

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



Wheeler

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

February 2017

BETTER RELATIONSHIPS, BETTER HEALTH

Science is showing that our relationships – friendships, romantic partnerships, workplace relationships – can have a significant impact on our health. According to the National Institutes of Health, strong healthy social ties are linked to less stress, optimism, and prolonged life expectancy, while social isolation is linked to poorer health, depression, and increased risk of early death. Conflict in relationships is also tied to negative health outcomes, including slower metabolism, slower wound healing time, and risk for heart disease, particularly among women.

Joining a health class, pursuing a favorite hobby with a group, and volunteering are all positive ways to improve social relationships. Turn to a mental health professional for help with an unhealthy relationship.

Connecticut Clearinghouse offers an array of books, ebooks, workbooks, DVDs, and pamphlets, to help your students and clients learn about healthy relationships. These include the following:

The Couples Therapy Companion: A Cognitive Behavior Workbook

An Emotionally Focused Workbook for Couples: The Two of Us

Healthy Dating Relationships: Head over Heels? How to Keep Your Balance (DVD)

The Interpersonal Problems Workbook: Act to End Painful Relationship Patterns

Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT

The Survival Guide for Making and Being Friends

Contact [CT Clearinghouse](#) to request materials. Use the [Library Catalog](#) to find more resources on healthy relationships and other topics.

Source: Do Social Ties Affect Our Health? [February issue of NIH News In Health](#)



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

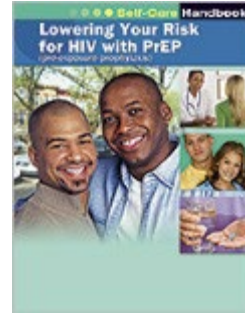
10 Things You Can Do to Keep Your Child Alcohol-Free

Lowering Your Risk for HIV with PrEP

Medication-Assisted Treatment for Opioid Addiction: Facts for Families and Friends

PTSD: Break Free from Traumatic Memories

What You Need to Know about Marijuana



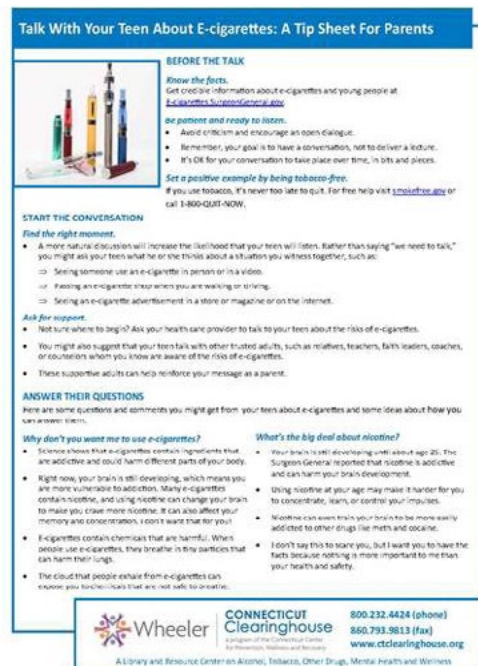
NEW POSTER

We're Young, Black, Beautiful and In Control: Together We Can Stop HIV



NEW FACT SHEET

Talk with Your Teen about E-Cigarettes: A Tip Sheet for Parents



NEW BOOKS, eBooks & CURRICULA

Behavioral Addictions: DSM-5 and Beyond (eBook)

Nancy Petry

Capacitación para el Reemplazo de la Agresión (Aggression Replacement Training, Spanish language translation)

Barry Glick, John C. Gibbs

Caregiver Substance Use and Child Trauma: Implications for Social Work Research and Practice

Michele Staton-Tindall, Ginny Sprang and Shulamith Lala Straussner

Drug Dealer, MD: How Doctors Were Duped, Patients Got Hooked, and Why It's So Hard to Stop

Anna Lembke, MD

Marijuana: The Unbiased Truth about the World's Most Popular Weed

Kevin P. Hill

Not As Prescribed: Recognizing and Facing Alcohol and Drug Misuse in Older Adults

Harry Haroutunian

Thanks for the Feedback, I Think

Julia Cook; illustrated by Kelsey De Weerd

Theory-based Approaches to Substance Misuse and Abuse Prevention in School

Karina Weichold, Fabrizia Giannotta

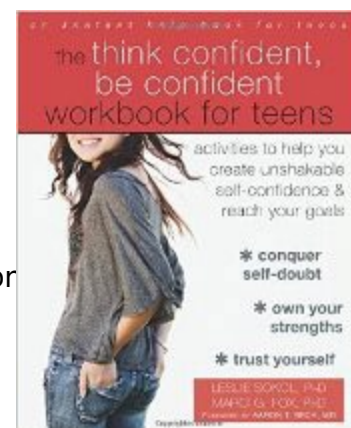
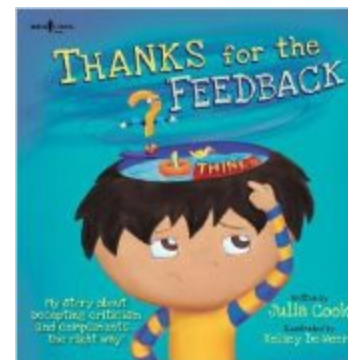
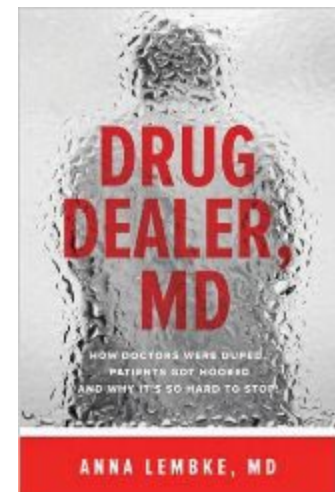
The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals

Leslie Sokol and Marci G. Fox

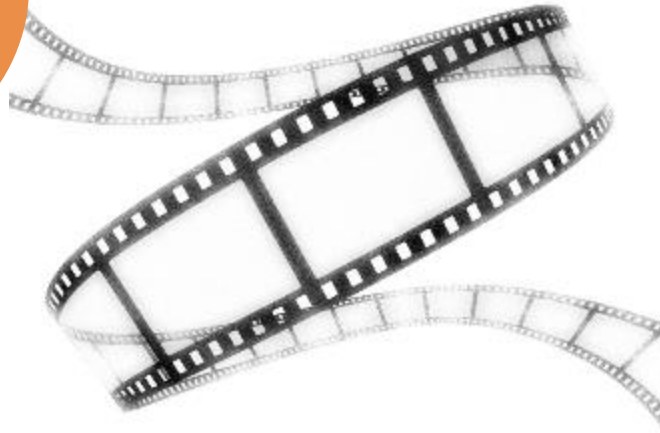
Treatment of Generalized Anxiety Disorder: Therapist Guide and Patient Manual

Gavin Andrews, Alison E.J. Mahoney, Megan J. Hobbs, Margo R. Genderson

Click here to
Contact us
with questions
about eBooks



NEW
DVDs



Moving Up To Middle School: Kids Teaching Kids about Middle School

In Volume 1, **Getting a Grip on Middle School**, chapters include: My Biggest Fear, What's Different, Expectations, New Classes and The Best Part

In Volume 2, **Surviving the Middle School Social Scene**, chapters include: Meeting New People, Fitting In, Lunch Time, Getting to Class, Independence & Pressure.

In Volume 3, **Problems, Solved: Advice from Middle Schoolers**, chapters include: Advice, the Lockers, The Locker Room, Time Management and Homework.

On 3 DVDs with a CD-ROM containing workbooks

Tips for Great Behavior from Kids

Aged 2-6, 7-10, and 11-15

Deborah Gilboa, MD, offers insightful tips and strategies to help parents and other adults deal with behavior management in children across a range of ages. On 3 DVDs



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Connecticut Clearinghouse Educational Forum

E-Cigarettes: Facts, Myths and the Unknown

**Monday, March 6, 2017
2:00 PM - 4:00 PM**

Connecticut Clearinghouse
334 Farmington Ave.
Plainville, CT 06062

Presented by:

Amy Hanoian-Fontanta, MA, EMT-B
Community Education Specialist
Connecticut Poison Control Center

Marian Storch,
Health Program Associate
Tobacco Control Program
CT Department of Public Health

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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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the Connecticut Department of Mental Health and Addiction Services