

COURIER ONLINE



*The Newsletter of Connecticut's Statewide
Prevention Resource Center and Library*

As many as 22.6 million people aged 12 or older in the United States are currently facing a substance use disorder. This is more than the number of people living with coronary heart disease, cancer, or Alzheimer's disease combined. Four million of those with a substance use disorder have made the courageous choice to seek out the treatment they need and embark on a path of recovery. We need to recognize the achievements of those who seek treatment services, celebrate their successes, and find help for those still in need.

Treatment and long-term recovery from substance use disorders can offer people a renewed outlook on life. These disorders also take a toll on the families of these individuals, as well as the communities in which they live. It is critical to offer people and their families the treatment and recovery support they need for substance use disorders so they may lead more productive and fulfilling lives, personally and professionally.

Research shows that substance use disorders are medical conditions that can be effectively treated. Treatment for substance use disorders is just as effective as treatments for other chronic conditions, such as high blood pressure, asthma, and diabetes. By educating our community members that substance use disorders are a treatable, yet serious health care problem, and by treating them like other chronic diseases, we can improve the quality of life of the entire community. (Center for Substance Abuse Treatment, SAMHSA)

National Alcohol
& Drug Addiction
Recovery Month
SEPTEMBER 2008



Recovery Walks! 2008

Saturday, September 20, 2008
Bushnell Park, Hartford, CT
10:00 am - 2:00 pm

Sponsored by
Connecticut Community for Addiction Recovery
www.ccar.us

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.



COMPREHENSIVE TOBACCO MERCHANT EDUCATION CAMPAIGN RELEASED

It is illegal to sell, give or deliver tobacco products to youth under the age of 18 in Connecticut.

The Department of Mental Health and Addiction Services (DMHAS), in partnership with Wheeler Clinic's Connecticut Clearinghouse and the statewide Tobacco Merchant Education Steering Committee, has developed an exciting new comprehensive merchant education campaign to get this important message out to tobacco retailers and their employees. The Clearinghouse disseminated the campaign materials to more than 3,900 Connecticut licensed tobacco vendors in May.

The campaign includes an educational CD (compact disk) for use by store managers and employees to assist them in complying with Connecticut state statutes regarding tobacco sales. The CD contains the newly created merchant education resources including an educational video, printable tip sheets, paycheck stuffers and the Notice of Connecticut Tobacco Laws. In addition, a cash register sticker has been designed to help employees when checking identification cards.

The new video, tip sheets, and paycheck stuffers provide retailers with important information concerning the state fines for selling tobacco products to underage youth, acceptable forms of identification, and the various forms of tobacco products covered by Connecticut Tobacco statutes. There are also suggestions for employees on what to say and do to prevent the illegal sale of cigarettes and other tobacco products. The video contains key messages for store managers and employees in English, Spanish, and Urdu.

The CD can be viewed and the print products downloaded at the DMHAS Tobacco Prevention and Enforcement Program website, www.ct.gov/dmhas/cwp/view.asp?a=2912&q=386574, or from the Connecticut Clearinghouse website, www.ctclearinghouse.org/Topics/topicView.asp?TopicID=133. An online survey, accessible from these websites and the CD, was created to obtain feedback about the campaign and to guide future educational efforts.

Connecticut Clearinghouse can supply tobacco merchants with a CD and cash register sticker. Please call 1.800.232.4424 to request these items.



First Friday Film Festival

September 5, 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!

RECOVERY: FAMILIES LIVING WITH ADDICTION – This is a documentary about families facing addictions and traveling the stages of recovery - and setback. When chemical dependency is present in a family, the entire family suffers. This DVD illustrates how recovery, reconciliation and healing can happen. (44 minutes)



New Pamphlets

50 Great Reasons to Exercise

About Feeling Angry

Dealing with Depresión

El Tabaco: Licencia Para Matar

Let's Learn About Using the Internet Safely

Personal Safety and Security At Work: Helping Prevent Workplace Violence



New Curricula

The Courage to Remember: Childhood Traumatic Grief Curriculum Guide

Making Your Workplace Drug-Free: A Kit for Employers

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

2008 Kids Count Data Book: State Profiles of Child Well-Being

Adolescent Suicide: An Integrated Approach to the Assessment of Risk and Protective Factors - Peter M. Gutierrez, Augustine Osman

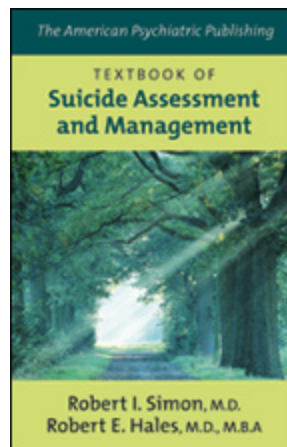
The American Psychiatric Publishing Textbook of Suicide Assessment and Management - Edited By Robert I. Simon, Robert E. Hales

Bleeding to Ease the Pain: Cutting, Self-Injury, and the Adolescent Search for Self - Lori G. Plante

Coming Out, Coming In: Nurturing the Well-Being and Inclusion of Gay Youth in Mainstream Society - Linda Goldman

Cultural Diversity and Suicide: Ethnic, Religious, Gender, and Sexual Orientation Perspectives - Mark M. Leach

Developing Clinical Skills in Suicide Assessment, Prevention, and Treatment - Jason M. McGlothlin

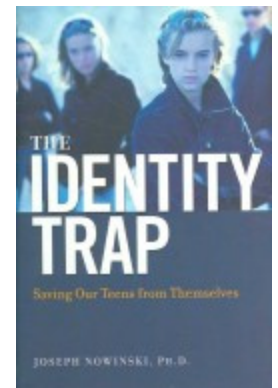


Dialectical Behavior Therapy with Suicidal Adolescents - Alec L. Miller, Jill H. Rathus, Marsha M. Linehan

The Identity Trap: Saving Our Teens from Themselves - Joseph Nowinski

The Transgender Child - Stephanie Brill, Rachel Pepper

Women of Color Health Data Book: Adolescents to Seniors (3rd edition)



New Fact Sheet

Get the Facts About Your Health



New Audiovisuals

BIPOLAR DISORDER IN CHILDREN - One minute your child is on top of the world--giddy with laughter, full of energy and confidence. The next, he's raging, or crying, or talking of suicide. What's going on? The answer might be bipolar disorder (formerly called "manic depression"), a mood disorder that can strike children as well as adults. Hear what leading experts have to say about proper diagnosis and treatment.

BROKEN CHILD - A documentary exploring the effects of early childhood deprivation and abuse and their impact on emotional and cognitive development. Analyzes the socially destructive impact of children and young adults who have been victimized by early life trauma.

CHILDHOOD ONSET SCHIZOPHRENIA: A LIFE INTERRUPTED - Schizophrenia generally strikes young people, rather than adults; but it doesn't usually appear in children before they reach their teens. In this program, you'll see what happened when one family's nine-year-old son began hearing voices and having hallucinations - the classic signs of childhood-onset schizophrenia.

DIALECTICAL BEHAVIOR THERAPY FOR ADOLESCENTS WITH MULTIPLE PROBLEMS - Explains how DBT, a compassionate, principle-based psychotherapy for suicidal, multiproblem individuals who have significant difficulty regulating emotions and behaviors, works.

MEDITATIONS FOR RELAXATION AND STRESS REDUCTION - Best-selling author and lecturer Joan Borysenko leads you through two empowering meditations on this audio CD. 1. Breath of Life, Breath of Love: This breath-centered meditation gently guides you through each part of your body, helping you establish contact with the life force within each cell and balance your body's energy. 2. Stretching and Relaxation: This series of simple meditative stretches and self-massage instructions is deeply restorative to body, mind, and spirit.

MINDFULNESS MEDITATION: CULTIVATING THE WISDOM OF YOUR BODY AND MIND - This audio CD program offers an inside look at how you can raise your awareness level for maximum personal and professional achievement. Internationally-known meditation teacher Dr. Jon Kabat-Zinn states that meditation is an invitation to wake up, experience the fullness of your life and transform your relationship with your problems, your fears, and the pain and stress in your life.

RYAN'S STORY: A BULLYING PREVENTION PROGRAM FOR GRADES 6-12 AND HIGHER EDUCATION - Ryan Patrick Halligan was 13 years-old when he died by suicide in 2003. He was the victim of repeated bullying at school and on the Internet. His father embarked on a long journey to learn what drove his son to such a desperate act, and to find answers, justice and closure. This program begins with an interview with John Halligan and his wife Kelly, describing the day Ryan died. The program then transitions to John presenting his son's story to a middle/high school assembly, where he shares his feelings about his son's death and the relentless bullying Ryan experienced.

VIOLENCE ON THE JOB - Discusses practical measures for identifying risk factors for violence at work, and taking strategic action to keep employees safe. It is based on extensive National Institute for Occupational Safety and Health research and supplemented with information from other authoritative sources.

