

COURIER ONLINE



February 2010

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.

What is Alzheimer's Disease?

Presented by

Erica De Francesco and **Anne McCarty**
Alzheimer's Resource Center of Connecticut, Inc.

Learn About Alzheimer's Disease

Signs & Symptoms - Stages of the Disease
Support for the Caregiver - Treatment & Care Options
Community Resources

Thursday, March 11, 2010

3:00 p.m. - 4:00 p.m.

RSVP Requested
1.800.232.4424

Driving Directions - <http://tiny.cc/CTClearinghouse>



Hosted by Wheeler Clinic's Employee Assistance Program and Connecticut Clearinghouse

First Friday Film Festival

March 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!

Not Just A Bad Day: Living With Bipolar Disorder - Profiles four individuals who live with bipolar disorder, one of the most commonly misunderstood and misdiagnosed mental illnesses. The documentary details their personal struggles as they each cope with the emotional highs and lows of the disorder. Through hard work and the hands on support of their psychiatrist, they begin to learn how to manage the extreme mood swings and lead productive, balanced lives. (50 minutes)



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



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 March 2010 are below.

For further information, including the registration process and training agency contacts, on these and upcoming classes, go to www.ctclearinghouse.org and select the Prevention Training Course Catalog.

FOSTERING YOUTH LEADERSHIP IN THE PREVENTION OF UNDERAGE DRINKING

Date: Wednesday, March 3, 2010
Time: 9:30 AM - 3:30 PM
Instructor: Deborah Stewart, BA, CPP
Agency: The Consultation Center

This workshop will provide participants with an overview of Connecticut's work to prevent underage drinking.

HEALTH PROMOTION: LINKING PREVENTION AND HEALTH PROMOTION TO RECOVERY

Date: Friday, March 5, 2010
Time: 9:00 AM - 4:00 PM
Instructor: Susan Ottenheimer, LCSW
Agency: The Consultation Center

A multifaceted training that will provide an overview of health promotion delivered in an array of settings, including knowledge, skills, and ideas to help your clients, contacts and colleagues.

HEALTHY RELATIONSHIPS: PREVENTION OF RELATIONSHIP VIOLENCE FOR YOUNG ADULTS

Date: Friday, March 5, 2010
Time: 9:00 AM - 4:00 PM
Instructors: Terry Freeman, MSW, CPP-R and Dawn Hemstock, MA
Agency: The Consultation Center

This interactive workshop will include principles, curricula, and strategies for working with adolescents to promote healthy relationships and prevent relationship violence.

NEEDS ASSESSMENTS AND PROGRAM EVALUATION: COLLECTION & UTILIZATION OF ARCHIVAL & NOVEL DATA

Date: Friday, March 12, 2010
Time: 9:00 AM - 4:00 PM
Instructor: Amy Griffin
Agency: The Consultation Center

Participants will learn a variety of ways to collect or access data for needs assessments and to assess program outcomes.

GENDER AND CULTURE

Date: Wednesday, March 17, 2010
Time: 9:00 AM - 4:00 PM
Instructor: MLI, Inc.
Agency: The Multicultural Leadership Institute, Inc. (MLI)

A workshop to deliver information and interactive activities to participants who are seeking more information about working with women and their families. For individuals involved with prevention program planning, implementation, and evaluation.

CORE COMPETENCIES IN PREVENTION-FOR CERTIFICATION

Date: Friday, March 26, 2010
Time: 9:00 AM - 12:00 PM
Instructor: Susan Ottenheimer, LCSW
Agency: The Consultation Center

This course provides an overview of prevention approaches by emphasizing its core competencies of practice, including training and community education, program development, consultation and technical assistance, advocacy, and program evaluation.

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.

New Pamphlets

For Teens Only: When Someone You Love Dies
From Boy To Man: What Boys Should Know About Growing Up



From Girl To Woman: What Girls Should Know About Growing Up
Net Cetera: Chatting With Kids About Being Online
Participating In Activities You Enjoy: More Than Just Fun & Games
The Facts About Naltrexone For The Treatment Of Opioid Addiction

New Posters

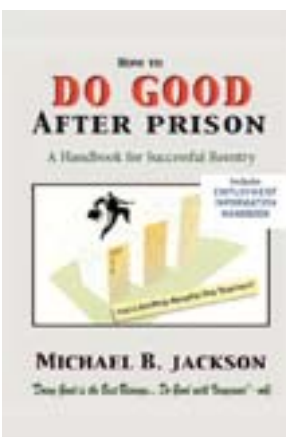
Commonly Abused Drugs
Possessing Tobacco Under The Age Of 18 Is Against The Law: Think Smart - Don't Start
Selected Prescription Drugs With Potential For Abuse



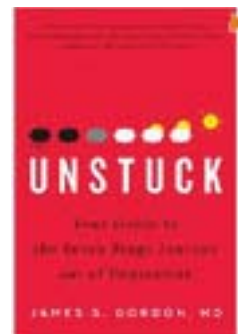
New Fact Sheets

The Continuum Of Care For Children And Adolescents (available in Spanish)
Your Child's Mental Health

New Books



Clinician's Guide To Evidence-Based Practices: Mental Health And The Addictions - John C. Norcross
How To Do Good After Prison: A Handbook For Successful Reentry - Michael B. Jackson
Taking Charge: A School-Based Life Skills Program For Adolescent Mothers - Mary Beth Harris, Cynthia Franklin
Unstuck: Your Guide To The Seven-Stage Journey Out Of Depression - James S. Gordon
Whoever You Are - Mem Fox
A Young Person's Guide To The Twelve Steps - Stephen Roos



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

New Audiovisuals

The Art Of Assertiveness: Practical Skills For Positive Communication

Shows how people can develop effective communication by understanding different communication styles, identifying their own communication styles, and utilizing powerful communication techniques that can positively impact relationships with friends, family and co-workers.

More Than Sad: Teen Depression - Presenting vignettes of four teens who were treated for depression, this film aims to teach adolescents to recognize depression in themselves or their friends, and to encourage them to seek help. View clips from the video: <http://www.morethansad.org/videotd.html>



Responding To Victims Of Human Trafficking - Addresses the need for the victim services field to work in partnership with providers of services to immigrants and with other allied practitioners to better serve victims of human trafficking. Targeted to traditional victim service providers to help them expand their existing skills and resources.



The Partnership for a Drug-Free America has created an online guide for parents who suspect or discover that their teen is using drugs or alcohol. **Intervention eBook: What to Do If Your Child Is Drinking or Using Drugs** describes an alcohol or drug intervention, and advises parents on how to prepare for this important discussion with their son or daughter. The ebook has information on what to do after the intervention, and helpful community resources.

This printable guide can be found at http://timetoact.drugfree.org/shadowbox/ebooks/Intervention_Guide.pdf

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RESOURCE CATALOG
at www.ctclearinghouse.org
for Books, DVDs & Curricula
available for loan.

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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
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