

COURIER ONLINE



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



Nationally, 65 percent of teenagers report getting their alcohol from family and friends. Research shows that parents are the most influential people in their children's lives and are the key to preventing underage drinking. Parents tend to dramatically underestimate teenage binge drinking and their own children's drinking. In some cases, parents enable and/or condone underage drinking.

SetTheRulesCT is a statewide media campaign educating parents and adults about Connecticut's Social Host Law and the impact of alcohol on teenage brain development. The campaign targets parents and other adults by providing information on Connecticut's underage drinking laws and the impact of alcohol on teenage brain development. The federally funded campaign will be featured on television, radio and other forms of advertising over the next three years.

The campaign delivers two important messages to parents:

Hosting underage drinking parties is against the law.

Alcohol consumption before age 21 can cause permanent brain damage.

To learn more about this initiative, Connecticut's underage drinking laws, the impact of alcohol on the teen brain and to find local resources, visit www.SetTheRulesCT.org.

The *SetTheRulesCT* public awareness campaign is funded entirely through the Enforcing the Underage Drinking Laws program of the United States Department of Justice's Office of Juvenile Justice and Delinquency Prevention (OJJDP). *SetTheRulesCT* is administered by the Connecticut Office of Policy and Management and the Juvenile Justice Advisory Committee Subcommittee on Combating Underage Drinking.



INHALANTS: THE NEW PREVENTION MESSAGES

Presented by Janet Hayes

Connecticut Clearinghouse and Connecticut Inhalant Task Force

Wednesday, June 24th at 3:00 p.m.



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



WEBSITES FOR PARENTS



It is a surprise to many parents that they are the most powerful influence in a child's life — greater than peers, popular music, television, celebrities and the media. Research shows that kids who consistently learn about the risks of drugs from their parents are 50% less likely to use drugs and alcohol than those who do not; yet, only 30% of teens report learning a lot from their parents.

Starting the conversation about drug use and keeping communication open is never easy - but

it's also not that difficult. *Time to Talk*, www.timetotalk.org, is a website that provides the needed support and resources to talk about drugs and alcohol. Easy-to-use guides and tips, designed to promote ongoing conversations to keep children, teens, and young adults healthy and drug-free, are available.

Whether you suspect a child is using drugs or alcohol – or if you know for certain – it is important to take action right away. The website, *Time To Act*, www.timetoact.drugfree.org, provides tools and tips designed to help parents recognize the signs of teen drug use, open the lines of communication, and arrange a teen drug intervention. The goal of Time to Act is to help parents gain insights into why teens begin to use drugs or alcohol, as well as to debunk the common myths and misperceptions that parents and teens may have about the use of drugs and alcohol. The site contains video, role-playing segments and advice from experts.



Time to Talk and *Time to Act* are websites of The Partnership for a Drug-Free America, www.drugfree.org.

Parents have the power to help protect their families from drug abuse. With the right tools and knowledge from the *Get Smart About Drugs* website, parents can get the facts about drugs, and learn what they can do to prevent their children from using drugs.



GetSmartAboutDrugs
A DEA Resource for Parents

Every family faces the threat of drug abuse. The DEA, Drug Enforcement Administration, believes that all parents have the power to do

something for their families. All parents need tools and information - and many of these valuable resources are available at www.getsmartaboutdrugs.com. Facts about drug abuse, tips on starting the conversation about drugs with teenage family members, and suggestions on how to address drug use issues in the home are included.

The United States Drug Enforcement Administration sponsors *Get Smart About Drugs*.



New Pamphlets

Bright Futures: A Young Woman's Guide To Emotional Wellness

Hope, Help, & Healing: A Guide To Helping Someone Who Might Have A Drug Or Alcohol Problem

Keeping Your Teens Drug-Free: A Guide For African American Parents & Caregivers



Keeping Your Teens Drug-Free: A Guide For Hispanic Families

Post-Traumatic Stress Disorder

Sea Un Ganador: Como Obtener Ayuda, Cuando El Apostar Deja De Ser Diversión



Un Amigo Marca Una Gran Diferencia: Apoyo A Un Amigo Que Sufre Una Enfermedad Mental



New Curricula

Go to
DIRECTORY OF PAMPHLETS, FACT SHEETS & POSTERS
at www.ctclearinghouse.org
for a complete listing of these
Connecticut Clearinghouse materials.

CO-OCCURRING DISORDERS TREATMENT MANUAL

CO-OCCURRING DISORDERS TREATMENT WORKBOOK

COUNT ON ME - Players learn how to be responsible at home, in school, with friends, and in the community. Game for grades 1 - 5.

ONE STEP AT A TIME - A cooperative board game that builds decision making and social skills. Game for grades Pre-K - 2.

THE PARENTING SKILLS TREATMENT PLANNER - Sarah Edison Knapp, Arthur E. Jongsma, Jr.

SIGNS OF SELF-INJURY: ACT TO PREVENT SELF-INJURY: HIGH SCHOOL IMPLEMENTATION GUIDE AND RESOURCES - The overall goal of the Signs of Self-Injury program is to reduce the incidence of self-injury in the adolescent population. The DVD, which includes a chapter for school personnel and a chapter for students, is the main teaching tool of the program. The aim is to ACT - Acknowledge, Care and Tell. The implementation guide consists of an overview and chapters for students, school staff, parents and clinicians.

SOS - SIGNS OF SUICIDE: MIDDLE SCHOOL PROGRAM - Teaches youth how to identify symptoms of depression, self-injury, and suicidality in themselves or their friends, and to respond effectively by seeking help from a trusted adult. SOS is an action-oriented approach instructing students how to ACT (Acknowledge, Care and Tell) in a mental health emergency.

YOU'RE THE BOSS - Players learn the impact of reliability, responsibility, and integrity on job success. Game for grades 8 - Adult





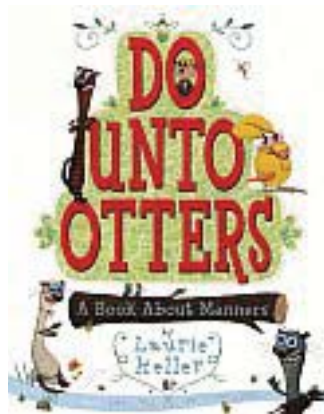
New Books

Adolescent Substance Abuse: Evidence-Based Approaches To Prevention And Treatment – Edited by Carl G Leukefeld, Thomas P. Gullotta, Michelle Staton-Tindall

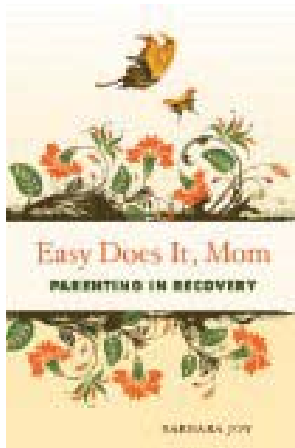
Anxiety And Substance Use Disorders: The Vicious Cycle Of Comorbidity – Edited by Sherry H. Stewart, Patricia J. Conrod

A Clinician’s Guide To 12-Step Recovery - Mark D. Schenker

Do Unto Otters: A Book About Manners - Laurie Keller



Drug Abuse: Concepts, Prevention, And Cessation - Steve Sussman, Susan L. Ames



Easy Does It, Mom: Parenting In Recovery - Barbara Joy

EMDR: Within A Phase Model Of Trauma: Informed Treatment - Ricky Greenwald

Empowering Your Sober Self: The LifeRing Approach To Addiction Recovery - Martin Nicolaus

Getting Ready To Test: A Review/Preparation Manual For Drug And Alcohol Credentialing Examinations (6th. Edition)

Handbook Of Childhood Behavioral Issues: Evidence-Based Approaches To Prevention And Treatment - Edited by Thomas P. Gullotta, Gary M. Blau

Handbook Of Evidence-Based Therapies For Children And Adolescents: Bridging Science And Practice - Edited by Ric G. Steele, T. David Elkin, Michael C. Roberts

Harriet’s Had Enough! - Elissa Haden Guest; Illustrated by Paul Meisel

Hurry Down Sunshine - Michael Greenberg

Just A Little Too Thin: How To Pull Your Child Back From The Brink Of An Eating Disorder - Michael Strober, Meg Schneider

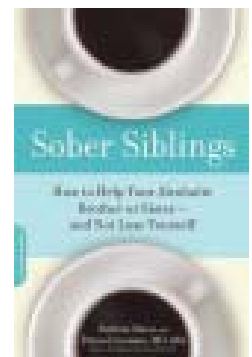
Last Call: Alcoholism And Recovery - Jack H. Hedblom

Moments Of Clarity: Voices From The Front Lines Of Addiction And Recovery - Christopher Kennedy Lawford

Preventing Boundary Violations In Clinical Practice - Thomas G. Gutheil, Archie Brodsky

Rising Above The Influence: A True Story About Alcohol, Drugs, And Recovery - Stephen J. Della Valle

Sober Siblings: How To Help Your Alcoholic Brother Or Sister: And Not Lose Yourself - Patricia Olsen, Petros Levounis



Spark: The Revolutionary New Science Of Exercise And The Brain - John J. Ratey with Eric Hagerman

Trauma Services For Women In Substance Abuse Treatment: An Integrated Approach - Denise Hien

Understanding Addiction As Self Medication: Finding Hope Behind The Pain - Edward J. Khantzian, Mark J. Albanese

Understanding The High-Functioning Alcoholic: Professional Views And Personal Insights - Sarah Allen Benton

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The e-newsletter of
Wheeler Clinic’s
Connecticut Clearinghouse

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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 Audiovisuals

BITTER MEMORIES – A young man grows up watching his father abuse his mother. When jealousy brings him face to face with his own violent tendencies toward women, he confronts his father's behavior. This film examines masculinity by addressing responsibility, relationships, and the cycle of domestic violence.

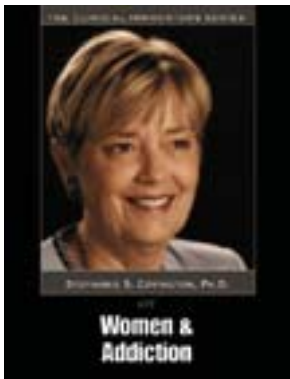
EVIDENCE-BASED PRACTICES KIT: ASSERTIVE COMMUNITY TREATMENT - The DVD and CD-ROM discuss how to implement an assertive community treatment program in your community in order to help people diagnosed with mental illnesses and to reduce the number of hospitalizations.

MANCHILD - Tommy is a young man who works hard to make it to graduation, to be a good friend and boyfriend, and to raise his three sisters. On his 18th birthday, Tommy must think about his past and his future, and to define for himself, what it means to be a man.

MAX'S MAGICAL DELIVERY: FIT FOR KIDS – This fun, interactive DVD for children, ages 5–9, and their families, offers suggestions for: eating five fruits and vegetables a day; getting away from the TV and computer; and being physically active indoors and outside. A separate section provides parents with small, achievable steps to help encourage and implement these healthy habits in their children and themselves.

THE SEVEN COMPETENCY SKILLS FOR THE WORKPLACE - This on-the-job documentary teaches students the skills they need to be successful employees. Real life teens tackle their first jobs and learn what it takes to be a success. Good communication skills, leadership, adaptability, problem-solving, negotiation, computer literacy and the ability to juggle multiple demands are skills that will take teens from their first jobs through a lifetime of working. Viewers learn why these skills are fundamental to success in any job and how they can be further developed, strengthened and transferred from beginning jobs to more complex jobs.

THIS IS YOUR BRAIN ON TOBACCO: A RESEARCH UPDATE - This program takes viewers inside a brain lab to show the latest research about the effects of nicotine on the brain. A neuroscientist explains how smoking affects brain chemistry and how dopamine and the brain's reward pathways reinforce tobacco use. Interviews with teen smokers deliver the message that smoking can lead to dependence and addiction; that cravings for nicotine persist; and that people who try to give up smoking often relapse. Describes recent research finding that the teenage brain is still developing and why this may mean that teens are at greater risk for long-lasting addiction.



TRANSFORMATION THROUGH PARTNERSHIPS: SYSTEMS CHANGE TO END CHRONIC

HOMELESSNESS – The film chronicles community organization efforts to end chronic homelessness. Internal and external partnerships are crafted to leverage resources to effectively meet the multiple needs of persons who are homeless and have mental health and substance use disorders. Presents the real-world stories of two cities as they implement strategic planning to coordinate services and collaborate with other organizations.

WOMEN AND ADDICTION: A GENDER-RESPONSIVE APPROACH - Explores the gender-specific approaches that make a real difference for women in treatment. Presented by Stephanie Covington

Upcoming issues of *Courier Online* can be delivered to your inbox by sending your name and email address to: info@ctclearinghouse.org or by calling Connecticut Clearinghouse at 1.800.232.4424.