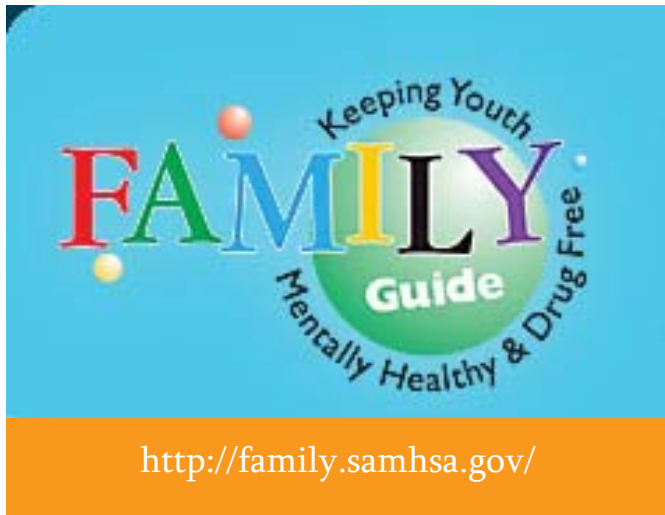


The newsletter of the state's library and resource center for information on substance use and mental health disorders, prevention, health promotion and wellness, treatment and recovery, and other related topics.

Keeping Kids Healthy and Drug Free

A **Family Guide To Keeping Youth Mentally Healthy & Drug Free** is a website for parents and other caring adults that emphasizes the importance of families, promotes children's mental health, and helps prevent the underage use of alcohol, tobacco and illegal drugs.

The primary focus of the site is on what researchers and substance abuse prevention professionals term family-related "protective factors" - those situations and conditions that decrease a child's chances for engaging in drug-related and other risky behaviors. The site also includes information about "risk factors" that increase children's risk for using alcohol, tobacco, and illegal drugs.



The content of the website is focused on children aged 7 to 18. It includes topics on how to better communicate with young people, activities for promoting "family time," and tips on discussing difficult issues.

Developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), A Family Guide To Keeping Youth Mentally Healthy & Drug Free is a tool that can be used to positively influence children's lives.

First Friday Film Festival

July 2, 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 Truth: An Inside Look At Body Image - Teens, parents, physicians, a coach, and an entertainment professional discuss how celebrities, media, sports, and peers influence one's body image. Compelling personal stories reveal how peers and the media drove these teens to engage in life-threatening behaviors. The film challenges viewers to think differently about how they see their body image and the body image of others. (23 minutes)

New Books

Family Psychoeducation For Serious Mental Illness - Harriet P. Lefley

Group Work With Adolescents: Principles And Practice: 2nd Edition - Andrew Malekoff

La Guía De Salud: Consejos Y Respuestas Para La Mujer Latina - Jane L. Delgado;
Prólogo Por Antonia Coello Novello

The Handbook Of Health Behavior Change - Sally A. Shumaker, Judith K. Ockene,
Kristin A. Riekert, Editors

Integrative Mental Health Care: A Therapist's Handbook - James Lake

The Latina Guide To Health: Consejos And Caring Answers - Jane L. Delgado

Leading Psychoeducational Groups For Children And Adolescents - Janice L. Delucia Waack

Mental Health, Naturally: The Family Guide To Holistic Care For A Healthy Mind And Body - Kathi J. Kemper

The Program Evaluation Standards: How To Assess Evaluations Of Educational Programs:
The Joint Committee On Standards For Educational Evaluation - James R. Sanders

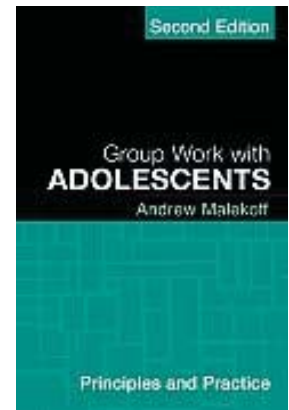
Realizing Social Justice: The Challenge Of Preventive Interventions - Maureen E. Kenny, editor

Substance Abuse Treatment: Addressing The Specific Needs Of Women

The System Of Care Handbook: Transforming Mental Health Services For Children, Youth, & Families -
Beth A. Stroul, Gary M. Blau, Editors

Theory And Practice Of Group Counseling - Gerald Corey

Why People Die By Suicide - Thomas Joiner



New Audiovisuals

[Preventing Sexual Abuse Of Children And Youth In Custody](#) - This 2 disk DVD addresses the issue of sexual abuse of juveniles in custody and introduces administrators, managers, advocates, and practitioners working with juvenile offenders to the requirements of the Prison Rape Elimination Act (PREA) of 2003.

[The Turning Point: Breaking The Cycle Of Addiction And Incarceration](#) – A video developed for male clients who are dealing with alcohol or other drug addiction. It includes interviews with African American men in different stages of recovery and reintegration, and straight talk from counselors, community activists, a neighborhood pastor, and a drug court judge. All echo the same message - in order to change, these men must give up alcohol and other drugs and their unhealthy lifestyles.



[Twelve: Young Addicts Speak From The Heart](#) - Through candid conversations, this film goes inside the childhood memories and emotional lives of recovering addicts who started their habits around 12 years of age. The participants also discuss the most daunting challenge of all - the ongoing process of recovery.

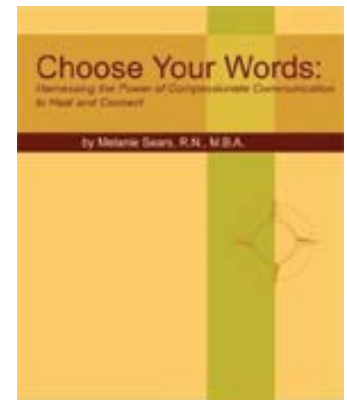
[When Love Is Not Enough: The Lois Wilson Story](#) – This is the story of Lois Wilson, the wife of Bill W. After many years of living with her alcoholic husband she came to understand that alcoholism is a family disease. As a result, she helped form a family support group that came to be known as Al-Anon.

New Curricula

Choose Your Words: Harnessing The Power Of Compassionate Communication To Heal And Connect - Melanie Sears

More Team-Building Activities For Every Group - Alanna Jones

Sunny Side Of The Street: Mentor And Parent Handbook - This multimedia program to help mentors of and parents with intellectual disabilities in the development of parenting skills includes one book, one digital video disc, one compact disc and one deck of practice and play cards.



New Posters

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

Bee Drug-Free

Demos Tranquilidad A Los Jóvenes:
Queremos Que Los Jóvenes Hagan
Lo Correcto



New Pamphlets



101 Ways To Have Fun Offline: Things To Do Without A Computer

Anger Management

A Brief Guide To Alcoholics Anonymous and
Una Breve Guía A Alcohólicos Anónimos

Marijuana: Light Up, Burn Out

Maximizing Memory: Exercise Your Brain

Our Children's Self-Esteem: Thoughts For
Parents & Teachers

Teen Success! Ideas On Moving Ahead

The Health Consequences of Spit Tobacco

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

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