



Save
the
Date

2008 Statewide Prevention Conference

Sponsored by the Connecticut Department of Mental Health and Addiction Services
Prevention Services Unit

Crowne Plaza
Cromwell, CT

PREVENTING
UNDERAGE DRINKING
IN CONNECTICUT:

MOVING TOWARD SOLUTIONS

May 8, 2008
9 a.m. to 4 p.m.

COMING SOON - online registration through the
Connecticut Clearinghouse website.




First Friday Film Festival

April 4, 2008


First Friday Film Festivals are held on the first Friday of every month
at 3:00 PM in the Connecticut Clearinghouse Conference Room.
New audiovisuals are screened and a discussion follows.
Join us for popcorn and a movie!

Sudden Impact: After The Crash - This program, narrated by Tom Brokaw, goes behind the scenes of a car crash and describes what happens during the year after a crash. How do the victims and their families fare? What is the emotional toll? What are the financial costs? This film reveals that an accident is just the beginning of an expanding series of events that occur after a car crash. (43 minutes)

Connecticut Clearinghouse is the state's library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recovery, wellness and other related topics.



Connecticut Clearinghouse, a program of Wheeler Clinic, is funded by the Connecticut Department of Mental Health and Addiction Services.





New Audiovisuals

Athletes, Alcohol And Steroids: What's Wrong With This Picture? (DVD) - New research has indicated that school athletes, both male and female, are at a greater risk of abusing alcohol and steroids than non-athletes. This program explains why the risk is greater and how knowledge about the problem can be a first step in reducing athletes' alcohol and steroid use.

Clean Break: A Gambling Prevention Docudrama (DVD) Produced for adolescents, this program depicts real-life situations to teach about problem gambling. A recovering compulsive gambler shares the story of his addiction.

Darkest Hours: The Crisis In Children's Mental Healthcare (DVD) - Featuring in-depth commentary and interviews with parents, teens, advocates, and health care providers who share their stories about the mental health care system in Connecticut. Scenarios include kids in crisis who have spent nights in the emergency room due to the lack of psychiatric beds; the long waiting time to get an appointment with a psychologist; and the frustration of dealing with managed care companies.

Know The Score: The Dangers Of Performance Enhancing Drugs (DVD) - Reveals the truth about many performance enhancing drugs: steroids, creatine, human growth hormone, diuretics, blood doping hormones, and the stimulants ephedrine and amphetamines. Also included is an investigation of "nutritional supplements" that claim to help users lose weight and gain muscle but may set the stage for headaches, muscle weakness and irregular heartbeats.

Life Skills Training Elementary Level 1 (CD-ROM) - Based on *LifeSkills Training*, this program helps students to: increase self-esteem; improve decision-making skills; understand the harms of tobacco use; examine advertising techniques; cope with stress; communicate feelings effectively; build social skills; and develop assertiveness skills.

Make The Right Choice (DVD) - Containing two 10-minute programs, the first segment is directed toward coaches and students, and the second segment is directed toward parents. Professional coaches and players are interviewed about anabolic steroid abuse.

Middle School 101: Skills For Success (CD-ROM) - This video-based CD-ROM models and reinforces the skills taught in the *Life Skills Training* program and is designed to help students overcome the challenges of middle school and adolescence. The skills help students to: increase self-esteem; say "no" to unfair requests; resist pressure from the media and peers to use drugs; communicate effectively; improve decision-making and problem-solving skills; and manage anger and anxiety.

Smoking And Biofeedback (DVD) Based on *Life Skills Training*, this film teaches students about the physiological effects of smoking on the body by demonstrating the impact cigarette smoking has on hand steadiness and heart rate.

Smoking Cessation (DVD) - Most smokers are either actively trying to quit or want to quit. This is a program to motivate smokers to quit and to access effective cessation programs.

Stress & Relaxation Explained: An Introduction To Stress Management And Relaxation Techniques (DVD) - Explores stress reduction; different types of stresses and their symptoms; health risks associated with stress; responding positively to stress and anxiety; and guided imagery and relaxation exercises.

Sudden Impact: After The Crash (DVD) - Tells the story of the aftermath of an automobile crash caused by a drunk driver. Focuses on the emotional, physical and financial toll of the victim.



Surviving Peer Pressure: You Can Do It! (DVD) - This program presents five scenarios where teens are asked to make critical decisions in typical peer pressure situations. In each segment, the action stops at a critical juncture allowing students to review the steps needed to make the right choice.

There's No Place Like Home: Growing Up With Family Violence (DVD) - A four-part program that examines the impact of family violence on children and the long-term effects that follow them into adulthood.

Understanding Mental Illness And Schizophrenia (DVD) Although mental illnesses severely affect thoughts, moods, and coping abilities, a fulfilling life is still possible for people who face these challenges. Outlining the symptoms and possible causes of schizophrenia, clinical depression, and bipolar disorder, this program explores various treatment options and identifies ways that patients can achieve personal independence.



New Pamphlets

Alcohol & Combat Stress: Facts For You / What Families Can Do

Alcohol & Drug Treatment: How It Works, & How It Can Help You - With The Criminal Justice System, With The Rest Of Your Life

Binge Drinking: Drowning In Alcohol

Comer Sano: Lucir Bien, Sentirte Bien

Eating Disorders: Starving For Control

The Facts About Alcohol

David J. Berkowitz, Ph.D. Receives Lifetime Achievement Award from National Council

The National Council for Community Behavioral Healthcare has selected David J. Berkowitz, Ph.D., executive director of Wheeler Clinic in Plainville, to receive the prestigious Lifetime Achievement Award in Staff Leadership. The award program honors individuals in 10 categories who have significantly shaped mental health and addictions delivery and improved the lives of people in their communities.

Governor Jodi Rell recognized Dr. Berkowitz's accomplishments in a letter to the Council, "Dr. Berkowitz has been a leader in Connecticut's behavioral healthcare system for more than 30 years and has dedicated countless hours to ensuring the provision of the highest quality care for children, adolescents and adults in our state."



Wheeler Clinic has become a leading provider of behavioral health services in Connecticut under Dr. Berkowitz's leadership, offering the most comprehensive continuum of evidence-based intervention and treatment services available in the state. Dr. Berkowitz has earned recognition from funders, model-developers and community providers for his progressive approach to the adoption of evidence-based models of care and his commitment to developing staff competency in the most effective practices. He has also developed a progressive approach to outcome measurement, employing normed and validated measures across programs in addition to the utilization of model-specific measures to monitor client progress and inform program development.


Dr. Berkowitz has played a significant role in statewide development of effective behavioral health care solutions across child welfare, adult mental health, addiction and community justice domains. His leadership in the adoption of statewide systems of care within the child mental health system has had a dramatic positive impact on the care received by thousands of children. Dr. Berkowitz has been at the forefront of state efforts to incorporate best practices at every level including working with the state's judicial system to establish best-practices for court-involved juveniles and adults. Dr. Berkowitz has also demonstrated a keen understanding of the value of innovation, establishing an integrated primary/behavioral health care project and helping found a groundbreaking statewide electronic health information exchange initiative.

"Dr. Berkowitz is a visionary leader whose enthusiasm and personal commitment to fostering positive change for individuals and families in a community-based setting that is the defining characteristic of his career," said

Susan Walkama, LCSW, director of children's outpatient services for Wheeler Clinic.

Department of Mental Health and Addiction Services Commissioner Thomas A. Kirk, Jr., Ph.D. stated in his support letter, "David's leadership in the adult mental health system has been demonstrated by his service on the Connecticut Alcohol and Drug Policy Council. He has also played a lead role in both the Connecticut Department of Mental Health and Addiction Services Recovery Oriented Systems of Care and Women's Services Practice Improvement Collaborative. His work in advocating for gender-specific, trauma-informed approaches to care for pregnant and parenting women has helped improve the quality of care for women statewide. His understanding of the role of physical and sexual abuse, exposure to violent crime and domestic violence on women in early recovery, as well as on the children they are raising is reflected in the continuum of research-supported trauma treatment models he has overseen at Wheeler Clinic."

The National Council for Community Behavioral Healthcare is an association of 1,300 behavioral healthcare organizations that provide treatment and rehabilitation for mental illnesses and addictions disorders to nearly six million adults, children and families in communities across the country. Each year the National Council bestows behavioral healthcare's most prestigious awards to honor provider organizations who have shaped the industry and worked to ensure that those who need services receive quality care within their own communities.



Open House

Thursday, April 17, 2008

3:00 pm

Presentation, tours,
resources and refreshments

Please RSVP by April 15
to 800.232.4424

The Returning Veteran: Readjustment to Civilian Life

Presented by Fran Simcic, MSW, Community Clinician
Department of Mental Health and Addiction Services
Military Support Program

Fran Simcic, a Vietnam era veteran, will talk about returning Iraq and
Afghanistan combat veterans and how community providers
can assist them and their families.



Drugs and the Body - It Isn't Pretty

Produced by the National Institute on Drug Abuse and Scholastic, a publisher of educational materials for children, this poster is a graphic display of how the body and the brain can be changed by drugs.

Designed for teens and preteens, the poster shows how various drugs can lead to zits, tar-coated lungs, and tense teeth. The 21" X 32" poster is two-sided and bilingual in English and Spanish.

Call Connecticut Clearinghouse at 1.800.232.4424
for your free copy.



“As a psychiatric RN working in the community, I feel I have an obligation to educate others regarding mental health issues. The knowledgeable and receptive staff at Connecticut Clearinghouse enables me to provide the latest information by suggesting age appropriate pamphlets, fact sheets, books and videos.”



Terri Brickman, RN selects Connecticut Clearinghouse posters for her clients.

Courier Online

The e-newsletter of
Wheeler Clinic's
Connecticut Clearinghouse

334 Farmington Avenue
Plainville, CT 06062


800.232.4424 (TTY) or 860.793.9791 (TTY)

www.ctclearinghouse.org
info@ctclearinghouse.org

Library Hours

Mon, Tues, Weds, Fri 8:30 - 5:00
Thurs 8:30 - 7:30

Connecticut Clearinghouse is funded
by the Connecticut Department of
Mental Health and Addiction Services



New Books

Adolescent Psychopathology And The Developing Brain: Integrating Brain And Prevention Science - Edited by Daniel Romer, Elaine F. Walker

Alcohol Problems In Adolescents And Young Adults: Epidemiology, Neurobiology, Prevention, And Treatment - Marc Galanter, Editor

Black Pain: It Just Looks Like We're Not Hurting: Real Talk For When There's No Where To Go But Up - Terrie M. Williams

The Clinical Assessment Of Children And Adolescents: A Practitioner's Handbook - Edited by Steven R. Smith, Leonard Handler

Clinical Interviews For Children And Adolescents: Assessment To Intervention - Stephanie H. McConaughy

Clinical Supervision In Alcohol And Drug Abuse Counseling: Principles, Models, Methods - David J. Powell

Cyber Rules: What You Really Need To Know About The Internet - Joanie Farley Gillispie, Jayne Gackenbach

Getting Help: The Complete And Authoritative Guide To Self-Assessment And Treatment Of Mental Health Problems - Jeffrey C. Wood

Group Psychotherapy With Addicted Populations: An Integration Of Twelve-Step And Psychodynamic Theory - Philip Flores

A Guide To Treatments That Work - Peter E. Nathan, Jack M. Gorman, Editors

Intervening In Adolescent Problem Behavior: A Family-Centered Approach - Thomas J. Dishion, Kate Kavanagh

Intervening In Children's Lives: An Ecological, Family-Centered Approach To Mental Health Care - Thomas J. Dishion, Elizabeth A. Stormshak

The Kazdin Method For Parenting The Defiant Child: With No Pills, No Therapy, No Contest Of Wills - Alan E. Kazdin

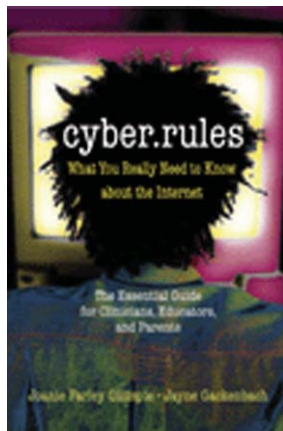
Managing Suicidal Risk: A Collaborative Approach - David A. Jobs

My Kind Of Sad: What It's Like To Be Young And Depressed - Kate Scowen

The Nursing Mother's Companion - Kathleen Huggins

The Open-Focus Brain: Harnessing The Power Of Attention To Heal Mind And Body - Les Fehmi, Jim Robbins

Playing Life's Second Half: A Man's Guide For Turning Success Into Significance - David J. Powell



Prevention: The Science And Art Of Promoting Healthy Child And Adolescent Development - Edited by John G. Borkowski, Chelsea M. Weaver

Psychological Trauma And Addiction Treatment - Bruce Carruth, Editor

Reducing Adolescent Risk: Toward An Integrated Approach - Daniel Romer, Editor

Social & Emotional Health In Early Childhood: Building Bridges Between Services And Systems - Deborah F. Perry, Roxane K. Kaufmann, Jane Knitzer, Editors

Treating Self-Injury: A Practical Guide - Barent W. Walsh

The Unhappy Child: What Every Parent Needs To Know - Kenneth N. Condrell

Welcome Home: A Guide For Adoptive, Foster, And Treatment Foster Parents - Christopher J. Alexander

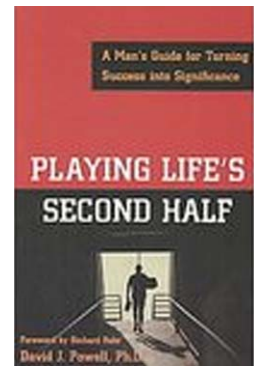
When I'm Feeling Angry - Trace Moroney

When I'm Feeling Sad - Trace Moroney

When I'm Feeling Scared - Trace Moroney

Your Amazing Newborn - Marshall H. Klaus, Phyllis H. Klaus

Your Defiant Teen: 10 Steps To Resolve Conflict And Rebuild Your Relationship - Russell A. Barkley, Arthur L. Robin




New Curricula

Overcoming Pathological Gambling: Therapist Guide - Robert Ladouceur, Stella Lachance

Overcoming Your Pathological Gambling: Workbook - Robert Ladouceur, Stella Lachance



New Posters

Alimentos Sensacionales Para Los Sentidos

It's To Die For: Think Twice Because You Only Die Once

Designated Dog: Be Safe - If You Drink, Have One Of Your Loyal Companions Drive

My Pyramid For Kids: Eat Right. Exercise. Have Fun

Screwed: The Alcohol Industry Snuffs Out The Truth: Don't Buy The Lie