

# COURIER ONLINE

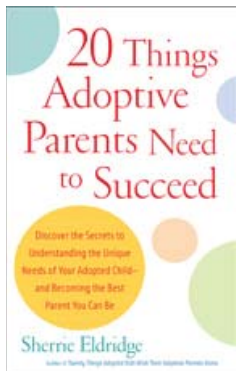
The newsletter of the state's library and resource center for information on substance use and mental health disorders, prevention, health promotion and wellness, treatment and recovery, and other related topics.



[www.icpsr.umich.edu/SAMHDA/](http://www.icpsr.umich.edu/SAMHDA/)

The Substance Abuse and Mental Health Data Archive, SAMHDA, provides free access to the nation's substance abuse and mental health research data and the tools that support their analysis. Data can be analyzed online – from cross tabulations to regressions - without the need for any downloads. The Quick Tables function produces custom tables and graphs. Survey instruments and the bibliography of publications that cite the data can be viewed. Questions about using the site can be answered by reviewing the FAQs and online tutorials. For technical support and additional information, contact SAMHDA at 888.741.7242 or [samhda-support@icpsr.umich.edu](mailto:samhda-support@icpsr.umich.edu).

## New Books



20 Things Adoptive Parents Need To Succeed -  
Sherrie Eldridge

Clinical Supervision And Professional Development  
Of The Substance Abuse Counselor

The Dual Diagnosis Capability In Addiction  
Treatment (DDCAT) Index: A Toolkit For  
Enhancing Addiction Only Service (AOS) Programs  
And Dual Diagnosis Capable (DDC) Programs

Handbook Of Adoption: Implications For  
Researchers, Practitioners, And Families - Rafael A.  
Javier, Editor

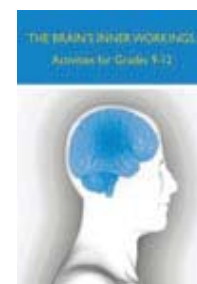
Hidden Injustice: Lesbian, Gay, Bisexual, And Transgender Youth In  
Juvenile Courts - Katayoon Majd, Jody Marksamer, Carolyn Reyes

Street Drugs: A Drug Identification Guide (2010)

## New Curricula

The Brain's Inner Workings:  
Activities For Grades 9-12

Integrated Dual Disorders  
Treatment Workbook



# Continuing Education for Prevention Professionals

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

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

## ADOLESCENT SUBSTANCE ABUSE PREVENTION: EVIDENCE-BASED APPROACHES TO PREVENTION AND TREATMENT

Date: Thursday, April 1, 2010

Time: 9:00 AM - 3:00 PM

Instructors: Carl Leukefeld, Dr. Cathy Martin, Robert Plant

Agency: Child and Family Agency of Southeastern Connecticut

This seminar is the outgrowth of a two-year project to identify promising and effective adolescent substance abuse prevention and treatment programs. Attendees will be presented with 1) a social-historical overview of humanity's need for mind altering substances; 2) the biological/genetic need for mind altering drugs; 3) an overview of primary prevention; and 4) an examination of promising interventions.

## SELECTING EVIDENCE-BASED PREVENTION PROGRAMS

Date: Friday, April 9, 2010

Time: 9:00 AM - 12:00 PM

Instructor: Amy Griffin

Agency: The Consultation Center

A workshop to provide participants with a foundation to develop and select sound prevention programs to achieve desired outcomes. This workshop will present 1) an overview of the concept of science-based prevention; 2) characteristics of effective prevention programs; 3) community, organizational, and other issues to consider in selecting appropriate prevention programs; 4) the utility of using a logic model framework for selecting and developing sound preventive interventions.

## HELPING PEOPLE CHANGE: APPLYING BEHAVIOR CHANGE THEORY

Date: Friday, April 16, 2010

Time: 9:00 AM - 4:00 PM

Instructor: Susan Ottenheimer, LCSW

Agency: The Consultation Center

The Transtheoretical Model of Change, or the Stages of Change model, will be explored to effectively apply it to develop and deliver interventions. Participants will: 1) identify behavior change models with in-depth review of the Stages of Change model; 2) learn how to develop interventions that are appropriate and provide opportunity for intervening at various levels and times.

## LEGAL ISSUES AND EMOTIONAL DYNAMICS IN GRANDFAMILIES

Date: Friday, April 16, 2010

Time: 9:00 AM - 4:00 PM

Instructors: Donna Fedus, MA, Kathleen Lutz

Agency: The Consultation Center

This workshop will provide an in-depth look at the legal issues and emotional dynamics common in grandfamilies which are layered over the normal strains of childrearing. Participants will: 1) identify the advantages and disadvantages of various legal arrangements for grandfamilies; 2) understand the emotional dynamics and coping strategies of the oldest and youngest generations within grandfamilies; 3) outline strategies for assisting kinship care families.

## A PRIMER TO THE "SOCIAL MEDIA"

Dates: April 16, 2010

Time: 9:00 AM - 1:00 PM

Instructor: Anne Yurasek

Agency: Child and Family Agency of Southeastern Connecticut

This workshop discusses Facebook, Twitter, LinkedIn and other electronic messaging mediums, and how they might be used to further the missions of social service organizations.



## MULTICULTURAL SERIES FOR PREVENTION PROFESSIONALS: WORKING WITH PERSONS OF EUROPEAN DESCENT AND THOSE IMMersed IN EUROPEAN AMERICAN CULTURE

Date: Wednesday, April 21, 2010

Time: 9:00 AM - 4:00 PM

Instructor: Marc Chartier

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

This is a workshop to deliver information and interactive activities to participants who are seeking more information about working with persons of European descent. Designed for individuals involved in prevention program planning, implementation, and evaluation,

## PREVENTING VIOLENT BEHAVIOR FROM EARLY CHILDHOOD THROUGH ADOLESCENCE: TWO EVIDENCE-BASED INTERVENTIONS

Dates: April 21 and 22, 2010

Time: 9:00 AM - 3:00 PM

Instructors: Melanie Smith-Cervera, Jen Messina, Chris Gullotta, Wendy Bauers, Michael Harris, MA

Agency: Child and Family Agency of Southeastern Connecticut

This two-day seminar is the outgrowth of three research projects to develop, test, and disseminate promising evidence-based programs to promote pro-social behavior in young people. Attendees will be introduced to the research and will join one of three instructional groups to learn: 1) The Bingham Pro-Social Curriculum – Preschool; 2) The Salmon Curriculum - Grades 1-6; 3) RiPP (Responding in Peaceful and Positive Ways – Middle and High School.

## New Pamphlets



Drugs, Alcohol & HIV/AIDS: A Consumer Guide For African Americans

Healing The Invisible Wounds: Children's Exposure To Violence: A Guide For Families (Available in Spanish)

Talking To Your Patients About Prescription Drug Abuse

Trastorno De Estres Posttraumatico

Underage Drinking: The Sobering Truth

Search the  
**RESOURCE CATALOG**  
at [www.ctclearinghouse.org](http://www.ctclearinghouse.org)  
for Books, DVDs & Curricula  
available for loan.

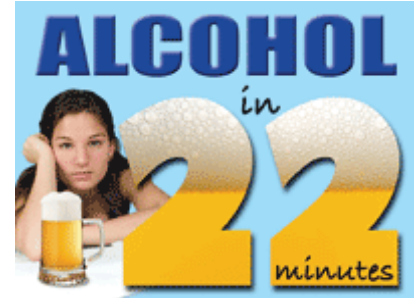
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[www.facebook.com/ctclearinghouse](http://www.facebook.com/ctclearinghouse)

## New Audiovisuals

**DUI: The Hard Truth** - Hosted by an Emergency Medical Technician, this film examines the deadly consequences of driving under the influence of alcohol or illicit drugs.

**Everything You Need To Know About Alcohol In 22 Minutes** - This program explores the consequences of drinking. It shows that young people who drink are more likely to experience health problems, risks to their still-developing brains, and school and social problems. Details how a mother's drinking during pregnancy can cause Fetal Alcohol Syndrome and affect her child's entire life. (Available in Spanish)



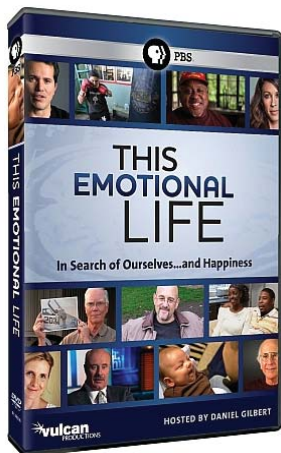
**Introduction To Twelve Step Groups** - Encourages viewers to use twelve step meetings to aid them in their recovery from alcohol and other drug addiction. Eight people in various stages of recovery discuss their first meeting and how and why they continue to go to meetings.

**Life With Baby: Parenting From Birth To 12 Months** - Drawing on the latest research in parenting, brain science, and child development, this DVD will help parents learn how their baby's brain is developing, and how to understand and respond to the baby's feelings.

**Life With Preschooler: Parenting From 3 To 5 Years** - Shows how preschoolers think, feel and learn. Between ages 3 and 5, kids want to do things on their own. This video features commentary from an early learning expert and real-life experiences from parents, who reveal successful ways to help kids understand their emotions and get ready to begin school.

**Life With Toddler: Parenting From 1 To 3 Years** - Between the ages of 1 and 3, toddlers grow in amazing ways - from walking to running, from a few words to a thousand, and from being totally dependent to wanting to do things on their own. It is a time when children begin to explore and become independent. The DVD teaches parents to respond to their children in positive and caring ways.

**Making Everyday Moments Count: 15 Sixty-Second Spots On Parenting From Birth To 5 Years** - This collection of 60-second spots depicts real-life scenarios and encourages parents to support their child's development and connect in ways that will last forever. Topics include: communication; recognizing and valuing emotions; how children learn; pre-literacy skills; secure attachment; the effects of stress.



**Step 1 For Adults; Step 2 For Adults; Step 3 For Adults** – Three videos that are core resources for any treatment program and excellent outreach tools for community groups, or for areas where Step meetings are not readily available. Men and women in recovery candidly share their triumphs and setbacks in working the Steps.

**This Emotional Life** - Explores ways to improve social relationships; learn to cope with depression and anxiety; and become more positive, resilient individuals. Harvard psychologist and best-selling author, Daniel Gilbert, talks with experts about the latest science on what makes us “tick” and how we can find support for the emotional issues we all face.

View the clips: PTSD - <http://www.youtube.com/watch?v=7aFs6695VyQ>

Stress & Anxiety - <http://www.youtube.com/watch?v=J7f1VnEBiFw>

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.

# April is Alcohol Awareness Month



**College Drinking - Changing the Culture** is an online resource for data, research, reports, news, and information on alcohol abuse and binge drinking among college students. Created by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), the website provides information for the college community including college presidents, peer educators and resident advisors, and college students and their parents.

[www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)



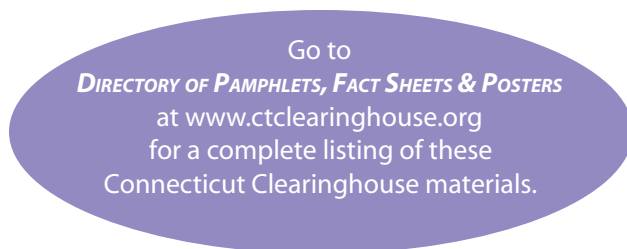
**StopAlcoholAbuse.Gov** is a portal to Federal government-approved information on underage drinking. Maintained by the Substance Abuse and Mental Health Services Administration, the website contains valuable resources for parents, educators, youth, concerned citizens, prevention specialists, business leaders, law enforcement and public health officials.

[www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov)



**Rethinking Drinking** is a website for adults who want to know if their drinking habits are putting them at risk for alcohol related problems. The site, sponsored by NIAAA, provides tools for viewers to evaluate their drinking patterns, and offers support and strategies for quitting or reducing their alcohol intake.

[www.rethinkingdrinking.niaaa.nih.gov](http://www.rethinkingdrinking.niaaa.nih.gov)



## Courier Online

The electronic newsletter of  
Wheeler Clinic's  
Connecticut Clearinghouse

334 Farmington Avenue  
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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

Connecticut Clearinghouse is funded  
by the Connecticut Department of  
Mental Health and Addiction Services