

**NEW!**

# Highs & Lows

## Canadian Perspectives on Women and Substance Use

**Nancy Poole and Lorraine Greaves, Editors**

542 pages • paperback • published 2007 • ISBN 978-0-88868-534-6  
• product code: PG123 • \$49.95

*Developed through a partnership between the British Columbia Centre of Excellence for Women's Health and the Centre for Addiction and Mental Health*

Women's and girls' substance use is now recognized as an important health, economic and social issue in Canada. However, most books about alcohol and other drug use do not address the unique needs and circumstances of this population.

*Highs & Lows* draws on the latest theory and research to offer strategies for improving practice and developing policy to support women with substance use problems. This unique book includes contributions from nearly 100 experts on women's substance use, including psychiatrists, psychologists, social workers, clinical therapists, health promoters, academics, alternative health care providers, women's health advocates—and women who have personally been affected by substance use.

The book includes in-depth chapters on:

- the interconnection of trauma, mental health and substance use problems for women
- pregnancy, mothering and substance use

- innovative treatment, harm reduction and prevention programs designed with women's needs in mind
- challenges and opportunities for improved research, treatment and policy development.

*Highs & Lows* also includes:

- snapshots of the latest in women-centred research, treatment and policy innovations
- statistics on women's substance use in Canada
- women's personal narratives of their experiences of substance use problems.

*Highs & Lows* is a valuable resource for program developers and administrators, researchers and policy makers, therapists and counsellors, and educators and students. It is an ideal choice as a course text on this topic.

More information about *Highs & Lows* is available at [www.camh.net](http://www.camh.net).

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