

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.

## CONNECTICUT'S SPF INITIATIVE CONTINUES PREVENTION EFFORTS TO REDUCE UNDERAGE DRINKING

Community coalitions across the state have been successfully implementing a prevention approach called the Strategic Prevention Framework (SPF) to prevent underage drinking in their cities and towns for the past several years. Funded by the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention (CSAP) since 2004, and led by the Connecticut Department of Mental Health and Addiction Services, the overall goal of this initiative in Connecticut has been to utilize the SPF process to implement evidence-based programs, policies, and practices to reduce underage drinking.



The SPF process uses a five step planning model that focuses on the accurate assessment of community needs, mobilizing the community to action, developing a strategic plan, implementing evidence-based practices, and evaluating and monitoring the results. Grantees in Connecticut participate in regular Learning Communities and receive ongoing technical assistance in implementing the SPF.

In recognition of its continued success, DMHAS was recently awarded a CSAP Partnership for Success grant. This grant will provide funding for continued coalition work by selected SPF coalitions with demonstrated outcomes, as well as underage drinking prevention efforts on college and university campuses through the statewide Healthy Campus Initiative. In addition, all DMHAS best practice prevention programs have migrated to working with local coalitions to implement the Strategic Prevention Framework.

For more information on the Strategic Prevention Framework in Connecticut go to:  
[www.ct.gov/dmhas/cwp/view.asp?a=2912&q=335122](http://www.ct.gov/dmhas/cwp/view.asp?a=2912&q=335122)

## First Friday Film Festival

June 4, 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!

**Anyone and Everyone** - Connected by having a son or daughter who is gay, parents across the country discuss their experiences in this documentary. Individuals from diverse ethnic backgrounds and from various religious denominations share intimate accounts of how their children revealed their sexual orientation to them and how they responded. (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 June 2010 are listed below.

For further information, including registration instructions and training agency contacts for these classes, select the Prevention Training Course Catalog at [www.ctclearinghouse.org](http://www.ctclearinghouse.org).

## FOSTERING HEALTHY CHILD DEVELOPMENT IN NON-TRADITIONAL FAMILIES

Date: June 3, 2010

Time: 9:00 AM - 3:00 PM

Instructors: Gary Blau, Robert Plant, Syliva Kay Fisher

Training Agency: Child and Family Agency of Southeastern Connecticut

Over the past 40 years extensive research on the nuclear, single parent, and remarried family has been undertaken. The challenges facing these family lifestyles have been well-examined with effective evidence-based programming developed to assist them with the issues they may face.

This seminar examines the stressors affecting three lesser-known family constellations - the lesbian, gay, bisexual, or transgender family, the foster family, and families with a mentally ill member. Evidence-based approaches to fostering the healthy development of these families will be discussed. Attendees will receive a copy of "Family Influences on Childhood Behavior and Development" (Gullotta and Blau).

## MULTICULTURAL SERIES FOR PREVENTION PROFESSIONALS: WORKING WITH LESBIAN, GAY, BISEXUAL, TRANSGENDERED, QUESTIONING, AND INTERSEX PERSONS AND COMMUNITIES (LGBTQI)

Date: Wednesday, June 16, 2010

Time: 9:00 AM - 4:00 PM

Instructor: MLI, Inc.

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

This workshop provides training for individuals working with lesbian, gay, bisexual, transgendered, questioning and intersex people in a behavioral health prevention setting. It will deliver information and interactive activities to participants involved in prevention program planning, implementation, and evaluation.

Attendees will learn 1) LGBTQI history and contemporary contexts; 2) the risk and protective factors for the behavioral health of LGBTQI persons; 3) the impacts of institutional and individual bias, prejudice, and stigma upon wellness and illness in prevention, treatment, and recovery; and 4) how to communicate effectively, and provide respectful and appropriate services and resources.

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 Curricula

### Active Parenting Now

The Anger Workbook For Teens: Activities To Help You Deal With Anger And Frustration

The Anxiety Workbook For Teens: Activities To Help You Deal With Anxiety & Worry

The Bipolar Workbook For Teens: DBT Skills To Help You Control Mood Swings

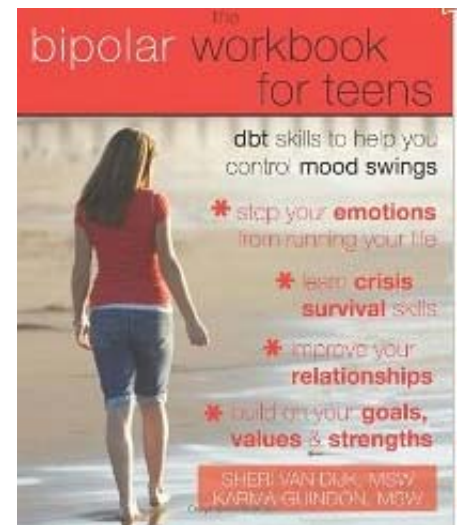
The Divorce Workbook For Teens: Activities To Help You Move Beyond The Breakup

Padres Cooperando En Medio De Un Divorcio: Protegiendo A Los Hijos Del Conflicto Creado

The Social Success Workbook For Teens: Skill-Building Activities For Teens With Nonverbal Learning Disorder, Asperger's Disorder And Other Social-Skill Problems

The Stress Reduction Workbook For Teens: Mindfulness Skills To Help You Deal With Stress

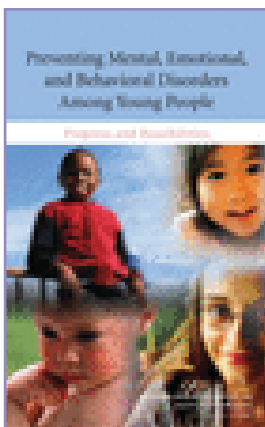
The Therapist's Notebook For Families: Solution-Oriented Exercises For Working With Parents, Children, And Adolescents



## New Books

Breathing Underwater - Alex Flinn

The Child Clinician's Report-Writing Handbook - Ellen Braaten



Preventing Mental, Emotional, And Behavioral Disorders Among Young People: Progress And Possibilities - Committee on the Prevention of Mental Disorders and Substance Abuse Among Children, Youth, and Young Adults: Research Advances and Promising Interventions

Returnable Girl - Pamela A. Lowell

Speak - Laurie Halse Anderson

Twisted - Laurie Halse Anderson

Search the

**RESOURCE CATALOG**

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

## New Posters

Fathers Change  
The World  
One Child At A  
Time: Involved.  
Responsible.  
Committed.

Help Your Doctor  
Read Between The  
Lines: Tell Your  
Doctor About ALL  
The Drugs You Use  
It Takes A Man To  
Be A Dad



## New Audiovisuals

**5 Ways To Work Things Out: Without Fighting** - This program teaches kids five strategies to help them resolve problems in safe and appropriate ways. (Audience: Grades PreK-2)

**8 Ways To Handle Anger: Without Hitting** - Teaches young children to identify and handle anger in an appropriate way. (Audience: Grades PreK-2)

**The Medicated Child** - FRONTLINE producer Marcela Gaviria speaks with psychiatrists, researchers and government regulators about the risks, benefits, and the many questions surrounding prescription drugs for children diagnosed with bipolar disorder.



**The Released** - Examines what happens to mentally ill prisoners when they leave prison and why they return at such alarming rates. Includes the stories of the released, interviews with parole officers, social workers, and psychiatrists. View a clip on YouTube: [www.youtube.com/user/PBS#p/search/0/9uC-JP8XHT8](http://www.youtube.com/user/PBS#p/search/0/9uC-JP8XHT8)

**We All Get Mad (Sometimes)** - Children learn what anger feels like and what happens to their bodies when they get angry. They also learn how to control their angry feelings, so they do not hurt themselves or others. (Audience: Grades PreK-2)

**Women In Recovery** - Women talk about how they keep their recovery strong; and what they are learning about trust, faith, action, and friendship along the way.

facebook

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

## New Pamphlets



About Communication Skills

Alcohol: What Every Girl Needs To Know

Communicating Well With Your Child: A Guide For Parents & Other Caregivers

Hable Con Sus Hijos Sobre Las Drogas Y Sus Peligros

Net Cétera: Cómo Charlar Con Sus Hijos Sobre Su Comportamiento En Línea

Para Prevenir Y Reducir El Consumo De Alcohol Por Menores De Edad: Guía De Acción Para Las Familias

Personal Hygiene: Clean Feels Great!

Secondhand Smoke: Asthma, Cancer & Other Health Risks (available in Spanish)



# Websites on Internet Safety

## American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

<http://safetynet.aap.org>

The American Academy of Pediatrics (AAP) provides access to links, resources, and information from the AAP and other organizations that specialize in keeping children and adolescents safer online.

KidsHealth, part of the Nemours Foundation, has a number of online articles about Internet safety for parents, teens and kids.

[http://kidshealth.org/parent/positive/family/net\\_safety.html](http://kidshealth.org/parent/positive/family/net_safety.html)



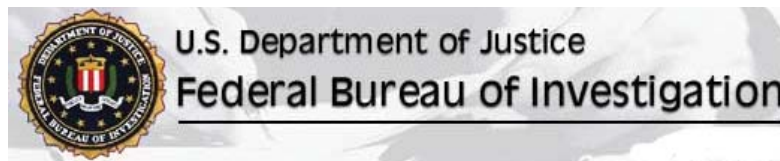
[www.netsmartz.org/index.aspx](http://www.netsmartz.org/index.aspx)

NetSmartz is an Internet safety resource from the National Center for Missing & Exploited Children and the Boys & Girls Clubs of America. It uses the latest technology to create high-impact educational activities for even the most tech-savvy kids of any age group.



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

OnGuardOnline.gov has published the guide, *Net Cetera: Chatting with Kids About Being Online*, which discusses what parents need to know, where to go for more information, and what issues to raise with kids about online communication.



The Federal Bureau of Investigation has created *A Parent's Guide to Internet Safety* to help parents understand the complexities of online child exploitation.

[www.fbi.gov/publications/pguide/pguidee.htm](http://www.fbi.gov/publications/pguide/pguidee.htm)

### Courier Online

The electronic newsletter of  
Wheeler Clinic's  
Connecticut Clearinghouse

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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

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