

# COURIER ONLINE



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

## SMOKING CESSATION: DIFFERENT APPROACHES TO QUITTING



Presented by

**Sue Walbert**

Smoking Cessation Trainer  
Wheeler Clinic

and

**Katie Shuttleworth**

Health Program Associate  
CT Department of Public Health



## Open House

**Thursday, November 20<sup>th</sup>**

**3:00 p.m. Presentation**

Resources and Refreshments

Please RSVP to  
800.232.4424



## First Friday Film Festival

November 7, 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!

**STOP SMOKING NOW: REASONS NOT TO SMOKE WHEN YOU'RE PREGNANT** - Rob Reiner hosts this program, which provides support, guidance and information about resources to help pregnant women resist the urge to smoke. (30 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.*



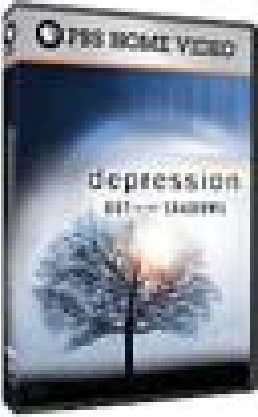
Connecticut Clearinghouse, a program of Wheeler Clinic, is funded by the Connecticut Department of Mental Health and Addiction Services.





## New Audiovisuals

**DEPRESSION: OUT OF THE SHADOWS** - Tells the stories of people of different ages and from diverse backgrounds who are living with various forms of depression. Leading mental health experts highlight the latest scientific research and innovative treatments, offering greater understanding and hope for the millions of people living with this complex, but treatable, disease.



**ME, MYSELF & I** - A high school girl learns to make choices for herself regardless of what others think. Addresses gender stereotypes, peer pressure and self-confidence.

**REFLECTIONS** - Three best friends learn to take the risk of HIV/AIDS seriously as they navigate romantic relationships in an urban environment troubled by economic strife, drugs and limited options.



## New Fact Sheets

Caffeine & Energy Boosting Drugs: Energy Drinks  
Gay, Lesbian and Bisexual Adolescents - Updated

### 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](http://www.ctclearinghouse.org)  
[info@ctclearinghouse.org](mailto: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 Pamphlets

A Teen's Guide to STIs

What to Say: When You Want to Say No



## New Books

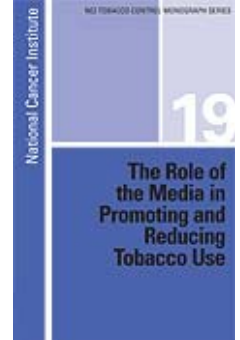
Getting Ready to Test: A  
Review/Preparation Manual  
for the Written Prevention  
Specialist Examination

Power Source Parenting:  
Growing Up Strong and Raising  
Healthy Kids

The Role of the Media in  
Promoting and Reducing Tobacco Use

Sustaining Grassroots Community-Based Programs:  
A Toolkit for Community- and Faith-Based Service  
Providers

Treatment Episode Data Set (TEDS), 2005:  
Discharges from Substance Abuse Treatment  
Services



## New Posters

A) Fashion Statement. B) Fashion Victim. C) Victim  
of Domestic Violence

Attention Retail Store Employees:  
Methamphetamine Manufacturing Is on the Rise



Atención Dependientes De  
Tiendas: Los Medicamentos  
De Venta Libre Contra El  
Resfriado Pueden Usar Para  
La Producción Ilegal De  
Metanfetamina

If Pressure's Pushing You to  
Get High: Maybe It's Time to  
Push Back

## Connecticut Youth Suicide Prevention Initiative Mini-Grants Awarded



Connecticut Clearinghouse has been contracted by the Connecticut Department of Mental Health and Addiction Services to administer a Community Education and Awareness Campaign as part of the Connecticut Youth Suicide Prevention Initiative (CYSPI) supported by SAMHSA's Center for Mental Health Services under the federal Garrett Lee Smith Memorial Act.

Seven competitive mini-grants were recently funded to allow youth and young adult serving agencies, organizations and schools with pre-existing youth groups or prior experience to: establish an Active Minds chapter on a university or college campus; participate in Yellow Ribbon Campaign activities; and develop innovative local approaches to mental health promotion with an emphasis on depression awareness and suicide prevention.



Pictured are the Youth Suicide Prevention Community Education and Awareness Campaign mini-grant recipients for 2008 and project staff. The grantees are from the City of Bristol Youth Services, Student Counseling Services at Connecticut College, Families United for Children's Mental Health, Greater Enfield Alliance for Kids and Families, Norwich Free Academy, University of New Haven, and United Services.



### THE HEALTH CONSEQUENCES OF SMOKING ON THE HUMAN BODY

A VIDEO PRESENTATION FROM THE SURGEON GENERAL

This online video will help you understand that smoking damages nearly every organ in the human body. Using animated models for a 360-degree view of the body, the video compares healthy and diseased organs, offers tips to stop smoking, and provides information on the health benefits of quitting.

To view the presentation, select the following URL and scroll down the page to select the video.

[www.cdc.gov/tobacco/data\\_statistics/sgr/sgr\\_2004/sgranimation/flash/index.html](http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/sgranimation/flash/index.html)



## New Curricula

**GROWING HEALTHY, GOING STRONG: 10-WEEK FACILITATOR ACTIVITY GUIDE** - Boys will have fun identifying social-emotional messages, experiences, attitudes, and smart options for growing up male in our culture. Competition, bullying, recognizing and expressing emotions, male and female role expectations, self confidence, and teamwork are highlighted through games and team challenges. Boys develop vocabulary and skills to expect and enact fairness, healthy competition, and respect for self and others. For ages 9-14.



**LIVING A LEGACY: A BOYS COUNCIL RITE OF PASSAGE** - Young men gain skills and knowledge to navigate growing up male in today’s society through the introduction of topics and experiential activities that address a myriad of relevant challenges - safely, powerfully, and within a spirit of “council” connection. Boys will explore: relationships, conflict resolution, education, leadership, community service, diversity, mass media messages, personal values, integrity, and future goals. For ages 14-18.

### **SECOND STEP: VIOLENCE PREVENTION PROGRAM**

- Student Success Through Prevention: Grade 6: Stepping Up
- Student Success Through Prevention: Grade 7: Stepping In
- Student Success Through Prevention: Grade 8: Stepping Ahead
- Student Success Through Prevention: Program Implementation Guide

**STANDING TOGETHER: A BOYS COUNCIL JOURNEY INTO RESPECT** - This guide provides engaging ways to address common themes which pre-teens and early adolescents encounter, including breaking down social-cultural barriers, motives and actions around put-downs, knowing their personal rights, defining assumptions about male power, respecting others’ physical boundaries, understanding and using the energy of strong emotions, and standing up for each other. For ages 9-14.



Deanna Kirkeby, Erica Tofano and Justinian Rweyemamu, graduate students in the Marriage and Family Therapy program at Central Connecticut State University, select Connecticut Clearinghouse materials for use at their practicum sites.



**Connecticut Clearinghouse Open House**  
Monday, October 27th at 3:00 p.m.

## **HOW TO AVOID BECOMING A VICTIM OF CRIME**

**Tom Matthews, CEAP, CPP**

Manager of Wheeler Clinic’s Employee Assistance Program and Certified Protection Profession