



FROM BINGE TO BLACKOUT

by Chris Volkmann and Toren Volkmann

A dynamic book for teens, families, educators, and communities

as seen on ABC's "The View" with Barbara Walters, *PEOPLE Magazine*, CBS Evening News and *The New York Times*

ALCOHOL: the number one drug of choice for America's youth

From Binge to Blackout discusses---

- § marketing of alcohol to youth
- § the vulnerable adolescent brain
- § kids' genetic maps for alcohol dependence
- § parents' power to influence teen alcohol decision-making
- § the nonchalance of community and teens towards public drunkenness
- § the norming of our alcohol-saturated culture
- § separate discussion questions for teens and adults

From Binge to Blackout...an especially gripping cautionary tale on this subject.--**Janet Maslin, *The New York Times***

The anguish and loss that alcohol addiction brought to this young man and his family, powerfully portrayed in this book, stand in stark contrast to the glamour and fun promised by much of alcohol advertising. ---**David Jernigan, PhD, Executive Director, Center on Alcohol Marketing and Youth, Georgetown University**

I recommend this book to parents, students, and anyone interested in the current alcohol culture in which many of today's young people have become entrenched. ---**Patty Spady- Mother of 19-year-old Samantha Spady, a student who died of alcohol poisoning, September 5, 2004 at Colorado State University**

This is an important candid book by a mother and son who had to reconstruct all the warning signals they missed as alcohol and drugs invaded the perfect American family. I urge parents and their teen age children to read it together so they avoid the same fate. --**David Rosenbloom, Director Join Together, professor of public health at Boston University, Director of Youth Alcohol Prevention Center**

This is a book that is part autobiography, part scientific text, part guidebook. You'll find the warning signs of teen drinking, references to places that can help you both as a drinker and a family member affected by someone who is a drinker, and questions that can help you talk about alcohol dependency. This is the perfect book not just for parents, but also for teens.- **Jennifer Wardip, teen from Central Illinois**

This is a must read for every parent to read and share with their teens and discuss as a family. Chris and Toren Volkmann approach the issue of teen substance use like no other authors have; with parent and child both sharing an honest look at their family's experience of witnessing Toren's movement from recreational drinker to recovering alcoholic. Their approach of looking back at their own actions, reactions, family history and beliefs is precisely what provides the important insights and information parents need to know when facing their own child's experimentation or addiction.—**S. Hauk, President, TeamUp Inc. of Marblehead, Massachusetts**

This book is an eye-opening account of the risks high school and college students take when they drink alcohol, but even more importantly, it helps the reader understand the power of alcoholism--the way it shapes and dominates behavior and doesn't go away. The chapters are written alternatively by Toren, the former binge drinker, and his mother, Chris. They both provide a great deal of research with each chapter so that the story is not just theirs alone. There are helpful boxes throughout the book summarizing information with a list of them at the end for easy reference. I plan to keep a copy on my desk so that if a student should remark about it, I can lend it. This book will save lives and keep families together. ---**Susan Fiksdal, Ph.D., The Evergreen State College**

The authors will speak in your community!

**FROM BINGE TO BLACKOUT
presentations have been featured at over
250 universities, high schools,
community coalitions, and conferences**



Toren Volkman and Chris Volkman

Our students hear us all the time trying to educate them on alcohol and addiction...while Toren spoke, I could tell they were *listening* to what he was saying. He provided a truly *human* side to this issue. Even more chilling was Chris's view as a mother. This forced our students to consider how their choices in life really do affect their families. ---**Wendy Krisak, MA, Assistant Director of Counseling, DeSales University, Pennsylvania**

Chris and Toren were featured speakers at a San Diego community forum to prevent underage drinking. Their presentation was excellent, delivered in a professional and engaging manner that was well received by the audience. Their message of alcohol abuse is one that resonates with multiple audiences including parents and young people. It is without hesitation that I recommend them as speakers. ---**Deb Pint, Project Specialist, San Diego County Office of Education, California**

Thanks to the Illinois Liquor Control Commission (ILCC), thousands of children and parents learned firsthand about the consequences of underage drinking. Chris and Toren's non-judgmental manner really connected with the students as they offered up straightforward, real life experiences for the students' consumption. I will always remember how transfixed the student's expressions were, and the sense I had that this was one of those rare moments where I truly made a difference in the lives of young people. Thank you, Chris and Toren."---**Illinois State Senator Michael Nolan**

Your programs were incredibly wonderful. I can't tell you how many parents have come up to me or e-mailed me to tell me how much it meant to them. The feedback from the kids has been great also – they are giving their comments to the peer counselors, and they really liked the fact that Toren was “one of them.” Our school has received a commendation from the School District for presenting your program! --- **Parent in California**

We recently had Chris Volkman and Toren Volkman speak to our Greek Community here at Washington State University, and they have had a greater impact than any other Alcohol Awareness speakers we have had in the four years I have been here.—**Tara Roberts, Panhellenic Vice President, Washington State University**

Toren and Chris truly go above and beyond to make sure they deliver a presentation that meets all expectations. ---**Angela Reynolds, St. Joseph Youth Alliance, St. Joseph, Missouri**

Chris Volkman and Toren Volkman spoke at Huntington Beach High School as part of our ongoing speaker series concentrating on the damaging affects of drugs and alcohol. After each presentation a large number of students interacted with Toren and Chris. It was extremely effective having them present from both the student's and parent's viewpoint. The Volkman's do not come with a flashy presentation. They are genuine people who want to make a difference for our communities, and they do. ---**Jason Ross, Assistant Principal, Huntington Beach High School, California**

The Volkman's as presenters and authors are insightful and engaging, and their message is one that needs to be heard and heeded by parents and by those who deal with young people as counselors, teachers, coaches, police officers and friends.—**Chief Pat Wilson, Washington State Liquor Control Board**

Our audience of students, faculty and staff were captivated with the information shared by Toren Volkman and Chris Volkman.—**Karen Greenbay, Scholar Program Coordinator, Ferris State University, Michigan**