

The newsletter of Connecticut Clearinghouse, a 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



CONNECTICUT Clearinghouse
a program of the Connecticut Center for Prevention, Wellness and Recovery

August 2016

JOIN US

On Thursday, September 22
from 2:00 PM – 4:00 PM
for a Connecticut Clearinghouse Quarterly Forum

Understanding Gangs, Gang Culture and Working with Gang Involved Youth

Presented by Iran Nazario,
Gang Awareness and Prevention Expert



An individual youth's psycho-social needs may not be fully addressed through conventional methods due to intimate links to the violent and criminal gang lifestyle. It is important for social workers and people working with youth to have the knowledge and tools necessary to successfully break these connections and build positive and fruitful networks in the future.

- Participants will learn how to be situationally aware, identify gang symbols/gang involvement, rituals, and warning signs.
- Participants will learn at this interactive session how to diffuse a dangerous situation and how to increase safety for the outreach professionals and the families under their care.
- This presentation will provide participants with tools to support youth and create opportunities to successfully exit a gang lifestyle.

CLICK HERE TO REGISTER ONLINE

NEW POSTERS

3 Facts You Should Know about Hepatitis C

I am Not My Mental Illness: People with Mental Illness are Still People

No Soy Mi Enfermedad Mental: Las Personas con Enfermedad Mental Todavía son Personas

Vaping - Don't Get Taken In



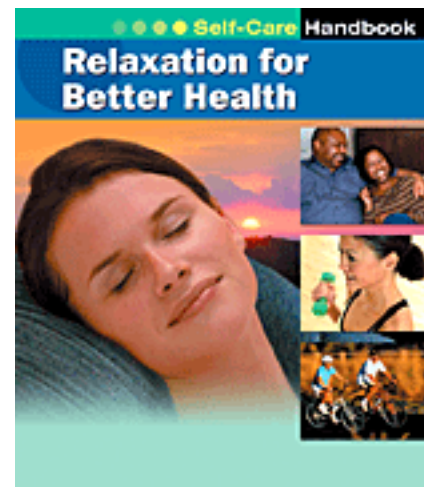
NEW PAMPHLETS

Hope and Help for Depression - Self-Care Handbook

Mindfulness

My Plate for Older Adults

Relaxation for Better Health - Self-Care Handbook



NEW BOOKS AND CURRICULA

Acceptance of Mental Illness: Promoting Recovery among Culturally Diverse Groups

Lauren Mizock and Zlatka Russinova

Accidental Intolerance: How We Stigmatize ADHD and How We Can Stop

Susan Hawthorne

Are You Fully Charged? The 3 Keys to Energizing Your Work and Life

Tom Rath

CBT for Depression in Children and Adolescents: A Guide to Relapse Prevention

Betsy D. Kennard, Jennifer L. Hughes, and Aleksandra A. Foxwell

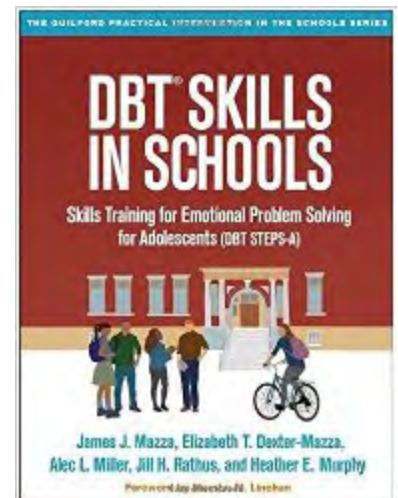


Charlotte and the Quiet Place

Deborah Sosin; illustrated by Sara Woolley

DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents

James J. Mazza



DSM-5 Pocket Guide for Child and Adolescent Mental Health

Robert J. Hilt

Grit: The Power of Passion and Perseverance

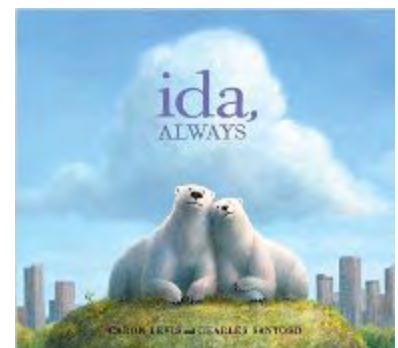
Angela Duckworth

Helping Kids in Crisis: Managing Psychiatric Emergencies in Children and Adolescents

Fadi Haddad, Ruth S. Gerson

Ida, Always

Caron Levis and Charles Santoso



MORE NEW BOOKS

Jack's Worry
Sam Zuppardi

Marijuana and Mental Health
Michael T. Compton

Mindfulness for Teen Depression: A Workbook for Improving Your Mood
Mitch R. Abblett and Christopher Willard

Preventing Adolescent Depression: Interpersonal Psychotherapy--Adolescent Skills Training
Jami F. Young, Laura Mufson, and Christie M. Shueler

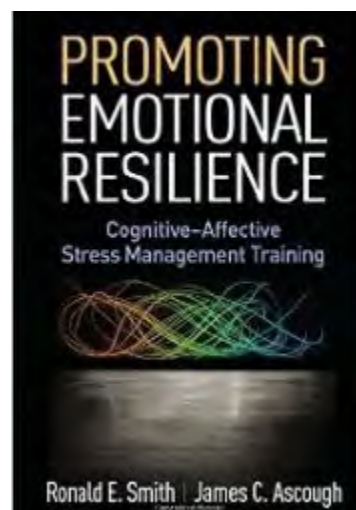
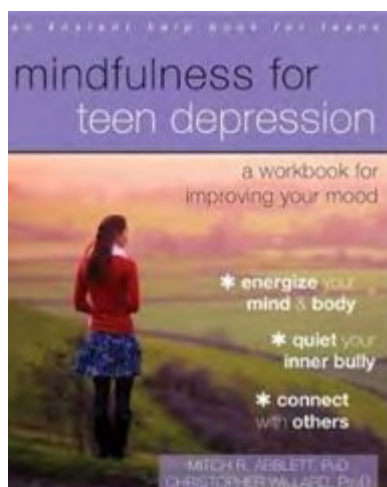
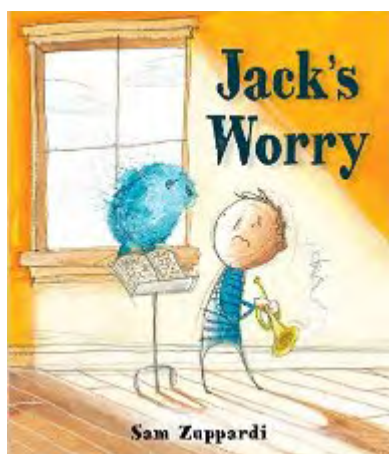
Prevention, Policy, and Public Health
Amy A. Eyler, Jamie F. Chiqui, Sarah Moreland-Russell, and Ross C. Brownson

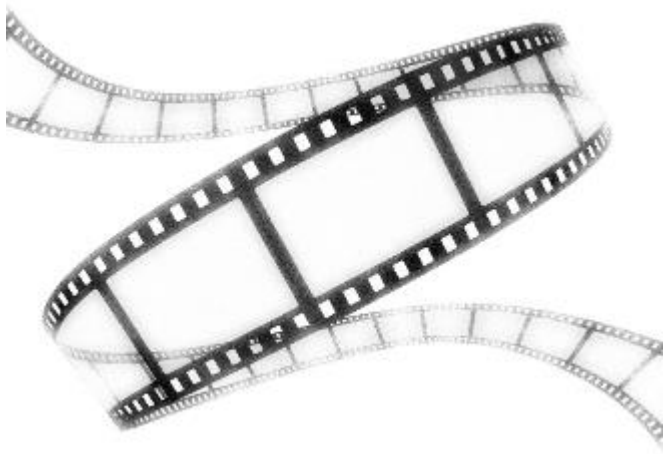
Principles and Practice of Sex Therapy
Yitzchak M. Binik, Kathryn S. K. Hall

Promoting Emotional Resilience: Cognitive-Affective Stress Management Training
Ronald E. Smith and James C. Ascough

Reinforcement-Based Treatment for Substance Use Disorders:
A Comprehensive Behavioral Approach
L. Michelle Tuten

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BOOKS, DVDS,
& MORE





Here One Day

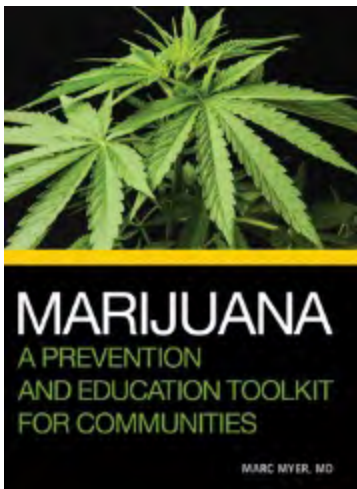
When filmmaker Kathy Leichter moved back into her childhood home after her mother's suicide, she discovered a hidden box of audiotapes. Sixteen years passed before she had the courage to delve into this trove, unearthing details that her mother had recorded about every aspect of her life from the challenges of her marriage to a State Senator, to her son's estrangement, to her struggles with bipolar disorder. Here One Day is a visually arresting, emotionally candid film about a woman coping with mental illness, her relationships with her family, and the ripple effects of her suicide on those she loved.

View the trailer: www.hereoneday.com/#!watch-the-trailer/cm7r

Lead with Love: Strengthening Families through the Coming Out Process

Follows four families' experiences in learning they have a lesbian, gay, or bisexual child.

View the trailer: www.leadwithlovetfilm.com/watch/trailer/



Marijuana: A Prevention and Education Toolkit for Communities
After alcohol, marijuana is the most prevalent mind-altering drug used in the United States. This comprehensive resource provides reproducible materials on CD-ROM to create an effective, multi disciplinary plan for addressing marijuana misuse in your community and a 20-minute DVD for adult and adolescent audiences.

Under the Influence: Kids of Alcoholics

Nick News takes a sobering look at alcoholism. Hosted by Emmy-Award Winner Linda Ellerbee, Under the Influence: Kids of Alcoholics provides an unflinching look at the cost of the disease on its most innocent victims.



SEPTEMBER PREVENTION, HEALTH PROMOTION AND WELLNESS OBSERVANCES

Click on the the observances below to learn more, and download toolkits:

National Recovery Month

Go For Life Month

Healthy Aging Month

Hispanic Heritage Month



National Suicide Prevention Week - September 5-11, 2016

National Wellness Week - September 11-17, 2016

World Suicide Prevention Day - September 10, 2016

National HIV/AIDS and Aging Awareness Day - September 18, 2016

National Gay Men's HIV/AIDS Awareness Day - September 27, 2016

Courier Online

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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Library Hours:

Mon, Tues, Wed, Fri 8:30 AM - 5:00 PM ; Thurs 8:30 AM - 7:30 PM

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