

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.



July 2010

COURIER ONLINE

CONNECTICUT CELEBRATES RECOVERY WITH 11TH ANNUAL CCAR RECOVERY WALKS!

National Alcohol and Drug Addiction Recovery Month is an annual observance that takes place during the month of September. Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), the observance highlights the benefits of substance abuse treatment in the recovery process and promotes the message that recovery from substance abuse in all its forms is possible. The observance also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need. The 2010 theme is Join the Voices for Recovery: Now More Than Ever!

Each September, thousands of providers and recovery advocacy organizations around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery.

Recovery Month also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible.

Connecticut Community for Addiction Recovery (CCAR) will hold its 11th annual Recovery Walks! on Saturday, September 25, 2010 at 10:00 a.m. in Hartford's Bushnell Park. Through participation in this statewide Recovery Month event,

thousands of individuals will offer themselves as "living proof" that recovery is real. Please plan to join in this dramatic display of support for recovery from alcohol and other drug addiction.

Visit www.ccar.us/recovery_walk.htm for additional information about sponsoring or attending the event, Together, we can generate hope, and create a powerful message that recovery is possible for anyone!

National Alcohol
& Drug Addiction
Recovery Month

FIRST FRIDAY FILM FESTIVAL

August 6, 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!

Growing Up Online - Teens in America are online every day. They socialize with friends and strangers alike. Peer inside the world of this cyber-savvy generation through the eyes of teens and their parents. A generation with a radically different notion of privacy and personal space, today's adolescents are grappling with issues their parents never had to deal with. This film investigates the risks, realities, and misconceptions of teenage self-expression on the Internet. (60 minutes)



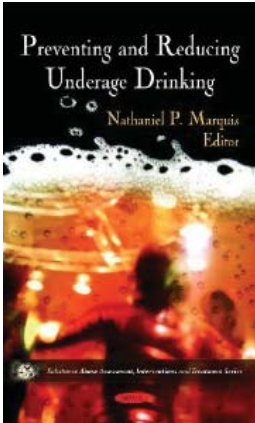
Connecticut Clearinghouse, a program of Wheeler Clinic, is funded by the Connecticut Department of Mental Health and Addiction Services.



NEW BOOKS

Binge Drinking In Adolescents And College Students - Cecile A. Marczinski, Estee C. Grant, Vincent J. Grant

Free To Choose: Transforming Behavioral Health Care To Self-Direction: Report Of The 2004 Consumer Direction Initiative Summit



A Practical Guide To Working With Health Care Systems On Tobacco Use Treatment - U.S. Dept. of Health and Human Services, Centers for Disease Control and Prevention

Preventing And Reducing Underage Drinking - Nathaniel P. Marquis, Editor

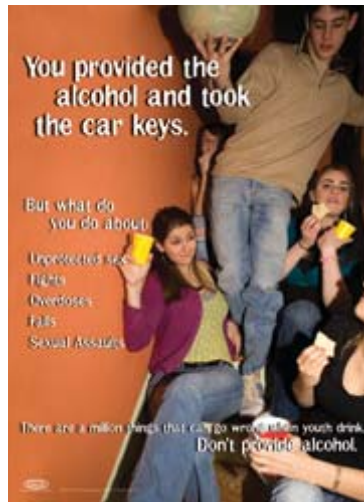
NEW POSTERS

Strings: A Series Of Lifelines To Help Keep Kids Safe From Alcohol

Wanna Smoke? Wanna Dip? Wanna Snus? Really?

Wise Up: Here's Where Kids Get Alcohol: Know The Source And Then Cut It Off

You Provided The Alcohol And Took The Car Keys: There Are A Million Things That Can Go Wrong: Don't Provide Alcohol



NEW PAMPHLETS

Bored, Angry, Lonely, Stressed, Rejected: Alcohol Is Not The Answer

Consumo De Alcohol Entre Menores: Si Se Harta De Alcohol Será Arrestado

LGBT Community: Saying No To Tobacco

Prescription Drug Abuse: Help Turns To Harm

Relapse Prevention

Smokeless Tobacco: A Pinch Of Danger

To Prevent And Reduce Underage Drinking: A Guide To Action For Communities

Youths, Alcohol And Other Drugs

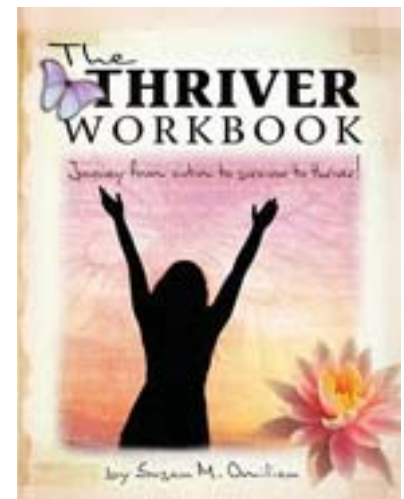


Go to
DIRECTORY OF PAMPHLETS, FACT SHEETS & POSTERS
at www.ctclearinghouse.org
for a complete listing of these
Connecticut Clearinghouse materials.

NEW CURRICULUM

The Thriver Workbook:
Journey From Victim To Survivor To Thriver -

Includes work sheets, writing exercises, and success stories to help women move from victim to survivor to thriver.



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 AUDIOVISUALS

Anatomy Of A Puff - Alerts viewers to the variety of toxic, carcinogenic and addictive substances found in every puff of cigarette smoke. Describes how nicotine is, by some measures, more addictive than cocaine and heroin; and how tar contributes to lung diseases such as emphysema, chronic bronchitis, and lung cancer. Describes the industrial uses of benzene, arsenic, and other toxic chemicals found in cigarette smoke. Viewers learn that it is not just smokers who are exposed to these risks.

See the preview at http://www.hrmvideo.com/items.cfm?action=view&item_id=3075

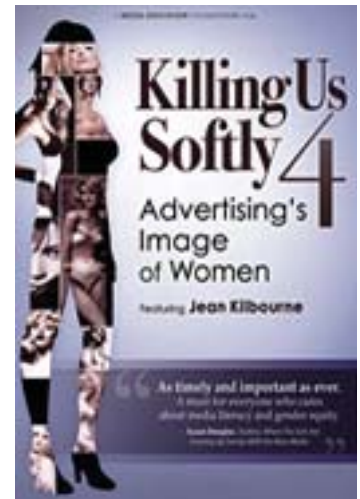
Dangerous Decisions: Learning To Think Before You Act - Describes how risk taking is a normal part of adolescence, while emphasizing the importance of distinguishing between healthy and unhealthy risks.

View the trailer at http://www.hrmvideo.com/items.cfm?action=view&item_id=3071&type=newreleases

Drugs: Crime And Punishment - Discusses the legal consequences of drug and alcohol use.

For Our Sons: Rules Of Engagement - Tells the story of young black men growing up in the oftentimes hostile environment of the inner city. Through strength and perseverance, they must build their own versions of the American dream. The documentary is about life lessons and love for the many fatherless black boys in the United States.

Killing Us Softly 4: Advertising's Image Of Women - Jean Kilbourne takes a fresh look at how advertising traffics in distorted and destructive ideals of femininity. Print and television advertisements reveal a pattern of damaging gender stereotypes - images and messages that too often reinforce unrealistic, and unhealthy, perceptions of beauty, perfection, and sexuality. The film challenges a new generation of students to take advertising seriously, and to think critically about popular culture and its relationship to sexism, eating disorders, and gender violence.



Pleasure Unwoven: A Personal Journey About Addiction - Is addiction really a disease? This program explores the arguments for and against this debate, reviewing the latest neuroscientific research about addiction. Using the spectacular landscape of Utah's State and National Parks to describe the brain areas involved in addiction, complex neuroscientific concepts are turned into easy-to-understand visual images.

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 which may lead to dangerous habits. Personal stories reveal how peer and media influences 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.



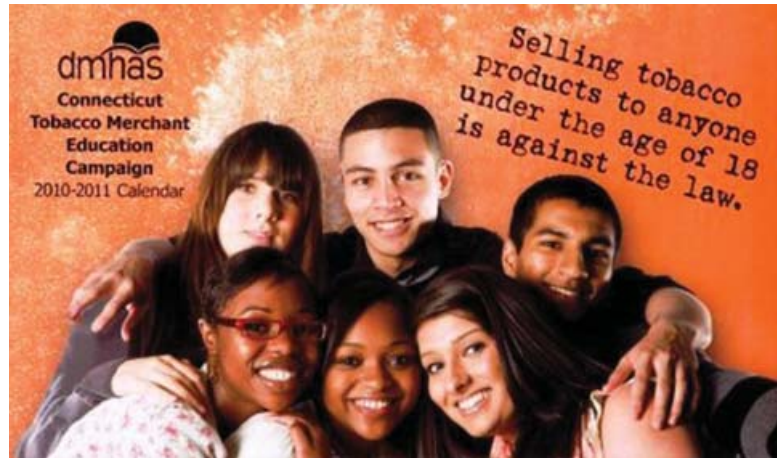
Teen Truth: An Inside Look At Bullying And School Violence - Features candid commentary from students and educators, about how bullying directly correlates to the rise in school violence. Viewers experience the Columbine shootings through live voice recordings of parents, teachers and students talking to 911 operators as the events occurred. Viewers hear from experts and students about the best ways to combat bullying and school violence.

See the trailer at <http://www.youtube.com/watch?v=hWiCif-47Vo>

Teen Truth: An Inside Look At Drug And Alcohol Abuse - This program weaves together footage of real drug addicts in recovery, with teens who have casually experimented with drugs and alcohol. The addicts' emotional stories provide sobering proof of how drug and alcohol experimentation can lead to drug dependence and broken futures.

UNDER 18 Don't Sell Tobacco! Calendar

It is illegal to sell tobacco products to anyone under the age of 18. Over 4,000 licensed tobacco retailers were recently mailed the Connecticut Tobacco Merchant Education Campaign Calendar: July 2010 - June 2011 to remind them of this law.



The calendar is designed to be used as a tool to teach store owners, managers, and employees about Connecticut's tobacco laws. Each month of the calendar contains information to help retailers avoid selling tobacco products to underage youth. Helpful advice on how to check for proper identification, and what to say and do when confronted by an angry customer is shared. The types of tobacco products, fines for the illegal sale of cigarettes, and the telephone number of the Connecticut Quitline are also included.

This calendar is just one element of the comprehensive Connecticut Tobacco Merchant and Community Education Campaign, which is a collaborative effort of the Connecticut Department of Mental Health and Addiction Services and Wheeler Clinic's Connecticut Clearinghouse. Other campaign materials include an instructive CD, cash register stickers, tip sheets, the Notice of Connecticut Tobacco Laws, and paycheck stuffers.

Calendars and other campaign materials can be requested by contacting Connecticut Clearinghouse at 1.800.232.4424 or info@ctclearinghouse.org.

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www.facebook.com/ctclearinghouse

Recovery Walks! Saturday, September 25, 2010

11th Annual Walk for Recovery from Alcohol & Other Drug Addiction

Bushnell Park, Hartford, Connecticut

CCAR - Connecticut Community for Addiction Recovery

10:00 am - 2:00 pm

Walk begins at 12:30 pm

Music, Fellowship, Arts & Crafts, Children's Activities,
Exhibitors & Food Vendors

1-800-708-9145 • www.ccar.us/recovery_walk.htm



Recovery Month Toolkit Now Available

Community and media events are the cornerstone of Recovery Month. Holding an event can be an exciting and important way to make a difference in your community. The impact your organization can have by spreading a lasting message of recovery throughout your community can be beyond measure. Recovery Month events, no matter how large or small, can go a long way in promoting the benefits of recovery.

The U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) and its Center for Substance Abuse Treatment (CSAT) created the 2010 Recovery Month toolkit to aid organizations in planning Recovery Month events. The toolkit focuses on the effectiveness of substance abuse and mental health prevention and treatment services and the hope of recovery. It features helpful statistics, resources, event ideas, suggestions, and samples on how to reach local media, fact sheets for key constituency groups, special audiences, and more.

The toolkit and additional information about Recovery Month can be found at www.recoverymonth.gov/

HealthCare.gov

Take health care into your own hands

HealthCare.gov is a powerful new information website that gives individuals more control over their own health care and allows them to compare their health coverage options. It connects individuals to new information and resources that will help them access quality, affordable health care coverage.

A website of the U.S. Department of Health and Human Services, HealthCare.gov makes it easy for individuals and small businesses to compare health insurance plans in both the public and the private sectors, and find other important health care information. It is the first central database of health coverage options, combining information about public programs, from Medicare to the new Pre-Existing Conditions Insurance Plan, with information from more than 1,000 private insurance plans. Individuals can receive information about options specific to their life situation and local community.

In addition, the website is a one-stop-shop for information about the implementation of the Affordable Care Act. This act, passed by Congress and signed into law by the President in March 2010, puts in place comprehensive health insurance reforms that will hold insurance companies more accountable, lower health care costs, guarantee more health care choices, and enhance the quality of health care.

As the health care market transforms, so will HealthCare.gov. Price estimates for health insurance plans will soon be available. New information on preventing disease and illness, and improving the quality of health care for all Americans will be posted in the near future. The website is located at www.healthcare.gov.

Courier Online

The electronic newsletter of
Wheeler Clinic's
Connecticut Clearinghouse

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800.232.4424 (TTY) or
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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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by the Connecticut Department of
Mental Health and Addiction Services