

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.

SUICIDE PREVENTION WEBSITES FOR TEENS AND YOUNG ADULTS



ReachOut.com is an online mental health information and support service designed to help 16-24 year olds get through tough times. The Reach Out site provides young people with the information, help, support, advice and connections they need to manage mental health challenges such as stress, anxiety, bullying, suicide, depression, bipolar and other issues that can affect their mental health and wellbeing.

www.reachout.com 1.800.273.8255



The Trevor Project is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. The Trevor Project operates the only accredited, nationwide, around-the-clock crisis and suicide prevention helpline specifically for LGBTQ youth. Guidance and resources for educators and parents are also provided.

www.thetrevorproject.org 1.866.4.U.TREVOR (1.866.488.7386)

The Trevor Project

First Friday Film Festival

May 7, 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!

A Guide for Living with PTSD: Perspectives for Professionals and Their Clients - This video weaves client testimonials with expert guidance to educate clinicians, clients and families on the history, epidemiology, challenges and treatment of post-traumatic stress disorder. Sample cognitive-behavioral therapy sessions between counselor and client model realistic applications of the concepts presented. (56 minutes)

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 May 2010 are listed below. For further information, including registration instructions and training agency contacts on these and upcoming classes, select the Prevention Training Course Catalog at www.ctclearinghouse.org.



THE ENTANGLEMENT OF FAMILY VIOLENCE AND SUBSTANCE USE

Date: Friday, May 14, 2010

Time: 9:00 AM - 4:00 PM

Instructors: Tami P. Sullivan Ph.D. and Erica Peters, B.A.

Training Agency: The Consultation Center

This course is designed for participants with minimal to some experience in working with populations that struggle with family violence and/or substance use issues. Participants will 1) Review existing research and practice regarding the multiple relationships that exist between family violence and substance use for youth and adults; 2) Enhance skills to identify family violence as a contributor to substance use for men and women; 3) Be introduced to tools that can be used to assess for family violence and substance use; 4) Enhance skills to intervene with clients who experience family violence and substance use.

MULTICULTURAL SERIES FOR PREVENTION PROFESSIONALS: SOUTH EAST ASIAN CULTURES

Date: Wednesday, May 19, 2010

Time: 9:00 AM - 4:00 PM

Instructor: Tuoc Phan, M.A.

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

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

PRESCRIPTION AND OVER-THE-COUNTER DRUG ABUSE

Date: Friday, May 21, 2010

Time: 9:00 AM - 12:00 PM

Instructor: Susan Ottenheimer, L.C.S.W.

Training Agency: The Consultation Center

Although most people use prescription and over-the-counter medications properly, a significant number do not. Misuse of prescription and OTC drugs can often lead to psychological and physical dependence. This is a significant problem across the lifespan, from teens to older adults. Workshop participants will learn which prescription and OTC drugs are most widely abused, including risk and protective factors for abuse and sample prevention strategies.

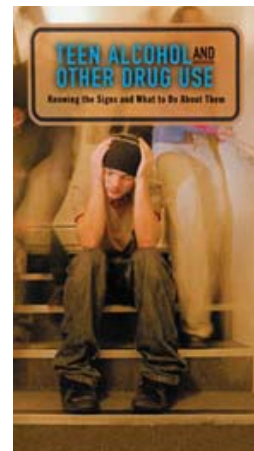
New Audiovisuals

Heart Of Stone - When Ron Stone of Weequahic High School in New Jersey took over as principal in 2001, gangs ruled the school. Stone devised an unconventional plan to realize his vision of turning the school around. He worked with the gangs and established the school as a no-violence zone. He then partnered with the committed alumni association, comprised of mostly older Jewish and younger African American alums, to raise funds for programs and college scholarships that helped transform the gang culture of the school to one of discipline and performance.

View the clips: <http://www.heartofstonethemovie.com>

Intervention In-Depth: Huffing - Hundreds of everyday products, household cleaners, disinfectants, and computer dusters contain chemicals that when breathed in give a powerful five-second high. It's called huffing and studies show that over two million kids nationwide are doing it. This program takes a powerful look at the trend and how it is shocking parents and destroying young lives. (Recommended for adult audiences only.)

Teen Alcohol & Other Drug Use: Knowing The Signs & What To Do About Them Shows parents and teachers how to help prevent teen alcohol and other drug use, recognize the signs of use, and intervene effectively. Also addresses the myths that may keep families from confronting this issue - attitudes such as "using alcohol is a rite of passage for teens; it's no big deal."



New Books

Back To Life, Back To Normality: Cognitive Therapy, Recovery And Psychosis - Douglas Turkington
Behavioral Emergencies: An Evidence-Based Resource For Evaluating And Managing Risk Of Suicide, Violence, And Victimization - Phillip M. Kleespies, Editor

Handbook Of Social Work In Child And Adolescent Sexual Abuse - Carolyn Hilarski, John Wodarski, Marvin Feit, Editors

Living With Co-Occurring Addiction And Mental Health Disorders: A Handbook For Recovery - Mark McGovern, Scott Edelstein

Living With Someone Who's Living With Bipolar Disorder: A Practical Guide For Family, Friends, And Coworkers - Chelsea Lowe, Bruce M. Cohen

My Brother's Keeper - Patricia McCormick

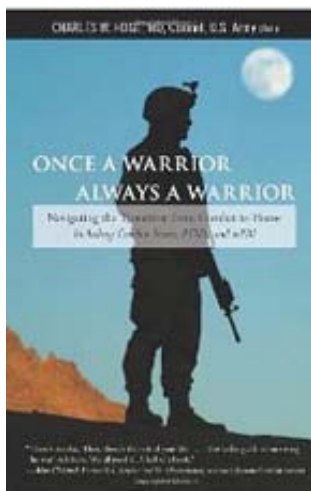
Once A Warrior, Always A Warrior: Navigating The Transition From Combat To Home-Including Combat Stress, PTSD, And MTBI - Charles W. Hoge

A Practical Guide To Recovery-Oriented Practice: Tools For Transforming Mental Health Care - Larry Davidson

Responding To Problem Behavior In Schools: The Behavior Education Program - Deanne A. Crone, Leanne S. Hawken, Robert H. Horner

Short-Term Play Therapy For Children - Heidi Gerard Kaduson, Charles E. Schaefer, Editors

Understanding Addiction And Recovery Through A Child's Eyes: Help, Hope, And Healing For The Family - Jerry Moe



New Posters

Are You Tough Enough To Be Gentle? Never Shake A Baby!

Are Your Kids Making Friends Or Drinking Buddies?

Changing Your Colors To Fit In?

Everyday Is Father's Day When You're Somebody's Dad

Listen To Sounds Of A Happy, Healthy Village: Band Together To Keep Kids Safe From Alcohol



New Pamphlets



Adventures In Parenting
Building Your Self-Esteem
Cocaine & Crack: Blinded By Blow
Drug Talk: Just The Facts
Family Violence & Drug Abuse:
Overcoming The Connection
Prescription Drugs: In Over Your Head
Resolving Conflict
The Truth About Sexting: Think B4 U
"Send"

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

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.



Jenna Bullock-Eckman-Papcin, Lee Petrowski and Tanya Mello of the Inpatient Psychiatric Unit at William Backus Hospital in Norwich explore the large variety of Connecticut Clearinghouse resources available to them and their patients.

Courier Online

The electronic newsletter of
Wheeler Clinic's
Connecticut Clearinghouse

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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

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Mental Health and Addiction Services

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