

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

December 2016

## SPOTLIGHT ON IMPAIRED DRIVING RESOURCES

Impaired Driving Month is observed in December and serves as a reminder that there is a spike in alcohol-related driving accidents during the holidays. With marijuana recently legalized in Massachusetts, there are now even more concerns about driving under the influence. According to the National Highway and Traffic Safety Administration, there was a 47 percent rise in the number of drivers testing positive for marijuana.

Connecticut Clearinghouse offers an array of resources to educate youth and adults about impaired driving. To request any of the resources listed below, call 800.232.4424 or 860.793.9791, or [click here to email](#).

Alcohol: Cause and Effect (Poster)

Alcohol, Other Drugs and Driving: Deadly Combination (Pamphlet)

Drinking, Drugs & Driving: 8 Things Everyone Should Know (Pamphlet)

DUI: The Hard Truth (DVD)

Dying High 2: Real Stories of Drugged Driving (DVD)

Impaired Driving: Drunk, Drugged, Drowsy, Dangerous! (Pamphlet)

Marijuana and Driving: Doped Up & Dangerous (Pamphlet)

Social Hosting: Parents, Parties & Underage Drinking (Pamphlet)

Reflections in the Rear View Mirror: Moving On from a DUI (DVD)

Sudden Impact: After the Crash (DVD)

**Be sure to visit our [Library Catalog](#) to search for additional resources.**



Connecticut Clearinghouse, a program of Wheeler Clinic's Connecticut Center for Prevention, Wellness and Recovery, is funded by the Connecticut Department of Mental Health and Addiction Services.



# NEW PAMPHLETS

Marijuana and Driving: Doped Up & Dangerous

Medication Drop-Box Program

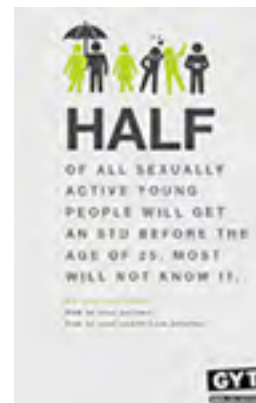
What You Need to Know about Opioid Treatment

What You Need to Know about Opioids:  
Prescription Painkillers



# NEW POSTER

Half of All Sexually Active Young People Will Get an  
STD before the Age of 25



## Dark Side of the Full Moon

This film explores post-partum mood and anxiety disorders that are very common but go largely undiagnosed and untreated in the U.S. Women who have given birth share their experiences dealing with these disorders. View the trailer:

[www.youtube.com/watch?v=5xM-fMSxXTQ](http://www.youtube.com/watch?v=5xM-fMSxXTQ)

## Louis Theroux: Drinking to Oblivion

At a time when alcohol-related deaths are on the rise, Louis investigates the problem of alcoholism. Heading for Europe's largest liver transplant center, King's College Hospital in London, he sees first-hand the critical physical side effects of alcoholism and learns about the challenges doctors, patients and patients' families face in trying to treat it.

View the trailer: <http://films.com/ecTitleDetail.aspx?TitleID=127811&r=SR>

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# NEW BOOKS, eBooks & CURRICULA

Adolescent Psychotherapy Homework Planner

Arthur E. Jongsma

The Anxiety Workbook for Kids: Take Charge of Fears and Worries Using the Gift of Imagination

Robin Alter, Crystal Clarke

Changing Lives, Changing Drug Journeys: Drug Taking Decisions From Adolescence to Adulthood (eBook)

Lisa Williams

The Clinic and Elsewhere: Addiction, Adolescents, and the Afterlife of Therapy (eBook)

Todd Meyers

Danny and the Blue Cloud: Coping with Childhood Depression

James M. Foley, illustrated by Shirley Ng-Benitez

Diagnosis Made Easier, Second Edition: Principles and Techniques for Mental Health Clinicians (eBook)

James R. Morrison

Drugged: The Science and Culture Behind Psychotropic Drugs (eBook)

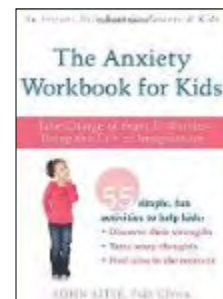
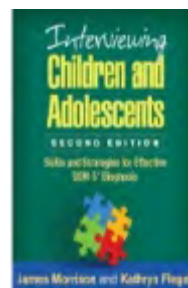
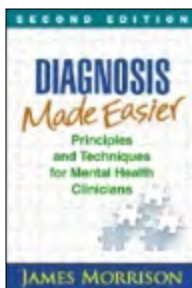
Richard J. Miller

The Flyaway Blanket

Allen Peterkin, illustrated by Emmeline Pidgen

Interviewing Children and Adolescents, Second Edition : Skills and Strategies for Effective DSM-5® Diagnosis (eBook)

James R. Morrison, Kathryn Flegel



# NEW BOOKS, eBooks & CURRICULA

Mind-Body Workout or Addiction: Effective Tools for Substance Abuse Recovery and Relapse Prevention

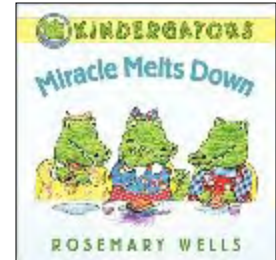
Stanley H. Block, Carolyn Bryant Block, and Guy du Plessis

Miracle Melts Down

Rosemary Wells

Motivational Interviewing in Schools: Conversations to Improve Behavior and Learning

Stephen Rollnick, Sebastian G. Kaplan, Richard Rutschman

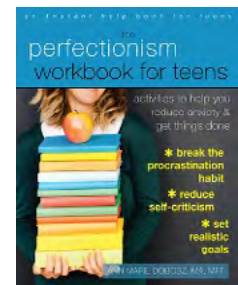


Optimal Well-Being for Senior Adults I

Ester R.A. Leutenberg, Kathy Khalsa

The Perfectionism Workbook for Teens: Activities to Help You Reduce Anxiety and Get Things Done

Ann Marie Dobosz



Prevention Psychology: Enhancing Personal and Social Well-being

John L. Romano (eBook, also available in print)

Prevention Science in School Settings: Complex Relationships and Processes

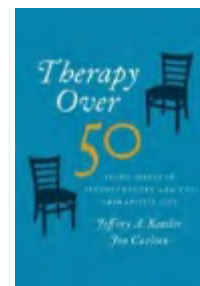
Kris Bosworth

The Self-Esteem Workbook for Teens (eBook)

Lisa M. Schab

Substance Abuse: Inpatient and Outpatient Management for Every Clinician (eBook)

Richard D. Urman, Nalini Vadivelu, Alan David Kaye



Teens ~ Positive Thoughts + Affirmations = Positive Actions: Facilitator Reproducible Activities for Groups and Individuals

Ester R.A. Leutenberg, Carol Butler

Therapy Over 50: Aging Issues in Psychotherapy and the Therapist's Life

Jeffrey Kottler, Jon Carlson

# SAVE THE DATE

**THURSDAY**  
**January 19, 2017**

## **MARIJUANA: WEEDING OUT FACT FROM FICTION**

**PRESENTED BY ALICIA FERRELL**

*AT CONNECTICUT CLEARINGHOUSE*

[\*\*Click Here to Register Online\*\*](#)

**Snow Date: February 9, 2017**

### Courier Online

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

334 Farmington Avenue • Plainville, CT 06062  
800.232.4424 or 860.793.9791

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[www.facebook.com/ctclearinghouse](https://www.facebook.com/ctclearinghouse)  
[info@ctclearinghouse.org](mailto:info@ctclearinghouse.org)

#### Library Hours:

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

Connecticut Clearinghouse is funded by  
the Connecticut Department of Mental Health and Addiction Services