

Supplies and Materials

IMPORTANT NOTE: Posters and handout masters are found in the Handout Packet included with the five volumes of the curriculum.

Posters: **You will need the following posters every week.** Additional posters specific to weekly sessions are listed in the lesson-specific supplies; Group Agreements; Acts of Kindness List; A Brief Agenda for each session; Connecting with My Family Brief Agenda; Connecting with My Family Agreements; Connecting with My Family Agreements; Connecting with My Family Unity Prayer Closing; WOW Moments List; The Healthy Living Circle; and the Serenity Prayer; for each session

Optional Supplies:

- Costumes/props for role-plays and skits
- Game supplies (balls, balloons, etc.)
- Extended time activities: coloring sheets, puzzles, theme related books, videos
- A variety of craft and games resource books to supplement the curriculum

Children's Group (Ages 8-10)

These are materials you will need weekly. Determine who is responsible for gathering and replacing materials. Prepare them in advance and make sure they are available every week. We suggest creating a "Group Box", which you may have the group decorate. Each week ask your group to help you return everything to the box so that it is ready the following week.

Group Box:

- Audio recorder/player with CDs containing quiet, soothing music to play as participants arrive (helps set a calm atmosphere for the group)
- Poster pads or flipcharts with flip chart stand or chalk or dry erase board. Be sure to use only non-black pens.
- Plastic name badge holders and name tags
- A small, soft stuffed animal or bean bag to act as a "talking stick" – whoever has the object has the right to speak
- Basket of soft toys (bean bags/koosh balls)
- General art supplies: colored pens, pencils, scratch paper, construction paper, poster board, glue or glue sticks, masking tape, scotch tape, fine tip markers, broad tip markers, scissors and staplers (children's safety scissors with younger children)
- Miscellaneous craft supplies: glitter, stickers, scraps of fabric and yarn, cotton balls, chenille wires
- A Surprise Box with stickers, school supplies, or other small treats children might enjoy (children choose an item as they leave)
- *Children's Program Kit* from SAMHSA's National Clearinghouse for Alcohol and Drug Information, PO Box 2345, Rockville, MD 30847-2345. 1-877-726-4727

Pre-Adolescent and Adolescent Group Materials

Remember to determine who is responsible for gathering and replacing materials. Make sure they are available every week. You may want to create a “Group Box”, which the groups decorate.

Group Box

- General supplies listed on previous page
- Journals. These can be purchased or made by folding sheets of paper in half and stapling in the center to make a booklet.
- Pencils and paper for doodling by pre-adolescents/adolescents – helps concentration

Posters

- See poster list on previous page

Adult Group Materials

Remember to determine who is responsible for gathering and replacing materials and making sure they are available every week. You may want to create a “Group Box,” which the group can decorate.

Group Box

- General supplies listed on previous page
- Pencils and paper for doodling by participants – may help concentration
- A notebook for each parent – these can be the paper binders that hold 3 hole punched paper or the vinyl binders. Place at least 15 sheets of lined paper in each.
- A Surprise Box is optional. You may want to have small prizes adults might enjoy (adults choose an item as they leave) or prizes could be items they can use with their children.

Posters

- See poster list on previous page

Family Group Materials

As with other groups, determine who is responsible for gathering and replacing materials. These are materials you will need weekly.

Group Box

- General supplies listed on previous page
- Children’s picture books for reading to group. Choose simple stories with colorful pictures and limited words on each page. Preschool or Head Start books work well.
- OPTIONAL: Book basket with children’s books for families to borrow each week

Posters

- See poster list on previous page

Ordering Information for Books, Videos and Other Supplies

● = Suggested

- Collect alcohol and tobacco ads from magazines, newspapers, Web sites, radio and TV ads for use in Session 7.
 - **Children's Program Kit**, from SAMHSA. This kit is free. Call 1-877-726-4727. Or to order on-line, go to: www.ncadi.samhsa.gov. Click on: Quick Find and Order. On that page, type Children's Program Kit in the title field. This will take you to the order form. Used throughout the curriculum, beginning with Session 1.
 - Books for reading with Early Childhood groups. See the Early Childhood Preface in Volume 3 for specific recommendations for each session. Used in every session.
 - Book for Children's group: **My Dad Loves Me, My Dad Has A Disease**, 3rd Edition, by Claudia Black; Order from: www.claudialblack.com. Used in Sessions 8 and 9. Cost \$11.00
- Enchante Series** – Story books and Activity Guides available. (OPTIONAL books on different feelings – excellent resource) Six Seconds; www.6seconds.org. Cost \$ 99.99
- "How Are You Feeling Today?"** Feelings Faces posters, Anger Management posters and other items from Creative Therapy, Inc. Available for purchase from Family Resources, Int. 805-614-2814. To see pictures of items available and prices, visit: www.confidentkids.com, go to "Resource Catalogue" and "Other Resources."

Music tapes, CDs and videos by Peter Alsop. <http://www.peteralsop.com>. Peter is the author of the **My Body Song** provided with the curriculum. His site has many other wonderful songs appropriate for the *Celebrating Families!* program.

Me and My Family Tree, Joan Sweeney; Crown Publishers; 1999; ISBN#: 0-517-70966-X; ISBN#: 0-517-88597-2 (paperback). (Session 13)

An optimal book to read is **Straight Talk** by Claudia Black, order from www.claudialblack.com

The Berenstain Bears: order from www.berenstainbears.com

A Walk In The Rain With A Brain, Edward M. Hallowell, M.D. Harper Collins Publishers, 2004. ISBN #: 0-06-000731-1 (Session 14)

Videos

● = Suggested

Elephant in the Living Room – Good for children. FMS Productions; 800-421-4609; www.fmsproductions.com Cost: \$299

● **F.A.T. City** – By Richard Lavoie; Cost: \$58.00; www.addwarehouse.com/shopsite, or the store at PBS.com. This video is NOT shown to participants, but is used for leader training on Learning Differences. Show as part of initial training. Must be viewed by all leaders before teaching Session 14.

Good Vibrations – Discussion materials included. FMS Productions; 800-421-4609; www.fmsproductions.com. Used in Session 13, Pre-Adolescent group. Cost: \$299

Invisible Line – Discussion materials included. (There is strong language in this video, as well as a scene of a teen using.) FMS Productions Cost: \$295

Lost Childhood: Growing Up in an Alcoholic Family – by Emerald Yeh (DVD) Available from National Association for Children of Alcoholics. 1-888 554-2627 This is also an excellent video to show program leaders during their initial training. Cost \$13

● **Lots of Kids Like Us** – FMS Productions, 800-421-4609; www.fmsproductions.com ; Used in Session 9, Children's group. Cost \$250

My Father's Son - Hazelden, materials included; <http://www.hazelden.org> or FMS Productions, 800-421-4609. Used in Session 9, Pre-adolescent group. Cost: \$195

No More Secrets – Select Media, New York . 212-431-8923; www.selectmedia.org Cost: \$195

● **Recovering Hope: Mothers Speak Out About FASD** from SAMHSA's FASD Center for Excellence. Free https://ncadistore.samhsa.gov/catalog/SC_ItemList.aspx Used in Session 14, Parents' group.

Roots of Addiction – FMS Productions, 800-421-4609; www.fmsproductions.com. Can be used with parents' group as an alternative to Which Brain Do You Want? in Session 7. Cost \$250

Series on **Addiction**, an HBO Original Program, www.HBO.com and click on "Documentaries: Addiction" from the left column.

Soft Is the Heart of a Child - FMS Productions, 800-421-4609; www.fmsproductions.com ; Cost \$195

The Truth About Drugs used in Session 7, Additional Activity. www.narconon.org Video costs \$29.95; DVD \$47.00

● **When the Chips are Down** – This video is not shown to participants, but is used for leader training on Learning Differences. Show as a part of initial training. Recommended viewing by all leaders before teaching Session 14. www.learningstore.org 800-542-9714. Cost \$49.95

● **Which Brain Do You Want?** - Mindworks Press: www.mindworkspress.com Used in Session 7, Adolescent and Parents' groups. Cost: \$49.95

Why Am I So Angry? – Gerald T. Rogers Productions, \$195.00
<http://www.gtrvideo.com/index.php?cpath=26>

● **Yes, You Can Say No** – Produced by Committee for Children; 800-634-4447 ext. 200. www.cfchildren.org. Used in Session 12, Children's group. Cost \$65; Order #R000011

● **You Are Not Alone**. Part of Children's Program Kit from SAMHSA's National Clearinghouse for Alcohol and Drug Information, PO Box 2345, Rockville, MD 30847-2345. Free. Used in Session 1, Children, Pre-adolescent and Adolescent groups.