



## Information Sheet 5

Supporting integrated work on substance use and violence issues

## Resources about women's experience of substance use and violence-related concerns

This information sheet includes resources on substance use for women themselves, and resources for service providers who are interested in knowing more about women's substance use and the connections between substance use and violence/trauma-related concerns. These resources are available through the Web links listed, through substance use databases such as those listed at <http://www.cesar.umd.edu/cesar/cesarfax/vol13/13-21.pdf>, through online bookstores, and in some cases, local libraries. Where possible, links to these resources will be added to the Canadian Women's Health Network database at [www.cwhn.ca](http://www.cwhn.ca).

### General Resources for Women

#### On women and substance use:

1. Alberta Alcohol and Drug Abuse Commission. (2003). **The effects series**. Edmonton, AB: AADAC. <http://www.aadac.com/547.asp>
2. Action on Women's Addictions: Research & Education (AWARE). (1995). **Making connections: A booklet about women and prescription drugs and alcohol**. Kingston, ON: AWARE.
3. Action on Women's Addictions: Research & Education (AWARE). (1996). **Give and Take: A booklet for pregnant women about alcohol and other drugs**. Kingston, ON: AWARE
4. Centre for Addiction and Mental Health. (2003). **Is it safe for my baby?** Toronto, ON: CAMH. [http://www.camh.net/About\\_Addiction\\_Mental\\_Health/Drug\\_and\\_Addiction\\_Information/Safe\\_Baby/safe\\_baby.pdf](http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/Safe_Baby/safe_baby.pdf)
5. Covington, S. (1994). **A woman's way through the Twelve Steps**. Center City, MN: Hazelden Educational Materials.
6. Holmberg-Schwartz, D. (1997). **Catching our Breath: A journal about change for women who smoke** (2nd ed.). Winnipeg: Women's Health Clinic.
7. Kasl, C. (1995). **Yes, you can! A guide to empowerment groups**. Lolo, MT: Many Roads, One Journey, Inc. <http://www.charlottekasl.com/>
8. Najavits, L. (2002). **A Woman's Addiction Workbook**. Oakland, CA: New Harbinger Press.
9. National Institute on Alcohol Abuse and Alcoholism. (2003, August). **Alcohol, a Women's Health Issue**. Rockville, MD: NIAAA



## Key Resources for Service Providers

### On women's substance use and working with women with substance use problems:

1. Alberta Alcohol and Drug Abuse Commission. (2003). **Help Guide for Professionals working with Women who Use Substances: Screening, intervention, referral.** Edmonton, AB: AADAC.
2. Bloch, M. (2006). **Tobacco Kills Women: What we know about adverse health effects.** In L. Greaves, N. Jategaonkar, & S. Sanchez (Eds.). *Turning a New Leaf: Women, Tobacco, and the Future.* Vancouver, BC: British Columbia Centre of Excellence for Women's Health (BCEWH) and International Network of Women Against Tobacco (INWAT).  
[http://www.inwat.org/pdf/newleafdoc\\_06-28-06.pdf](http://www.inwat.org/pdf/newleafdoc_06-28-06.pdf)
3. Canadian Centre on Substance Abuse. (2001). **Respect is key to helping pregnant women with substance use problems: A conversation with Pam Woodsworth.**  
<http://www.ccsa.ca/pdf/ccsa-008861-2001.pdf>
4. Canale, M., Adrian, M., Bader, P., Greenbaum, J., Hollenberg, K., Ingber, E., et al. (1996). **The Hidden Majority: A guidebook on alcohol and other drug issues for counsellors who work with women.** Toronto, ON: Centre for Addiction and Mental Health.
5. Health Canada. (2001). **Best Practices: Treatment and rehabilitation for women with substance use problems.** Ottawa, ON: Canada's Drug Strategy Division, Health Canada.
6. Kasl, C. D. (1992). **Many Roads, One Journey: Moving beyond the 12 steps.** New York, NY: Harper Collins.
7. Leslie, M. (2005). **Nurturing Change: Working effectively with high-risk women and affected children to prevent and reduce harms associated with FASD.** Ottawa, ON: Canadian Centre on Substance Abuse. <http://www.ccsa.ca/toolkit/introduction.htm>
8. Miller, W. R., & Rollnick, S. (2002). **Motivational Interviewing: Preparing people for change** (2nd ed.). New York, NY: The Guilford Press.
9. Poole, N., & Dell, C. A. (2005). **Girls, Women and Substance Use.** Ottawa, ON: Canadian Centre on Substance Abuse. <http://www.ccsa.ca/CCSA/EN/Topics/Populations/Women.htm>
10. Sanchez-Craig, M. (1995). **Drink wise: How to quit drinking or cut down.** Toronto, ON: Centre for Addiction and Mental Health.
11. The National Center on Addiction and Substance Abuse at Columbia University. (2003). **The Formative Years: Pathways to substance abuse among girls and young women ages 8-22.** New York, NY: CASA.
12. The National Center on Addiction and Substance Abuse at Columbia University. (2006). **Women Under the Influence.** Baltimore, MD: Johns Hopkins University Press.
13. United Nations Office on Drugs and Crime. (2004, August). **Substance Abuse Treatment and Care for Women: Case studies and lessons learned.**  
[http://www.unodc.org/pdf/report\\_2004-08-30\\_1.pdf](http://www.unodc.org/pdf/report_2004-08-30_1.pdf)



# Coalescing on Women and Substance Use

## Linking Research, Practice and Policy

### On helping women explore violence/substance use connections:

14. Bland, P. (2001, October). **Screening chemically dependent battered women in, not out, of our programs.** *The A Files: Washington State Coalition Against Domestic Violence Newsletter.* 3(3), 127-138.
15. Covington, S. (1999). **Helping Women Recover: A program for treating addiction.** San Francisco, CA: Jossey-Bass.
16. Miller, D., & Guidry, L. (2001). **Addictions and trauma recovery: Healing the body, mind and spirit.** New York, NY: W.W. Norton.
17. Najavits, L. M. (2002). **Seeking safety: A treatment manual for PTSD and substance abuse.** New York, NY: Guilford Press.
18. Harris, M. (2001, April). **A menu of strategies for improving a woman's trauma recovery and empowerment profile.** Washington, DC: Community Connections.
19. Harris, M., & The Community Connections Trauma Work Group. (1998). **Trauma Recovery and Empowerment: A clinician's guide for working with women in groups.** New York, NY: The Free Press.
20. Humphreys, C., Regan, L., River, D., & Thiara, R., (2005). **Domestic violence and substance use: Tackling complexity.** *British Journal of Social Work.* 35(8), 1303-1320.
21. The Stella Project. (2005). **Domestic Violence, Drugs and Alcohol Toolkit.** London: Greater London Domestic Violence Project (GLDVP) and Greater London Alcohol and Drug Alliance (GLADA).

### On feminist views of substance use and addictions:

22. Bepko, C. (1992). **Feminism and Addiction.** Binghamton, NY: Haworth Press.
23. Boyd, S.C. (2004). **From Witches to Crack Moms: Women, drug law, and policy.** Durham, NC: Carolina Academic Press.
24. Greaves, L. (1996). **Smoke Screen: Women's smoking and social control.** Halifax, NS: Fenwood Publishing.
25. Van Den Bergh, N. (1991). **A Feminist Perspective on Addictions.** *Addiction & Recovery,* July/August.

This information sheet reflects the discussions of a group of Canadian researchers, policy advocates and service providers from the anti-violence and substance use fields who "met" in a virtual community over a four-month period from April, 2006, to July, 2006. Participants in the online community reflected on the responses to women who use alcohol, tobacco, prescription drugs, and illicit drugs by services whose primary mandate is to serve women who have experienced woman abuse, sexual assault, and/or other forms of gender-based abuse and trauma. The virtual community was sponsored by the British Columbia Centre of Excellence for Women's Health and co-sponsored by the Canadian Women's Health Network and the Canadian Centre on Substance Abuse. Production of this information sheet has been made possible through a financial contribution from Health Canada. The views herein reflect the discussions of diverse participants in the virtual community and do not necessarily represent the views of Health Canada or the sponsoring organizations.