

# INHALANT ABUSE PREVENTION:

A guide to resources from the Maine Office of Substance Abuse, Information and Resource Center

## Videos for Youth:

### **\* Danger! Toxic Chemicals: an Inhalants Prevention Video**

*Grade level:* 5-8

*Details:* 14 min., 1999, Hazelden

*Synopsis:* This is an inhalant prevention video targeted for students in grades 5-8. The video explains the dangers of inhalants and how students can avoid inhalants. It does not show what products are being abused or how to abuse them. This video uses the approach that inhalants are not really drugs, but are poisons, toxins, and pollutants.

### **Inhalants**

*Grade level:* 5-8

*Details:* 20 min., 1996, United Learning

*Synopsis:* This program addresses the documented increase in the usage of inhalants by young people. Because products containing inhalants are readily available, inexpensive, and not illegal, many people do not realize their potentially deadly effects. This program will educate its audience, both the uninitiated and those who may currently be involved with inhalants, and the reasons why to avoid these extremely damaging substances.

### **Inhalants: the Silent Epidemic**

*Grade level:* 8-12

*Details:* 24 min., 1992, Texas Prevention Partnership

*Synopsis:* This video traces the lives of two recently relocated families as they experience firsthand the silent epidemic of inhalant abuse. Throughout this fictional account, the audience is exposed to the kind of situations, factors, and environmental dynamics that influence when and where inhalant abuse may take place.

## Videos for Adults:

### **\* Educate : Creating Inhalant Abuse Awareness Together**

*Grade level:* Adult, Prof

*Details:* 17 min., 1998, NIPC

*Synopsis:* Our kids call it huffing or sniffing. "It" is inhalant abuse. Our kids think it won't hurt them. It will. All over America kids of all ages are abusing everyday household products. One out of 5 children abuse these products before they finish high school. More than 9 out of 10 parents don't believe their child will ever abuse inhalants. (c.1 has an introduction with Barry McCaffrey, c.2, the updated version, does not.)

### **Inhalant Abuse: Kids in Danger, Adults in the Dark**

*Grade level:* Adult

*Details:* 18 min., 1990, Kinetic

*Synopsis:* This video explains inhalant abuse, what it is, how it is done, and who tries it. Many adults are unaware of inhalant abuse. It states that as many as 1/3 of pre-teens have experimented, and explains physical signs of use. It ends with examples of positive alternatives. *NOTE:* *Because of explicit "how to" information, this video should only be shown to adults.*

### **Inhalant Abuse : Signs and Symptoms**

*Grade Level:* Adult

*Details:* 20 min., 1995, Gary Whitaker Corp.

*Synopsis:* Dr. David Ohlms gives us a look at what inhalants are, how they work and their effects on the brain and other body organs such as the liver and kidneys. He details how inhalants affect the user's behavior.

### **Inhalants: an Adult Primer**

*Grade level:* Adult

*Details:* 8 min., 1992, Texas Prevention Partnership

*Synopsis:* This short presentation will answer the following important questions concerning inhalant abuse: What are inhalants? Why would anyone use them? What are the effects of inhaling? Is it a problem in Texas? Is your child inhaling? What is being done about it?

### **No Big Deal: A Film about Inhalant Abuse**

*Grade level:* Adult

*Details:* 20 min., 1992, Coronet/MTI

*Synopsis:* This is the story of 13-year-old Rick Kerring and his growing addiction to inhalants. Unable to deal with the pressures of family and school, Rick continues to "escape" by inhaling and tries to persuade his friends to join him. The program demonstrates that inhaling chemicals such as butane, spray paint, and correction fluid which offer a "high" can not only be mentally and physically damaging, but also fatal on the first try. *NOTE:* *Although filmed for a youth audience, the New England Inhalant Abuse Prevention Coalition recommends use with adults only.*

## Inhalant Abuse

### PAMPHLETS:

\*Inhalant Abuse (Research report series)  
<http://www.nida.nih.gov/ResearchReports/Inhalants/Inhalants.html>

\*Inhalants (CSAT Substance Abuse Treatment Advisory)  
<http://kap.samhsa.gov/products/manuals/advisory/pdfs/Inhalants-Advisory.pdf>

Inhalants: Community Drug Alert Bulletin  
<http://www.nida.nih.gov/InhalantsAlert/>

Inhalants: Danger in the Air

Inhalants Poison Your Body

Nitrous Oxide and Nitrite Inhalants

A Parents' Guide to Preventing Inhalant Abuse

### POSTERS:

Parents: 1 out of 5 6<sup>th</sup> and 8<sup>th</sup> Graders Has Tried Inhaling Household Products to Get High.

Mind Over Matter: The Brain's Response to Inhalants

\*Some Things Are Great to Take In

### BOOKS :

**Inhalant Abuse in Maine: Findings and Recommendations of the Maine Inhalant Abuse Prevention Task Force**/[Augusta, ME] : The Task Force. 2005 <http://www.maine.gov/dhhs/bds/osa/pubs/prev/2005/inhalant05.pdf>

**Inhalant Abuse Prevention Kit**/Washington, DC: Alliance for Consumer Education. 2004.

\***Inhalant Prevention Resource Guide**/ by Isabel Burk., Richmond, VA: Virginia Dept. of Education. 2001.  
<http://www.inhalants.org/Inhalantbook.pdf>

**Inhalant Treatment Guidelines**/ Austin, TX : NIPC [2003].

**Sniffing and Huffing: A Comprehensive Guide for the Prevention and Treatment of Children's Inhalant Abuse**/by Mark Groves, Minneapolis, MN : Eden Children's Project. 1996

### Inhalant Information on the Web:

**Free Online Course for Parents:**

<http://www.inhalantabusetraining.org/me.html>

**Maine Inhalant Abuse Prevention:**

[www.maineosa.org/prevention/community/inhalant.htm](http://www.maineosa.org/prevention/community/inhalant.htm)

**National Inhalant Prevention Coalition**

[www.inhalants.org](http://www.inhalants.org)

**New England Inhalant Abuse Prevention Coalition**

<http://www.inhalantprevention.org/>

**National Institute on Drug Abuse**

NIDA InfoFacts: Inhalants

<http://www.nida.nih.gov/Infofacts/Inhalants.html>

To request materials, contact:

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