generic drug is available, which schedule category it falls under, PBS/RPBS information, what the drug is for, how it works, when not to use the drug, things your doctor should know before prescribing the drug, dosage, how to take the drug and a safety checklist for age, pregnancy, breastfeeding, sports, driving or undertaking hazardous activities, interactions with other medications, adverse reactions, overdose, side effects, and habit-forming potential.

Clinical manual of addiction psychopharmacology 2005

Ciraulo, D. A. & Kranzler, H. R. (eds.)
American Psychiatric Pub., Washington
384 p.
ISBN: 1585621323

The Clinical Manual of Addiction Psychopharmacology offers a detailed review of the pharmacology of addictive drugs and the medications used to treat abuse of and dependence on these addictive drugs. Written with a therapeutic focus, it is a clinical guide for the use of pharmacotherapy in patients with substance use disorders

Drug abuse handbook 2nd ed. 2007

Karch, Steven B. (ed)
CRC Press, Boca Raton, Fl.
1267 p.
ISBN: 0849316901

This book examines criminalistics, pathology, pharmacokinetics, neurochemistry, treatment, as well as drugs and drug testing in the workplace and in sports, and the ethical, legal, and practical issues involved. It includes more than 6000 references to the best sources in medicine, pharmacology, and the law.

Mind-altering drugs: the science of subjective experience 2005

Earleywine, M. (ed.)
Oxford University Press, New York
402 p.
ISBN: 0195165314

This volume of chapters by experts on the effects of individual drugs examines their subjective effects on users and considers what causes the pursuit of altered states. This book is aimed at professionals, policy makers and students.

Pharmacology and treatment of substance abuse: evidence and outcome-based perspectives 2009

Cohen, Lee M. *et al.* (eds.)

Routledge, East Sussex

682 p.

ISBN: 9780805859690

This text discusses the importance of healthcare providers having knowledge and skill in the treatment of substance abuse problems. It is designed to act as a bridge for practitioners that will provide up-to-date evidence reviews as well as information on how to best keep up with emerging trends in the field. It provides a summary of the current status of the evidence-based practice for both the assessment and treatment of specific substance use disorders.

A primer of drug action: a comprehensive guide to the actions, users, and side effects of psychoactive drugs 11th ed. 2007

Jilien R.M.

Worth, New York

700 p.

ISBN: 9781429206792

The eleventh edition is a guide to the pharmacology of drugs that affect the mind and behaviour. With over 40% new research citations this is a clear presentation on drug action mechanisms, etiologies of major psychological disorders, drug treatment rationales, and the uses of psychopharmacology in patient care.

Psychopharmacology: drugs, the brain and behaviour 2005

Meyer, J.S. & Quenzer, L.F.

Sinauer Associates, Sunderland, MA

555 p.

ISBN: 0878935347

This book provides extensive foundation materials, including the basic principles of pharmacology, neurophysiology and neuroanatomy, synaptic transmission, and methods in psychopharmacology. It describes key features of major neurotransmitter systems, including the catecholamines, serotonin, acetylcholine, glutamate and GABA. It also discusses theories and mechanisms of drug addiction and psychopathology. All major substances of abuse as well as drugs used to treat mental illness are covered.

Specific drugs

Alcohol

(Please also see the Australian guidelines and DVD sections)

ABC of alcohol 4th ed 2005

Paton, A.
BMJ Books, London
57p.
ISBN: 0727918141

Aimed at the professional reader, this book covers: consumption and costs; social and political aspects; alcohol in the body; definitions; nature of alcohol use; detecting misuse; problems in accident and emergency departments; medical problems; surgical problems; drug-induced interactions; management of alcohol misuse in primary care; advice and counselling; treatments; and resources. Along with the others in this series, it is useful as a quick reference tool.

★ **Alcohol: no ordinary commodity: research and public policy** 2nd ed. 2010

Babor, T. F.
Oxford University Press, Oxford UK.
320 p.
ISBN: 9780199551149

This second edition is a comprehensive and practical accumulation of scientific knowledge on alcohol research that has a direct relevance to the development of alcohol policy on local, national, and international levels. It provides an objective analytical basis on which to build relevant policies globally and informs policy-makers who have direct responsibility for public health and social welfare. By locating alcohol policy primarily within the realm of public health, this book draws attention to the growing tendency for governments, both national and local, to consider alcohol misuse as a major determinant of ill health, and to organize societal responses accordingly.

Alcohol and health: a handbook for students and medical practitioners 4th ed. 2003

Morgan, M.Y. & Ritson, E.B.
The Medical Council on Alcohol, London
68 p.
ISBN: 0950803488

This handbook, which is distributed free to all medical students in the UK, has been designed to provide information on alcohol use and misuse sufficient to meet the needs of medical students in training and their recently qualified colleagues. The fourth edition includes more information on the psychosocial aspects of alcohol misuse to extend its usefulness as a text to nurses, occupational therapists, physiotherapists, counsellors and social workers.

★ **Alcohol use disorders** 2007

Maisto, Stephen A.
Hogrefe & Huber, Cambridge Mass.
82p.
ISBN 0889373174

This book provides an overview of those evidence-based treatments that are now accepted as effective in the management of alcohol misuse. After a short account of the theories and epidemiology underlying alcohol abuse and dependence, the book describes brief interventions useful in medical settings but not yet recommended for dependent drinkers. It discusses motivational interviewing and cognitive behavioural therapies

★ **Alcoholism: the facts** 4th ed. 2008

Manzardo, Anne M. *et al.*
Oxford University Press, Oxford
184p.
ISBN: 9780199231393

This new edition includes updated information about the effects of alcohol consumption on the body, a new section on the particular sensitivity of women to the effects of drinking, and information and advice relating to the consequences of alcohol abuse for the abusers, their families and society.

AU The Avoidable cost of alcohol abuse in Australia and the potential benefits of effective policies to reduce the social costs of alcohol 2008

Collins, David, John and Lapsley, Helen M.
Australian Commonwealth Department of Health and Ageing , Canberra
51p.
ISBN: 1741866928

[http://www.health.gov.au/internet/drugstrategy/publishing.nsf/Content/0A14D387E42AA201CA2574B3000028A8/\\$File/mono70.pdf](http://www.health.gov.au/internet/drugstrategy/publishing.nsf/Content/0A14D387E42AA201CA2574B3000028A8/$File/mono70.pdf)

★ **Drinking in context patterns, interventions and partnerships** 2007

Stimson, Gerry V. [et al.]
Routledge, New York
264p.
ISBN: 9780415954471

This book is intended to complement existing volumes dealing with international alcohol policy by focusing on three main themes: drinking patterns, targeted interventions, and partnership development.

★ **The essential handbook of treatment and prevention of alcohol problems** 2004

Heather, N. & Stockwell, T. (eds)
John Wiley & Sons, Chichester
380 p.
ISBN: 0470862963

The content of this volume is drawn from the treatment and prevention sections of the *International handbook of alcohol dependence and problems* (Heather, et al., 2001) with

some updating of factual information and references. Each chapter begins with a short synopsis and provides an up-to-date, easy to read summary of the topic and review of “what works”. The contributors are internationally recognised experts in the field of alcohol studies. Aimed at the busy practitioner, the section on treatment covers: the effectiveness of treatment; assessment for brief intervention; withdrawal and detoxification; pharmacotherapy; cognitive behavioural therapy; relapse prevention; motivational interviewing; brief interventions; comorbidity; natural recovery; and mutual aid groups such as Alcoholics Anonymous. At the end of each chapter is a list of key references as well as a list of recommended reading.

From science to action?: 100 years later - alcohol policies revisited 2004

Muller, R. & Klingemann, H. (eds)
Kluwer Academic, Dordrecht, The Netherlands
192 p.
ISBN: 1402018010

A very brief history and overview of alcohol policies with contributions from authors in the US, Australia, Canada, and countries from the European Union. There are chapters discussing community action from an international perspective, the influence of decreased price on consumption, policies and politics in France, the preference for spirits in different countries, and the move towards evidence-based policy. There is also discussion on the role of the alcohol industry in prevention of alcohol-related problems.

Global status report: alcohol policy 2004

Department of Mental Health and Substance Abuse, World Health Organization, Geneva
217 p.
ISBN: 9241580356

This WHO report is based on the global alcohol database (begun in 1996), and presents an overview of the state of alcohol policies world-wide. The main areas discussed are: restrictions on the availability of alcoholic beverages; drink driving legislation; price and taxation; advertising and sponsorship; and alcohol-free environments.

http://www.who.int/substance_abuse/publications/en/Alcohol%20Policy%20Report.pdf

★ **Swimming with crocodiles: the culture of extreme drinking** 2008

Martinic, Marjana & Measham, Fiona
Routledge, New York
180p.
ISBN: 9780415955485

This book looks at the heavy drinking behaviour by young people. The book argues in favour of a new term, “extreme drinking,” to fully sum up the many facets of this behaviour, taking into account the underlying motivations for the heavy, excessive and unrestrained drinking patterns of many young people.

AU The treatment of alcohol problems: a review of the evidence 2003

Shand, F. *et al.*
Australian Government Department of Health and Ageing, Canberra.
141 p.
ISBN: 0642821186

This review forms the evidence base for the *Guidelines for the treatment of alcohol problems* (Shand, 2003). It covers the major treatments currently available for treating alcohol use disorders. There are chapters on assessment; patient-treatment matching; alcohol withdrawal management; post-withdrawal treatment setting; brief interventions; psychosocial interventions; relapse prevention; extended care; treatment issues for specific groups; and the economics of alcohol use and the cost-effectiveness of treatment. <http://www7.health.gov.au/pubhlth/publicat/document/alcproblems.pdf>

★ **The treatment of drinking problems: a guide for the helping professions** 4th ed. 2003
Edwards, G., *et al.*
Cambridge University Press, Cambridge
428 p.
ISBN: 0521017149

Part I contains chapters on the history of treatment for drinking problems, causes of drinking problems, alcohol as a drug, the alcohol dependence syndrome, alcohol-related problems (including psychiatric comorbidity), women with drinking problems, drinking problems and the life course. Part II covers screening, assessment and treatment. Included are chapters on special techniques with a particular focus on cognitive behavioural approaches and pharmacotherapy. There is a chapter on working towards normal drinking, what to do when things go wrong, and finally a chapter on treatment settings, professional roles and the organisation of treatment services. Case studies are used to illustrate the text and boxed statements highlight key points.

This book is regarded as a key text in the treatment of drinking problems. Written for the generalist or specialist who deals with people with drinking problems, it will also be relevant to psychiatrists and other medical practitioners, nurses, clinical psychologists, social workers, occupational therapists and counsellors.

AU Under the influence: a history of alcohol in Australia 2009
Fitzgerald, Ross *et al.*
ABC Books, Sydney
325p.
ISBN: 9780733323010

Under the influence is a unique look at Australian history as seen through the perspective of the influence of alcohol. This book shows how the patterns for alcohol use (and abuse) can be traced back to the very early days of white settlement in Australia, taking us all the way up to the present day and our ongoing concerns about teenage drinking and alcohol-fuelled violence, as well as the role of the industry players in the promotion and packaging of an increasingly dizzying array of alcoholic products. Along the way we learn of the social, political and cultural facets of alcohol and it makes fascinating reading discovering what our attitude to alcohol says about who we are, who we care about, and what we care about.

Tobacco

(Please also see Australian guidelines)

ABC of Smoking Cessation 2004

Britton, J.
BMJ Books, London
56 p.
ISBN: 0727918184

Aimed at the professional reader, the contents of this book cover: the problem of tobacco smoking; why people smoke; assessment of dependence and motivation to stop smoking; use of simple advice and behavioural support; nicotine replacement therapy; bupropion and other non-nicotine pharmacotherapies; special groups of smokers; cessation interventions in routine health care; setting up a cessation service; population strategies to prevent smoking; harm reduction; the economics of smoking cessation; and policy priorities for tobacco control.

Fast Facts - Smoking Cessation 2004

West, R. & Shiffman, S.
Health Press, Oxford
80 pages
ISBN 1-903734-42-8

Fast Facts – Smoking Cessation gives practical advice for interventions in a clear style, along with current information about the effects of smoking, the consequences of smoking cessation and the myths about smoking and quitting.

★ **Cognitive behaviour therapy for smoking cessation: a practical guidebook to the most effective treatments 2008.**

Perkins, Kenneth A.
Routledge, New York.
224p.
ISBN: 9780415954631

Cognitive-Behavioral Therapy for Smoking Cessation offers the fundamental counseling strategies and interventions that have been established, researched, and refined over the past decade. It outlines essential components that should be included in the treatment of any smoker, as well as steps to take when faced with smokers likely to have particular difficulty quitting. Unique to this volume is the inclusion of a specifically tailored CBT model designed to address weight gain concerns in the smoker.

★ **Manual of smoking cessation: a guide for counsellors and practitioners 2006**

McEwan, Andy, Hajek, Peter & West, Robert
Wiley–Blackwells Publishing, Oxford.
168p.
ISBN: 9781405133371

Manual of Smoking Cessation provides knowledge on assisting smokers to stop. The manual provides facts, figures, suggested interventions and sources of further information to assist in providing evidence-based treatment for smokers wishing to stop. This text is for

all individuals involved in the provision of smoking cessation services, including smoking cessation counsellors, nurses, pharmacists, doctors, health promotion officers, dental professionals, and other members of the health care team

★ **Public health advocacy and tobacco control: making smoking history 2007**

Chapman, Simon
Wiley-Blackwells Publishing, Oxford.
344p.
ISBN: 9781405161633

This book contains chapters spanning such key topics as the place of advocacy in tobacco control, ethical issues, smoking cessation and prevention, harm reduction, product regulation and the denormalisation of smoking. This book also includes an A-Z of tobacco control advocacy strategy from Accuracy to Whistleblowers.

★ **The Sane guide to a smoke-free life: a guide for people affected by mental health illnesses 2009**

Sane Australia, South Melbourne, Vic.
34p.
ISBN: 9781875182503

The SANE Guide to a SmokeFree Life is for both the person quitting and for their supporter. It has been developed in consultation with consumers, carers, pharmacists and psychiatrists, as well as quit smoking experts, with the aim of producing an easy-to-use, practical resource that genuinely helps people to quit.

★ **Smoking cessation pharmacotherapy: an update for health professionals 2007**

(reviewed in April 2009)
Zwar, N. [et al.]
Royal Australian College of General Practitioners, Melbourne.
19p.
ISBN: 9780869062883

This online publication provides smoking cessation advice and support from health professionals using key aspects and a comprehensive approach to tobacco control. This 2009 update aims to inform a range of health professionals – doctors, nurses, pharmacists, dentists, Quitline counsellors and other health professionals – to enable them to provide up-to-date advice to patients on medicines to assist smoking cessation.

http://www.racgp.org.au/Content/NavigationMenu/ClinicalResources/RACGPGuidelines/smoking/Smoking_Cessation_Update09.pdf

Tobacco and public health: science and policy 2004

Boyle, P. *et al* (eds)
Oxford University Press,
798p.
ISBN 0198526873

This book comprehensively covers the science and policy issues relevant to one of the major public health disasters of modern times. It pulls together the aetiology and burden of the myriad of tobacco-related diseases with the successes and failures of tobacco control policies. Looking at lessons learnt to help set health policy for reducing the burden of

tobacco-related diseases, it also deals with the international public health policy issues which bear on control of the problem of tobacco use and which vary between continents. The editors are an international group distinguished in the field of tobacco-related diseases, epidemiology, and tobacco control. The contributors of this major reference text, are world experts drawn from the various clinical fields. The book is intended for an international public health/epidemiology audience including health economists and those interested in Tobacco Control.

★ **AU Tobacco in Australia: facts and issues** (3rd ed) 2008

Scollo, MM and Winstanley, MH (eds)

Cancer Council Victoria, Melbourne.

Online access only

ISBN: 0646141031

This work has been produced with the objective of bringing about a reduction in death and disease levels due to smoking.

<http://www.tobaccoinaustralia.org.au/>

★ **The tobacco dependence treatment handbook: a guide to best practices** 2003

Abrams, D. B., *et al.*

Guilford Press, New York

ISBN: 1572308494

This is an essential textbook and treatment handbook for providers of smoking cessation interventions as well as for students, teachers, researchers and policy makers in health care and public health. Much of the work that helps to provide the foundation for the *Clinical practice guideline for treating tobacco use and dependence* (Fiore, *et al.* 2001) was conducted by the authors. The contents include: planning evidence-based treatment; assessment of smokers' characteristics; increasing motivation to quit; brief and intensive behavioural treatment; the complications of comorbidities; considerations for pharmacotherapy; contextual and systems factors that support treatment; and finally a chapter on ongoing research and future directions. The Appendix has reproducible handouts for patients.

Treating tobacco use and dependence: clinical practice guidelines (2008 update)

Fiore, M. C. (Guideline Panel Chair) *et. al.*

U.S. Department of Health and Human Services, Public Health Service, Rockville Md.

The main purpose of this document is to provide clinicians with evidence-based recommendations regarding clinical and systems interventions that will increase the likelihood of quitting smoking. This guideline serves as the standard for evidence-based practice in the United States.

<http://www.ncbi.nlm.nih.gov/bookshelf/br.fcgi?book=hsahcpr&part=A28163>

Treatment manual for smoking cessation groups: a guide for therapists 2009

Stritzke, Werner G. K.

Cambridge University Press, Cambridge UK.

224p.

ISBN: 9780521709255

Treatment Manual for Smoking Cessation Groups provides step-by-step instructions on how to implement treatments to help smokers give up their habit in a group environment. The manual describes how to successfully deliver group interventions through an evidence-based, modular approach designed to suit a wide range of service settings. Each module contains therapist guidelines, client handouts and worksheets, designed with the busy clinician in mind.

Illicit Drugs

AU Resource kit for GP trainers on illicit drug issues 2004

National Centre for Education and Training on Addiction (NCETA) Consortium, Flinders University
Australian Government Department of Health and Ageing, Canberra.
2 booklets, 1 compact disc, 1 poster in container.
ISBN: 0642825475

Part A has an introduction and instructions on how to use the kit. Part B provides training materials (trainer notes, Powerpoint slides and handouts) for 25 topics organised into 5 categories. Part C outlines additional resources including key books and videos for training sessions, internet resources and a glossary of terms. Part D is a guide for trainers, with advice and ideas on sound educational practice for GP trainers. A systematic evidence-based approach to training is described.

http://www.nceta.flinders.edu.au/publications/workforce_dev/resources.html#gp1

Cannabis

(Please also see the Australian guidelines and DVD Sections)

★ AU Barriers and facilitators to cannabis treatment 2009

Gates, P, *et al*
NCPIC Technical Report No. 1
National Cannabis Prevention and Information Centre, Sydney.
36 p.
ISBN: 9780733427725

<http://ncpic.org.au/static/uploads/files/barriers-and-facilitators-to-cannabis-treatment.pdf>

★ AU Cannabis and cognitive functioning 2006

Solowij, N.
Cambridge University Press, Melbourne.
(International research monographs in the addictions)
290 p.
ISBN: 0521591147

This monograph is divided into two sections: a critical and comprehensive review of the research literature, and then a presentation of the author's original research on the effects of cannabis on cognitive function. The final chapter integrates findings from the original research with the results of the research reviewed in Part 1. This book is always on circulation from the ADCA Resource Centre and is widely cited in the research literature.

Cannabis dependence: its nature, consequences and treatment 2006

Roffman, R. A., *et al* (eds.)

Cambridge University Press, Cambridge UK

International research monographs in the addictions series

ISBN: 9780521814478

This edited collection of chapters aims to give a clear, scientific synthesis of all the health-related issues relating to cannabis use. It reviews and assesses all the interventions applied to both adult and adolescent users and gives the criteria for diagnosis and scope of cannabis dependence

★ **Cannabis and young people: reviewing the evidence** 2006

Jenkins, Richard

Jessica Kingsley, London; Philadelphia

112p.

ISBN: 9781843103981

Cannabis and Young People aims to shed light on the current debates by reviewing all the available evidence on a range of issues relating to the use of cannabis among children and adolescents and summarizing the main conclusions in clear, jargon-free language.

★ **AU Cannabis use and dependence: public health and public policy** 2003

Hall, W. & Pacula, R.L.

Cambridge University Press, Melbourne

298 p.

ISBN: 0521800242

This is the best single source of authoritative contemporary information on cannabis (marijuana, hashish) available, and every health library should have a copy. The subtitle identifies the fact that it deals with a range of issues concerning cannabis, including the impacts of cannabis on the health of individual consumers, public health issues related to cannabis use and the legal issues involved. While drawing on the international literature and experience, it has an Australian flavour, with the first author being an Australian scholar.

The book is based firmly in up-to-date literature from diverse disciplines, and is authored by two leaders in academic and policy thinking regarding drugs. It has been very well received since publication in 2003.

The preface, written by one of the most perspicacious international scholars in the area of psychoactive drugs policy, is accurate in stating that the authors 'have written the first honest book on cannabis addressing the whole range of issues that need to be considered for a sensible policy discussion'.

This volume is skillfully designed, making its contents accessible to both the busy professional and the senior student. This is achieved by the use of many subheadings, chapter summaries and a final topic-by-topic summary chapter. If you buy just one book on cannabis, it should be this one!

(Review prepared by David McDonald)

AU Evidence-based answers to cannabis questions: a review of the literature 2006

Copeland, J. et al.

Australian National Council on Drugs, Canberra

ISBN: 1877018120

This book attempts to answer, with reference to the evidence base, some common questions about cannabis. Focusing on the major mental health and other health effects of sustained cannabis use, this book also provides answers on the strength of cannabis in Australia, its legal status and its reputation as a “gateway” drug.

http://www.ancd.org.au/images/PDF/Researchpapers/rp11_cannabis_questions.pdf

★ **AU The health and psychological effects of cannabis use** 2nd ed. 2001

Hall, W., *et al.*

Australia, Commonwealth Government Department of Health and Aged Care, Canberra.

(National Drug Strategy Monograph, no. 44)

153p.

ISBN: 0644503648

An updated version of a review of the health and psychological effects of cannabis use that was commissioned by the Australian National Task Force on Cannabis in 1992 in light of research and reviews done by the World Health Organization (1997) and the US Institute of Medicine (1999).

[http://www.health.gov.au/internet/main/publishing.nsf/Content/5A648B4BA51D4891CA25703400033ED6/\\$File/mono44.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/5A648B4BA51D4891CA25703400033ED6/$File/mono44.pdf)

The science of marijuana 2nd ed. 2008

Iverson, Leslie Lars

Oxford University Press, Oxford UK

273 p.

ISBN: 9780195328240

This book explains the remarkable advances that have been made in scientific research on cannabis with the discovery of specific receptors and the existence of naturally occurring cannabis-like substances in the brain. Iversen provides an objective and up-to-date assessment of the scientific basis for the medical use of cannabis and what risks this may entail. The recreational use of the drug and how it affects users is described along with some predictions about how attitudes to cannabis may change in the future.

AU Where there's smoke... cannabis and mental health 2006

Mental Health Council of Australia, Canberra

76 p. + fact sheets

ISBN: 097754415X

This publication looks at all aspects of cannabis use, policy and treatment in Australia. It includes analyses of patterns of use, prevention strategies, health and decriminalisation policies.

<http://www.mhca.org.au/documents/MHCACannabisfinalLR.pdf>

★ **What you need to know about cannabis: understanding the facts** 2008

Emmett, David & Nice, David

Jessica Kingsley Publishers, London

128p.

ISBN: 9781843106975

This book offers accessible, accurate and objective information about cannabis, allowing the reader to draw their own conclusion. The book demystifies the latest research about

the effects of cannabis, particularly in relation to mental health issues. Suitable for use as a resource for teachers, professionals, parents and young people who want to know the facts about cannabis, this book tells you what you need to know about this controversial drug.

Psychostimulants (e.g. amphetamines, ecstasy, cocaine)

(Please also see the Australian guidelines and DVD sections)

A clinicians guide to methamphetamine 2005

Obert, Jeanne L. [et al.]

Hazelden Publishing & Educational Services, Center City, Minn

88p.

ISBN: 1592851835

This clinician's guide is designed for practitioners who encounter methamphetamine users in treatment. It is intended to provide clinicians with knowledge about meth abuse and dependence and some strategies that may help in the treatment of meth users.

AU Models of intervention and care for psychostimulant users 2nd ed. 2004

Baker, A., *et al.*

(National Drug Strategy monograph series number 51)

Australian Government Department of Health and Ageing, Canberra

260 p.

ISBN: 0642824568

<http://www.health.gov.au/internet/main/Publishing.nsf/Content/health-pubhlth-publicat-document-mono51-cnt.htm>

AU Physical and psychological harms of psychostimulant use 2007

Darke, S. et al.

National Drug and Alcohol Research Centre, University of NSW, Sydney. Technical

Report no. 286.

35 p.

ISBN: 9780733425271

AU Scattered: the inside story of ice in Australia 2009

Knox, Malcolm

Allen & Unwin, Crows Nest, NSW

290p.

ISBN :9781741753585

Scattered is the word coined by some users to describe the trance-like ferocity that can accompany an ice binge, escalating common crime to a terrifying level of violence. Walkley award-winning journalist Malcolm Knox examines the ice problem in Australia from the points of view of users, dealers, police, lawyers, doctors, pharmacists and families affected by the drug

★ **Speed, ecstasy, ritalin: the science of amphetamines** 2006

Iverson, Leslie Lars
Oxford university Press, Oxford, U.K.
232p.
ISBN: 978-0198530893

In this book, a leading authority on psychoactive drugs explores the uses and abuses of amphetamines. Starting with a look at the origins of amphetamines, their use in wartime, their use by poets, musicians and even a President of the USA. It presents a fascinating and accessible account of amphetamine use. It examines the evidence for the claims that drugs like ecstasy kill, and considers the widespread use of amphetamines for ADHD, presenting a thorough account based on science and fact.

★ **Methamphetamine addiction: biological foundations** 2009

Halkitis, Perry N.
American Psychological Association, Washington.
231p.
ISBN: 9781733804236

This book presents a biopsychosocial perspective on this drug addiction, taking into account the biochemistry of the drug, the predispositions and behavioral patterns of the individual user, and the effects of the drug on the immediate and wider social environments of these drug users. This book is written from the perspective of a behavioral scientist, however, it also provides guidance to health and mental health professionals, social workers, public health officials, counselors, teachers, addiction educators, and treatment specialists.

Opioids (heroin, codeine, methadone)

(Please also see the Australian guidelines and DVD sections)

AU Heroin markets in Australia: current understandings and future possibilities 2005

Moore, Timothy J. [et al.]
Turning Point Alcohol & Drug Centre, Fitzroy, Vic
51 p.
ISBN: 1740011708

[http://www.dpmp.unsw.edu.au/DPMPWeb.nsf/resources/DPMP%2BMonographs2/\\$file/DPMP%2BMONO%2B9.pdf](http://www.dpmp.unsw.edu.au/DPMPWeb.nsf/resources/DPMP%2BMonographs2/$file/DPMP%2BMONO%2B9.pdf)

Human experimental therapeutic models in opioid dependence 2008

Greenwald, Mark
Nova Science, New York
82 p.
ISBN: 9781604568073

This book discusses recent advances in human experimental models relating to the treatment of opioid dependence. The author critically reviewed three independent lines of research conducted during the past decade with heroin-dependent volunteers.

★ **Pharmacotherapies for the treatment of opioid dependence: efficacy cost-effectiveness and implementation guidelines** 2009

Informa health care, New York
503 p.
ISBN: 9781841844008

This book discusses the management of opioid withdrawal and opioid maintenance therapy by combining up-to-date reviews of scientific literature with evidence-based clinical guidelines for relevant pharmacotherapies.

AU Pharmacotherapy policy for people dependent on opioids 2007

Intergovernmental Committee on Drugs Sub-committee on Methadone and Other Treatments, National Drug Strategy, Australian Government Department of Health and Ageing, Canberra
20 p.
ISBN: 066282455X

This report provides a broad policy context and a framework for State and Territory policies and guidelines that are concerned with the treatment of heroin dependence with methadone, buprenorphine and naltrexone. Detailed national clinical guidelines have been developed and should be read in conjunction with this document

<http://www.health.gov.au/internet/drugstrategy/publishing.nsf/Content/pharmacotherapy>

AU Into the maze: treatment pathways and treatment outcomes of heroin dependent individuals in Australia 2009

Cooke, Richard *et al.*
Drug and Alcohol Services South Australia, Parkside
34p.
ISBN: 9780980313048

http://www.dasc.sa.gov.au/webdata/resources/files/Monograph_24.pdf

AU Modelling pharmacotherapy maintenance in Australia: exploring affordability, availability, accessibility and quality using system dynamics. 2009

Chalmers, Jenny *et al.*
Australian National Council on Drugs, Canberra
68p.
ISBN: 9781877018220

This report explores the affordability, accessibility and quality using system dynamics.

http://www.ancd.org.au/assets/pdf/rp19_modelling.pdf

AU Polygon: the many sides to the Australian opioid pharmacotherapy system 2009

Ritter, Alison
Australian National Council on Drugs, Canberra
90 p.
ISBN: 9781877018213

This publication discusses whether the availability, accessibility and affordability of Australia's pharmacotherapy programs for the treatment of opioid dependence meet demand.

http://www.ancd.org.au/images/PDF/Researchpapers/rp18_polygon.pdf

Inhalants

(Please also see the DVD section)

AU Developing an inhalant misuse community strategy 2008

MacLean, S.
Canberra: National Inhalants Information Service
22 p.
ISBN: 9781876837143

This book provides practical information for the development of a community-based action plan for dealing with inhalant misuse. Focusing on the importance of a multi-pronged approach, it lists interventions that have had proven successful in the past and provides examples of their implementation. The book also contains a section that allows communities to highlight their own issues and formulate interventions to address these issues.

http://www.inhalantsinfo.org.au/community_groups.php

AU National directions on inhalant abuse: final report, 2006

National Inhalant Abuse Taskforce
Melbourne: State of Victoria, Dept. of Human Services
84 p.

This is the final report of the National Inhalants Abuse Taskforce, commissioned by the Ministerial Council on Drug Strategy with funding from the Australian Government Department of Health and Ageing. The report looks at the issue of inhalant misuse in Australia and makes 52 recommendations for further action in dealing with the problem both at the individual and community level.

http://www.health.vic.gov.au/drugservices/downloads/niat_report.pdf

AU Volatile substance misuse: a review of interventions, National Drug Strategy,

Monograph series no. 65, 2008
d'Abbs P. & MacLean, S.
Canberra: Australian Government, Dept. of Health and Ageing
159 p.
ISBN: 1741865336

This book discusses the strategies used to deal with volatile substance misuse (also known as inhalant misuse) in the Australian community. Drawing on both published and unpublished literature it compares a variety of interventions aimed at reducing access, availability and desire for inhalants by users in a range of environments around the country.

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-volatile-sub-misuse-mono-65-cnt>

AU When girls and women sniff 2008

Cairney, S. & Fitz, J.

Darwin: Menzies School of Health Research and Niblock Publishing

20.p

Format: Flipchart

This flipchart was designed for the Indigenous community to give gender-specific information about the consequences of petrol sniffing. Its pictorial format makes it a useful resource in communities where English is a secondary language.

AU When men and boys sniff 2008

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Psychosocial interventions

(Please also see the Australian guidelines section)

★ AU **Addiction counselling: content and process 2006**

Marsh, Alison
IP Communications, Melbourne
240 p.
ISBN: 0-9752374-5-4

For many counsellors and therapists, clients who have alcohol and other drug problems present a particular challenge. High drop-out rates, irregular attendance at sessions, on-going drug use, suicidal ideation and attempts, difficulties forming a solid therapeutic relationship, slow progress, and co-occurring psychological disorders, are just some of the difficulties counsellors face. For counsellors who deal with these and other issues with addiction clients, this book will provide a wealth of information and helpful strategies. The *content* of addiction counselling and the process of working with addiction clients are focused on.

Advanced skills and interventions in therapeutic counseling 2006

Emmerson, G.
Carmarthen, Wales
225 p.
ISBN: 1845900170

This book is aimed at advanced students and professionals. It provides the reader with an understanding of personality, and reviews fundamentals of the counseling process, such as the set up of the counselling room, attending behaviour, and advanced active listening skills. It gives the reader a means to assess clients so the direction of therapy is clear, and it provides illustrations for each general direction of the therapeutic process.

★ **Assessment and case formulation in cognitive behavioural therapy 2008**

Grant, Alec *et. al.* (eds)
Sage Publications, London
245p.
ISBN: 9781412935074

The successful outcome of therapy depends on the therapist's ability to work collaboratively with clients to create rounded assessments and formulations as a solid basis for therapeutic work. Drawing directly on their own clinical work, the authors describe how assessment and formulation should evolve throughout the process. The case examples chosen include helping individuals with axis I and II problems such as psychosis, depression, borderline personality disorder and family case formulation.

Behavioral treatment for substance abuse in people with serious and persistent mental illness: a handbook for mental health professionals 2007

Bellack, A.S. *et al.*
Routledge, New York
269 p. + CD ROM
ISBN: 9780415952835

This book addresses the specific challenges faced by the clinician treating individuals with co-occurring schizophrenia and substance use disorders. Designed as a treatment manual for mental health professionals, the book incorporates various treatment components, from motivational interviewing and social skills training to education, problem solving, and relapse prevention. It presents clearly established guidelines for these treatment modes and utilizes both case examples and fictional situations to present a practical, hands-on approach.

★ **CBT for beginners** 2009

Simmons, Jane & Griffiths, Rachael
Sage Publications, London
231p.
ISBN: 9781412948135

This practical guide to cognitive behaviour therapy (CBT) will interest a wide range of professionals and trainees across health and social care. Focusing on case formulation, the authors show how to build a 'picture' of each individual client, using their case history to inform interventions. The book covers the fundamentals of practicing CBT such as:

- the CBT model and how to explain it to clients
- CBT assessment and formulation
- cognitive and behavioural interventions.

Cognitive-behavioural therapy in the treatment of addiction: a treatment planner for clinicians 2008

Kouimtsidis, Christos
John Wiley & Sons, Chichester, UK.
198 p.
ISBN: 9780470058527

This book is a ready reference for clinicians that offers a brief, evidence-based, collaborative approach that starts here and now. Client and therapist embark together on a journey to tackle the problem in a practical way. The book includes session tools, worksheets and daily thought records.

Counseling the culturally diverse: theory and practice 5th ed. 2008

Sue, Derald Wing
John Wiley & Sons, Hoboken, N.J.
576 p.
ISBN: 9780470086322

This book is aimed at students and professionals. It contains thought-provoking material on the theory, research, and practice of multicultural counseling. The authors define and analyze the meaning of diversity and multiculturalism and include coverage of racial/ethnic minority groups as well as multiracial individuals, women, gays and lesbians, the elderly, and those with disabilities.

Handbook of motivational counseling: concepts, approaches, and assessment 2004

Cox, W.M. & Klinger, E. (eds)
John Wiley & Sons, Chichester, West Sussex
515 p.
ISBN: 0470845171

A comprehensive guide, written by international authors, and directed at clinical psychologists, counsellors, social workers, nurses, and general practitioners.

- ★ **Introduction to counselling skills: text and activities** 3rd ed. 2009.
Nelson – Jones, Richard
Sage Publications, London
302p.
ISBN: 9781847873385

This 3rd edition is designed to help readers acquire and develop the counselling skills key to effective helping relationships, using an easy-to-follow, three-stage model. Each stage in the helping process is discussed using examples to demonstrate counselling skills in a variety of contexts. The third edition has been fully updated, adding new material on relaxation techniques and managing crises. Combining a clear explanation of skills with practical activities, this is the ideal text for introductory courses in counselling skills, counselling and other professional areas including health care, management, education and social work.

- ★ **Motivational dialogue: preparing addiction professionals for motivational interviewing practice** 2007
Tober, Gillian & Raistrick, Duncan (eds)
Routledge, London
248 p.
ISBN: 9781583912966

This book describes the research and practice of motivational interviewing as a standalone intervention, as well as an extra to further treatment. The contributors draw on their expertise and experience as researchers, teachers and practitioners to encourage the reader to appreciate the broad applicability of motivational dialogue.

- Motivational interviewing in health care: helping patients change behavior** 2008
Miller, W.R. & Rollnick, S.
Guilford Press, New York
210 p.
ISBN: 9781593856120

Written specifically for health care professionals, this book presents tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices. Engaging dialogues bring to life the core skills of motivational interviewing (MI) and show how to incorporate this brief evidence-based approach into any health care setting. Appendices include MI training resources and publications on specific medical conditions.

- ★ **Motivational interviewing in the treatment of psychological problems** 2008
Arkowitz, Hal *et. al.*
The Guliford Press, London
192p.
ISBN: 9781593855857

This book brings together leading experts to describe novel MI applications in the treatment of anxiety, depression, PTSD, suicidal behavior, obsessive-compulsive disorder, eating disorders, gambling addictions, schizophrenia, and dual diagnoses. Also addressed are MI approaches in the criminal justice system.

Drug and alcohol use in pregnancy and breastfeeding

(Please also see the Australian guidelines and DVD sections)

AU Drugs and breastfeeding 2004

Pharmacy Department, Royal Women's Hospital, Carlton, Victoria.
261 p.
ISBN: 0958730660

This guide lists over 900 drugs and provides practical information on drug treatment during breastfeeding that is not readily available in any other Australian produced resource.

Drugs in pregnancy and lactation: a reference guide to fetal and neonatal risk 8th ed. 2008

Briggs, G. G., *et al.*
Lippincott Williams & Wilkins, Philadelphia
2144p.
ISBN: 9780781778763

Thoroughly updated, with 120 new drug entries, the 8th edition of this popular reference provides practical, reliable information on more than 1,000 drugs that may be used by pregnant and lactating women. Each monograph in this edition summarizes the known and/or possible effects of the drug on the fetus and the known/possible passage of the drug into breast milk. Drugs are listed alphabetically and indexed by generic and US and foreign trade names.

Fetal alcohol spectrum disorders: a guide for healthcare professionals 2007

British Medical Association Board of Science
BMA, London
58 p.
ISBN: 1905545185

The report aims to raise awareness of fetal alcohol spectrum disorder (FASD) by examining the incidence, cause and outcomes of the range of disorders associated with alcohol consumption during pregnancy. It further outlines the responsibilities of healthcare professionals and the wider medical community in managing and reducing the incidence of these disorders. This report is intended for healthcare professionals and relevant bodies with strategic or operational responsibility for public health and health promotion.

AU Fetal alcohol syndrome: a literature review 2002

O'Leary, C. for the National Expert Advisory Committee on Alcohol
Australian Government Department of Health and Ageing, Canberra
33 p.
ISBN: 0642821186

This paper provides a review of the published scientific literature on Fetal Alcohol Syndrome (FAS) and Alcohol Related Neurodevelopmental Disorder (ARND) with the aim of giving the reader an understanding of FAS and the surrounding issues.

[http://www.health.gov.au/internet/wcms/Publishing.nsf/Content/health-pubhlth-publicat-document-fetalcsyn-cnt.htm/\\$FILE/fetalcsyn.pdf](http://www.health.gov.au/internet/wcms/Publishing.nsf/Content/health-pubhlth-publicat-document-fetalcsyn-cnt.htm/$FILE/fetalcsyn.pdf)

★ **Message in a bottle: the making of fetal alcohol syndrome** 2005

Golden, Janet L.
Harvard University Press, Cambridge, Mass.
240 p.
ISBN: 9780674014855

Janet Golden charts the course of Fetal Alcohol Syndrome (FAS) through the courts, media, medical establishment, and public imagination.

AU Prenatal exposure to alcohol: prevention hand book 2009

Russell, Vicki
Drug Education network, Wynyard, Tas.
71 p.

This handbook aims to inspire prevention at all levels, across all sectors of the community. The handbook can be used to train and educate professionals to build best practice in working with girls and women who use alcohol.

Substance misuse in pregnancy: a resource book for professionals 2nd ed. 2005

Drugscope, London
128 p.
ISBN: 1904319351

This book will be of particular interest to anyone working within child health or welfare services. It provides a detailed guide to the effects of substance misuse on pregnant women and their babies, and advice on how to work in a non-judgemental way to offer appropriate, parent-friendly services to benefit the mother, her partner and the baby. It gives a comprehensive overview of legal and illegal substances and the risks they pose to mother and child, but cautions against moral panic. It reviews the evidence, but also describes its moral and methodological limitations. What is known is that there are many factors affecting pregnancy outcomes, so a holistic approach is promoted. A streamlined service, with no duplication, and no ambiguity, is the goal. Much of the practice guidance is aimed at health workers, but the framework for care is multi-disciplinary. The descriptions of medical conditions and processes are highly readable and provide important information for all professionals involved. Useful forms and leaflets are also included for local adaptation.

Comorbidity

(co-existing mental illness and substance misuse problem)

(Please also see the Australian guidelines and DVD sections)

Addiction and mood disorders: a guide for clients and families 2006

Daley, Dannis C.
Oxford University press, Oxford U.K.
214 p.
ISBN: 9780195311297

This book is designed primarily to educate individuals with dual disorders and their families about mood and addictive use disorders. It provides practical suggestions on ways to manage these disorders. The author provides guidelines and strategies for recovery from dual disorders based on, and adapted from, various treatments that have proven effective for addiction, mood disorders, or both. This book is filled with case examples that show growth and positive change, as well as the difficulties many individuals struggling with dual diagnosis.

AU Alcohol & other drugs, mental health & comorbidity: a training review 2008

Roche, Ann M. [et al.]
National Centre for Education and Training on Addiction (NCETA), Adelaide.
141 p.
ISBN: 9781876897198
<http://www.nceta.flinders.edu.au/projects/documents/Rocheetal2008ComorbidityTrainingReview.pdf>

AU Barriers and incentives to treatment for illicit drug users with mental health comorbidities and complex vulnerabilities 2007

Holt, Martin [et al.]
Australia, Commonwealth Department of Health and Ageing, Canberra
146 p.
ISBN: 1741864461

This study investigated barriers and incentives to treatment for people who use illicit drugs and who are living with mental health problems and other complex vulnerabilities, from the perspective of both service users and providers. The focus of the study was on service users with high prevalence mental health problems, particularly anxiety and depression.

[http://www.health.gov.au/internet/drugstrategy/publishing.nsf/Content/87388A80B499F44BCA25739B000A2DF2/\\$File/mono61.pdf](http://www.health.gov.au/internet/drugstrategy/publishing.nsf/Content/87388A80B499F44BCA25739B000A2DF2/$File/mono61.pdf)

Clinical handbook of co-existing mental health and drug and alcohol problems 2007

Baker, Amanda; Velleman, Richard
Routledge, London
402 p.
ISBN: 9781583917763

Co-existing mental health and drug and alcohol problems occur frequently in primary care and clinical settings. Despite this, health professionals rarely receive training in how to detect, assess and formulate interventions for co-existing problems and few clinical guidelines exist. This handbook provides an exciting and highly useful addition to this

area. Leading clinicians from the UK, the US and Australia provide practical descriptions of assessments and interventions for co-existing problems. These will enable professionals working with co-existing problems to understand best practice and ensure that people with co-existing problems receive optimal treatment. A range of overarching approaches are covered, including: working within a cognitive behavioural framework; provision of consultation-liaison services, training and supervision; individual, group and family interventions; and working with rurally isolated populations.

Cognitive-behavioural integrated treatment (C-BIT): a treatment approach for substance misuse in people with severe mental health problems 2004

Graham, H.L., *et al.*

John Wiley & Sons, Chichester, UK

300 p.

ISBN: 0470854383

This is an excellent, up-to-date manual on a cognitive-behavioural integrated treatment program for clients with severe mental illness and substance abuse problems. Part 1 is an overview of the C-BIT approach; Part 2 describes the C-BIT core components in detail; and Part 3 deals with management issues of implementation, training and supervision and other organisational factors. This section ends with an overview of the evidence-base and future directions for research.

Comorbidity of depression and alcohol use disorders 2009

Sher, Leo (ed)

Nova Biomedical Books, New York.

198 p.

ISBN: 9781606921807

Alcohol problems in depressed patients present diagnostic and management challenges and may negatively affect the course of depression and its response to standard therapies. It is important to understand the psychobiology of the comorbidity of depression and alcohol use disorders and to develop new treatment modalities for patients with this comorbidity. This book will contribute to this goal. This book will be of interest to physicians, psychologists, mental health counselors, other clinicians, medical and psychology students, and medical residents.

AU Comorbid mental disorders and substance use disorders: epidemiology, prevention and treatment 2003

Teesson, M. & Proudfoot, H. (eds)

Australia, Commonwealth Department of Health and Ageing, Canberra

152 p.

ISBN: 064282424X

The content includes an overview of responses to comorbid mental disorders and substance use disorders; an explanation of what comorbidity is, why it happens and how common it is; early intervention and prevention; management implications; the delivery of services; and a chapter on issues from a consumer perspective.

http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-publicat-document-mono_comorbid-cnt.htm

★ **AU Drug use and mental health: effective responses to co-occurring drug and mental health problems** 2008

Allsop, Steve (ed)
IP Communications, Melbourne
360 p.
ISBN: 9780980458619

There is a lack of quality research to guide the development of evidence-based responses to co-occurring drug and mental health problems. This book introduces the reader to the issues, guided by a series of questions. This book encourages the reader to consider the evidence about the nature and prevalence of co-occurring disorders and the challenges they create for individuals, the community and service providers. The diverse range of expertise of the contributors provides the opportunity to consider the challenges of navigating the various systems of care from the perspective of consumers, parents and clinicians.

Dual disorders: nosology, diagnosis and treatment confusion: chicken or egg?

Gold, Mark S. (ed)
Haworth Press, Birmingham, N.Y.
148 p.
ISBN: 9780789037398

This book helps practitioners to cut through the confusion, explaining in detail various drugs, psychiatric illnesses, and treatment options. Treatment programs, symptoms, misdiagnosis of conditions, coexisting disorders, and other issues are comprehensively explored. This source also examines how various patients may be diagnosed by check list and treated with SSRIs and other psychotropic medications without a thorough substance abuse evaluation and comprehensive testing.

AU National Comorbidity Project. Current practice in the management of clients with comorbid mental health and substance use disorders in tertiary care settings 2003

Siggins Miller Consultants
Australia, Commonwealth Department of Health and Ageing, Canberra
295 p.
ISBN: 0642822417

This report consists of a comprehensive review and critical analysis of the international and national literature and identifies best practice in the management and care of clients with comorbid mental health and substance use disorders in tertiary care settings, and a scoping exercise of current practice in the delivery of treatment services in Australia.

[http://www.health.gov.au/internet/main/publishing.nsf/Content/D588E61C48428185CA256F1900044A02/\\$File/mono_comorbid.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/D588E61C48428185CA256F1900044A02/$File/mono_comorbid.pdf)

Drug use, hepatitis C and HIV/AIDS

(Please also see the Australian guidelines and DVD sections)

100 questions & answers about Hepatitis C: a Lahey clinic guide 2007

Fabry, Stephen C.
Jones and Bartlett, Sudbury, Mass
186 p.
ISBN: 9780763740771

There are approximately 2.5 million cases of Hepatitis C in the United States and approximately 200 million worldwide. This book provides authoritative, practical answers to the most common questions about hepatitis C, with important information on treatment and treatment side effects, alternative medical options and experimental drugs, natural history, including complications of hepatitis C, and much more.

Basic principles for treatment and psychosocial support of drug dependent people living with HIV/AIDS 2006

World Health Organization, Geneva
30 p.
ISBN: 9789241594738

This guidance document, built on expert advice and developed in consultation with UNAIDS, articulates the central principles for treatment and support of HIV-positive injecting drug users. It is addressed to policy makers, treatment planners and service providers, particularly those who deal with substance-dependent populations, and to patient organizations. It is intended not only to help ensure that this population has fair access to anti-retroviral and other HIV-related treatment, in line with that available to persons who are not substance-dependent, but to stimulate coordination and communication among healthcare providers in different delivery systems.

http://www.who.int/substance_abuse/publications/basic_principles_drug_hiv.pdf

AU Hepatitis C: an Australian perspective 2001

Crofts, N., *et al.* (eds)
IP Communications, East Hawthorn, Victoria
380 p.
ISBN: 0957861729

The content is divided into six sections: the virus (virology, laboratory diagnosis, vaccine development); the disease (pathology and pathogenesis); clinical management (assessment and monitoring, antiviral therapy, alternative therapies, decision-making); living with the virus (quality of life and discrimination); epidemiology; and policy. This is an essential reference for all who have an interest in hepatitis C.

AU HIV, viral hepatitis and STIs - a guide for primary care Revised ed. 2008

Australasian Society for HIV Medicine, Darlinghurst, N.S.W.
208 p.
ISBN: 9781920773502

This monograph from ASHM reflects best practice in Australia today for the management of these viruses in the primary care setting. This publication has been revised to include STIs, and further information on the legal responsibilities of primary carers. The resource

is designed to meet the needs of general practitioners and other health care providers. It provides up to date information and guidelines on risk assessment, diagnosis, management and professional issues.

http://www.ashm.org.au/images/publications/monographs/HIV_viral_hepatitis_and_STIs_a_guide_for_primary_care/hiv_viral_hepatitis_and_stis_whole.pdf

AU HIV management in Australasia 2009

Australasian Society for HIV Medicine, Darlinghurst, N.S.W.

322 p.

ISBN: 9781920773571

This leading HIV clinical resource has been significantly expanded in 2009 to reflect current knowledge and recommended practice. It is an invaluable reference resource and an essential teaching tool in training programs for participants and educators.

http://www.ashm.org.au/images/publications/monographs/hiv%20management%20in%20australasia/green%20mono_innerpages_hivmia-2-09-2009.pdf

AU Injecting drug users' understanding of hepatitis C 2006

O'Brien, Susannah et al.

National Drug and Alcohol Research Centre, Sydney

45 p.

ISBN: 9780733424106

The aim of this study was to examine IDUs' knowledge of hepatitis C, their understanding of virus transmission, the clinical markers and symptoms of the virus, and treatment in particular. How IDUs prioritise hepatitis C relative to other life areas was also examined.

AU National hepatitis C resource manual 2nd ed. 2008

Australian Institute for Primary Care, La Trobe University

Australian Government Department of Health and Aged Care, Canberra

264p.

The 2nd Edition of the National Hepatitis C Resource Manual aims to enhance the health outcomes of people affected or potentially affected by hepatitis C, by providing standardised, accurate and current information about hepatitis C and associated issues to a wide range of health care providers.

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-hepc-manual-2008>

AU The safer injecting handbook 2006

Preston, Andrew

Australian Drug Foundation, North Melbourne

38 p.

A complete guide to risks of injecting drugs and how to avoid them, this booklet is essential reading for all injecting drug users and needle and syringe program workers. Explains the role of needle and syringe programs, avoiding viral infections, vein damage, overdose, and blood borne viruses such as Hepatitis and HIV.

Special Populations

Indigenous people

(Please also see the Australian guidelines section)

- ★ **AU Aboriginal primary health care: an evidence-based approach** 3rd ed. 2008
Couzos, S. & Murray, R. (for the Kimberley Aboriginal Medical Services' Council)
Oxford University Press, South Melbourne, Victoria
1, 862 p
ISBN: 9780195551389

Aboriginal Primary Health Care, 3rd edition is Australia's definitive guide to best-practice management of the major health problems facing Aboriginal peoples and Torres Strait Islanders. This authentic and authoritative text assists health practitioners, policy-makers and communities to influence health determinants, advocate for and overcome inertia to change, and strengthen health care provision within a human rights context.

- ★ **AU Benelong's Haven: recovery from alcohol and drug abuse within an Aboriginal Australian residential treatment centre**
Chenhall, Richard
Melbourne university publishing, Carlton, Vic.
321p.
ISBN: 9780522853483

Benelong's Haven was the first residential alcohol and drug treatment program controlled and operated by an Aboriginal Australian. The centre is one example of the different approaches Aboriginal people have developed to deal with the problem of drug and alcohol abuse in their communities, where people who have experienced problems with alcohol and drug use can leave their existing environment and come to a different place. There have been few studies that reflect Aboriginal social life in larger cities or in institutional settings. Benelong's Haven represents an attempt to examine the different ways in which individuals are shaped by, and interact within, the larger structures and social institutions that surround them. More specifically it documents an instance of Australian Aboriginal people trying to achieve change in their lives.

- AU Clinical management of Aboriginal people with co-existing diabetes and alcohol related health problems** 2004
De Crespigny, C., et al.
Flinders University School of Nursing and Midwifery, Adelaide
60 p.
ISBN: 0975072587
http://nursing.flinders.edu.au/research/reports/Alcohol_Diabetes_Final_Report.pdf

- AU First taste: how indigenous Australians learned about grog: set of six resources**
2008
Brady, Maggie
AER Foundation, Canberra
6 v. (in folder)
ISBN: 9780980379129

This resource is an illustrated, accessible, thought-provoking history of alcohol in Australia which challenges misconceptions about indigenous Australians' relationship to alcohol.

AU Good practice framework: policing illicit drugs in rural and remote Aboriginal and Torres Strait Islander communities 2006

Delahunty, Brendan & Putt, Judy
National Drug Law Enforcement Research Fund, Sydney
32 p.
ISBN: 0642474427

This guide has been developed to assist police and police organisations who are interested in reviewing their approaches to illicit drug use and drug-related harms in Indigenous rural and remote communities. The publication focuses on opportunities to improve policing through the use of strategic policies and programs, local district and regional area planning and individual police practices. The aim is to provide good practice materials that can be adapted to suit particular locations and organisational and jurisdictional priorities.

http://www.ndlerf.gov.au/pub/Monograph_15a.pdf

AU The Grog Book: strengthening Indigenous community action on alcohol Revised ed. 2005

Brady, Maggie
Australia, Commonwealth Department of Health and Ageing, Canberra.
252 p.
ISBN: 06428262772

The Grog Book is a resource with practical advice on how to manage alcohol problems at the community level and how to increase community awareness of alcohol abuse

AU Indigenous Australia and alcohol policy: meeting difference with indifference 2004

Brady, M.
UNSW Press, Sydney
168 p.
ISBN: 0868405353

 **AU National recommendations for the clinical management of alcohol-related problems in indigenous primary care settings 2000**

Hunter, E., *et al. (eds.)*
Australia, Commonwealth Department of Health and Aged Care, Canberra.
126 p.
ISBN: 0642446997

<http://www.health.gov.au/internet/main/Publishing.nsf/Content/health-oatsih-pubs-alco.htm>

AU Talkin' up good air: Australian indigenous tobacco control resource kit: supporting Aboriginal and Torres Strait Islander communities to quit tobacco smoking 2007

Kruger, K. *et al.*
Centre for Excellence in Indigenous Tobacco Control, Melbourne
220 p.
ISBN: 0734036833

This practical manual, which encourages community action, the kit is full of information for health professionals, but particularly Aboriginal and Torres Strait Islander Health Workers, to further develop their tobacco control knowledge. The kit draws on the knowledge of many individuals and organisations working in the area of tobacco control, Aboriginal and Torres Strait Islander health, community health and health promotion. It is a tool box of helpful information, ideas, activities, success stories, and reference materials.

<http://www.ceitc.org.au>

★ **AU Talking about alcohol with Aboriginal and Torres Strait Islander patients: a brief intervention tool for health professionals 2nd ed.2003**

Brady, M. & Hunter, E.
The Authors, Canberra.
(Flipchart)

Youth

Adolescent addiction: epidemiology, assessment and treatment 2008

Essau, Cecilia A. (ed)
Academic Press, London
344 p.
ISBN: 978-0123736253

This book presents a comprehensive review of information on adolescent addiction, including prevalence and co-morbidity rates, risk factors to addiction, and prevention and treatment strategies. This book covers a wide range of addictions in adolescents, including alcohol, cannabis, tobacco, eating, gambling, internet and video games, and sex addiction. This book is intended to be of practical use to clinicians treating adolescent addiction; it contains information that will be of use to the researcher as well. A global perspective is offered from international contributors, representing the US, Canada, the UK, New Zealand, and Australia.

Adolescent substance abuse: research and clinical advances 2006

Liddle, H. A. et al. (eds)
Cambridge University Press, Cambridge
509 p.
ISBN: 9780521823586

This book provides practitioners, program developers and policy makers with up-to-date and practical information for improving outcomes in adolescent substance abuse. The authors cover a range of issues, including; empirically-based treatment development protocols; how to incorporate innovative treatment models into diverse clinical settings; research advances; interventions with special populations; culturally based intervention guidelines; and recommendations for practice and policy.

Alcohol, drugs and young people: clinical approaches 2007

Gilvarry, Eilish & McArdle, Paul (eds)
Mac Keith Press, London
248 p.
ISBN: 9781898683476

A comprehensive book dealing with drug, tobacco and alcohol abuse in both children and young people.

Alcohol problems in adolescents and young adults: epidemiology, neurobiology, prevention, treatment 2005

Galanter, M. (ed.)
Kluwer Academic/Plenum, New York
456 p. (Recent developments in alcoholism, v.17)
ISBN: 0306486253

The latest entry in the Recent Developments in Alcoholism series, aimed at clinicians, developmental psychologists and social workers, comprehensively presents a wide-ranging clinical picture of teen drinking - epidemiology, neurobiology, behavioral phenomena, diagnostic and assessment issues, prevention and treatment data - in a developmental context. Fifty expert contributors look at topics including: initiation of alcohol use, risk and protective factors, high-risk adolescent populations, drinking habits of college students, long-range consequences, prevention programs and treatment of comorbid substance and psychiatric disorders.

Secret lives: growing with substance: working with children who live with substance abuse 2006


Russell House, Lyme Regis, UK
146 p.
ISBN: 1903855667

This book aims to support practitioners and managers in the identification, assessment, treatment and support of the children and siblings of substance misusers.

Substance abuse treatment for youth and adults: clinician's guide to evidence based practice 2009

Springer, David W. & Rubin, Allan (eds)
John Wiley & Sons, Hoboken, N.J.
432 p.
ISBN: 9780470244531

This book provides mental health practitioners with detailed, step-by-step guidance for implementing clinical interventions that are supported by the latest scientific evidence. This book is a key resource for practitioners who would like to implement evidence-based, compassionate, effective interventions in their care of substance-abusing clients.

 **Teenagers, alcohol and drugs: what your kids really want and need to know about alcohol and drugs 2009**

Dillon, Paul
Allen & Unwin, Crows Nest NSW
197p.
ISBN: 9781741756807

This book has been written in response to the stories Paul Dillon has heard over 25 years in drug and alcohol education. It provides answers to the questions he has been asked by

both young people and their parents and also includes solutions to the many scenarios he has heard about from anxious teenagers who haven't known what to do when things went bad.

This book shows parents how to talk to their children. It will help them understand the issues their children are facing, and show them how to help their kids negotiate a minefield of misinformation and social pressure in a calm and sensible way to tell them what they really want and need to know about alcohol and drugs.

AU A toolkit of interventions to assist young people to negotiate transitional pathways

2005

Cahill, H. et al.

Dept. of Health and Ageing, Canberra

86 p.

This report focuses not just on those interventions which are designed around drug use and prevention, but also considers the broad spectrum of interventions which address risk and protective factors for a range of negative life course outcomes for young people.

<http://www.nationaldrugstrategy.gov.au/internet/drugstrategy/publishing.nsf/Content/toolkit-interventions>

Young people and substance misuse 2004

Crome, I., et al. (eds)

Gaskill, London

228 p.

ISBN: 1904671012

This book provides an overview of the consequences of substance misuse among young people, the interventions and services available, and looks at the way forward for improving treatment and services. Written by international experts, with a UK health care perspective, it provides an in-depth review of the issues as well as suggesting practical solutions to a problem.

Women

(see also section on Pregnancy)

★ Revisioning women and drug use: gender, power and the body 2007

Ettorre, Elizabeth

Palgrave Macmillan, Basingstoke

176 p.

ISBN: 9781403921741

This book will be valuable to researchers, clinicians and women drug users alike. It offers a necessary corrective to the moralist ideas which exist, and moves us on, arguing the need for approaches grounded in the material sites of bodies shaped by race, gender, class and culture.

Smoking and women's health 2008

Wesley, Merideth K. & Sternbach, Ingrid A.

Nova Science, New York

264 p.

ISBN: 9781604561487

Tobacco use accounts for nearly one third of all cancer deaths. Tens of thousands of women will die this year from lung cancer, which has greatly surpassed breast cancer as the leading cause of cancer death among women. More than 90 percent of these deaths will be due to smoking. In addition to increasing the risk for lung cancer, smoking is a risk factor for cancers of the cervix, mouth, larynx (voice box), pharynx (throat), esophagus, kidney, bladder, pancreas, and stomach. It is also connected to some forms of leukemia. This book presents the latest research in this field from around the world.

★ **Women and addiction: a comprehensive handbook** 2009

Brady, Kathleen T. et al. (ed)

Guilford Press, New York

526 p.

ISBN: 9781606231074

For many years, addiction research focused almost exclusively on men. Yet scientific awareness of sex and gender differences in substance use disorders has grown tremendously in recent decades. This volume brings together leading authorities to review the state of the science and identify key directions for research and clinical practice. Prevalent substances of abuse are examined, as are issues facing special populations.

Women under the influence 2006

John Hopkins University Press, Baltimore

292 p.

ISBN: 0801882281

This book considers the specific physiological effects of substances on women's bodies, and examines the health and social implications of rising incidence of use and misuse of alcohol and other drugs by women, largely within the American context.

Offenders

(See also the DVD section)

AU A compendium of alcohol and other drug-related resources for law enforcement in Australia 2008

Allan Trifonoff, Allan & Nicholas, Roger

National Drug Law Enforcement Research Fund, Hobart

88 p.

ISBN: 9780980465440

This compendium consists of a collection of alcohol and other drug-related law enforcement literature published in the years 2004 to early 2008. The compendium is intended to serve as an information resource for police and other law enforcement officers working in a variety of settings, student law enforcement officers, policy makers, researchers and others with an interest in this area. The overall aim of the publication is to

enhance the access that law enforcement staff have to research concerning the identification of, and responses to, alcohol and other drug-related problems.

<http://www.ndlerf.gov.au/pub/NDLERF%20Compendium%20%20-%20with%20Abstracts%204%20Dec%202008.pdf>

AU Criminal justice responses to drug and drug-related offending: are they working?

2007

Wundersitz, Joy.

Australian institute of Criminology, Canberra

128 p.

ISBN: 9781921185588

This report attempts to provide some insight into the questions of whether these programs are in fact working and meeting their primary aims by giving an overview of key findings from national and state-based evaluations that have been undertaken of these initiatives. It summarises the outcome-based results currently available, identifies the knowledge gaps that still exist, and points to areas where further work is required to provide a more definitive insight into the value of these programs.

<http://www.aic.gov.au/publications/current%20series/tbp/21-40/tbp025.aspx>

AU Drug-crime connections 2007

Bennett, Trevor & Holloway, Katy

Cambridge University Press, Melbourne

362 p.

ISBN: 9780521867573

Drug-Crime Connections challenges the assumption that there is a widespread association between drug use and crime. Instead, it argues that there are many highly specific connections. The authors draw together in a single volume a wide range of findings from a study of nearly 5,000 arrestees interviewed as part of the New English and Welsh Arrestee Drug Abuse Monitoring (NEW-ADAM) programme. It provides an in-depth study of the nature of drug-crime connections, as well as an investigation into drug use generally among criminals and the kinds of crimes that they commit. They explore topics that previously have fallen outside the drug-crime debate, such as gender and drugs, ethnicity and drugs, gangs, guns, drug markets, and treatment needs.

Drugs, women and justice: roles of the criminal justice system for drug-affected women 2006

Swartz, James A et al. (ed)

Haworth Press, Binghampton, N.Y.

154 p.

ISBN: 978-0789036247

This book explores the broad social and individual implications of current policy and practice pertaining to women in the criminal justice system. It provides readers with an overview of the current state of knowledge and provides recommendations for new directions. Each chapter was originally presented at the 2005 Drugs, Women, and Justice Symposium, held on the University of Illinois at Chicago campus and sponsored by the Jane Addams College of Social Work Substance Abuse Research Collaboration through a grant from the National Institute on Drug Abuse.

AU Illicit drugs treatment in prison: detoxification, drug-free units, therapeutic communities and opioid substitution treatment 2007

Larney, Sarah

National Drug and Alcohol Research Centre, Sydney

30 p.

ISBN: 9780733424298

AU A summary of diversion programs for drug and drug –related offenders in Australia 2008

National Drug and Alcohol Research Centre, Sydney

80 p.

ISBN: 9780733425264

This project provides a jurisdictional overview of all drug diversion programs operating in Australia as of January 2007, including programs funded through and outside the COAG agreement. It summarises the program criteria, their target groups, diversionary procedures and legislative basis. The overview should have immediate benefit for policy-makers, researchers and states and territories.

[http://www.dpmp.unsw.edu.au/DPMPWeb.nsf/resources/Monograph+16.pdf/\\$file/Mono+16.pdf](http://www.dpmp.unsw.edu.au/DPMPWeb.nsf/resources/Monograph+16.pdf/$file/Mono+16.pdf)

Substance abuse treatment for adults in the criminal justice system 2005

Peters, R. H. & Wexler, H. K., co-chairs

U.S. Dept of Health and Human Services, Public Health Service, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment

Treatment Improvement Protocol (TIP); no. 44

337 p.

<http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=hstat5.chapter.80017>

Workplace

Addiction at work: tackling drug use and misuse in the workplace 2005

Ghodse, H. (ed.)

Gower, Burlington, Vermont

260 p.

ISBN: 0566086190

Addiction at Work considers the cost of drug abuse to employers, the role organizational cultures may have in encouraging drug misuse, and the risks associated with dangerous or stressful jobs. There are also chapters on the symptoms of drug abuse and the potential risks associated with perfectly legal prescription or over-the-counter medicines. It also covers the responsibility of the employer and how to design, communicate and implement a policy that is appropriate for your organization. Addiction at Work has been written by some of the world authorities on drug use in the workplace. It is an essential reference for organizations seeking a way through the human, ethical and legal issues (and the risk they present to any employer) of a social problem that is increasingly impacting employees whatever their work or the nature of their workplace.

AU The impact of alcohol & other drugs in the workplace 2006

Breugem, L. *et al.*

Safework SA & Drug and Alcohol Services South Australia, Adelaide

101 p.

Alcohol and other drug-related harm in the workplace may manifest in terms of physical harm, such as fatalities and injuries, and productivity-related implications, such as a reduction in the available workforce or poor performance. In addition, alcohol and other drugs adversely impact workplace culture and morale and the health and welfare of the workforce. This project specifically sought to investigate the impact of alcohol and illicit drug use and related harm on the workplace.

http://www.safework.sa.gov.au/uploaded_files/workplace_report.pdf

AU Workplace drug and alcohol use information and data series: information sheets

2006

Pidd, K. & Roche, A.

National Centre for Education and Training on Addiction, Adelaide

NCETA has developed a set of 5 A3-A4 information sheets that contain key data and information about alcohol and drug use that is related to the workplace.

http://www.nceta.flinders.edu.au/workplace/workplace_information_sheets.htm

Prevention

Drug education in schools: searching for the silver bullet 2006

Midford, Richard et al. (eds)
IP Communications , Melbourne
241 p.
ISBN: 0975237462

This book outlines the extent and consistency of drug use within Western society, the history of drug education, and the ideological context in which it works. Research findings from around the world are then brought together to present an up-to-date account of the achievements and limitations of contemporary drug education. Effective approaches, and the circumstances in which they are most likely to succeed, are identified. The issues that confront teachers and schools who tackle the complex task of teaching young people to live in a society that regards drug use as both a curse and a blessing are comprehensively reviewed. The book suggests that drug education is worthwhile when it is based on a practical understanding of young people, drug use, and sound education methods, and is undertaken by skilled school staff, working in a supportive environment.

Handbook of drug abuse prevention: theory, science and practice 2003

Sloboda, Z. & Bukoski, W. J. (eds)
Kluwer Academic/Plenum, New York
692 p.
ISBN: 0306473429

This book brings together all that is currently known about the prevention of substance abuse. Also addresses the dissemination of findings from prevention research and the diffusion of effective prevention programming from the controlled research setting to the community. It is aimed at researchers and policy makers in the field of drug abuse prevention plus those working in the broader areas of health promotion and education.

Prevention is primary: strategies for community well being 2007

Cohen, Larry, Chavez, Vivian & Chehimi, Sana
Jossey-Bass, San Francisco
367 p.
ISBN: 9780787983185

This book is a theory-to-practice text for students, faculty practitioners, and community leaders who want to take a proactive stance against the most pressing health problems in the community including asthma, tobacco, violence, HIV, poor nutrition and physical inactivity, health disparities, and environmental injustice. The volume provides a comprehensive and practical understanding of prevention on a community level.

AU The prevention of substance use, risk and harm in Australia: a review of the evidence 2004

Loxley, W., *et al.*
Australia, Commonwealth Department of Health and Ageing, Canberra.
315 p.
ISBN: 0642824827

As a contribution to the development of a National Prevention Agenda, the Australian Government Department of Health and Ageing commissioned a consortium comprising the

National Drug Research Institute (Curtin University) and the Centre for Adolescent Health (Melbourne University) to consolidate national and international evidence on best practice in prevention of substance misuse. The resulting monograph is a comprehensive document which outlines patterns of substance use and harm, considers risk and protective factors predictive of harmful drug use, and extensively reviews the evidence available on national and international prevention strategies and approaches.

http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-publicat-document-mono_prevention-cnt.htm

★ **AU Preventing harmful substance use: the evidence base for policy and practice** 2005

Stockwell, T. *et al.* (eds.)

J. Wiley, Chichester

488 p.

ISBN: 0470092270

Preventing Harmful Substance Use offers the most comprehensive and up-to-date advice available on the prevention of drug and alcohol abuse. The contributors (many of whom are Australian) provide authoritative, science-based reviews of knowledge on their areas of expertise, and make clear recommendations for the future of prevention policy and practice. A final section draws the work together and offers a framework for an integrated science of prevention.

Preventing underage drinking: using getting to outcomes with the SAMHSA strategic prevention framework to achieve results 2007

Imm, P. *et al.*

RAND Technical Report, Santa Monica, California

403 p.

The guide is structured according to the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Strategic Prevention Framework, a five-step prevention approach. Within the five steps, the guide adopts the Getting To Outcomes™ model of empowerment evaluation, results-based accountability, and continuous quality improvement. The result is a step-by-step manual for developing, implementing, and evaluating a high-quality communitywide plan to prevent underage drinking and its related consequences. Recommendations include the development of educational strategies for parents, adolescents, and alcohol merchants; attracting the involvement of civic leaders; working to reform legislation governing underage access to alcohol; and training law enforcement officials to be vigilant but safe in their efforts to police underage drinking in the community.

http://www.rand.org/pubs/technical_reports/TR403/

★ **AU Public health advocacy and tobacco control: making smoking history** 2007

Chapman, S.

Blackwell Publishing, Oxford

ISBN: 9781405161633

Written by one of the world's leading advocates for tobacco control, this witty and personal book lays out a program for making smoking history. Condemning overly enthusiastic policies which ignore important ethical principles, this provides strategies for denormalising smoking and the industry which promotes it. Public Health Advocacy and Tobacco Control is divided into two sections. The first contains chapters looking at key topics as the place of advocacy in tobacco control, ethical issues, smoking cessation and prevention, harm

reduction and product regulation and the denormalisation of smoking. The second section provides an A-Z of tobacco control advocacy strategy from Accuracy to Whistleblowers.

Australian Guidelines

Alcohol

Alcohol practice guidelines: for practitioners helping veterans with alcohol problems 2003

Peard, J., et al.

Australia, Commonwealth Department of Veterans' Affairs, Canberra

147 p.

<http://www.acpmh.unimelb.edu.au/clinical/alcoholGuidelines.html>

Australian guidelines to reduce health risks from drinking alcohol. 2009

National Health and Medical Research Council, Canberra

181p.

ISBN: 1864963743 (print) 1864963808 (online)

These guidelines aim to establish the evidence base for future policies and community materials on reducing the health risks that arise from drinking alcohol. The guidelines communicate evidence concerning these risks to the Australian community to allow individuals to make informed decisions regarding the amount of alcohol that they choose to drink.

<http://www.nhmrc.gov.au/publications/synopses/ds10syn.htm>

Guidelines for the treatment of alcohol problems 2009

Haber, Paul *et al.*

Australia, Commonwealth Department of Health and Ageing, Canberra

255p.

ISBN: 1-74186-976-5 (print) 1-74186-977-3 (online)

The guidelines are designed to reinforce clinical interventions and are based on the latest evidence and treatment of alcohol problems.

<http://www.health.gov.au/internet/alcohol/publishing.nsf/Content/treat-guide>

Treating alcohol problems: guidelines for alcohol and drug professionals 2004

Shand, F. & Gates, J.

National Drug and Alcohol Research Centre, Sydney.

39 p.

ISBN: 064282410X

Based on *Guidelines for the treatment of alcohol problems* (Shand, et al. 2003)

http://www7.health.gov.au/pubhlth/publicat/document/alc_treatingprof.pdf

Treating alcohol problems: guidelines for general practitioners 2003

Shand, F. & Gates, J.

National Drug and Alcohol Research Centre, Sydney

39 p.

ISBN: 0642824118

Based on *Guidelines for the treatment of alcohol problems* (Shand, et al. 2003)

http://www7.health.gov.au/pubhlth/publicat/document/alc_treatinggp.pdf

Treating alcohol problems: guidelines for hospital staff 2003

Shand, F. & Gates, J.
National Drug and Alcohol Research Centre, Sydney
39 p.
ISBN: 0624824096

Based on Guidelines for the treatment of alcohol problems (Shand, et al. 2003)

http://www7.health.gov.au/pubhlth/publicat/document/alc_treatinghosp.pdf

Comorbidity

Co-occurring acquired brain injury / cognitive impairment and alcohol and other drug use disorders 2006

Cash, R. & Philactides, A.
Turning Point Alcohol and Drug Centre and Dept of Human Services, Victoria
163 p.

This clinical treatment guideline is made up of four parts: a literature review, a key informants issues paper, an assessment guide and a set of treatment resources.

http://www.health.vic.gov.au/drugservices/downloads/abi_ctg.pdf

Guidelines on the management of co-occurring alcohol and other mental conditions in alcohol and other drug treatment settings 2009

Mills, Katerine L. *et al.*
National Drug and Alcohol research Centre, Sydney
193p.
ISBN: 978-0-7334-2827-2

The Guidelines have been developed primarily for AOD workers working in AOD treatment settings such as those services providing inpatient or outpatient detoxification, residential rehabilitation, substitution therapies (e.g. methadone or buprenorphine for opiate dependence), or outpatient counselling services. However, other health professionals may also find them useful.

<http://ndarc.med.unsw.edu.au/NDARCWeb.nsf/page/Comorbidity+Guidelines>

The management of people with a co-existing mental health and substance use disorder: service delivery guidelines 2002

NSW Health Department, Sydney
ISBN: 073473154 X

These service delivery guidelines have been developed to provide a clear direction for health services to better meet the needs of people with co-existing disorders. The guidelines can be used as a blueprint for services to design, develop and deliver comprehensive health care for people with co-existing disorders. Strategies include the need to build partnerships, improve workforce training and provide a range of interventions

aimed towards positive health outcomes. Reprinted in November 2002 with minor amendments.

<http://www.druginfo.nsw.gov.au/data/page/1267/guidelines.pdf>

National Comorbidity Project. Comorbidity of mental disorders and substance use: a brief guide for the primary care clinician 2008

Gordon, Andrea

Drug and Alcohol Services South Australia, Adelaide

36 p.

ISBN: 1741867738 (online)

The original resource was developed as a result of work previously undertaken by PARC in 2001 with the development of a set of principles for the management of people with comorbidity. The updating of these guidelines was undertaken in 2007–08 by Drug and Alcohol Services South Australia, through funding from the Australian Government under the National Comorbidity Initiative, to include the most current management principles obtained from the literature and clinical practice. There is still a dearth of information available in the literature for some areas of comorbidity discussed in these guidelines. Therefore, management principles in these areas are based on what is currently thought to be reasonable clinical practice rather than on high levels of evidence. In addition, many people with comorbidity have more than one mental disorder and may have problematic use of several substances. This resource is a simple guide that provides a starting point for clinicians.

[http://www.nationaldrugstrategy.gov.au/internet/drugstrategy/publishing.nsf/Content/FE16C454A782A8AFCA2575BE002044D0/\\$File/m71cov.pdf](http://www.nationaldrugstrategy.gov.au/internet/drugstrategy/publishing.nsf/Content/FE16C454A782A8AFCA2575BE002044D0/$File/m71cov.pdf)

NSW clinical guidelines for the care of persons with comorbid mental illness and substance abuse disorders in acute care settings 2009

NSW Department of Health, Sydney

88 p.

ISBN: 9781741874228

These guidelines have been written for practitioners working in the drug and alcohol and/or mental health sectors who provide care for people with comorbid mental health and substance use disorders.

http://www.health.nsw.gov.au/pubs/2009/pdf/comorbidity_report.pdf

New South Wales opioid treatment program: clinical guidelines for methadone and buprenorphine treatment or Opioid dependence 2006

NSW Department of Health, Sydney

182p.

These guidelines provide up to date policy and clinical practice guidelines in New South Wales for opioid treatment programs to treat heroin and other opioid dependence.

http://www.health.nsw.gov.au/policies/gl/2006/GL2006_019.html

Illicit Drugs

A brief cognitive behavioural intervention for regular amphetamine users: treatment guide 2003

Baker, A. *et al.*

Australia, Commonwealth Department of Health and Ageing, Canberra

79 p.

ISBN: 06428238633

A four-session cognitive behavioural intervention is detailed in this publication, followed by a section on alternative brief interventions for those not suited to CBT. This treatment guide is aimed at practitioners trained in CBT and motivational enhancement techniques and should be used in conjunction with the monograph *Models of Intervention and Care for Psychostimulant Users (2nd ed.)* (Baker, 2004)

http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-publicat-document-cognitive_intervention-cnt.htm

Clinical guidelines and procedures for the use of methadone in the maintenance treatment of opioid dependence 2003

Henry-Edwards, S., *et al.*

Australia, Commonwealth Department of Health and Ageing, Canberra

2 v.

ISBN: 0642822638 (abbreviated version) ; ISBN: 0642822611

These guidelines have been endorsed by the Royal Australian College of General Practitioners (RACGP) and the Australasian Professional Society on Alcohol and Other Drugs (APSAD). Written for medical practitioners, the content has been designed to complement the National Policy on Methadone Treatment and local jurisdictional policies and requirements for methadone prescribing.

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-illicit-methadone-cguide>

Clinical guidelines and procedures for the use of naltrexone in the management of opioid dependence 2003

Bell, J., *et al.*

Australia, Commonwealth Department of Health and Ageing, Canberra

2 v.

ISBN: 0642822646 (abbreviated version) ; ISBN: 064282262X

Endorsed by the Royal Australian College of General Practitioners (RACGP) and the Australasian Professional Society on Alcohol and other Drugs (APSAD) and written for medical practitioners. These guidelines cover the use of naltrexone in both relapse prevention and withdrawal.

<http://www.nationaldrugstrategy.gov.au/internet/drugstrategy/Publishing.nsf/content/naltrex-full>

Clinical guidelines: management of acute amphetamine related problems 2006

Drug and Alcohol Office, Government of Western Australia, Perth

20 p.

<http://www.dao.health.wa.gov.au/Publications/tabid/99/DMXModule/427/Default.aspx?EntryId=553>

Helping someone with problem cannabis use: mental health first aid guidelines

2009

National Cannabis Prevention and Information Centre, Sydney

11p.

New first aid guidelines for problem cannabis use have recently been released to help the community identify and assist users who are developing a problem with their cannabis use or are in a cannabis-related crisis.

The guidelines, the first to be produced in the world, have been researched and produced by Orygen Youth Health for the National Cannabis Prevention and Information Centre (NCPIC), funded by the Australian Government, based at the University of NSW, and are a response to the growing body of evidence that links cannabis use to a range of physical and mental health problems.

<http://ncpic.org.au/ncpic/news/ncpic-news/article/helping-someone-with-problem-cannabis-use-mental-health-first-aid-guidelines>

Management of cannabis use disorder and related issues: a clinician's guide 2009

Copeland, J., Frewen, A., Elkins, K.

National Cannabis Prevention and Information Centre, Sydney.

118p.

ISBN: 9780733428074

<http://ncpic.org.au/ncpic/news/ncpic-news/pdf/management-of-cannabis-use-disorder-and-related-issues-a-clinicians-guide>

Management of patients with psychostimulant toxicity: guidelines for ambulance services 2006

Jenner, L.

Australia, Commonwealth Department of Health and Ageing, Canberra

30 p.

ISBN: 174186058X

These draft guidelines enable ambulance services throughout Australia to effectively and safely manage individuals who are experiencing, or suspected of experiencing psychostimulant toxicity and associated severe behavioural disturbance.

<http://www.nationaldrugstrategy.gov.au/internet/drugstrategy/publishing.nsf>

Management of patients with psychostimulant use problems: guidelines for general practitioners 2007 Update.

Jenner, L. *et al.*

Australia, Commonwealth Department of Health and Ageing, Canberra

38p.

ISBN: 1-74186-472-0

The aim of these guidelines is to assist general practitioners to identify patients who may be using psychostimulants; engage psychostimulant users in treatment; and identify and manage a range of adverse consequences of stimulant use including acute toxicity. The guidelines were originally published in 2004 and were reviewed and updated in 2007.

The guidelines have been developed to coincide with the update of the National Drug Strategy Monograph No 51, Second Edition, Models of intervention and care for

psychostimulant users. Their purpose is to provide guidelines for general practitioners throughout Australia to effectively and safely manage individuals who are experiencing problems related to the use of psychostimulants, including psychostimulant and serotonin toxicity.

<http://www.health.gov.au/internet/drugstrategy/publishing.nsf/Content/psychostimulant-gp>

National clinical guidelines and procedures for the use of buprenorphine in the treatment of heroin dependence 2006 Update

Lintzeris, N., *et al.*

Australia, Commonwealth Department of Health and Ageing, Canberra

82p.

ISBN: 1 74186 167 5

These guidelines and procedures were first published in 2001 and updated in 2006 due to the introduction of a new opioid pharmacotherapy, Suboxone®, as well as changes in research and clinical knowledge of pharmacotherapies used in the treatment of heroin dependence. The revised guidelines have been endorsed by the Royal Australian College of General Practitioners, the Royal Australian College of Physicians, the Australian Professional Society on Alcohol and other Drugs, the Ministerial Council on Drug Strategy.

<http://www.health.gov.au/internet/drugstrategy/publishing.nsf/Content/buprenorphine-guide>

Needle and syringe program policy and guidelines for NSW 2006

NSW Department of Health, Sydney

39p.

ISBN: 7347 3940 0

Policy and guidelines for the operation of Needle and Syringe Programs in NSW. This replaces the NSW Needle and Syringe Exchange Policy and Procedures Manual, May 1994.

http://www.health.nsw.gov.au/policies/pd/2006/PD2006_037.html

Psychostimulants – management of acute behavioural disturbances: guidelines for police services 2004

Jenner, L., *et al.*

Australia, Commonwealth Department of Health and Ageing, Canberra

24 p.

ISBN: 0642825238

These guidelines are intended for use by all police service staff nationally when dealing with psychostimulant-affected individuals including youth, Indigenous peoples, women and those with suspected co-existing mental health problems. They should be used in conjunction with the publication *Models of intervention and care for psychostimulant users* (Baker 2004).

<http://www.health.gov.au/internet/drugstrategy/publishing.nsf/Content/psychostimulant-police>

Responding to challenging situations related to the use of psychostimulants: a practical guide for frontline workers. 2008

Australia, Commonwealth Department of Health and Ageing, Canberra

37p.

ISBN: 1741866340

This guide provides information about challenging situations, how to prevent or reduce their occurrence, responding to a challenging situation, recovery and review of the situation, and where to meet in different service settings.

<http://www.nationaldrugstrategy.gov.au/internet/drugstrategy/Publishing.nsf/content/id-chall>

Treatment options for heroin and other opioid dependence guidelines – a guide for families and carers 2004

O'Brien, S. *et al.*

Australia, Commonwealth Department of Health and Ageing, Canberra

28 p.

ISBN: 064282486X

A guide for families, partners and friends of drug users written with contributions from the Australian Injecting and Illicit Drug Users League (AIVL).

<http://www.health.gov.au/internet/drugstrategy/publishing.nsf/Content/opioid-carers>

Treatment options for heroin and other opioid dependence guidelines – a guide for frontline workers 2004

O'Brien, S. *et al.*

Australia, Commonwealth Department of Health and Ageing, Canberra

34 p.

ISBN: 0642824878

This guide provides frontline workers with accurate information about treatment options available for heroin and other opioid dependence and is also suitable for users and their families, carers and friends. The Australian Injecting and Illicit Drug Users League (AIVL) assisted in the preparation of this booklet.

<http://www.health.gov.au/internet/drugstrategy/publishing.nsf/Content/opioid-workers>

Treatment options for heroin and other opioid dependence guidelines – a guide for users 2004

O'Brien, S. *et al.*

Australia, Commonwealth Department of Health and Ageing, Canberra

28 p.

ISBN: 0642824886

A user's guide to treatment options available for heroin and other opioid dependence, written with contributions from the Australian Injecting and Illicit Drug Users League (AIVL).

<http://www.health.gov.au/internet/drugstrategy/publishing.nsf/Content/opioid-users>

Indigenous

Alcohol and your health: Australian alcohol guidelines for Indigenous communities 2005

Barelli, L., Aboriginal Drug and Alcohol Council (SA) Inc.

Australia, Commonwealth Department of Health and Ageing, Canberra

35 p.
ISBN: 0958130922

These illustrated guidelines are based on the *Australian alcohol guidelines: health risks and benefits* (NHMRC, 2001) and have been developed through consultations with Indigenous health workers and drug and alcohol workers in rural, remote and urban communities. There are twelve guidelines covering: standard drinks in a wide variety of containers; choosing to abstain from drinking; alcohol and pregnancy; alcohol interactions with medications; mental health issues; underage drinking; 18-25 year olds and alcohol-related injury; older people; family history of alcohol problems; drink-driving; illnesses caused by alcohol; and finally, a guideline on keeping people safe when providing alcohol to others.

<http://www.adac.org.au/resFILE/res65.pdf>

Alcohol handbook: a guide for frontline workers: an initiative of the Far West Area Health Service NSW 2004

Laycock, A.
Broken Hill Centre for Remote Health Research
ISBN: 0975225707

Produced in response to a need among generalist frontline workers in Far West NSW to have a resource to assist them raise alcohol issues with their clients, this handbook has been adapted from the *Northern Territory Living with Alcohol: a handbook for community health teams*. Contents include alcohol brief intervention, alcohol and diabetes, alcohol and brain damage, medicines with alcohol, pregnancy and breast feeding, violence, mental health, information for carers and families, plus contacts, referral services, useful websites, tips for workers, and handouts.

www.drh.med.usyd.edu.au/docs/pub_Alcohol_HB.doc

Alcohol treatment guidelines for Indigenous Australians [kit] 2009

Australia, Commonwealth Department of Health and Ageing, Canberra
1 book, pad, flip chart, 3 cards (cased)
ISBN: 1741862809

Consumption of alcohol is linked to many chronic conditions and is a major contributor to injury, trauma, violence and self harm. It impacts socially and economically on individuals, families and communities at all levels. These Guidelines provide guidance for health professionals who work with Indigenous Australians who are affected by alcohol-related problems.

[http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/426B5656C2395CC3CA2573360002A0EA/\\$File/alc-treat-guide-indig.pdf](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/426B5656C2395CC3CA2573360002A0EA/$File/alc-treat-guide-indig.pdf)

Indigenous health promotion research guide: a national information guide for Aboriginal and Torres Strait Islander health workers (6th ed) 2009

Aboriginal and Islander Health Worker, NSW
120 p.

At this time in our history, Aboriginal and Torres Strait Islander people are facing a crisis in health. It is vital that Health Workers have easy access to information and tools that can help to change this situation and the status of Aboriginal and Torres Strait Islander health in Australia.

<http://www.aihwj.com.au/>

Nursing

Alcohol and other drugs policy for nursing practice in NSW: clinical guidelines

2000-2003

NSW Health Department, Sydney

State Health Publication

128 p.

ISBN: 0731340728

The aim of this publication is to support nurses in the treatment of patients with substance-related illnesses and to provide a benchmark for the delivery of quality care.

http://www.health.nsw.gov.au/pubs/2000/pdf/alcdrugs_nurses.pdf

Nursing and midwifery clinical guidelines – identifying and responding to drug and alcohol issues 2008

NSW Department of Health, Sydney

133p.

ISBN: 1 74187 0268 3

These guidelines provide nurses and midwives with support and a benchmark for quality drug and alcohol use assessment and care in daily practice.

http://www.health.nsw.gov.au/policies/gl/2008/pdf/GL2008_001.pdf

Pregnancy

Fetal alcohol spectrum disorder: a guide for midwives 2006

Drug and Alcohol Services South Australia, Adelaide

27p.

Guide for midwives on alcohol use during pregnancy.

http://www.alcohol.sa.gov.au/webdata/resources/files/FASD_resource.pdf

Neonatal abstinence syndrome guidelines 2002 (review in 2010)

NSW Department of Health, Sydney

23p.

Procedures to improve the health outcomes for opioid-dependent pregnant women, mothers and their newborn infants, and their families.

http://www.health.nsw.gov.au/policies/pd/2005/PD2005_494.html

Clinical guidelines for the use of buprenorphine in pregnancy 2003

Dunlop A.J., *et al.*

Turning Point Alcohol and Drug Centre, Fitzroy, Victoria

43 p.

ISBN: 1740010205

These are consensus guidelines written for medical, nursing, midwifery, drug and alcohol clinicians and allied health staff involved in the management of opioid dependent women who are pregnant. It is intended as a guide for managing opioid dependent women who are on buprenorphine maintenance programs for heroin dependence and are pregnant or considering becoming pregnant.

http://www.turningpoint.org.au/library/CTG_Bup_Pregnancy_060104.pdf

National clinical guidelines for the management of drug use during pregnancy, birth and the early development years of the newborn 2006

Bell, J. & Ali, R.

NSW Dept. of Health, North Sydney

101 p.

ISBN: 0734738900

The chapters of this publication include general principles, continuity of care for drug-dependent pregnant women, specific drugs in pregnancy and management of neonatal abstinence syndrome (NAS).

http://www.health.nsw.gov.au/pubs/2006/pdf/ncg_druguse.pdf

Tobacco

Helping smokers quit: a health professional's guide to brief intervention 2006

36 p. and a chart

Queensland Health, Brisbane

<http://www.health.qld.gov.au/atods/publications.asp>

'Let's take a moment' Quit smoking brief intervention: a guide for all health professionals 2005

26 p.

ISBN: 0734738811

New South Wales Department of Health

<http://www.health.nsw.gov.au>

Treatment

Alcohol and other drug withdrawal: practice guidelines 2009

Kenny, Pauline *et al.*

Turning Point Alcohol and Drug Centre, Fitzroy Victoria

170p.

Funded by the Mental Health and Drugs Division of the Victorian Department of Human Services, and developed by the Health Services Research and Evaluation Program, the guidelines reflect the changing patterns of AOD use and advances in the understanding of drug withdrawal syndromes, assessment and care.

http://www.turningpoint.org.au/library/AOD_Withdrawal_Practice_Guidelines_2009.pdf

Drug and alcohol psychosocial interventions: professional practice guidelines 2008
NSW Department of Health, Sydney
92p.
ISBN: 978 1 74187 172 2

These guidelines aim to provide a benchmark for the delivery of quality psychosocial interventions to drug and alcohol treatment services. They recognise the value of such interventions within the drug and alcohol field, and support professional implementation of them. They emphasise the need for better understanding about the purpose and benefits of the interventions.

http://www.health.nsw.gov.au/policies/gl/2008/GL2008_009.html

Drug and alcohol treatment guidelines for residential settings. 2007
NSW Department of Health, Sydney
48p.
ISBN: 978 1 74187 042 8

These guidelines provide recommendations for the residential treatment of people with drug or alcohol dependence in order to increase the effectiveness of treatment and improve treatment outcomes.

http://www.health.nsw.gov.au/pubs/2007/pdf/drug_a_guidelines.pdf

Drug and alcohol withdrawal clinical practice guidelines NSW 2008
NSW Department of Health, Sydney
100p.
ISBN: 9781741870886

These guidelines provide the most up-to-date knowledge and current level of best practice for the treatment of withdrawal from alcohol and other drugs such as heroin, other opioids, benzodiazepines, cannabis and psychostimulants.

http://www.health.nsw.gov.au/policies/gl/2008/GL2008_011.html

Personal stories

AU Alcohol and pregnancy: a mother's responsible disturbance 2005

Russell, Elizabeth
Zeus, Burleigh, Qld.
ISBN: 1921005777

An account of how prenatal alcohol exposure can have dramatic effects on children's health. Elizabeth Russell uncovers the circumstances that lead to both her children being diagnosed with Fetal Alcohol Spectrum Disorder (FASD). The author is a recovering alcoholic and her drinking resulted in permanent damage to her sons.

AU Drink me: a memoir of a relationship 2006

Rogers, Skye
Harper Collins, Pyimble, NSW
ISBN: 0732282063

"You don't fall in love with an alcoholic - you fall in love with a man. At least at first. Why do women fall for 'damaged' men? Why do women keep looking for love to fix everything? I knew what it was to poison oneself, the strange pleasure in the pain you could produce in your own body - the feeling of control that gave. I knew that profound physical discomfort allowed no emotion, and that that had often been the whole point. Dan's drunkenness seemed comparatively joyous. He never got ill - not even a cold. There were no scars. If this was self-destruction, perhaps it wasn't so bad after all. Skye Rogers tells her moving story about the great love - and fight - of her life. Lyrically written and many-layered, Drink Me is a book everyone who has ever loved should read."

AU I am the voice left from rehab 2007

Freud, James
Random House, North Sydney
ISBN: 9781741665567

"Achieving fame in the eighties with hits like 'Barbados' and 'Modern Girl', James Freud was voracious for everything and anything life had to offer. Vivacious and irrepressible, he hung out with Robert Smith and Siouxsie Sioux in London, he once hit Elvis Costello, toured with Kylie Minogue, stared down the barrel of Chopper Read's gun and got drunk with Tommy Lee. But as alcohol and pills came to rule his life, the hits stopped coming. He briefly got sober, but by the time he was promoting the first part of his autobiography, I am the Voice left from Drinking, he had become a chronic and hopeless alcoholic.

This book is the dark, gritty account of exactly what happened to James and his family next, chronicling his physical, mental and spiritual demise as time and again he drove himself to the brink of death through booze and drugs, to the despair of his loyal wife and sons. For four years, he was repeatedly arrested, hospitalised and institutionalised, and attempted suicide several times before finally he called on his deepest reserves of willpower to try, one last time, to get clean and stay that way. This is the most brutally honest account of alcoholism you will ever read, by a man who even in his darkest days was so charismatic, funny and full of love that his family wouldn't leave him, a man who ultimately found the strength to turn his life around."

AU In my skin: a memoir 2005

Holden, Kate
Text Publishing, Melbourne
ISBN: 1920885900

A memoir of Holden's heroin addiction, her experiences working as a prostitute to support her dependency, and her gradual recovery.

AU In the eye of the needle: diary of a medically supervised injecting centre 2004

van Beek, Ingrid
Allen & Unwin, Crows Nest, NSW.
ISBN: 1741143810

Dr van Beek, the medical director of the Sydney Medically Supervised Injecting Centre, has published her diary of the Centre's progress and setbacks during the first two and a half years of its existence.

AU My name is Ross: an alcoholic's journey 2010

Fitzgerald, Ross
UNSW Press, Sydney
ISBN: 9781742231020

"I turn 65 on Christmas Day 2009. If I survive, I'll be 40 years sober. This means that I have had 40 more years on this planet than I otherwise would have had if I hadn't stopped drinking alcohol."

From his first drink at the age of fourteen Ross Fitzgerald has struggled with alcoholism. His story is one about despair, courage and hope – and living to see another day. Insightful, brutally honest and inspiring, *My Name is Ross* is his account of life as an alcoholic and his battle to get sober and stay sober.

Smashed: growing up a drunk girl 2006

Zailckas, Koren
Ebury Press, London
ISBN: 0091905605

A memoir of Zailckas' ten years of binge drinking from the age of 14, and the accompanying blackouts and risky situations she found herself in. The narrative includes statistics on alcohol use, and reflects on the cultural significance of alcohol and the messages young people receive about drinking.

Tweak (growing up on methamphetamines) 2008

Sheff, Nic
Pocket Books, London
ISBN: 9781847391629

Nic Sheff was drunk for the first time at age eleven. In the years that followed, he would regularly smoke pot, do cocaine and ecstasy, and develop addictions to crystal meth and heroin. Even so, he felt like he would always be able to quit and put his life together whenever he needed to. It took a violent relapse one summer in California to convince him otherwise. In a voice that is raw and honest, Nic spares no detail in telling us the

compelling, heartbreaking, and true story of his relapse and the road to recovery. As we watch Nic plunge the mental and physical depths of drug addiction, he paints a picture for us of a person at odds with his past, with his family, with his substances, and with himself. It's a harrowing portrait — but not one without hope.

Other useful resources

Recommended Journals

The following journals are the most used titles in the NDSIS but they represent only a handful of journals dedicated to the study of alcohol and other drug use. A full list of our journal holdings can be found on our website <http://ndsis.adca.org.au/>

★ **Addiction** [Impact Factor 5.185]
ISSN 0965-2140 (print); ISSN 1360-0443 (online)
Published for the Society for the Study of Addiction by Wiley - Blackwell Publishing
Peer-reviewed. Monthly.
Indexed by all the major indexing services including DRUG; Addiction Abstracts;
Excerpta Medica/EMBASE; Index Medicus/MEDLINE; Psychological Abstracts;
Current Contents/Behavioural Sciences
<http://www.wiley.com/wiley-blackwell>

Addiction Biology [Impact Factor 3.092]
ISSN 1355-6215 (print); ISSN 1369-1600 (online)
Published for the Society for the Study of Addiction by Wiley - Blackwell Publishing
Peer-reviewed. 4 issues per year
Indexed by all the major indexing services including DRUG; Addiction Abstracts;
Excerpta Medica/EMBASE; Index Medicus/MEDLINE; Psychological Abstracts;
Current Contents/Behavioural Sciences
<http://www.wiley.com/bw/journal.asp?ref=1355-6215>

Alcohol and Alcoholism [Impact Factor 2.351]
ISSN 0735-0414
International journal of the Medical Council on Alcohol and
Journal of the European Society for Biomedical Research on Alcoholism.
Oxford University Press. Bi-monthly.
<http://www.alcalc.oupjournals.org>

AU **Australian and New Zealand Journal of Psychiatry** [Impact Factor 2.681]
ISSN 0004-8674
Wiley - Blackwell Publishing. 10 issues per year.
<http://www.wiley.com/wiley-blackwell>

Drug and Alcohol Dependence [Impact Factor 3.922]
ISSN 0376-8716
An international journal on biomedical and psychosocial approaches.
Elsevier. 4 volumes per year.
<http://www.elsevier.nl/locate/drugalcdep>

★ **Drug and Alcohol Findings**
Published by the Findings Partnership - Alcohol Concern, the National Addiction Centre and DrugScope. This magazine presents practice-relevant evaluation findings on the effectiveness of interventions, including prevention, community safety and treatment. Aimed at workers involved in specialist and non-specialist interventions

addressing alcohol and drug problems in the United Kingdom, but with equal relevance to the Australian drug and alcohol field.

<http://www.findings.org.uk/>

★ **AU Drug and Alcohol Review**

ISSN: 0959-5236

Published for the Australian Professional Society on Alcohol and other Drugs by Wiley - Blackwell Publishing. Peer-reviewed. Bimonthly. Coverage includes clinical, biomedical, psychological and sociological aspects of alcohol, tobacco and other drug use. Indexed by all the major indexing services including DRUG; Addiction Abstracts; Excerpta Medica/EMBASE; Index Medicus/MEDLINE; Psychological Abstracts; PsycINFO; PsycLIT, Current Contents/Behavioural Sciences

<http://www.wiley.com/wiley-blackwell>

Journal of Addictions Nursing [Impact Factor 0.316]

ISSN 1088-4602

Published for the International Nurses Society on Addictions by Informa Healthcare. Indexed in CINAHL and PsycINFO.

<http://www.intnsa.org/jan.php>

★ **Journal of Substance Abuse Treatment**

ISSN 0740-5472

Elsevier. 8 issues per year.

www.elsevier.com/locate/jsat

Nicotine and Tobacco Research

ISSN 1462-2203

Published for the Society for Research on Nicotine and Tobacco by Oxford Journals. Peer-reviewed. Indexed and abstracted by all the major services including MEDLINE, PsycINFO, EMBASE, etc.

<http://ntr.oxfordjournals.org/>

AU Of Substance: the national magazine on alcohol, tobacco and other drugs

ISSN 1449-0021

Funded by the Australian Government Department of Health and Ageing and auspiced by the Australian National Council on Drugs (ANCD).

<http://www.ofsubstance.org.au/>

★ **Substance Use & Misuse** [Impact Factor 1.468]

ISSN 1082-6084

Taylor & Francis Ltd (Informaworld). 14 issues per year.

Peer-reviewed. Indexed and abstracted by all the major services including MEDLINE, PsycINFO, EMBASE, etc.

<http://www.informaworld.com/smpp/title~content=t713597302~db=all>

International Journal of Mental Health & Addiction

ISSN 1557-1874

Springer. 4 issues per year.

Affiliated with the Auckland University of Technology (AUT) and the Dept. of Behavioral Medicine & Psychiatry, West Virginia University

<http://www.springerlink.com/content/119974/>

Citation databases

Some of the following databases are fundamental to most health libraries and a good source of information on alcohol and other drugs.

The **DRUG database** is of course specific to the discipline and has a high Australian content. DRUG can be searched free of charge from the Alcohol and other Drugs Council of Australia (ADCA) website or as part of a subscription to the AUSThealth suite of databases.

AU AUSTHEALTH

A suite of 9 Australian health databases produced by RMIT [charges attracted].
<http://www.informit.com.au/>

CINAHL

A Cumulative Index to Nursing and Allied Health Literature owned and operated by EBSCO [fee based].
<http://www.cinahl.com/>

Cochrane

Provides independent evidence to inform healthcare decision-making [free].
<http://www.thecochranelibrary.com/>

AU DRUG

A bibliographic database with over 75,000 records of items from published and unpublished material on all aspects of substance misuse [free].
<http://www.adca.org.au/drug>

ETOH – Alcohol and Alcohol Problems Science Database

Created and managed by the US National Institute of Alcohol Abuse and Alcoholism (NIAAA) to support research and practice. Includes abstracts [free].
<http://etoh.niaaa.nih.gov/>

AU Indigenous Australian Alcohol and other Drugs bibliographic Database

Contains references, keywords and brief annotations for over 1000 items on Indigenous Australian Substance use [free].
www.db.ndri.curtin.edu.au

AU National Inhalants Information Services Database (NIIS)

Contains over 750 references to books, DVDs, journal articles, conference papers, research reports and unpublished materials on health, social and economic aspects of inhalant use [free].
www.inhalantsinfo.org.au/database

PubMed

Contains more than 19 million citations for biomedical articles from MEDLINE and life science journals. Citations include links to full-text articles when available [free].
<http://www.pubmed.gov>

Project Cork

An online database, founded at Dartmouth Medical School in 1978, which contains more than 89,000 bibliographic records on substance abuse. Aimed at clinicians, educators and policy makers, it is free and includes abstracts [free].

www.projectcork.org

PsycInfo

Produced by the American Psychological Association, PsycInfo provides systematic coverage of the psychological literature from the 1800s to the present (not full text) [fee based].

<http://www.apa.org/psycinfo/>

Recommended websites

While there are many useful websites that can provide information on alcohol and other drugs, listed below are some that we think are particularly useful.

General information suitable for the public and professionals

Australian

National Drugs Sector Information Sector (NDSIS) of the Alcohol and other Drugs Council of Australia (ADCA)

The NDSIS web page provides links to a range of Australian and International alcohol and other drug resources, access to the Drug database and an "Ask a Librarian" email enquiry service available to both professionals and the public.

<http://ndsis.adca.org.au/>

Australian Drug Foundation (ADF)

The ADF has an extensive collection of resources suitable for the general public and professionals, which are available for purchase from their online shop.

www.adf.org.au

Australian Drug Information Network – ADIN

The Australian Drug Information Network (ADIN) provides a central point of access to quality Internet-based alcohol and drug information provided by prominent organisations in Australia and internationally. ADIN delivers alcohol and drug information to its website visitors who search ADIN's large collection of quality-assessed websites and databases

www.adin.com.au/

Australian Government Department of Health and Ageing

The areas of smoking, alcohol and drug abuse come under the Population Health Division, and information regarding government initiatives in these areas can be found at their website.

www.health.gov.au

National Drug Strategy

The National Drug Strategy is a cooperative venture between Commonwealth, state and territory governments and the non-government sector. It is aimed at improving health, social and economic outcomes for Australians by preventing the uptake of harmful drug use and reducing the harmful effects of licit and illicit drugs in our society. On this website you will find information about the National Drug Strategy and the advisory structures that support the Strategy; links to the current drug campaign sites with information on initiatives at national, state/territory or community levels; and the key research and data components supporting the Strategy, publications and key links to relevant government, professional organisations and drug-related portal sites.

<http://www.nationaldrugstrategy.gov.au>

Australian National Council on Drugs (ANCD)

The ANCD have commissioned a number of general and research paper on critical issues in the alcohol and other drugs field and these are available online. They also auspice the independent magazine *Of Substance*, which has as its primary target audience the alcohol, tobacco and other drugs frontline workforce in Australia. The magazine's main purpose is to disseminate current research and best practice to the ATOD field in plain English.

<http://www.ancd.org.au>

National Drug and Alcohol Research Centre (NDARC)

NDARC produces a range of resources for drug users and workers in the field which are available for purchase from their website.

<http://ndarc.med.unsw.edu.au/ndarc.nsf/website/Publications.resources>

Indigenous Australian Alcohol and other Drugs Bibliographic Database

Produced by the National Drug Research Institute (NDRI).

<http://www.db.ndri.curtin.edu.au/>

Australian Indigenous Health Info-net

Health info-net aims to contribute to 'closing the gap' in health between Indigenous and other Australians by informing practice and policy in Indigenous health by making research and other knowledge readily accessible.

<http://www.healthinfonet.ecu.edu.au/>

The 'Can do' Initiative: managing mental health and substance use in general practice

The 'Can Do' initiative is a national Initiative, funded through the Australian Government Department of Health and Ageing as part of the *National Comorbidity Initiative*. The initiative promotes a 'Can Do' approach to general practice to meet the challenge of mental health and substance use and focuses on education, training and networking between two multidisciplinary teams of health professionals.

<http://www.agpncando.com/>

State and Territory Governments

Australian Capital Territory

ACT Health

<http://www.health.act.gov.au/c/health>

New South Wales

Alcohol Info website

www.alcoholinfo.nsw.gov.au

Drug info website

www.druginfo.nsw.gov.au

NSW Alcohol Summit

<http://www.alcoholsummit.nsw.gov.au/>

NSW Community Builders - Drugs and Community Action

http://www.communitybuilders.nsw.gov.au/drugs_action/

NSW Multicultural Health Communication Service

<http://www.mhcs.health.nsw.gov.au/>

Northern Territory

Department of Health & Families - Alcohol and other Drugs Program

http://www.health.nt.gov.au/Alcohol_and_Other_Drugs/index.aspx

Queensland

Alcohol, Tobacco and Other Drugs Service

<http://www.health.qld.gov.au/atod/>

South Australia

Drug and Alcohol Services Council

<http://www.dasc.sa.gov.au/site/page.cfm>

Tasmania

Department of Health and Human Services

<http://www.dhhs.tas.gov.au/>

Victoria

Its our drug problem

<http://www.health.vic.gov.au/drugsttopics/index.htm>

Western Australia

Drug and Alcohol Office

<http://www.dao.health.wa.gov.au/>

Overseas

Alcohol Concern (UK)

www.alcoholconcern.org.uk

Drugscope (UK)

<http://www.drugscope.org.uk>

National Clearinghouse for Alcohol and Drug Information (US)

<http://ncadi.samhsa.gov/>

National Institute on Drug Abuse (US)

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

Substance Abuse and Mental Health Services Administration (US)

<http://www.samhsa.gov/index.aspx>

Australian research organisations

Sources of Australian alcohol and other drugs research papers

Australian Institute of Criminology

<http://www.aic.gov.au>

Australian Institute of Health and Welfare

<http://www.aihw.gov.au>

Drug and Alcohol Services South Australia (DASSA)

<http://www.dasc.sa.gov.au>

Drug Policy Modelling Group (DPMP)

<http://www.dpmp.unsw.edu.au/DPMPWeb.nsf/page/home>

National Health and Medical Research Council (NHMRC)

<http://www.nhmrc.gov.au>

National Drug and Alcohol Research Centre (NDARC)

<http://ndarc.med.unsw.edu.au/ndarc.nsf>

National Drug Research Institute (NDRI)

<http://www.curtin.edu.au/curtin/centre/ndri/>

National Cannabis Prevention and Information Centre (NCPIC)

<http://ncpic.org.au/>

National Centre for Education and Training on Addiction (NCETA)

<http://www.nceta.flinders.edu.au/>

Queensland Alcohol and Drug Research and Education Centre (QADREC)

<http://www.sph.uq.edu.au/qadrec/>

RADAR (Register of Australian Drug and Alcohol Research)

www.radar.org.au

Turning Point Alcohol & Drug Centre

<http://www.turningpoint.org.au/>

Directories of treatment services

Australian Drug Information Network (ADIN) maintains a list of alcohol and drug services.

http://www.adin.com.au/content.asp?Document_ID=38

Tips and tricks for new players: a guide to becoming familiar with the alcohol and other drugs sector

http://ndsis.adca.org.au/ndsis_publications.php

Glossaries of drug terms

Addictions Studies Program for Journalists

<http://www.addictionstudies.org/glossary.html>

Drugscope

<http://www.drugscope.org.uk/resources/mediaguide/glossary.htm>

United Nations Office on Drugs and Crime – Drug abuse and demand reduction

Terminology and information on drugs

<http://www.unodc.org/unodc/en/scientists/terminology-and-information-on-drugs.html>

Demand reduction – a glossary of terms

http://www.unodc.org/pdf/report_2000-11-30_1.pdf

The Vaults of Erowid

<http://www.erowid.org/glossary.shtml>

Slang terms

<http://www.erowid.org/psychoactives/slang/slang.shtml>

DVDs

AU Breathless 2005

Jason Bray/Red Earth Film Production

26 Mins

Format: DVD

Designed as a training and education tool for the alcohol and other drugs sector, the documentary *Breathless* takes you into the world of those who are addicted to inhalants, specifically paint, living in South East Queensland. It gives viewers an insight into the world of an inhalant user and the impact it has on themselves and their families.

AU The can do initiative: managing mental health and substance misuse in general practice [videorecording] 2006

Rural Health Education Foundation, Australian Divisions of General Practice, Australia, Dept. of Health and Ageing, Canberra

DVD (87 min.)

The 'can do' Initiative is a new national resource developed by the Australian Division of General Practice for general practice and community health teams. It aims to better equip primary health care providers with the knowledge and tools to identify, treat and support service users with mental health, substance use issues and other associated complex vulnerabilities. This program provides an introduction to this new initiative and explores the needs of patients with mental health and substance use issues and how they can be

recognised and effectively managed. The program also looks at available support services and resources for GPs.

AU Drinking for Two? 2007

Rural Health Education Foundation, Deakin, A.C.T.

Duration: 26 minutes

This DVD covers the topic of Foetal Alcohol Spectrum Disorder. Dr Norman Swan leads a panel of experts and family members of people with FASD in a comprehensive discussion of the issues. The issues covered include the impact of alcohol on the unborn child, the developmental consequences of FASD, management and support needed for a child with FASD and how to identify the links between educators, health professionals and community groups in developing and enabling prevention strategies for FASD.

AU Ice: Out in the Cold 2007

Rural Health Education Foundation, Deakin, A.C.T.

Duration: 68 minutes

This program aims to help health workers increase their understanding of the range of effects of crystal meth or "Ice". The program provides strategies for treatment, management and dealing with problems related to use of illicit drugs such as "Ice" in rural and remote areas. Finally, it explores various strategies to build resilience and preventing substance abuse, particularly among young people.

AU Hepatitis C in Australian prisons, a terminal sentence: key experts discuss how hepatitis C can be managed more effectively in Australian prisons 2007

Swan, N. et al.

Australian Hepatitis Council

DVD (60 min.)

Hepatitis C is endemic in Australian prisons. This DVD showcases highlights of a hypothetical-style discussion held in October, 2006. The discussion, facilitated by Dr Norman Swan, explores a wide range of issues relating to the prevalence, transmission and treatment of hepatitis C in Australian prisons.

AU Introducing Cannabis: risks, laws and habits 2007

Video Classroom, Bendigo Vic.

Duration: 23 minutes

This DVD is useful for showing to young people and anyone wanting a clear understanding of the issues of cannabis use. The program includes re-enactment scenes of drug using situations interspersed with a user discussing his experiences, and information and expert opinion is given on the drug. The issues discussed include risk-taking behaviour, short and long-term effects and legal aspects. Information is also given on kicking the habit and the benefits of quitting.

AU Mulling it Over: cannabis intervention in primary health care 2009

Rural Health Education Foundation, Deakin, A.C.T.

Duration: 61 minutes

Dr Norman Swan leads a panel of experts in a program which aims to improve the knowledge, skills and capacity of health professionals to detect and treat cannabis use problems and associated harms. It will assist primary health care practitioners to recognize and screen high-risk groups. It considers the short and long-term effects of cannabis use, cannabis dependence and comorbid mental health issues. Information on the latest research, intervention and best practice treatment options are given along with an outline of the principles of a brief intervention. The program covers the situation in Indigenous communities where cannabis use has been on the increase. It explores the role of primary health care professionals in rural practice and the issues they face in dealing with cannabis use problems.

AU Needle and Syringe Programs 2007

ANEX, Sydney

Duration: 18 minutes

This DVD gives a comprehensive overview of needle and syringe programs. The DVD is divided into specific chapters but can also be played in full.

The chapters include: A History of NSPs in Australia: at the forefront; the benefits of NSPs; the current state of NSPs around the world; How NSP services can be improved; NSPs around the world: different histories, different models; NSPs: the first point of contact with the broader health system; NSPs in prisons; Winning the public debate

AU Smoking and pregnancy: womb to breathe 2008

Rural Health Education Foundation, Deakin, A.C.T.

Duration: 57 minutes

Dr. Norman Swan leads a panel of experts in this program. The program explores the health impact of smoking on pregnant women, their unborn child, and young children. It canvasses the range of effective smoking cessation interventions, and considers how and when such interventions are best delivered. Cessation strategies that are specifically designed for intervention with Aboriginal and Torres Strait Islander women are also discussed.

AU Therapeutic journeys : alcohol counseling skills : working with binge drinking

Sushi Productions, Mount Lawley, W.A. 2009

Duration: 45 minutes

The Therapeutic journeys series gives very comprehensive examples of counselling clients with various issues (for further titles please see the DRUG database or contact us). This DVD features a counselor interviewing a 24 year old male client who is experiencing problems related to binge drinking, particularly on weekends. The interview illustrates; general counseling skills, alcohol and drug assessment, motivational interviewing, problem solving and short term goal setting, and normalizing relapse.

AU What drug is that? : a guide to drugs and their effects

Australian Drug Foundation, North Melbourne 2006

Duration: 30 minutes

This documentary discusses a wide range of legal and illegal drugs commonly used by young people in Australia. Presenter Terri Psiakis interviews experts to help explain the effects of using drugs which affect the central nervous system including: amphetamines,

ecstasy, alcohol, cannabis, cocaine, GHB, SLD and ketamine. Taking a harm-minimisation approach, this documentary is informative, easy to watch and is accompanied by notes for educators, facilitators, group leaders and councillors.