

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

July 2016

## HEALTH RESOURCES FOR INTEGRATED CARE

According to SAMHSA, "integrating mental health, substance abuse, and primary care services produces the best outcomes and proves the most effective approach to caring for people with multiple healthcare needs." Connecticut Clearinghouse offers a number of resources on nutrition and wellness, including the ones below. To request any of these resources, call 860-793-9791 or send us an [email](#).

### Books & DVDs

Behavioral Health: Integrating Individual and Family Interventions in the Treatment of Medical conditions

Being a Well Woman: 10 Session Activity Guide for Women's Circle

Coping with Chronic Illness: A Cognitive-Behavioral Therapy Approach for Adherence and Depression (Therapist Guide and Workbook)

Fit for Life: Eat Smart and Exercise (DVD)

Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach (Therapist Guide and Workbook)

Motivational Interviewing in Diabetes Care

Think Before You Drink: Sugar Shockers & Beverage Tips (DVD)

### Pamphlets:

25 Healthy Ways to Lose Weight

25 Ways to Get a Better Night's Sleep

About Good Health for Men

Eating and Stress: When You Feel Stressed, Food Choices Can Help

Getting Fit with No Time and No Money

Good Nutrition Starts with My Plate: An Educational Activities Book

How to Get Moving: On the Road to Fitness

Sesame Street: Healthy Foods Activity Book

Sobre la Buena Alimentacion



# NEW POSTERS

Just For Today

Sólo Por Hoy

The Top 10 Ways To Handle Stress



# NEW PAMPHLETS

Brain Health: Age-proof Your Brain Against Alzheimer's Disease & Dementia

Piénselo Antes De Beber: El Alcohol Y Su Salud

Tobacco & Depression: 6 Things To Know



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# NEW BOOKS AND CURRICULA

Hygiene and Related Behaviors for Children and Adolescents with Autism Spectrum and Related Disorders: A Fun Curriculum with a Focus on Social Understanding

Kelly J. Mahler

Lost and Found: Helping Behaviorally Challenging Students (and, While you're At It, All the Others)

Ross W. Greene

Men of Honor: Becoming Respectful, Nonviolent Leaders

Beth Hossfeld

The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault & Abuse

Raychelle Cassada Lohmann, Sheela Raja

A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress & Difficult Emotions

Amy Saltzman

Trauma-Informed Treatment and Prevention of Intimate Partner Violence

Casey T. Taft, Christopher M. Murphy, Suzannah K. Creech

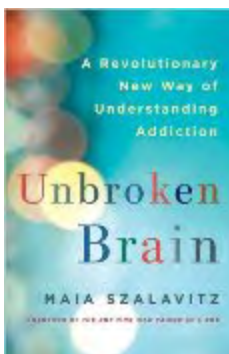
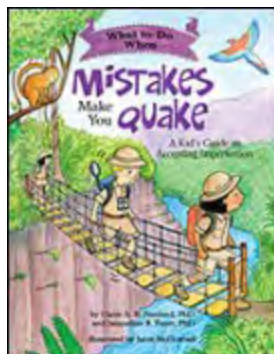
Unbroken Brain: A Revolutionary New Way of Understanding Addiction

Maia Szalavitz

What to Do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection

Claire A. B. Freeland, Jacqueline B. Toner; illustrated by Janet McDonnell

CLICK TO  
SEARCH FOR  
BOOKS, DVDS,  
& MORE



# New eBooks

## Adolescent Health: Understanding and Preventing Risk Behaviors

Ralph J. DiClemente, John S. Santelli, Richard A. Crosby

## Bad Moves: How Decision-Making Goes Wrong, and the Ethics of Smart Drugs

B.J. Sahakian, Jamie Nicole LaBuzetta

## DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A)

James J. Mazza

## Group-Centered Prevention in Mental Health: Theory, Training and Practice

Elaine Clanton Harpine

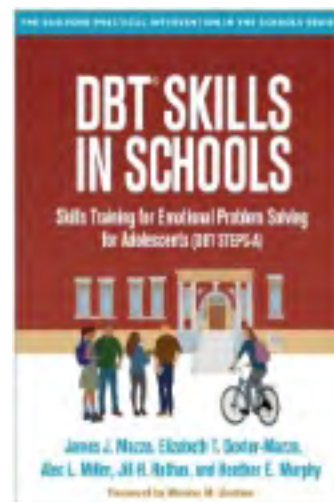
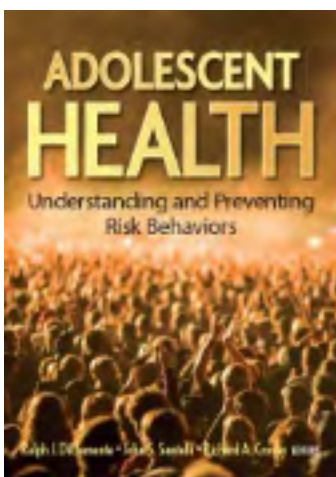
## Psychosocial Interventions for Mental and Substance Use Disorders : A Framework for Establishing Evidence-based Standards

Institute of Medicine

## Surviving the Emotional Roller Coaster: DBT Skills to Help Teens Manage Emotions

Sheri Van Dijk

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# NEW DVDS

## Chasing It

Examines the problem of opioid addiction, from heroin purchased on the street to prescribed medications such as oxycodone. Recovering opioid addicts from different backgrounds discuss how they became addicted. Examines causes of opioid addiction and how it can be treated.

## Infinitely Polar Bear

When Cam has a manic breakdown that lands him in a mental hospital, his wife Maggie applies to business school and is accepted. Seeing this as her chance to build a better life for their daughters, Maggie asks Cam to become the primary caregiver for the girls while she completes her degree in New York. After all, routine is what the doctor ordered and the girls miss their dad. Cam agrees, hoping to rebuild his family. But the two spirited girls are not interested in making things easy for him. View the trailer: [www.youtube.com/watch?v=fvjS7rN8HT0](http://www.youtube.com/watch?v=fvjS7rN8HT0)

## Inside Out

Growing up can be a bumpy road, and it's no exception for Riley, who is uprooted from her Midwest life when her father starts a new job in San Francisco. Like all of us, Riley is guided by her emotions: Joy, Fear, Anger, Disgust, and Sadness. The emotions live in Headquarters, the control center inside Riley's mind, where they help advise her through everyday life.

## Intimate Partner Violence

Intimate partner violence is more likely when an individual is suffering with trauma-related problems such as PTSD, as is sometimes the case in families with members who served in military combat positions. In this video, Dr. Casy Taft demonstrates his approach by helping a group of four men acknowledge intimate partner violence in their lives and take necessary steps towards remaining nonviolent.

## Louis Theroux. By Reason of Insanity, Parts 1 & 2

How does society treat those who have committed crimes - at times horrifically violent - while in the grip of severe mental illness? Journalist Louis Theroux visits Ohio's state psychiatric hospitals, and talks with patients attempting to come to terms with their crimes as well as the clinicians entrusted with helping to make them safe.

## No Kidding, Me 2!

Through candid, often humorous discussions with Joe Pantoliano and his family on their struggle with his own clinical depression, as well as the compelling stories of five other people from all walks of life, all affected differently by mental illness: a brain surgeon with bipolar disorder, a psychologist with ADHD, and three high school students managing bipolar disorder and clinical depression.

View the trailer: [www.youtube.com/user/NKM2Media](http://www.youtube.com/user/NKM2Media)



## AUGUST 7-13 IS NATIONAL HEALTH CENTER WEEK

If you're looking for free resources on health issues, such as hypertension, diabetes, bone health, and more, the federal resources below offer items you can download or order:

National Heart Lung & Blood Institute (NHLBI)  
Find information about asthma, hypertension, heart disease, COPD, and more.

<http://catalog.nhlbi.nih.gov/catalog/home>

National Institute on Diabetes and Digestive and Kidney Diseases (NIDDK)

and The National Diabetes Education Program (NDEP)

These publication catalogs include information on diabetes, weight loss, nutrition, as well as kidney and urlogic diseases.

<https://catalog.niddk.nih.gov/index.cfm>

<https://catalog.niddk.nih.gov/ndep.cfm>

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

Publications include information about back pain, bone health, arthritis, autoimmune diseases, among others.

[www.niams.nih.gov/Health\\_Info/default.asp](http://www.niams.nih.gov/Health_Info/default.asp)

National Institute of Neurological Disorders and Stroke

Includes information on chronic pain, dementia, headache, multiple sclerosis, sleep disorders, stroke, and more.

<https://catalog.ninds.nih.gov/>



### Courier Online

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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800.232.4424 or 860.793.9791

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[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

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