

COURIER ONLINE



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

CONNECTICUT CLEARINGHOUSE: SERVING YOUR RESOURCE AND INFORMATION NEEDS FOR 20 YEARS

Connecticut Clearinghouse has been recognized as the state's premier library and resource center on substance use and mental health disorders, prevention, health promotion and wellness, treatment and recovery, and numerous other related topics since its founding in 1988. Originally established as an alcohol information center, the Clearinghouse has grown and expanded its scope of services and collection of library and resource center materials significantly in twenty years.



The services of the Clearinghouse are available to anyone who lives or works in our state. Patrons of the Clearinghouse include parents, teachers, prevention practitioners, students, people in recovery, addiction and mental health professionals, health care providers, social workers, law enforcement agents, members of the faith community, and others.

There are a variety of ways to access Clearinghouse materials. Patrons can visit the facility in Plainville or order resources by telephone, fax, mail or email. All materials can be mailed free of charge throughout the state.

Connecticut Clearinghouse offers a comprehensive array of services, including:

- An extensive lending library of books, audiovisual materials, and curricula
- A diverse collection of pamphlets, posters and reproducible fact sheets (including Spanish and other language materials)
- Expert reference and research services
- A comprehensive website including a searchable catalog of Clearinghouse resources, statewide calendar of trainings and conferences, research and statistics, assessment tools, and useful links
- *Courier Online*, the monthly electronic newsletter of Connecticut Clearinghouse
- An electronic mailing list (listserv) of new initiatives, trainings, conferences, research, and funding opportunities
- A well-equipped conference/training room
- Informational events including Open Houses and First Friday Film Festivals showcasing Clearinghouse audiovisuals

Since its founding, Clearinghouse staff members have been strongly committed to providing exceptional patron support and outstanding service. Please visit Connecticut Clearinghouse in Plainville, take an online tour of the Clearinghouse at www.ctclearinghouse.org or call 800.232.4424 for additional information.

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 LAW PROHIBITS TOBACCO POSSESSION BY MINORS

Possession of Tobacco by Underage Youth	CHECK the I.D. UNDER 18 DON'T SELL TOBACCO
-----------------------------------------	---------------------------------------------------------

It is against the law for anyone under the age of 18 to purchase tobacco products.

- It is against the law for anyone under the age of 18 to possess tobacco products in a public place.
- It is against the law for anyone under the age of 18 to misrepresent their age in order to buy tobacco.
- Underage youth who buy tobacco products or misrepresent their age in order to buy tobacco can be fined.

Fines for Possession & Buying
Up to \$50 for the 1st offense
Between \$50 and \$100 for each subsequent offense

DMHAS
Tobacco Prevention and Enforcement Program
1.877.231.1199
www.ct.gov/dmhas/tpep

Produced for the Connecticut Department of Mental Health and Addiction Services through collaboration with Wheeler (DMH), Connecticut Clearinghouse

With the enactment of legislation on October 1, 2008, it is now illegal for youth under the age of 18 to possess tobacco products in any public place. This new law complements the ongoing statewide tobacco prevention and control efforts, and the tobacco merchant education campaign.

Wheeler Clinic's Connecticut Clearinghouse has been contracted by the Department of Mental Health and Addiction Services (DMHAS) to conduct a comprehensive Tobacco Merchant Education Campaign to inform retailers and their employees about the state laws prohibiting the sale of tobacco products to underage youth. In collaboration with DMHAS and the statewide Tobacco Merchant Education Steering Committee, a CD containing an educational video, fact sheets, cash register stickers, and pay check stuffers was developed and mailed to all licensed tobacco merchants earlier this year.

In response to the new youth tobacco possession law, Connecticut Clearinghouse has designed an additional fact sheet to inform tobacco

merchants, parents and teens about the new law. This new fact sheet, along with 2009 cash register stickers, will be mailed to all licensed tobacco vendors in Connecticut this month.

All of the tobacco merchant campaign materials including the fact sheets and video can be accessed on the Connecticut Clearinghouse website at www.ctclearinghouse.org by selecting *Information for Tobacco Merchants*. For additional information about Connecticut's efforts to stop the illegal sale of tobacco to underage youth, visit the website of the DMHAS Tobacco Prevention and Enforcement Program (TPEP) at www.ct.gov/dmhas/tpep.



New Audiovisuals

Intervention - Season One: Then & Now - Four episodes of the debut season of this series follow six individuals and their struggles with addictions.

Prenatal Development - Examines the nine months beginning with conception and ending with the birth of a healthy baby - the period of time called prenatal development. Information on the major physical milestones during pregnancy, the importance of the expectant mother's health, nutrition and care, and development of the baby are included. It also shares what mothers-to-be can look forward to during these crucial months.

Workplace Etiquette: Why Being Polite Counts On The Job - There's a right way and a wrong way to behave in the workplace. Using acted-out scenarios in common workplace settings, plus commentary from real bosses, this video shows teens conducting themselves inappropriately and then models what is appropriate. Topics include: how to dress properly; how to treat customers and fellow employees with respect; using appropriate language; respecting personal boundaries; being punctual; proper telephone manners; proper voicemail and email usage; avoiding gossip; responding appropriately to constructive criticism; and being a good listener.





New Pamphlets

Cómo Mantener Más Seguros Los Niños En La Internet: Consejos Para Padres Y Guardianes

Drinking, Drugs & Driving: 8 Things Everyone Should Know

Drogas De Club: Se Comienza Con Un Juego Y Se Acaba En La Tumba

Eating Disorders

Mental Health Response To Mass Violence & Terrorism: A Field Guide

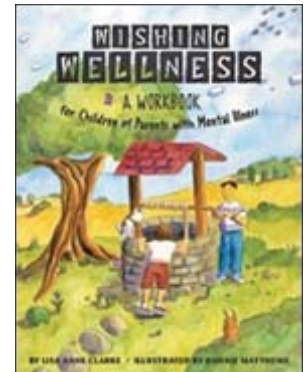
MRSA & Other Staph Infections

The Dangers Of Crack Cocaine: It Can Cost You Everything

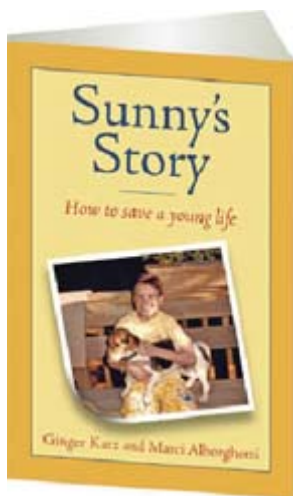


New Curricula

What To Do When You Worry Too Much: A Kid's Guide To Overcoming Anxiety - Dawn Huebner, illustrated by Bonnie Matthews - Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities, self-help exercises and strategies. Includes an introduction for parents. For ages 6-12.



Wishing Wellness: A Workbook For Children of Parents With Mental Illness - Lisa Anne Clarke, illustrated by Bonnie Matthews - A workbook for the child whose mother or father is suffering from a serious mental illness. Packed with information, interactive questions, and fun activities, it's an ideal tool for children and their therapists or other professional mental health workers. For ages 6-12.



SUNNY'S STORY: HOW TO SAVE A YOUNG LIFE is a true and compelling story for children, teenagers, parents, grandparents, and teachers written by Norwalk, CT resident, Virginia "Ginger" Katz, who has brought new life to her message of empowering youth to be drug free. Sunny's Story tells of joyful times and sad times, and of how a dog's best friend was needlessly lost. The family beagle and narrator, Sunny, is a keen and intelligent observer of the damage done to his master, Ian, by alcohol and other drug use. It is a story of the ups and downs of their life together, beginning with their meeting at an animal shelter and ending with a futile effort to ward off disaster.

Sunny's Story is a stand-alone book and is also part of the Courage to Speak Foundation, Inc. Substance Abuse Prevention Education Curricula for Grades 4-7. The book's story of love, compassion, caring and understanding is universal. Sunny's Story may be purchased by calling, 1.877.431.3295 or e-mailing gkatz@couragetospeak.org.

For more information on Courage to Speak visit the website at www.couragetospeak.org.



New Books

Assessment Of Parenting Competency In Mothers With Mental Illness - Teresa Ostler

Attachment-Focused Family Therapy - Daniel A. Hughes

Clinical Handbook Of Co-Existing Mental Health & Drug and Alcohol Problems - Edited by Amanda Baker, Richard Velleman

Clinical Management Of Sex Addiction - Edited by Patrick J. Carnes, Kenneth M. Adams

Crisis Intervention Handbook: Assessment, Treatment, & Research (3rd Edition) - Edited by Albert R. Roberts

Dialectical Behavior Therapy In Clinical Practice: Applications Across Disorders & Settings - Edited by Linda A. Dimeff, Kelly Koerner

Feeling Better: A Kid's Books About Therapy - Rachel Rashkin, illustrated by Bonnie Adamson

A Guide To Assessments That Work - Edited by John Hunsley, Eric J. Mash

A Guide To Crisis Intervention (3rd edition) - Kristi Kanel

Mommy & Daddy Are Always Supposed To Say Yes - Aren't They? - B. Annye Rothenberg, illustrated by Marion Eldridge

Motivational Interviewing In The Treatment Of Psychological Problems - Edited by Hal Arkowitz

The Neurobehavioral & Social-Emotional Development Of Infants & Children - Ed Tronick

On Our Own, Together: Peer Programs For People With Mental Illness - Edited by Sally Clay

Promoting Self-Change From Addictive Behaviors: Practical Implications For Policy, Prevention & Treatment - Edited by Harald Klingemann, Linda Carter Sobell



Sometimes My Mommy Gets Angry - Bebe Moore Campbell, illustrated by E.B. Lewis

Treating Childhood Behavioral & Emotional Problems: A Step-By-Step, Evidence-Based Approach - Edited by Andrew R. Eisen



New Posters

a) Pinkeye. b) Attitude. c) Victim of Domestic Violence

El Abuso Del Alcohol Y Las Drogas Lastima A Todos En La Familia: Pero No Tiene Que Ser Así

Sometimes Your Pain Seems Overwhelming: Do The Right Dose

Trabajando Sin Drogas: ¡Siempre Trabaja! - 4 Faces

Working Drug-Free Works - 4 Faces



New Fact Sheet

Tip Sheet: Possession Of Tobacco By Underage Youth

Treating War's Signature Injury: Traumatic Brain Injury

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