

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

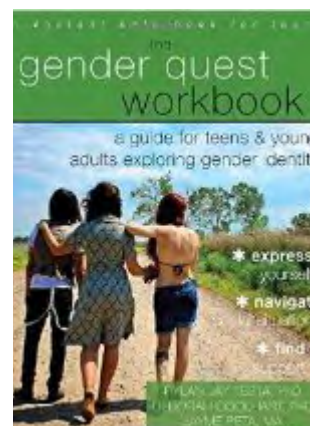


June 2016

SPOTLIGHT ON TRANSGENDER RESOURCES

In recognition of Pride Month, Connecticut Clearinghouse presents the following resources available to our patrons who work with adults and/or youth who are transgender:

The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity
Rylan Jay Testa



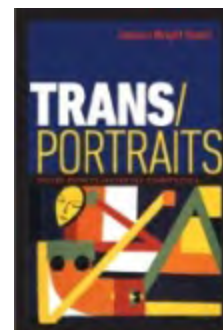
Growing Up Trans (DVD)
Frontline

Helping Your Transgender Teen: A Guide for Parents
Irwin Krieger

Social Work Practice with Transgender and Gender Variant Youth
Gerald P. Mallon

The Transgender Child
Stephanie A. Brill

Transgender: Understanding Gender Differences (pamphlet)



Trans/Portraits: Voices from Transgender Communities
Jackson Wright Schultz

Please contact us if you would like to borrow any of the resources listed above. Your suggestions for resources are always welcome. We can be reached at 1.800.232.4424 or 860.793.9791. Email: info@ctclearinghouse.org



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

About Good Health for Men

Addiction & Families: Helping a Loved One

Being Me and Tobacco-Free: Learning and Activity Book

Oxycodone: Protect Your Teens

Physical Activity: Discover Activities That You Enjoy and Get Moving

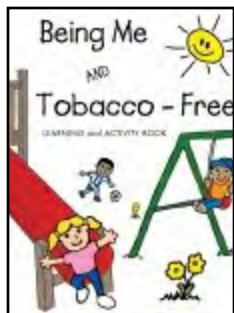
Pocket Power: Just for Today

Pocket Power: Loving Relationships

Sexual Feelings: Accepting Yourself and Others

Sobre la Buena Salud Masculina

Your Alcohol IQ: What Do You Know?



NEW BOOKS, AND CURRICULA

ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger

Georg H. Eifert, Matthew McKay, and John P. Forsyth

ADHD: What Everyone Needs to Know

Stephen P. Hinshaw and Katherine Ellison

Anxiety 101

Moshe Zeidner, Gerald Matthews

The Bipolar Workbook: Tools for Controlling Your Mood Swings

Monica Ramirez Basco

Clinical Practice of Cognitive Therapy with Children and Adolescents: The Nuts and Bolts

Robert D. Friedberg, Jessica M. McClure

Depression 101

C. Emily Durbin

Depression and Cancer

David Kissane, Mario Maj, Norman Sartorius

Depression and Diabetes

Wayne Katon, Mario Maj, Norman Sartorius

Depression and Heart Disease

Alexander Glassman, Mario Maj, Norman Sartorius

Obsessive-Compulsive Disorder and Its Spectrum: A Life-Span Approach

Eric A. Storch and Dean McKay

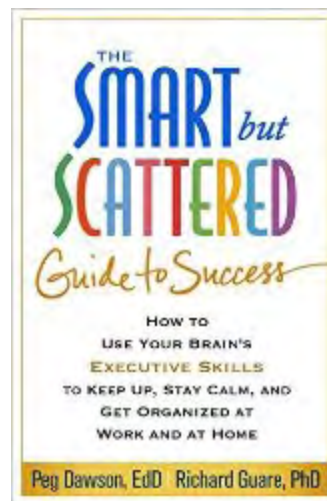
The Smart but Scattered Guide to Success: How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home

Peg Dawson, Richard Guare

Treating Complex Trauma in Children and Their Families: An Integrative Approach

Cheryl B. Lanktree, John N. Briere

CLICK TO
SEARCH FOR
BOOKS, DVDS,
& MORE



NEW eBooks

Building Resilience in Children and Teens: Giving Kids Roots and Wings (3rd ed.)

Kenneth R. Ginsburg

Cognitive Behavioral Therapy for Perinatal Distress

Amy Wenzel, Karen Kleiman

Drugs, Addiction, and the Brain

George F. Koob

Fast Facts on Adolescent Health for Nursing and Health Professionals

Judith Herrman

Integrated Treatment for Co-occurring Disorders: Treating People, Not Behaviors

Jack Klott

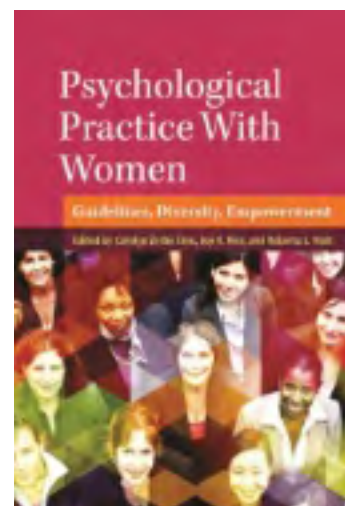
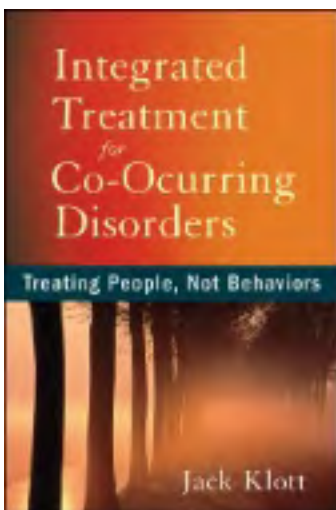
Psychological Practice with Women: Guidelines, Diversity, Empowerment

Roberta Lynn Nutt, Joy K. Rice, Carolyn Zerbe Enns

The Social Work and Human Services Treatment Planner, with DSM-5 Updates

John S. Wodarski, Arthur E. Jongsma, Catherine N. Dulmus, Lisa Rapp-Paglicci

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NEW DVDS

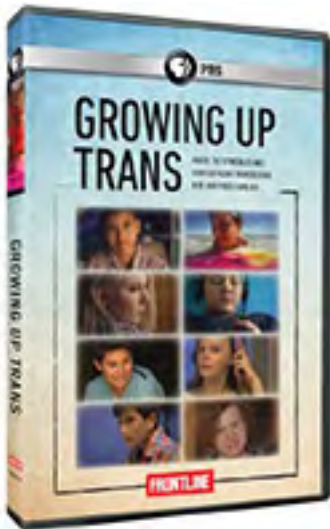
Chasing Heroin: Investigating an American Crisis

Frontline looks at America's heroin crisis-- telling the stories of individual addicts, but also illuminating the epidemic's years-in-the-making social context, deeply examining shifts in drug policy, and exploring what happens when addiction is treated like a public health issue, not a crime.

Confident Parenting in Recovery

People in recovery are often trying to be the best parent possible, without the benefit of strong family support or role models. This DVD offers advice and tools from educators, counselors, and parents who have unique perspectives because they too have struggled with the same parenting challenges.

Growing Up Trans



An intimate exploration of the struggles and choices facing transgender kids and their parents. Through moving, personal stories of children, parents, and doctors, the film examines new medical interventions increasingly being offered at younger ages.

Healthy Sexual Relationships In Recovery

Often, people in recovery struggle with relationships, and sexual relationships can present some of the biggest challenges. This DVD offers advice from experts who address three distinct areas.

Physical sexual health addresses sexually transmitted disease, infections, exams and pregnancy. Mental sexual health deals with a person's security, trust of others, self-image, and confidence when it comes to making healthy choices. Abuse explains the different forms and cycles of abuse, healthy boundaries, safety, and self-care, and the next steps in regaining empowerment after abuse.

Recovery Basics: How to Start Strong and Keep Going

People find that almost every aspect of their life is uprooted and disrupted once they begin recovery, and these changes can be radical and far-reaching. Being well prepared during this transition dramatically increases the odds of a successful recovery. This program helps smooth that transition by equipping those in recovery with the strategies and tools needed when small choices can have big consequences.

The Relapse Prevention Program

The 23-minute video on the DVD showcases people discussing their own recovery stories - how they avoided relapse or what they did to get back on track. The client resources needed to implement the nine-unit program are included on the CD-ROM.

NEW POSTERS

Common Illegal & Abused Drugs

Estás Siendo Maltratada? Habla Con Tu Proveedor De Servicios De Salud

If You Want A Singing Career: Stay Away From Secondhand Smoke

Si Quieres Tener Una Carrera Como Cantante: Alejate Del Humo De Segunda Mano

Smoking Accelerates Skin Aging, Which Could Lead to Premature Wrinkles

What If the Happiest Time of Your Life Doesn't Feel So Happy?
Pregnancy and Childbirth can Bring a Mix of Emotions



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Courier Online

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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800.232.4424 or 860.793.9791

www.ctclearinghouse.org
www.facebook.com/ctclearinghouse
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