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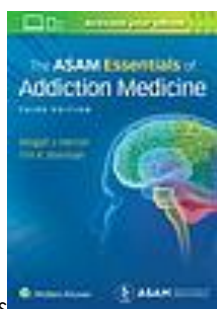
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 **Alcohol and Drug Foundation**

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ADF Library New Books 2020



[ASAM essentials of addiction medicine](#)

This book is a companion guide to ASAM's Principles of Addiction Medicine, a comprehensive reference text that reflects the state-of-the-art science and practice of addiction medicine. It was created with the goal of providing a more concise source of up-to-date and clinically relevant information.

Contents:

Introduction. A public health approach to prevention: the health professional's role -- Section 1. Basic science and core concepts -- Section 2. Pharmacology -- Section 3. Diagnosis, assessment, and early intervention -- Section 4. Overview of addiction treatment -- Section 5. Special issues in addiction -- Section 6. Management of intoxication and withdrawal -- Section 7. Pharmacological interventions and other somatic therapies -- Section 8. Psychologically based interventions -- Section 9. Mutual help, twelve-step, and other recovery programs -- Section 10. Medical disorders and complications of addiction -- Section 11. Co-occurring addiction and psychiatric disorders -- Section 12. Pain and addiction -- Section 13. Children and adolescents -- Section 14. Ethical, legal, and liability issues in addiction practice.

[Australian policy handbook](#)

Public policy permeates everyday of our lives. It is the stuff of government, the justification for taxes, the foundation of the laws that regulate our behaviour, the support for health, education, and other social services. Public policy gives us roads, railways and airports, drought relief, emergency services, industry and employment development, and natural resource management. While politicians make the decisions, public servants provide the analysis and support for those choices. The sixth edition of this widely used introduction is



fully updated, and includes new material on the professionalisation of politicians, the role of opposition members, loss of corporate memory in the public service, addressing systemic policy failure, nudge economics and the impact of social media and the sharing economy on policy making and government.

Contents:

Introduction. Why the 'Australian Policy Handbook'? -- 1. Why policy matters -- 2. The institutions of public policy -- 3. A policy cycle -- 4. Identifying issues -- 5. Policy analysis -- 6. Policy instruments -- 7. Consultation -- 8. Coordination -- 9. Decision -- 10. Implementation -- 11. Evaluation -- 12. Managing the policy process -- 13. When policies succeed and fail -- Appendix: Checklists for policy development.

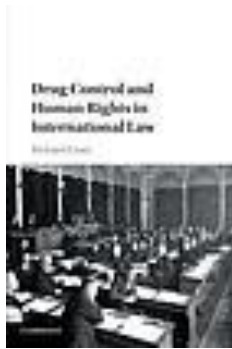
[Concepts of Chemical Dependency](#)

Reflects the explosion of information regarding the understanding, identification, and treatment of addictive disorders. This title examines the use and abuse of alcohol, tobacco, barbiturates, amphetamines, cocaine, opiates, and hallucinogens, as well as chemicals such as aerosols, steroids, and over-the-counter analgesics.

Contents:

Why worry about substance misuse or substance use disorders? -- The nature of the beast -- A brief introduction to the science of pharmacology -- An introduction to alcohol: man's oldest recreational chemical -- The alcohol use disorders -- Misuse of barbiturates and barbiturate-like compounds -- Misuse of the benzodiazepines and similar agents -- Use and misuse of central nervous system stimulants -- Cocaine misuse and cocaine use disorder -- Marijuana use and misuse -- Opioid use and misuse -- Hallucinogen misuse -- Misuse of inhalants and aerosols -- The under-recognized problem of steroid misuse -- Tobacco products and tobacco use -- Over-the-counter analgesics -- Chemicals and the neonate -- Gender and substance use disorders -- Hidden faces of substance use disorders -- Substance misuse by children and adolescents -- Substance use and substance use disorders in college students -- Substance use disorders and the older adult -- Substance use disorders and the family -- Co-dependency and enabling -- The client with co-occurring disorders -- The biopsychosocial model of the addictions -- The substance use disorders as a disease of the human spirit -- The assessment of suspected substance use disorders -- Intervention -- Treatment settings -- The treatment of substance use disorders -- The process of treatment -- Pharmacological interventions for substance use disorders -- Relapse and other problems frequently encountered in substance rehabilitation -- Support groups to promote and sustain recovery -- Substance use disorders and infectious disease -- The debate over drugs -- The debate over legalization.





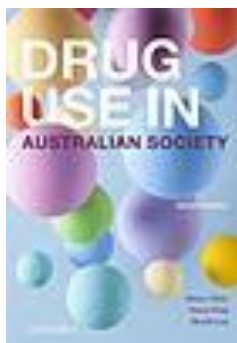
[Drug control and human rights in international law](#)

Human rights violations occurring as a consequence of drug control and enforcement are a growing concern and raise questions of treaty interpretation and of the appropriate balancing of concomitant obligations within the drug control and human rights treaty regimes. Tracing the evolution of international drug control law since 1909, this book explores the tensions between the regime's self-described humanitarian aspirations and its suppression of a common human behaviour as a form of 'evil'. Drawing on domestic, regional and international examples and case law, it posits the development of a dynamic, human rights-based interpretative approach to resolve tensions and conflicts between the regimes in a manner that safeguards human rights. Highlighting an important and emerging area of human rights inquiry from an international legal perspective, this book is a key resource for those working and studying in this field.

Contents:

1. Drug control, human rights and 'parallel universes'
2. The four stages of drug control: development, structure and law
3. The contradictory paradigms of international drug control
4. Drug control and human rights: tensions and conflicts between regimes
5. The object and purpose of the international drug control regime
6. The case for dynamic interpretation of the international drug control conventions
7. Moving the 'thumb on the scales' - towards a dynamic human rights-based interpretation of international drug control law
8. The future for a 'fifth stage' of drug control?

[Drug use in Australian society](#)



Drug Use in Australian Society, second edition, brings together and outlines all the relevant concepts, theories, and practices pertinent to understanding alcohol and other drug use in Australian society. It introduces the history of drug use in Australian society, outlines theoretical perspectives and explores public policy responses to drug use. It also has a focus on drug policy in action by exploring responses to prevention, treatment, legal issues, regulation, and policing. Discussion Questions expanded - useful for classroom discussion and to help students relate theory to practical situations. New case study feature allows students to apply theoretical concepts to practical situations.

Completely updated with current policy and references.

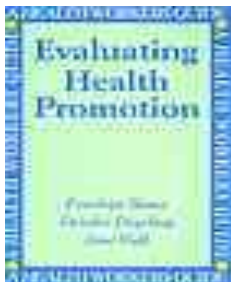
Contents:

1. Introduction
2. Historical Perspectives on Drug Use and their Possible Implications for the Future
3. Epidemiology: Analysing Patterns of Drug Use and Harms
4. Frameworks for Understanding Drug Use and Societal Responses
5. Images of Drugs in Popular Culture
6. Drugs and the Internet

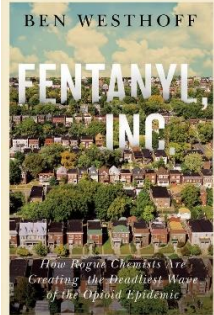
7. Primary Prevention for Alcohol and Other Drug Use among Australian Adolescents
8. Harm Reduction: Reducing the Harms from Drug Use
9. Drug Pharmacology and Pharmacotherapy Treatments
10. Psychosocial Treatments for Drug Problems
11. Drug Laws and Regulations
12. Drug Law Enforcement: Reducing the Supply of Drugs
13. Making Drugs Policy: Policy Models and Influences on Policy Processes

[Evaluating health promotion](#)

This is a health worker's guide to evaluation in health promotion, written specifically for the people who design and run health promotion programmes in community health centres, hospitals, schools, and community centres.



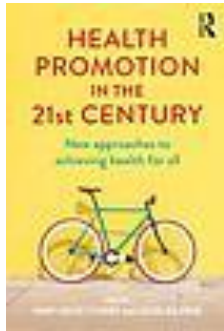
[Fentanyl, Inc.: how rogue chemists are creating the deadliest wave of the opioid epidemic](#)



A deeply human story, *Fentanyl, Inc.* is the first deep-dive investigation of a hazardous and illicit industry that has created a worldwide epidemic, ravaging communities and overwhelming and confounding government agencies that are challenged to combat it. 'A whole new crop of chemicals is radically changing the recreational drug landscape,' writes Ben Westhoff. 'These are known as Novel Psychoactive Substances (NPS) and they include replacements for known drugs like heroin, cocaine, ecstasy, and marijuana. They are synthetic, made in a laboratory, and are much more potent than traditional drugs'-and all-too-often tragically lethal. Drugs like fentanyl, K2, and Spice were all originally conceived in legitimate laboratories. Their formulas were then hijacked and manufactured by rogue chemists, largely in China, who change their molecular structures to stay ahead of the law, making the drugs' effects impossible to predict. Westhoff has infiltrated this world, tracking down the little-known scientists who invented these drugs and inadvertently killed thousands. He visits the factories in China from which these drugs emanate, providing startling and original reporting on how China's vast chemical industry operates, and how the Chinese government subsidizes it. He poignantly chronicles the lives of addicted users and dealers, families of victims, law enforcement officers, and underground drug awareness organizers in the U.S. and Europe. Together they represent the shocking and riveting full anatomy of a calamity we are just beginning to understand and the new strategies slowly emerging that may provide essential long-term solutions to the drug crisis that has affected so many.

Contents:

Introduction -- The new drugs -- Users and dealers -- The source -- A new approach -- Epilogue.



[Health promotion in the 21st century](#)

From growing levels of obesity to an ageing population, how should we respond to the national and international challenges in public health today? In a climate of tightened health funding and greater emphasis on individual responsibility, what is the role of health promotion? This book discusses multiple contexts for health promotion and ways of structuring the delivery of health promotion programs, analyses contemporary and future thinking about health promotion planning and evaluation models, and provides solutions for health promotion in the 21st century. Section 1 looks at key challenges in contemporary health promotion including redefining health and well-being, constraints on health spending and the economics of health spending, health priorities and risk factors for specific diseases and features a special focus on Indigenous health. Section 2 covers health promotion settings including individual and population-based approaches, the role of governments and communities, influencing behaviour change and the role of policy, legislation, and environmental change. The final section addresses planning and evaluation including developing sustainable health programs and how they can be measured. Featuring contributions by experts in the field and including case studies and review questions throughout to guide learning, this is a vital resource for both students and practitioners.

Contents:

Chapter 1 The importance of health promotion principles and practices

Chapter 2 The changing nature of health promotion

Chapter 3 The economics of prevention

Chapter 4 Complexity and risk

Chapter 5 Promoting health in Aboriginal and Torres Strait Islander communities

Chapter 6 Settings for health promotion

Chapter 7 Social and behaviour change

Chapter 8 Government, organisations, and communities

Chapter 9 Policy, legislation, and environmental change

Chapter 10 Planning and implementing health promotion programs.

Chapter 11 New ways of thinking about evaluation.

Chapter 12 Sustaining the practice of health promotion.

Chapter 13 The future for health promotion

Acronyms and abbreviations

Glossary

Acknowledgements

Index



[How to change your mind](#)

A brilliant and brave investigation by Michael Pollan, author of five New York Times best sellers, into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences. When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus, began a singular adventure into the experience of various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists catalysed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both struggle and beauty, we can do our best to be fully present and find meaning in our lives.

Contents:

Prologue: A new door -- A renaissance -- Natural history: be mushroomed; Coda -- History: the first wave. The promise; The crack-up; Coda -- Travelogue: journeying underground. Trip one: LSD; Trip two: psilocybin; Trip three: 5-MeO-DMT (or, the toad) -- The neuroscience: your brain on psychedelics -- The trip treatment: psychedelics in psychotherapy. One: dying; Two: addiction; Three: depression; Coda: going to meet my default mode network -- Epilogue: In praise of neural diversity.

[Macquarie concise dictionary](#)

This Macquarie Concise Dictionary Seventh Edition provides an up-to-date reference of Australian English, with wide coverage to meet the needs of the general dictionary user. Based on the comprehensive Macquarie Dictionary Seventh Edition, this volume includes words and meanings which are particular to our variety of English, as well as those common to the whole English-speaking world, with evidence sourced from corpus data.



The Macquarie Concise Dictionary includes:

- * hundreds of new words and definitions such as Bechdel test, fat-shame, freecycle, lane filtering, robopoll
- * words relating to technology, the internet, and social media, such as big data, cyberwarrior, digital tattoo, domotics, dox, listicle, live-tweet, smart buoy
- * words and phrases from regional Australia, such as early minute, four-pointer, mufti day, Stobie pole
- * illustrative phrases which clearly show how a word is used in context
- * valuable usage notes
- * etymologies (word origins)



[Never enough: the neuroscience and experience of addiction](#)

Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use—there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she learns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. Drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behaviour as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a 'cure' for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its colour, candour, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives. It offers crucial new insights into how we can solve the epidemic of abuse.

[Self harm](#)



Non-suicidal self-injury (NSSI) is a global mental health concern with studies conservatively indicating 10% of young people experiment with self-harm. The ways in which young people self-harm are wide and varied, and a challenge many families now have to face. It remains distressing and difficult for parents and caring adults to understand, as it seems to go against every innate instinct of self-protection and survival. In this book, award-winning speaker, author and educator Michelle Mitchell has combined her 20 years' experience, with the latest research, interviews with experts and stories from professionals and everyday families, to give parents and teachers fresh insights into how to prevent, understand and respond to self-harm. Full of evidence-based strategies, this unique resource will provide parents with the facts, practical help, and comfort they need.

Contents:

Endorsements -- A quick definition -- Why I wrote this book -- The important basics -- The psychology and physiology -- The role of the internet -- Digital self-harm -- Must-have conversations -- The role of professional support and schools -- Self-care and safety plans -- Parent as coach -- Taking care of family -- Stories of hope -- Acknowledgements -- Resources and websites -- About the author -- Endnotes -- Reference list.



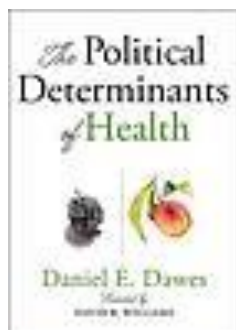
[The clinician's guide to illicit drugs and health](#)

In this comprehensive book the authors examine the health effects of each of the major illicit drugs. All the major drug classes are covered: psychostimulants, opioids, cannabis, hallucinogens and 'novel psychoactive substances'. Each chapter presents the epidemiology of use, user characteristics, dependence, drug toxicity, mortality, the effects upon each major organ system, and associated psychiatric morbidities.

The Guide is an essential reference for medical practitioners, physicians in training, nurses, treatment providers, researchers, behavioural scientists, and the interested layperson. The authors have skilfully integrated an extraordinary amount of research to produce clear, evidence-based, guidance for a wide range of health and social care interventions.

The guide has an easy-to-follow structure that examines each major illicit drug class and focuses on its effects on the major organ systems: heart, brain, liver, lungs, and kidney. Each drug class also has a section on pregnancy.

[The political determinants of health](#)



This book examines the ways that policy and politics influence health--both the policies we think of as health policy, formally, and those that we don't. The author introduces the concept of the political determinants of health (modelled on the term social determinants of health) and describes the history of health legislation and explains how readers can use this knowledge to take social action.

Contents:

The allegory of the orchard : The political determinants of health inequities -- Setting the precedent : America's attempts to address the political determinants of health inequities -- The political determinants of health model -- How the game is played : successful employment of the political determinants of health -- Winning the game that never ends -- Growing pains : tackling the political determinants of health inequities during a regressive period -- The future of health equity begins and ends with the political determinants of health.



Wicked solutions

Wicked problems are complex, ill-structured, human problem situations. This book will help you design an inquiry and intervention in such messy, wicked situations. It does so by guiding you through the steps and stages of a systemic process that addresses your own wicked problem. Limited references to systems theory and history acquaint you with the key principles to work wicked problems on your own. The focus of this book on systems thinking is on a critically important question that often goes unanswered: "Where do I start?" It also provides numerous tips and tricks to keep you on the right track. You will find that the systems approaches in this book will not only help you to address wicked problems yourselves, but also that it will give you a basic grasp of what is involved in other systems methods. Few other investments in your intellectual toolbox could claim the same.

Contents:

Level One. Getting started. Working with wicked situations -- Thinking systemically: a very short introduction -- Choosing an issue -- Describing the main features -- Level Two. Three core concepts. Inter-relationships, perspectives, boundaries -- A short history of the systems field -- Inter-relationships -- Perspectives -- Boundaries -- Level Three. The deep dive. A method of detailed systemic inquiry -- 3.1. Inter-relationships: mapping the wicked problem. Drawing a rich picture -- Our case example: lift irrigation along Sahelian rivers -- 3.2. Perspectives: framing for purpose. Step 1. Conducting stakeholder analysis -- Step 2. How to identify stakes -- Step 3. Selecting key framings -- 3.3. Boundaries: critique for impact. The heuristics -- Step 1. Re-exploring the rich picture -- Step 2. Outline Of the ideal situation -- Step 3. Boundary critique of 'is' and 'ought' -- Wicked solutions: intervention design. Innovative corrective action: a systemic intervention outline -- Expanding your ability to think systemically -- Where our ideas come from -- Further reading -- Jargon buster.