

## **On-Line Video Resources related to SUD**

### **Staying Sober During Covid-19**

This video shows two Deaf people in recovery and their challenges of staying sober during COVID and how the community can be more mindful about what is shared and posted. Thank you to James McGowan and Sheena Cobb for sharing their hearts with us.

**<https://www.youtube.com/watch?v=kc0QBUt61xU&feature=youtu.be>**

### **Alcohol Use during Coronavirus Crisis**

In this video Kimberly Bostick, mental health counselor for Gallaudet University Counseling and Psychological services, discusses some reasons why sheltering at home for Covid-19 can negatively impact those in recovery.

**[https://media.gallaudet.edu/media/Alcohol+Use+during+Coronavirus+Crisis/1\\_1ita15jp](https://media.gallaudet.edu/media/Alcohol+Use+during+Coronavirus+Crisis/1_1ita15jp)**

### **Social Distance Challenge**

This Social Distance Challenge video by the Deaf Recovery Community celebrates members of the community while social distancing during the Covid-19 outbreak.

**<https://www.youtube.com/watch?v=H5RxtksqJY4&feature=youtu.be>**

### **Party Responsible**

This video is in ASL and captioned and was developed by Peer Health Advocates at Gallaudet University.

The video is geared towards college students and shows different situations that can happen when "partying" and if a student plans to engage in this behavior, how to do so in a more responsible manner.

**<https://youtu.be/WPONo9Gzfqc>**

### **One Decision Many Lives**

This video, produced by Gallaudet University, highlights the potential consequences of deciding to drive while intoxicated in a skit performed by students. Additionally, students are interviewed about their experiences with drugs and alcohol in college.

**[https://media.gallaudet.edu/media/PHA+Movie+-+Alcohol+Screening+Day+/1\\_dmhqyfhm](https://media.gallaudet.edu/media/PHA+Movie+-+Alcohol+Screening+Day+/1_dmhqyfhm)**

**These videos use signs for Drug and Alcohol related information using some different registers/styles of language (consultative, casual, intimate).**

<https://www.youtube.com/watch?v=YvfaHKRg8a8&feature=youtu.be>

[https://www.youtube.com/channel/UCsHXKwGIRaAMWziZI2NLaoG?fbclid=IwAR22RUonpaw9KVJ7qkfDhSZTVBrhTRA3Yo\\_mUwIldIxJP4KdrU3D\\_512wE8](https://www.youtube.com/channel/UCsHXKwGIRaAMWziZI2NLaoG?fbclid=IwAR22RUonpaw9KVJ7qkfDhSZTVBrhTRA3Yo_mUwIldIxJP4KdrU3D_512wE8)

**This is an American Sign Language (ASL) version of the Fourth Edition of the Big Book, which is the basic text for Alcoholics Anonymous.** This version of the Big Book in ASL is signed by Deaf individuals. *A.A. members maintain personal anonymity at the level of public media. Any person appearing in this video is not an A.A. member.*

[https://www.aa.org/pages/en\\_US/alcoholics-anonymous-asl](https://www.aa.org/pages/en_US/alcoholics-anonymous-asl)

### **Deaf Recovery Stories**

**Deaf recovery stories** are a great way for Deaf people in recovery to learn about the experiences of others and are also voice interpreted for members of the hearing community.

This is Marco's Story:

<https://www.youtube.com/watch?v=yihQPfmGQxU&index=7&list=PLnjWmrSW3LjdCnKz1fkL6RwXOaC7%20ZFtnJ>

This link offers a number of videos on a wide range of topics including recovery stories (see below)

<https://www.youtube.com/c/DEAF-COUNSELING/videos>

Deaf Addiction Recovery: Querida's Story

<https://www.youtube.com/watch?v=rRB6M7zNf3M>

Addiction Recovery – Hunta's Story

<https://www.youtube.com/watch?v=T8okzJW5Tzk>

Deaf Addiction Recovery: Priscilla's Story

<https://www.youtube.com/watch?v=Fjvtm0QL8oM>

Many people who deal with alcohol or drug addiction deny their addiction and often enter treatment programs more than once before they are able to accept reality. Priscilla discusses her journey to recovery and shares her tip of HOW others can do this as well.

Deaf Addiction Recovery: Christina's Story

[https://www.youtube.com/watch?v=fr\\_JAbnwZHU](https://www.youtube.com/watch?v=fr_JAbnwZHU)

What's the difference between a street drug like heroin and a prescription pill like oxycodone? Watch Christina give a rundown, while also sharing her own path to sobriety after 17 years of drug addiction.

Deaf Addiction Recovery: Sheena's Story

<https://www.youtube.com/watch?v=o3JrmqkMAEg>

Figuring out the first step toward sobriety can be a challenge. Sheena shares how a good friend helped her get on the path to recovery from addiction.

Deaf Addiction Recovery: Delynn's Al-Anon Story

<https://www.youtube.com/watch?v=4n5fNYSvQ5Q>

Nearly every person struggling with addiction has a family member or friend who is at loss for how to help. Delynn, the mother of a daughter with addiction issues, shares her journey of learning how deal with a very tough situation, and talks about how she wants to give back to the Deaf community.

Deaf Addiction Recovery: Michael's Story

<https://www.youtube.com/watch?v=PnCHsARi60c>

Hi everyone, I am Michael. I am a recovering alcoholic. My date of sobriety is 12/03/2012. I struggled with alcohol for 12 years. I did not grow up drinking alcohol. Like many young people who are curious, I liked to taste different alcoholic drinks, such as beer, wine, whiskey, vodka, gin, rum and so on. I would taste them, but I wasn't that interested. Once I got drunk, but that was just part of growing up and it was not a big deal.

### **Awareness Videos: Owing Our Decisions**

Owing Our Decisions is an educational drug awareness project created by Silent Voice Canada in association with Parent Action on Drugs (PAD). Each video describes 1 of 5 recreational drugs, its effects, and its risks.

<https://www.youtube.com/channel/UCcEXghl3wlZFGzY28M-xU-g>

### **Hands off Tobacco**

The Tobacco Related Diseases Research Program (TRDRP) and the California Department of Education provided funding to the University of California at Los Angeles Division of Cancer Prevention and Control Research, School of Public Health and Jonsson Comprehensive Cancer Center and the California School for the Deaf, Fremont (CSD) to develop a tobacco prevention curriculum and video series specifically tailored for Deaf students.

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

### **Other Online Resources**

#### **ASL-STAR**

This is an online portal where you can administer various screeners and assessments in American Sign Language related to mental health, substance, and career.

Register <https://www.sardiprogram.com/ASLStar/>

#### **Sober Hands & Hands of Serenity: Readings and Speaker Stories**

Readings, speaker stories, workshops and more on video for our friends in the Deaf recovery community. The audio is the speakers voice, and the video is the ASL interpreter. Both AA and Al-Anon speakers.

<https://amotaudio.com/sober-hands-hands-of-serenity-2>

#### **Minnesota Substance Use Program for Deaf and Hard of Hearing Individuals**

This website is comprised of a number of resources including articles pertaining to SUD as related to deaf and hard of hearing individuals.

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