

# COURIER ONLINE



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

Connecticut Department of Mental Health and Addiction Services

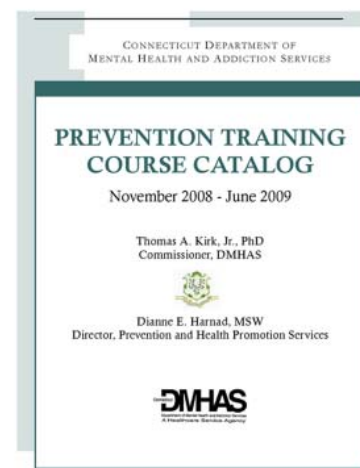
## Prevention Training Course Catalog November 2008 - June 2009

This catalog is a comprehensive listing of classes on prevention issues offered by the Department of Mental Health and Addiction Services' Prevention Training Collaborative and approved by the Connecticut Certification Board for prevention certification and re-certification continuing education credits.

Classes are on a variety of topics including: substance use, mental health, multicultural issues, working with youth, and violence prevention.

The catalog can be found online at the Connecticut Clearinghouse website, [www.ctclearinghouse.org](http://www.ctclearinghouse.org). Print copies can be requested by calling the Clearinghouse at 1.800.232.4424..

Now Available



## First Friday Film Festival

December 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!

**MEN GET DEPRESSION** - Features the stories of men who overcame stigma to tell about their experiences with depression. The men candidly describe how depression undermined their lives; how they learned they had a treatable disease; and how they finally found the help that made recovery possible. The program addresses the signs of depression and suicide, how friends and loved ones can help, and what kind of treatment is available.

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 Posters



Friends Aren't Disposable: If Your Friend Is Doing Drugs or Drinking, Bring Them Back  
 I Respect Myself: That Is, Until I Saw Myself Get High  
 Talk to Your Friend: Something Will Stick



## New Fact Sheet

Getting Treatment



## New Audiovisuals

**Baby's First Year** - Provides a roadmap for parents and caregivers to help them understand a baby's first 12 months of life. Included is the identification of key developmental issues, with specific regard to the physical, emotional, social, and intellectual growth an infant undergoes during the first year.

**The Child From 1 To 3** - Offers an easy-to-follow guided tour through a developing child's early years of life. Advice from experts in the childcare field provides additional insight into this formative period of human development.

**The Child From 4 To 6** - Depicts child development from the ages of four to six, the years in which a child practices and fine-tunes motor skills and coordination, tests physical abilities, and experiences the onset of demanding physical, emotional, and social changes and challenges.

**The Child From 7 To 12** - This video will take the viewer through two stages: middle childhood, when children build on what they learned in early childhood; and early adolescence, when children begin to undergo the changes associated with puberty.

**Time Management From The Inside Out: The Foolproof System For Taking Control Of Your Schedule And Your Life** - In this program, Julie Morgenstern offers invaluable new insights and tools that will help viewers take control of their schedules, and learn how to eliminate, delegate and streamline tasks.



**What's On Your Mind: With Ross Szabo** - This program educates young people about the symptoms of mental illness, the importance of open communication, and the ability to overcome problems of the past to be "a survivor of the future."



## New Books

ADHD in Adults: What the Science Says - Russell A. Barkley, Kevin R. Murphy, Mariellen Fischer

Best Practices for Comprehensive Tobacco Control Programs

Cyber-Safe Kids, Cyber-Savvy Teens: Helping Young People Learn to Use the Internet Safely and Responsibly - Nancy E. Willard

Cyberbullying and Cyberthreats: Responding to the Challenge of Online Social Aggression, Threats, and Distress - Nancy E. Willard

DSM-IV-TR Handbook of Differential Diagnosis - Michael B. First, Allen Frances, Harold Alan Pincus

Eating for Recovery: The Essential Nutrition Plan to Reverse the Physical Damage of Alcoholism - Molly Siple

A Guide to Connecticut's Family Violence Laws: Including Information About How to Apply for Restraining Orders Without an Attorney

Motivational Dialogue: Preparing Addiction Professionals for Motivational Interviewing Practice – Edited by Gillian Tober, Duncan Raistrick

Paying the Tab: The Economics of Alcohol Policy - Philip J. Cook

Personality Disorders in Childhood and Adolescence - Edited by Arthur Freeman and Mark A. Reinecke

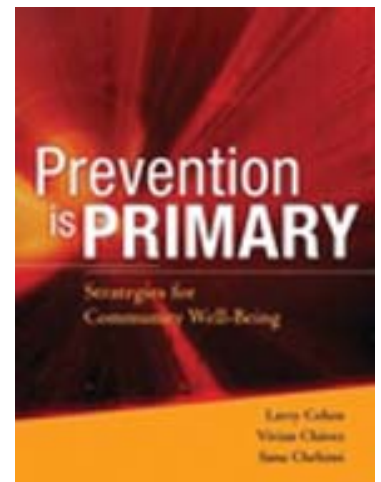
Prevention Is Primary: Strategies for Community Well-Being – Edited by Larry Cohen, Vivian Chávez, Sana Chehimi

Psychotherapy for Depression in Older Adults - Edited By Sara H. Qualls, Bob G. Knight

Risk Management: Clinical, Ethical and Legal Guidelines for Successful Practice - William F. Doverspike

Voices of Trauma: Treating Psychological Trauma Across Cultures - Edited by Boris Droždek, John P. Wilson

Working with People at High Risk of Developing Psychosis: A Treatment Handbook - Edited by Jean Addington, Shona M. Francey, Anthony P. Morrison



## New Pamphlets

A Positive Attitude: A Positive You!

Bullying: Not Cool in Any School

Find Out About STDs: It Could Save Your Life

Helping Your Kids Understand Their Sibling's Fetal Alcohol Spectrum Disorder: What Do I Do?

How Substance Abuse Affects Parenting Skills

My Sibling Has a Fetal Alcohol Spectrum Disorder: Can I Catch It?



Jackie Rodriguez and Esther Duncan, from St. Francis Home for Children in New Haven, attend a Court Support Services Division sponsored training held at Connecticut Clearinghouse.

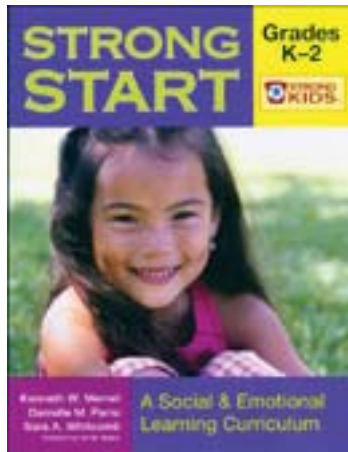


## New Curricula

**101 Ready-To-Use Drug Prevention Activities: Curriculum Based and Reproducible for Grades 2-6** - Reproducible activities for teaching about substance abuse and prevention for tobacco, alcohol, and legal and illegal drugs.

**Reclaiming Your Life from a Traumatic Experience: Workbook**

**Strong Start: A Social and Emotional Learning Curriculum: Grades K-2** -The first in a four-volume series of books focusing on brief and practical social and emotional learning programs for children. Includes lessons for prevention and intervention programs.



**Strong Kids: A Social and Emotional Learning Curriculum: Grades 3-5 - Volume 2**

**Strong Kids: A Social and Emotional Learning Curriculum: Grades 6-8 - Volume 3**

**Strong Teens: A Social and Emotional Learning Curriculum: Grades 9-12 – Volume 4**

### **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

Connecticut Clearinghouse has limited quantities of the following pamphlet titles. Give us a call, send us an email or stop by the Clearinghouse to request copies.

Advocacy with Anonymity: How Can I Stand Up for My Rights without Violating the Anonymity Tradition of My 12-Step Group

Always Embarrassed: Social Phobia (Social Anxiety Disorder)

Bipolar Disorder

Focus on Prevention: A Guide for Groups and Communities to Move from Concerns about Substance Abuse to Proven and Practical Solutions

Is There a Meth Lab in Your Neighborhood?

What to Look For if You Suspect a Meth Lab (door hanger, bilingual English and Spanish)

Over-the-Counter Medicines: Keeping You and Your Family Healthy

Mental Health Response to Mass Violence and Terrorism – A Field Guide

Problem Gambling Toolkit

Protect Your Child's Online Life – Internet Safety (available in English and Spanish)

¿Qué es el Tratamiento para el Abuso de Sustancias? Un Folleto para las Familias

Saying No to Negative Thinking

Substance Abuse Treatment Advisory: Naltrexone for Extended-Release Injectable Suspension for Treatment of Alcohol Dependence

Suicide Prevention: Men and Women Veterans - Know the Warning Signs of Suicide

Kindness as a Way to Wellness

Teen Chat – A Guide to Discussing Healthy Relationships

What Parents Can Do: Helping Children and Adolescents Cope with Violence and Disasters - For Parents of Children Exposed to Violence or Disaster

Why Wait? Two Teens Face Pressure to Have Sex  
Women and Depression