WOMEN AND ADDICTION: A BIBLIOGRAPHY IN PROGRESS

CONTENTS

Introduction
1. Women and alcoholism
2. Women and drug abuse
3. Women and eating disorders
4. Women and co-dependency
5. First-person accounts
6. Fiction, poetry, and inspirational writings
7. Reference tools on addiction
8. Books for (or about) young women
9. Films and videotapes
10. Resource organizations

INTRODUCTION

This bibliography spotlights books, pamphlets, and audiovisual materials on women and addiction. Although recent writings point out the common patterns of addiction and recovery, regardless of the substance or behavior being abused, I have attempted to separate references by the type of addiction – alcoholism, drug dependency, eating disorders, and co-dependency. Autobiographical accounts and fictional treatments are included because the sharing of personal experience is key to most women’s recovery from addiction. To illustrate the full range of information sources on this important topic, I have also cited bibliographies and directories, books for children and young adults, and films and videotapes. Annotations are provided whenever possible, based on direct examination of the materials or drawn from reviews and other descriptions.

"The Library Response to Addiction," a program sponsored by Wisconsin Women Library Workers at the annual conference of the Wisconsin Library Association, October 26, 1989, sparked the creation of this bibliography and imposed a deadline for its initial printing. I am eager to learn of additions and corrections. Please send suggestions to: Susan Searing, Women's Studies Librarian, 112A Memorial Library, 728 State St., Madison, WI 53706.
WOMEN AND ALCOHOLISM

There is a sizeable body of literature on women alcoholics, ranging from clinical studies to self-help workbooks. This section includes a sampling of titles from various perspectives. The extensive literature on fetal alcohol syndrome is barely touched upon.

Using the 12 steps of Alcoholics Anonymous as a framework, Kominars identifies twelve "conditions" that characterize homosexual alcoholics and addicts (denial, isolation, etc.) and presents positive alternatives.


Sprinkled with quotes by recovering women alcoholics, this reassuring booklet describes the illness of alcoholism, discusses the particular stresses women face at home and in the workplace, provides questions for self-diagnosis, and outlines treatment options. Old, but still relevant.

Also published as Advances in Alcohol and Substance Abuse, vol. 5, no. 3, Spring 1986.


This resource manual reviews the statistics, history, and most recent research findings on fetal alcohol syndrome and the effects of other drugs on the unborn child. Also addresses prevention programs and suggests resources.

A comprehensive, interdisciplinary review of research on women and alcohol, plus in-depth discussions of drinking in adolescence, sexuality and sexual dysfunction, marital violence, minority and ethnic differences, alcohol/drug interactions, family effects, and biomedical consequences of drinking among women. Aimed at researchers and health professionals.

"Denial" -- the refusal or inability to admit dependence -- is a universal symptom of addiction to alcohol and other drugs. This little book exposes the arguments an alcoholic woman typically uses to convince herself she is not an alcoholic, and also reveals how friends, relatives, and others support her denial system.

A scholarly longitudinal study of 150 women from a variety of treatment centers.
This manual draws on the experiences of eight treatment programs geared to women alcoholics, making key points about outreach strategies, diagnosis, treatment, and community involvement.

The proceedings of a 1978 workshop, the papers in this volume summarize knowledge at that time about the epidemiology of drinking, biological and psychological consequences of alcohol for women, risk factors, clinical research and treatment, and prevention and education.
Recommendations for research and policy are outlined. Bibliography, pp. 203-256.

Focusing on women drinkers, the author examines the parallels between the individual approach of Jungian analysis and the collective approach of Alcoholics Anonymous.


Contents: "Sex-Rule Adjustment in Women Alcoholics" by Frederick B. Parker; "Femininity by the Bottle" by Sharon C. Wilsnak; "Women and Men Problem Drinkers" by Harold A. Mulford; "The Effects of Alcohol on Anxiety in Problem and Nonproblem Drinking Women" by Cristen C. Eddy; "Prevention of Alcohol Problems in Women" by Sharon C. Wilsnak; "Women Employees and Job-Based Alcoholism Programs" by Harrison M. Trice and Janice M. Beyer; "Women on Skid Row" by Gerald A. Garrett and Howard M. Bahr; "Fetal Alcohol Syndrome and Drinking During Pregnancy" by Cristen C. Eddy and Christine M. Olson; "Diagnosis, Casefinding, and Treatment of Alcohol Problems in Women" by Sheila B. Blume; "Alcoholism and the Lesbian Community" by Brenda Weathers; "Marital Therapy of Women Alcoholics" by Daniel Dinaburg, Ira D. Glick, and Elliott Feigenbaum; "Women Helping Women" by Marian Sandmaier; and "Women and Alcohol" by Jean Kirkpatrick.

Eight of the twelve chapters in this volume deal with women.

A riveting case history of a housewife who undergoes treatment for alcoholism.

Faculty and student papers resulting from a clinical training project. Contents: "A Systems Model for Planning Culturally Specific Programs" by Marianne Minor; "The Unidentified Problem of Alcoholism Among Hispanic Women" by Clara Steinhardt; "New Approaches for Prevention and Education of Alcoholism Among Hispanic Women" by Rose Regalado; "Program Planning for Hispanic Women: One Ideal Model" by Laura Castro; "Commonalities Among Female Alcoholics" by Ann Hudson and Lee Lovinfosse; "Feminist Therapy with Female Alcoholics" by Lucia Valverde; "Structural Family Therapy: The Sanchez Family" by Nancy Taylor.
Adolescents play up the sensational aspects of this book, which focuses on two hundred celebrities. "Painful true stories of famous women in show business, politics and the arts! Career slumps, broken relationships, untimely deaths and other seemingly unexplainable events now revealed as the devastation wreaked by alcohol abuse."


Addresses the special issues facing people struggling against both chemical dependency and homophobia, and discusses the skills needed by counselors to help such clients.


An early attempt to provide factual data concerning "early experiences and drinking patterns of female inebriates" and to develop a symbolic-interactionist theoretical framework for studying the causes of alcoholism among women. Replete with statistics and lengthy discussions of hypotheses and methodology, this study is most accessible to specialists.

The founder of Women for Sobriety, a support group for recovering alcoholics, describes the pain of alcoholism, stages in recovery, and keys to leading a better life, explaining how women's conditioning to be passive can make recovery harder. (See also Turnabout, below.)

"Hazelden Collection for Recovering Women." Center City, MN: Hazelden, n.d.
A pre-selected group of pamphlets and a daily meditation book. Titles included: "Each Day a New Beginning"; "PMS and Alcoholism"; "Sober and Sensual"; "Womansafe"; "Women and Relapse"; and "Women's Powerlessness."

A true story of female alcoholism from a husband's point of view. Previously published with the title, Drink Like a Lady, Cry Like a Man (CompCare, 1977).

Asserting that "the alcoholic woman lives out a nightmare uniquely shaped by her cultural role and status," Sandmaier supplements a thorough review of existing research and theory with case studies of recovering alcoholic women, including housewives, employed women, minority women, teenagers, lesbians, and women on skid row. Her perspective is a feminist one.

This book from a feminist press broke the silence about substance abuse among lesbians. The anthology, which includes both personal and professional perspectives, emphasizes the struggles and rewards of recovery.


The fifteen contributors to this volume believe that a woman alcoholic's life experience differs significantly from a man's; consequently, treatment needs may be very different. After several background papers delineating the "alcoholic experience" (including ones on sexual function, skid row women, and Third World women alcoholics), Burtle presents articles on therapeutic issues and particular approaches -- cognitive/behavioral therapy, psychoanalysis, gestalt therapy, Jungian therapy, and AA.

This booklet presents a "problem-solving, self-actualizing approach to thirteen common issues for recovering women today."

"Women's Recovery" packet. Minneapolis: CompCare, n.d.
A pre-selected group of thirteen books and pamphlets on alcoholism, eating disorders, and the Twelve Steps.

WOMEN AND DRUG ABUSE

Although women abuse both prescription and illegal drugs, there are relatively few written studies of this problem and a dearth of self-help materials.

Delves into the psychological, societal, and treatment program characteristics that leave women the most severely undetected and under-treated group in the country.


This book surveys prescription drug abuse by mothers, wives, employed women, and older women; exposes "the double standard of health care" and the complicity of the pharmaceutical industry, the FDA, and medical schools; and explains treatment options. A directory lists state programs, treatment resources, and self-help organizations.


WOMEN AND EATING DISORDERS

This section owes much to Barbara Hanaway, Director of the Monona (WI) Public Library, who contributed references and annotations. The majority of works cited below focus specifically on women's issues. Since the sufferers of anorexia nervosa, bulimia, and compulsive overeating are overwhelmingly female, general books on eating disorders contain valuable information for and about women.


Bulimarexia: The Binge/Purge Cycle. Boskind-White, Marlene, and William C. White, Jr. New York: Norton, 1983. 219p. Using case studies from their therapeutic work with bulimics, the authors show how social, cultural, and personality factors contribute to the low self-esteem, loneliness, and perfectionism of their women patients. They advocate a therapy program that includes assertiveness training, contracting to meet goals, and counteracting unrealistic expectations.

Eat Like a Lady: Guide for Overcoming Bulimia. Wills-Brandon, Carla. Deerfield Beach, FL: Health Communications, 1989. 122p. Exposes myths about the disease of bulimia, looks at its causes in the sufferer's family of origin, and recommends self-analysis and support groups to overcome the addiction.

Fat Is a Feminist Issue. Orbach, Susie. New York: Berkeley, 1978. 203p. This pioneering work was one of the first self-help guides for compulsive eaters. It has shaped the thinking of many subsequent writers and therapists.

Fat Is a Feminist Issue II: A Program to Conquer Compulsive Eating. Orbach, Susie. New York: Berkeley, 1982. 171p. This volume spells out the kinds of practical interventions that be helpful in working on a compulsive eating problem. While it stands on its own, it can best be used in conjunction with Fat Is a Feminist Issue, cited above.


The Obsession: Reflections on the Tyranny of Slenderness. Chernin, Kim. New York: Harper & Row, 1981. 206p. As Chernin indicates in the prologue, "This is a book about women's obsession; in particular the suffering we experience in our obsession with weight, the size of our body, and our longing for food." A feminist classic in the psychology of eating disorders.


WOMEN AND CO-DEPENDENCY

Originally coined to label the disease suffered by those in a close relationship to someone with a chemical dependency, "co-dependence" has come to mean a variety of behaviors associated with low self-esteem and unhealthy interpersonal relationships. This section covers materials on adult children of alcoholics, spouses of alcoholics and addicts, relationship addicts, and those who suffer from a range of compulsive behaviors. Linda Paulaskas, Director of the South Milwaukee (WI) Public Library, contributed a number of the references and annotations.


The author, an alcoholic and an adult child of an alcoholic, recounts her personal experiences and focuses in detail on applying the twelve steps of Alcoholics Anonymous to the situation of the adult child.

A practical guide for women who want to leave the "enchanted forest" of relationship addiction for genuine intimacy and recovery.

Addressed to adult children of alcoholics, this book aims to move readers beyond the destructive guilt and self-criticism they carry from their childhoods.

Dedicated to "those of you who live with alcoholic husbands," this book outlines the dynamics of the alcoholic family system in the stereotypic American nuclear family. Woititz offers practical advice for wives to help themselves and their children.


A practical workbook for women recovering from codependence. Along with the exercises, the reader will find first-person accounts from women who have met the challenge of moving through each stage of recovery. Hayes gives clear examples of how a 12-step program helps overcome relationship addiction.

A compassionate look at the lives of women who remain married to alcoholics. Kokin eschews the labels "codependent" and "enabler," feeling such terms imply more responsibility for their husbands' problems than the wives actually have.

By analyzing candid case histories, the author examines the problem of sex addiction and codependency (addiction to security) in women. Specific questions help readers identify and understand their own behavior.

Sub-titled "When You Keep Wishing and Hoping He'll Change," this book is one of the original bestsellers on codependence. Norwood defines a specific recovery program for women from dysfunctional families who find themselves drawn to unhappy and destructive relationships with men. See also Letters From Women Who Love Too Much: A Closer Look at Relationship Addiction and Recovery (Pocket Books, 1988).
FIRST-PERSON ACCOUNTS

The sharing of personal experience empowers women in recovery, so this section spotlights autobiographical writings.

Ten of these seventeen accounts of growing up with alcoholic parents are written by women.

The second volume in the former First Lady's autobiography recounts the inspiring story of her recovery from alcoholism.

This bestseller offers gripping first-person accounts by recovering alcoholics and their families. Some of the contributors are famous, like rock singer Grace Slick, while others are members of Alcoholics Anonymous and are identified by first name only.


Six personal stories of eating disorder sufferers who are now in recovery illustrate the effectiveness of Twelve Step programs coupled with individual therapy.

An intensely personal account of the founding and early years of Women for Sobriety.

Robertson, a Pulitzer Prize winning reporter and recovering alcoholic, traces the history of the world's most successful approach to helping alcoholics and shares her own experiences in A.A.

The daughter of the late author, John Cheever, portrays her alcoholic father in frank but loving terms.

**I'm Black and I'm Sober.** Allen, Chaney. Minneapolis: CompCare Publications, 1978. 279p.
The candid and inspiring autobiography of a recovering Black woman alcoholic.

Gordon, an award-winning television producer, tells the heart-wrenching story of the breakdown she suffered after quitting Valium cold turkey.

**It Must Be Five O'Clock Somewhere.** Cary, Sylvia. Minneapolis: CompCare, 1986. 217p.
A female psychologist's story of her own recovery from alcohol and drug addiction.

The popular television actress reveals her experiences with an alcoholic father and siblings.

The pseudonymous author, a successful writer and editor, serves up a vivid autobiographical account of her alcoholism and recovery through A.A.

Wegscheider-Cruse, a leading figure in the field of treatment for codependents and adult children of alcoholics, tells her own story of recovery, sharing the lessons she learned.


In this book, Miller tells the harrowing story of her battle with bulimia and her eventual triumph over it.


True-to-life stories of people recovering from alcoholism, anorexia nervosa, bulimia, cigarette smoking, cocaine, narcotics addiction, and suicide. Half the pieces are by women.


This "true account of a life-and-death drama in the midst of the American dream" tells the story of entertainer Pat Boone's daughter's struggles with and triumph over anorexia nervosa.


True stories of five lesbians and five gay men who found sobriety in Alcoholics Anonymous.


A psychiatrist graphically retells her 17-year struggle with drug and alcohol abuse.


Nineteen women -- including women of color, Jewish women, and lesbians -- share the stories of their addiction and recovery. Their ages range from seventeen to sixty-four, and they have been sober from two-and-a-half to twenty-one years.


Ten women relate their experiences with alcohol, valium, barbituates, antidepressants, diet pills, painkillers, marijuana, cocaine, crack, crystal, and heroin. These accounts are framed by chapters that document the extent of drug abuse among women and trace the common patterns in women addicts' experiences.

FICTION, POETRY, AND INSPIRATIONAL WRITINGS

Addiction is increasingly evident as a theme or sub-theme of women's fiction and poetry. Many readers appreciate a literary approach to understanding their own or their loved ones' addictions. Because identifying fiction and poetry by theme is difficult using standard bibliographic sources, this section is necessarily incomplete. Recommendations for additions are welcome.


Esme Singer grows up in the shadow of her beautiful but alcoholic mother. Her friend's father encourages her to pursue her talent for photography.


Francesca, Baby. Oppenheimer, Joan L. New York: Scholastic Books Services, 1976. 156p. This young adult novel about a teenage girl and her alcoholic mother was made into a movie (see below).

High and Outside. Due, Linnea A. San Francisco: Spinsters/Aunt Lute, 1980. 195p. This young adult novel follows Niki, the star of her high school softball team and an excellent student, as she succumbs to alcoholism and starts on the road to recovery.


Second Star To the Right. Hautzig, Deborah. New York: Greenwillow, 1981. 151p. As fourteen-year-old Leslie begins to shed the weight she feels makes her imperfect, she finds it increasingly difficult to reach out for the psychological help she knows she needs.

Take Heart. Peacock, Molly. New York: Random House, 1989. This volume includes graphic poems about growing up in an alcoholic household.

"A novel about drinking, loving, and lesbian life," this is the story of Olivia's struggle to attain sobriety.


 Autobiographical poems about growing up with an alcoholic father.

REFERENCE TOOLS ON ADDICTION

This section covers bibliographies and directories.


This interdisciplinary bibliography describes materials published from 1900 to 1982 about biological, social, and cultural aspects of the effects of alcohol consumption on sexual behavior by women and men.


More than six thousand references to the world-wide scholarly literature, primarily from the last twenty-five years. Alphabetical arrangement; subject index; no annotations. Good introductory literature review.


An annotated guide to twenty-four books on anorexia nervosa and/or bulimia, with an introduction that outlines the symptoms of, and theories about, both disorders.


Lists over seven hundred books, articles, pamphlets, films, videotapes, audiocassettes, and information agencies.


Over five thousand references to journal articles, books, book chapters, and patents published through 1986. Partially annotated.
Over seven hundred annotations to writings about alcoholism and drug abuse among lesbians and gay men, plus some two hundred additional references to the "best and most available sources" on homosexuality generally and on chemical addiction. Includes many references to pamphlets, unpublished conference papers, and writings in the alternative press.

Directory of treatment centers with special programs for women, women's centers that do referrals, and other information sources, including national organizations and agencies.

A county-by-county, descriptive guide to services and treatment centers. Appendixes list state and national organizations, local governmental agencies, and state agencies concerned with alcoholism and drug abuse.


This review offers lengthy abstracts of psychosocial and physiological research on the use of controlled substances. Additional publications are listed in an unannotated bibliography.

Describes over 1,200 residential facilities treating alcoholism, chemical dependence, co-dependency, sexual addictions and abuses, eating disorders, and other behavioral disorders.

Over 1,000 references from the years 1972 through 1986. Arranged by topic, including a separate chapter on women.

BOOKS FOR (OR ABOUT) YOUNG WOMEN

Addiction among youth is a pressing social concern, and a distinct body of literature addressed to young readers is emerging, as are manuals for parents, teachers, and policy makers. The books cited in this section concentrate on the needs and experiences of girls. Note that some young adult novels are listed in the "Fiction, Poetry, and Inspirational Writings" section, above.

This illustrated book explores the factors that put girls in particular in jeopardy of drug use and offers specific suggestions for parents to help their daughters, from toddler through teen years, avoid drugs. Also includes a review of current literature on women and alcohol and other drugs.


Facts and Reflections on Girls and Substance Abuse. Indianapolis, IN: Girls Clubs of America, 1988. 50p. This report presents recent research on the prevalence, patterns, and causes of girls' substance abuse, highlights health risks, discusses intervention techniques, and poses public policy issues.


Kids and Drinking. Snyder, Anne. Minneapolis: CompCare, 1977. 48p. In this book aimed at elementary and junior high readers, two girls and a boy describe how they began using alcohol as early as age seven, lost control of their lives, and began to recover.


FILMS AND VIDEOTAPE ABOUT WOMEN

Annotations for films and videotapes are extracted from OCLC records, distributors’ catalogs, reviews, and other publications. Those coded "VS" are taken from The Video Source Book. 10th ed. (Detroit: Gale Research, 1989).

Alcohol and the Working Woman. 24 mins. 16mm film, 3/4". 1978. Dist. by Motivational Media, 6855 Santa Monica Blvd., Los Angeles, CA 90038 (800-331-8454).
Points out the problems and solutions for working women with alcohol problems. Includes the comments of representatives of occupational alcoholism programs.

Because We Love Her. 29 mins. Beta, VHS. [date?] Dist. by CompCare Publishers, 2415 Annapolis Lane, Minneapolis, MN 55441 (800-328-3330).
Working with a counselor/narrator, four high school girls relive an actual experience of a friend in trouble with drugs.

Examines the causes, symptoms, and therapy used to treat anorexia.

COVERS THE DIAGNOSIS, TREATMENT, AND PREVENTION OF ANOREXIA NERVOSA.

Drink, Drank, Drunk. 60 mins. 16mm film, VHS, 3/4". 1975. Dist. by PBS Video, 1320 Braddock Place, Alexandria, VA 22314-1698.
Comedian Carol Burnett narrates this classic documentary on alcoholism and its treatment.

*A harrowing study of the problems of alcoholism among women, featuring graphic interviews with several reformed female alcoholics* (VS).

Francesca, Baby. 47 mins. 16mm film. Prod. by Walt Disney Educational Media, 500 South Buena Vista St., Burbank, CA 91521 (800-423-2555).
An adaptation of the novel of the same title by Joan L. Oppenheimer, about a teenage girl and her younger sister who try to cope with their alcoholic mother. Shows how the teenager joins Alateen and how a series of dramatic events mark the beginning of a new life for the girls.

*An examination of female alcoholism, presenting two actual case histories of women with drinking problems* (VS).
Jean Kilbourne (maker of Killing Us Softly, a classic feminist film about advertising) examines the images used to sell alcohol.

The Last to Know. 55 mins. 16mm film, Beta, VHS, 3/4". 1981. Dist. by New Day Films, PO Box 315, Franklin Lakes, NJ 07417 (201-891-8240).
A film about four women of different backgrounds who are similarly dependent upon alcohol or prescribed drugs. Describes the nature of their addiction and how it is possibly perpetuated by the medical establishment and other societal forces.

"Three months after her alcoholic mother's death, Lisa is already drinking heavily herself" (VS). See also The Secret Love of Sandra Blain and The New Life of Sandra Blain, below.

New Beginnings: Women, Alcohol, and Recovery. 20 mins. 16mm film, Beta, VHS, 3/4". 1977. Dist. by AIMS Media Inc., 6901 Woodley Ave., Van Nuys, CA 91406-4878 (800-367-2467); and by CompCare Publishers, 2415 Annapolis Lane, Minneapolis, MN 55441 (800-328-3330).
"Allows the viewer to share in the actual recovery of three women in their natural settings of home, recreation, and work" (VS). Chaney Allen, author of I'm Black and I'm Sober (see above) is one of the women shown.

Sequel to The Secret Love of Sandra Blain. Tells the story of a fictional character, Sandra Blain, who has no job, no job skills, no husband, no family, and no home. Shows how she puts her life together as a recovering alcoholic. See also Lisa: The Legacy of Sandra Blain, above.

One For My Baby. 28 mins. 16mm film, Beta, VHS, 3/4". 1982. Dist. by the Film Library, 616 South Westmoreland Ave., Los Angeles, CA 90005 (800-421-9585); and by Kidsrights, 3700 Progress Blvd., Mount Dora, FL 32757 (800-892-KIDS).
Produced by WHA-TV in Madison, Wisconsin, this is an in-depth examination of Fetal Alcohol Syndrome and the means of preventing it. Includes interviews with physicians and parents of FAS children.

Pandora's Bottle: The Drinking Woman. 44 mins. 16mm film, Beta, VHS, 3/4". 1981. Dist. by Motivational Media, 6855 Santa Monica Blvd., Los Angeles, CA 90033 (800-331-8454).
"Hosted by Mariette Hartley. The social background and behavior of the female alcoholic is explored for causes and solutions. Intended for men and women, the female alcoholic, her family and co-workers, and the alcoholism professional" (VS). Featured dramatized situations.

"This program examines the effects on the child of limited as well as excessive use of alcohol during pregnancy" (VS).

Sarah T. - Portrait of a Teenage Alcoholic. 97 mins. 16mm. 1975. Dist. by Universal.
Drama about a fifteen-year-old schoolgirl who drinks secretly and is finally convinced to seek outside help.

"This program is about the progression of alcoholism in a wife and mother. It explains treatments available for recovery" (VS). See also The New Life of Sandra Blain and Lisa: The Legacy of Sandra Blaine, above.

She Drinks a Little. 31 mins. 16mm film, Beta, VHS, 3/4". 1981. Dist. by Learning Corp. of America, 108 Wilmot Road, Deerfield, IL 60015-9990 (800-621-2131).

"This drama examines the problem of young people coping with an alcoholic in the family. High school student Cindy endures pain and humiliation at the hands of her alcoholic mother" (VS).

She Has a Choice. 17 mins. 16mm film, Beta, VHS, 3/4". 1978. Dist. by Motivational Media, 6855 Santa Monica Blvd., Los Angeles, CA 90038 (800-331-8454).

Women of different ages and backgrounds share their real-life experiences of dealing with alcoholism. Explores the myths and realities of women and alcohol.


Created to engage an audience in developing thoughtful attitudes and making responsible choices about their use or non-use of alcohol. The tape presents seven vignettes about college-age women and alcohol and is intended to be followed by group discussion. Accompanied by a Leader's Guide. The improvisational vignettes dramatize alcohol related issues, including peer pressure to drink, vulnerability to sexual abuse, loss of judgment leading to high-risk situations, family drinking, assessing one's own alcohol consumption and evaluating and tending to the needs of others who may be in trouble with alcohol.

We All Have Our Reasons. 28 mins. 16mm film. 1981. Prod. by Iris Feminist Collective, PO Box 5353, Berkeley, CA 94705.

A group of women alcoholics, whose sobriety ranges from one week to five years, talk about their experiences. The director of the Alcoholism Center for Women in Los Angeles discusses the center, the women who are treated there, and her own life as a recovering alcoholic.

Women and Alcohol: Through the Drinking Glass. 27 mins. 16mm film, VHS, 3/4". 1980. Dist. by FMS Productions Inc., 1777 North Vine St., Los Angeles, CA 90028 (800-421-4609).

"Carol Burnett narrates this program. Not an alcoholic herself, but nonetheless a victim of the disease, Carol tells her personal story. She examines the dynamics of family relationships, social and moral demands, and society's changing views on female alcoholism" (VS).

Women, Drugs, and Alcohol. 21 mins. 16mm film, video. 1979. Dist. by MTI Teleprograms, 3710 Commercial Ave., Northbrook, IL 60062.

This film explores women's misuse of prescription drugs and alcohol. Former drug abusers describe vicious cycles of anxiety, addiction, and remorse, while a woman physician comments on male doctors who too readily prescribe tranquilizers for female patients. The films argue that women must take responsibility for their own health.
RESOURCE ORGANIZATIONS

This section is an expansion of a list compiled by the Women's Action Alliance, "Where to Get Current books, Pamphlets, Videos, and Other Information on Alcohol and Other Drugs."

Al-Anon Family Group Headquarters
PO Box 182
Madison Square Station
New York, NY 10159
212-465-6110

Founded by Lois W., wife of the co-founder of Alcoholics Anonymous, Al-Anon provides support for families and friends of alcoholics. Publications include the Forum, a monthly magazine, plus books and pamphlets.

Alcoholics Anonymous-World Service
PO Box 459
Grand Central Station
New York, NY 10017
212-686-1100

AA is a "fellowship of men and women who share their experience, strength, and hope" to achieve and maintain sobriety. The World Service office publishes Alcoholics Anonymous (the "Big Book"), the Grapevine (a monthly magazine), and numerous other books and pamphlets.

Association of Junior Leagues
660 First Ave.
New York, NY 10016
212-683-1515

An international women's volunteer organization, the Junior Leagues sponsor "Woman to Woman," an alcohol awareness and education program.

Association of Labor Management Administrators and Consultants on Alcoholism
1800 North Kent Street, Suite 907
Arlington, VA 22209
703-522-6272

Center for Alcohol Studies Library
Rutgers University
PO Box 969
Piscataway, NJ 08854
201-932-4442

Center for Science in the Public Interest
1501 16th Street, NW
Washington, DC 20036
202-332-9110

Children of Alcoholics Foundation, Inc.
200 Park Avenue, 31st floor
New York, NY 10166
212-949-1404
Cocaine Anonymous World Services  
3740 Overland Ave., Suite G  
Los Angeles, CA 90034  
213-559-5833

Narcotics Anonymous World Service Office  
PO Box 9999  
Van Nuys, CA 91409  
818-780-3951

National Association for Children of Alcoholics  
31582 Coast Highway, Suite B  
South Laguna, CA 92677  
714-499-3889

National Association of Lesbian and Gay Alcoholism Professionals  
204 West 20th St.  
New York, NY 10011  
212-713-5074

National Black Alcoholism Council  
417 South Dearborn Street, Suite 700  
Chicago, IL 60605  
312-663-5780

National Clearinghouse for Alcohol and Drug Information  
Box 2345  
Rockville, MD 20852  
301-468-2600

National Council on Alcoholism  
12 West 21st Street  
New York, NY 10010  
212-206-6770

Overeaters Anonymous  
PO Box 92870  
Los Angeles, CA 90009  
213-542-8363

Wisconsin Association on Alcohol and Other Drug Abuse  
2801 West Beltline Highway  
Madison, WI 53713  
608-273-8616

This organization has developed a "women's plank" on alcohol and drug abuse issues, and has sponsored the Women Reaching Women Project since 1978. The project has 25 local chapters that provide voluntary support groups, education, and individual advocacy activities for women.
An agency of the University of Wisconsin and the official state clearinghouse for information and materials on substance abuse, the Wisconsin Clearinghouse offers a range of publications on alcohol, mood-altering drugs, and mental and physical health. Its twenty-page catalog includes inexpensive booklets, posters, books, fact sheets, and curriculum kits aimed at readers in the professional treatment community, employers, family members, educators, and children in the elementary grades through high school. One section of the catalog is devoted to "Women, Alcohol, and Fetal Alcohol Syndrome."

The Wisconsin Women's Network, a coalition of women's organizations, has developed a position paper on "Women and Substance Abuse." The Network advocates increased funding for women-centered prevention, intervention, treatment, and aftercare.

Founded as a woman-centered alternative to Alcoholics Anonymous, this self-help program focuses on building self-esteem as the key to abstaining from alcohol. For background on the history and principles of Women For Sobriety, see the writings of Jean Kirkpatrick, cited above.

The Women's Action Alliance has mounted a national prevention program targeting low income, Black, and Latina women. The Alliance supports the establishment of alcohol and drug education and prevention programs at women's centers and other women's service organizations, and has prepared printed materials specifically aimed at women. Watch for the fall 1990 release of a book about the Alliance's projects: Alcohol and Drugs Are Women's Issues: A Book for Women, Women's Centers & Other Service Organizations.

Compiled by Susan E. Searing,
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