

# 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.*

**It is against the law for anyone under the age of 18 to purchase tobacco products, possess tobacco in a public place, and misrepresent their age in order to buy tobacco.**

Underage youth can be fined up to \$50.00 for the first offense and between \$50 & \$100 for each subsequent offense.



Ledge Light Health District of Groton, CT created a statewide Youth Tobacco Possession Law Campaign to raise awareness about this law which went into effect on October 1, 2008. A radio public service announcement, pocket card, window cling for stores, poster, and informational tool kit were designed and materials were distributed to tobacco merchants, schools, police departments and recreation centers.

To request these resources contact Ledge Light Health District at 860.448.4882 X 305 or Connecticut Clearinghouse.

The campaign materials can be viewed at [http://www.ledgelighthd.org/ed\\_resources/ed\\_resources.html](http://www.ledgelighthd.org/ed_resources/ed_resources.html).

Funding for this project was provided by

Connecticut Department of Mental Health and Addiction Services and Connecticut Clearinghouse.

## First Friday Film Festival

February 5, 2010

First Friday Film Festivals are held on the first Friday of every month at 3:00 p.m. in the Connecticut Clearinghouse Conference Room.

New audiovisuals are screened and a discussion follows.  
Join us for popcorn and a movie!

**Teen Safety: When You Are Alone: Be Aware Of Your Surroundings** - Using realistic scenarios and interviews with experts, this film provides realistic strategies for a teen home alone, demonstrates safety strategies for a teen walking alone, provides safety tips when using the Internet, and more. (17 minutes)

**B Careful When U Txt: The Dangers of Texting and Sexting** - Explores the use of cell phones, mobile email devices, and handheld computers which teens use to send photos and videos, and access Facebook, Twitter and other social networking sites. Gives viewers a primer on the do's and don'ts of text messaging, including the laws on privacy and child pornography, setting and maintaining personal boundaries, dealing with unforeseen consequences, and underscoring the need to "think before you click". (19 minutes)

# Continuing Education for Prevention Professionals



The Prevention and Health Promotion Division of the Connecticut Department of Mental Health and Addiction Services, through the Prevention Training Collaborative, offers free classes for prevention professionals. Brief descriptions of the classes offered in February 2010 are below.

For further information, including the registration process and contacts, on these and upcoming courses, go to [www.ctclearinghouse.org](http://www.ctclearinghouse.org) and select the Prevention Training Course Catalog.

## LIFE SKILLS FOR THE TRANSITION TO ADULTHOOD

Date: February 5, 2010

Time: 9:00 AM - 12:00 PM

Instructor: Terry Freeman, MSW, CPP-R

Training Agency: The Consultation Center

This workshop will place emphasis on the developmental needs of older adolescents and the skills they need for successful adulthood. Decision-making, goal-setting, career exploration, self-care and coping, independent living, and other life skills will be reviewed. Strategies and materials useful for community-based group work or formal educational settings with older adolescents will be explored.

## MULTICULTURAL SERIES FOR PREVENTION PROFESSIONALS: AFRICAN AMERICAN CULTURES

Date: February 17, 2010

Time: 9:00 AM - 4:00 PM

Instructor: MLI Staff.

Training Agency: The Multicultural Leadership Institute, Inc. (MLI)

This workshop provides training for individuals working with people of African American/African origins in a behavioral health prevention setting. It will deliver information and interactive activities to participants involved in prevention program planning, implementation, and evaluation.

## YOUTH INVOLVEMENT PRACTICES FOR COMMUNITY ASSESSMENT AND PROGRAM PLANNING

Date: February 19, 2010

Time: 9:00 AM - 12:00 PM

Instructor: Deborah Stewart, CPP

Training Agency: The Consultation Center

This workshop will focus on the importance of community assessment processes and tools that engage young people as partners in the community planning process. Examples of youth involvement strategies, used in Connecticut communities to reduce underage drinking and neighborhood violence, will be shared.

## NO-FUSS PROGRAM EVALUATION FOR BUSY MENTORING COORDINATORS

Date: February 24, 2010

Time: 10:00 AM - 11:00 AM

Instructor: Cheryl Yetke

Training Agency: The Governor's Prevention Partnership

This webinar workshop will help coordinators plan a simple evaluation that meets their program and funder needs. Learn to choose and understand free evaluation tools, and write a simple evaluation report.

## Resources For Our Troops and Their Families

Connecticut Clearinghouse houses a growing collection of informative brochures, books, and audiovisuals for members of the military, veterans, their families, and behavioral health professionals.

### BOOKS

After The War Zone: A Practical Guide For Returning Troops And Their Families - Laurie B. Slone, Matthew J. Friedman



Back From The Front: Combat Trauma, Love, And The Family - Aphrodite Matsakis

Clinician's Guide To Treating Stress After War: Education And Coping Interventions For Veterans - J. Whealin, L. Decarvalho, E. Vega

Contingency Management In An Entitlement Rehabilitation Setting: An Example From The Veterans Health Administration - Charles Drebing, Bruce J. Rounsaville, Robert Rosenheck

Courage After Fire: Coping Strategies For Troops Returning From Iraq And Afghanistan And Their Families - K. Armstrong, S. Best, P. Domenici

Down Range: To Iraq And Back - Bridget C. Cantrell, Chuck Dean

Enhancing Combat Veterans' Motivation To Change Post-Traumatic Stress Disorder Symptoms And Other Problem Behaviors - Ronald T. Murphy

Strategies For Managing Stress After War: Veteran's Workbook And Guide To Wellness - Julia M. Whealin, Lorie T. Decarvalho, Edward M. Vega

The Veterans And Active Duty Military Psychotherapy Treatment Planner - Bret A. Moore, Arthur E. Jongsma, Jr.

War And The Soul: Healing Our Nation's Veterans From Post-Traumatic Stress Disorder - Edward Tick

### PAMPHLETS

10 Things Military Teens Want You To Know

Alcohol And Combat Stress: Facts For You - What Families Can Do

Binge Drinking: What Military Members Should Know

Learn About Deployment

Making The Most Of Military Family Life

Managing Multiple Deployments

Post-Traumatic Stress Disorder: Information For Military Families And Friends

Post-Traumatic Stress Disorder: Information For Service Members

Preparing For Reunion

Sexual Assault: What Every Service Member Should Know

Single Service Members And Reintegration

Stress Management For Military Members

Suicide Thoughts And Combat Stress: Facts For You: What Families Can Do

Supporting Military Children In Your Community

Welcome Home: A Guide To A Healthy Family Reunion

Welcome Home Dad: 10 Tips For Reconnecting With Your Children After Deployment



The Military Support Program of the Department of Mental Health & Addiction Services assists service members and their families who are coping with problems related to parenting, finances, jobs, and relationships.

Call 866-251-2913 for free and confidential counseling services.

# More Resources For Our Troops and Their Families

## AUDIOVISUALS

**Hidden Wounds** – This documentary highlights three veterans and their struggles to overcome the trauma of their war experiences.

**Strong At The Broken Places: Turning Trauma Into Recovery** – Shows how deep personal loss can be turned into a powerful tool for helping others.

**Talk, Listen, Connect: Helping Families During Military Deployment / Hablen, Escuchen, Conecten** - Sesame Workshop presents this bilingual, educational outreach program designed for military families and their young children.



## DISCOVER. PARTICIPATE. ENGAGE.

**DATA.GOV** was created to increase the ability of the public to easily find, download, and use datasets that are generated and held by the United States government. The website, [www.data.gov](http://www.data.gov), strives to make government more transparent and is committed to creating an unprecedented level of openness in government.

Data.gov includes searchable data catalogs providing access to data through the “raw” data catalog, the tool catalog and the geodata catalog. These data catalogs will continue to grow as datasets are added.

A tutorial on how to use the website can be found at [www.data.gov/howtouse](http://www.data.gov/howtouse).



## New Poster

**Information For Parents: School-Aged Children Have Certain Rights**  
(Homelessness) (Available in Spanish)

Go to  
**DIRECTORY OF PAMPHLETS, FACT SHEETS & POSTERS**  
at [www.ctclearinghouse.org](http://www.ctclearinghouse.org)  
for a complete listing of these  
Connecticut Clearinghouse materials.

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

## New Audiovisuals

### Abusive Relationships: Get Help, Get Out -

Teenagers of diverse backgrounds, speak frankly about their experiences with dating violence. The program discusses how to identify abuse; how to leave an abusive relationship; and who to turn to for help.

View the trailer: <http://www.youtube.com/watch?v=3ILqTkk3fLQ>

**Adolescent Drug Abuse** – Dr Howard Liddle, director of the University of Miami Center for Treatment Research on Adolescent Drug Abuse, reviews evidence-based programs and focuses on the core ideas and clinical methods of family-based interventions, especially Multidimensional Family Therapy.

### Building Self-Esteem: You've Got The Power -

Good self-esteem gives a person the power to deal with changes, pressures, and other life influences. Viewers will learn nine steps to building self-esteem, including: clarifying values, building positive relationships, and setting goals.

<http://www.youtube.com/watch?v=WP9QQFwuTiI>

**Conflict Resolution: Thinking It Through** - Viewers follow a group of high school students as they participate in a conflict resolution workshop led by an experienced facilitator and social worker who encourage the teens to develop their own solutions. The facilitators help them understand basic communication skills, including how to use “I” messages to open a discussion and what it takes to be a good listener.

[http://www.youtube.com/watch?v=v\\_DqdFYllss](http://www.youtube.com/watch?v=v_DqdFYllss)

**Creating A Symbolic Experience Through Family Therapy** - Explores the role of symbols in family systems and how families expose, expand, redefine, create, and organize around them during transition and stress.

**Drugs R Us: Episodes 1 & 2** - Frank Caputo, host of the Nutmeg Community Television show, talks with psychotherapist Dick Krafcik, about the signs of substance abuse. Diane Bernier, a nurse, and Gwen Crowley, a crisis counselor, talk about going to a hospital with a drug or alcohol emergency.

**Drugs R Us: Episodes 3 & 4** - Psychiatric clinician, Albert Young, discusses the differences between group therapy and support groups, and the benefits of group therapy. Karen Guadagnini, MD, speaks about the medical aspects of substance abuse.

**Drugs R Us: Episodes 5 & 6** - Norman Cloutier, a certified addiction counselor, talks about the importance of support groups for substance users and their families during the recovery process. Life coach and holistic health care practitioner, Meghan Mitchell, talks about the benefits of alternative therapies, acupuncture, reiki, meditation, and yoga for people in recovery.

**Emotion Coaching** - Helps parents understand the importance of valuing emotions, both in children and in themselves. It begins by asking parents, “How do you feel about emotions?” which helps to answer the next question: “How do you parent?”

**Goal Setting: Define & Achieve Your Dream Life** Olympian Shannon Miller guides viewers in a six-step process to clearly identify and set goals. She helps viewers eliminate the obstacles that keep them from achieving their life dreams.

<http://www.youtube.com/LinxEducational#p/u/4/1iNDWpyQeY>

**Peer Mediation: A Process Of Respect** - When a fight breaks out in the cafeteria, two boys participate in a peer mediation led by two experienced student mediators. This program can be used to raise awareness about peer mediation; encourage students in a conflict to choose this option; and invite students to become mediators. It is a training tool for counselors and others starting peer mediation programs.

<http://www.youtube.com/watch?v=4gQ0ZLdHIHM>

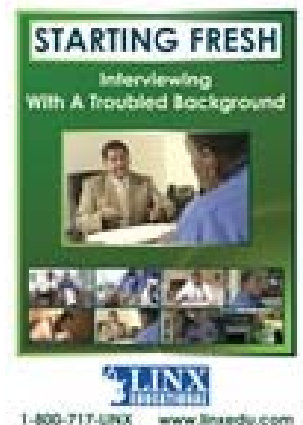
**Starting Fresh. Resumes And Cover Letters With A Troubled Background** - Presents guidelines for ex-offenders to create resumes and write cover letters.

[http://www.youtube.com/LinxEducational#p/u/6/rHtmE45\\_88o](http://www.youtube.com/LinxEducational#p/u/6/rHtmE45_88o)

**Starting Fresh. Interviewing With A Troubled Background** - Presents guidelines for ex-offenders preparing for an employment interview.

**Starting Fresh. Finding A Job With A Troubled Background**

Presents guidelines for ex-offenders seeking employment.



## New Books

Adopting The Hurt Child: Hope For Families With Special-Needs Kids: A Guide For Parents And Professionals - Gregory C. Keck, Regina M. Kupecky

Anger Management For Everyone: Seven Proven Ways To Control Anger And Live A Happier Life - R. Chip Tafrate, Howard Kassinove

Bullying: A Handbook For Educators And Parents - Ian Rivers, Neil Duncan, Valerie E. Besag

Embracing Cultural Competency: A Roadmap For Nonprofit Capacity Builders

Healing The Addicted Brain: The Revolutionary, Science-Based Alcoholism And Addiction Recovery Program - Harold Urschel

Implementing Change In Substance Abuse Treatment Programs

I've Got This Friend Who...: Advice For Teens And Their Friends On Alcohol, Drugs, Eating Disorders, Risky Behavior, And More - Anna Radev, Editor

Let's Clear The Air: 10 Reasons Not To Start Smoking

Parenting The Hurt Child: Helping Adoptive Families Heal And Grow - Gregory C. Keck, Regina M. Kupecky

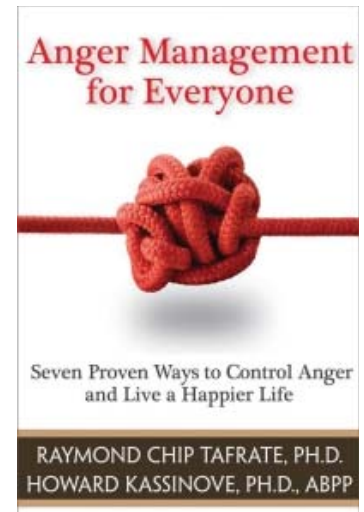
A Shelter Is Not A Home... Or Is It? : Lessons From Family Homelessness In New York City - Ralph Da Costa Nunez

Substance Abuse: Information For School Counselors, Social Workers, Therapists, And Counselors - Gary L. Fisher, Thomas C. Harrison

Their Finest Hour: Master Therapists Share Their Great Success Stories - Jeffrey Kottler, John Carlson

The Undesirables - Paule Brière, Philippe Béha, Illustrator

What Am I Feeling? - John Gottman



## New Pamphlets

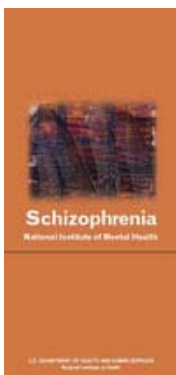
25 Ways To Get A Better Night's Sleep

All About Feelings

Coping With Change

Dejar De Fumar: Problemas Comunes, Buenas Soluciones

Depression Hurts Everyone



Help Prevent Underage Alcohol Use (Poster/Teaching Guide/Activity Pages)

The Medical Consequences Of Drug Abuse: A Chart Of Harmful Effects

Research Report Series: Marijuana Abuse

Schizophrenia

Trastorno Bipolar

Treatment Of Children With Mental Illness: Frequently Asked Questions

### Courier Online

The electronic 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

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