

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.



COURIER ONLINE

August 2010

BACK TO SCHOOL - INFORMATION FOR PARENTS



The hot, humid summer days are drawing to a close and it's time for students to head back to the classroom. For children to be successful in school, parents and families need to be actively involved in their children's learning. They need to become involved early and stay involved throughout the school year. By showing interest in their children's education, parents and families can spark enthusiasm and lead them to a very important understanding - that learning can be enjoyable, rewarding, and well worth the required effort.

There are many helpful resources for parents who are readying their children for a new school year. Information about grade school children, teens, and young adults heading off to college is available from numerous sites on the Internet.

See page 4 for additional links to articles from the websites of organizations that provide reliable and accurate information.

Connecticut State Department of Education

www.sde.ct.gov/sde/taxonomy/taxonomy.asp?DLN=45424&sdeNav=|45424

Connecticut Department of Transportation

www.ct.gov/dot/cwp/view.asp?Q=394624&A=1373

Connecticut Department of Children and Families

<http://ctparenting.com/backtoschooltips.php>

FIRST FRIDAY FILM FESTIVAL

September 3, 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!

Drugs: True Stories - This is the story of Joel, whose abuse of alcohol and marijuana led him to use prescription painkillers. Joel, his parents, and his sister describe their denial, Joel's spiraling addiction, and his ongoing recovery. Another young man, Trevor, tells how he avoids drug use with support from mentors. (30 minutes)



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



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.

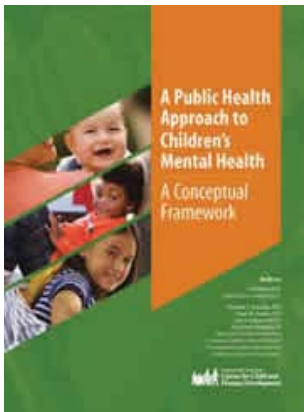
NEW BOOKS

Client Violence In Social Work Practice: Prevention, Intervention, And Research - Christina E. Newhill

Going To Work With A Criminal Record : Lessons From The Fathers At Work Initiative

Pathological Anxiety: Emotional Processing In Etiology And Treatment - Barbara Olasov Rothbaum, Editor

Personality And Psychotherapy : Treating The Whole Person - Jefferson A. Singer



Personality In Adulthood : A Five-Factor Theory Perspective - Robert R. McCrae, Paul T. Costa, Jr.

A Public Health Approach To Children's Mental Health : A Conceptual Framework

NEW POSTERS

Teen Suicide Prevention: We Can Help Us

The Easiest Place For Kids To Get Beer Is Right Next To The Milk: Keep Alcohol Out Of The Hands Of Kids



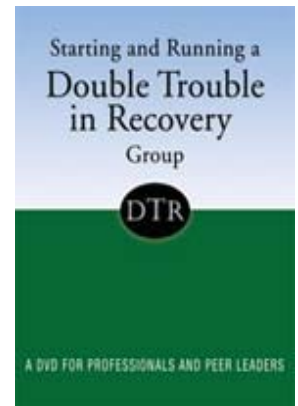
NEW AUDIOVISUALS

Healthy Mom, Happy Family: Understanding Pregnancy And Postpartum Mood And Anxiety Disorders - Four women, who have suffered from and survived a perinatal mood disorder, share their experiences. This is a film to help reassure and educate new mothers, their family members, friends, and health care professionals.

For a preview go to: www.postpartum.net/Resources/PSI-Educational-DVD.aspx

Starting And Running A Double Trouble In Recovery Group (DTR): A DVD For Professionals And Peer Leaders

- Features professionals and DTR group members giving practical information and inspiring personal stories about their experiences with the success of peer support.



NEW PAMPHLETS

An Important Lesson: Helping Students Avoid Prescription Drug Abuse

Dealing With Money In A Relationship

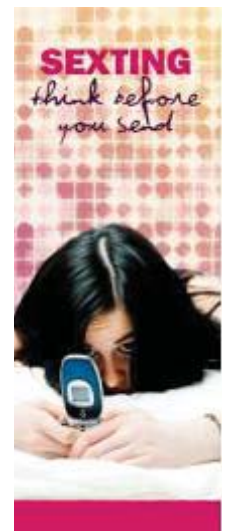
Mind Over Matter (Eight Booklets) and Explorando La Mente (Ocho Folletos)

Relapse Happens: 10 Tips To Quit Smoking Again

Senior Suicide

Sexting: Think Before You Send

Trastorno Bipolar En Niños Y Adolescentes



facebook

Find us on Facebook
www.facebook.com/ctclearinghouse

NEW CURRICULUM

The Brain: Our Sense Of Self - Developed with the National Institute of Neurological Disorders and Stroke (NINDS), this curriculum helps to expand basic understanding of brain function and the nervous system. For students in grades 7 and 8.

Coping Power: Child Group Program: Facilitator Guide - John E. Lochman, Karen C. Wells, Lisa A. Lenhart

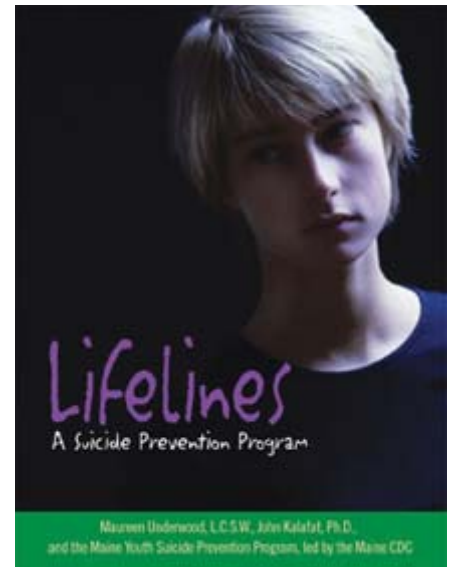
Coping Power : Parent Group Program: Facilitator Guide - John E. Lochman, Karen C. Wells, Lisa A. Lenhart

Exploring Relationships And Marriage With Fragile Families : Program For Couples - Center for Fathers, Families, and Workforce Development, Publisher

Exploring Relationships And Marriage With Fragile Families: Program For Fathers - Center for Fathers, Families, and Workforce Development, Publisher

Exploring Relationships And Marriage With Fragile Families: Program For Mothers - Center for Fathers, Families, and Workforce Development, Publisher

Lifelines: A Suicide Prevention Program - A comprehensive, whole-school suicide prevention curriculum for implementation in middle and high school. Students participate in role-playing exercises that teach them what to do when faced with a suicidal peer. Includes a program guide, CD-ROM of reproducible handouts and other resources, and two DVDs. For school administrators, faculty, staff members, parents, caregivers, and students.



TRUST Program: COA Support Group Activity Guide: With COA Activities And Handouts For Children In Grades 2 Through 5 And Middle School - For professionals working with families with addiction. Includes 22 different lessons on topics such as: addiction recovery, anger, friendship, peer pressure, worries, and more.

TRUST Program: Facilitator's Guide: For Grades 2 Through 8 - Includes lessons, sample letters, policies and recruitment packets, activity handouts, and more.

Recovery Walks!

Saturday, September 25, 2010

Bushnell Park, Hartford,

10:00 am - 2:00 pm

Walk begins at 12:30 pm



CCAR - Connecticut Community for Addiction Recovery

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

BACK TO SCHOOL WEBSITES

AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

Children Who Won't Go To School

www.aacap.org/cs/root/facts_for_families/children_who_wont_go_to_school_separation_anxiety

Starting School

www.aacap.org/galleries/FactsForFamilies/82_starting_school.pdf

AMERICAN ACADEMY OF PEDIATRICS

Grade School 5 -12 years

www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/default.aspx

Teen 12 - 18 years

www.healthychildren.org/English/ages-stages/teen/school/Pages/default.aspx

Young Adult 18 - 21 years

www.healthychildren.org/English/ages-stages/young-adult/Pages/default.aspx

NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS

Back to School Transitions - Tips for Parents

www.nasponline.org/resources/home_school/b2shandout.aspx

USA.gov

Back To School

www.usa.gov/Topics/Back_to_School.shtml



National Suicide Prevention Week September 5 – September 11, 2010

National Suicide Prevention Hotline
1.800.273.TALK • www.suicidepreventionlifeline.org

American Association of Suicidology
www.suicidology.org

Suicide Prevention Resource Center
www.sprc.org

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