

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

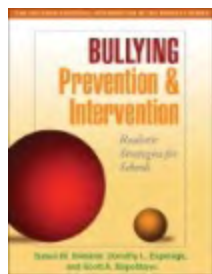


October 2016

## SPOTLIGHT ON BULLYING PREVENTION RESOURCES

Bullying is a serious problem that has been shown to contribute to problems such as school avoidance, low academic achievement, and poor self-esteem. Children who are bullied may also go on to develop mental disorders such as depression and anxiety. Connecticut Clearinghouse offers a variety of resources to help professionals working with youth who have experienced bullying, or are perpetrators of bullying behavior. The list below is just a sample of available resources. To find additional resources, search online using our library catalog - <https://conn.sirsi.net> - and contact us to request materials by calling 800.232.4424 or 860.793.9791, or [send us an email](#).

- The Ant Bully (Children's Book)
- The Boy Game: A Look at Bullying Through the Lens of Masculine Gender Norms (DVD)
- Bully Bystanders: You Can Make a Difference (DVD)
- Bullying Prevention and Intervention: Realistic Strategies for Schools (eBook)
- Bullying: What Would You Do? (Pamphlet)
- The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying
- Cyberbullying: Bullying in the Digital Age (Book)
- Girls & Bullying: What Parents Should Know About Relational Aggression (Pamphlet)
- The Kindness Curriculum: Stop Bullying Before It Starts (Print & eBook)
- Online Or Offline: What Can You Do About Bullying? (Pamphlet)
- [Prevent Bullying: Quick Tips for Parents \(Fact Sheet\)](#)



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

Anxiety Disorder

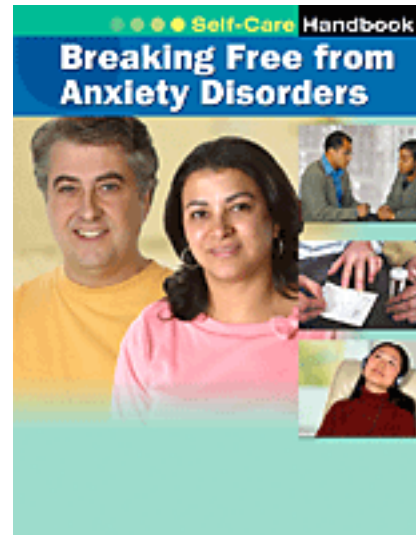
Breaking Free from Anxiety Disorders: Self Care Handbook

Heroin and Other Opiates: Keeping Tabs on a Drug Epidemic

Narcotics Anonymous Meeting Schedule

Nicotine Addiction: Breaking the Habit

Trastorno de Ansiedad



# NEW POSTERS

The Top 10 Reasons Not to Bully

Top 10 Health Tips: Great Ways to Get & Stay Healthy



# NEW BOOKS AND CURRICULA

1-2-3 A Calmer Me: Helping Children Cope When Emotions Get out of Control  
Colleen A. Patterson and Brenda S. Miles; illustrated by Claire Keay

The 10 Best-ever Anxiety Management Techniques Workbook  
Margaret Wehrenberg

The 10 Best-Ever Depression Management Techniques: Understanding How Your Brain Makes You Depressed & What You Can Do to Change It  
Margaret Wehrenberg

12 Hidden Rewards of Making Amends: Finding Forgiveness and Self-Respect by Working Steps 8-10  
Allen Berger

# NEW BOOKS AND CURRICULA

12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action  
Allen Berger

ADHD: What Every Parent Needs to Know  
Michael I. Reiff

Beyond Trauma: A Healing Journey for Women  
Stephanie S. Covington

Coming Out Proud To Erase the Stigma Of Mental Illness: Stories And Essays Of Solidarity  
Patrick W. Corrigan

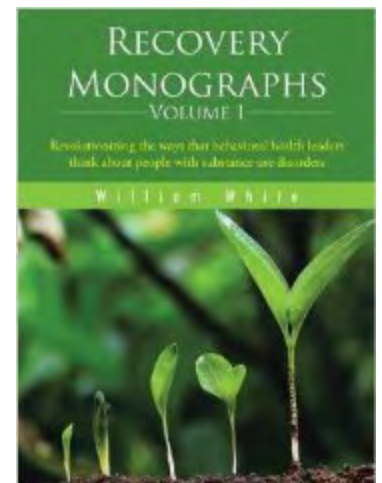
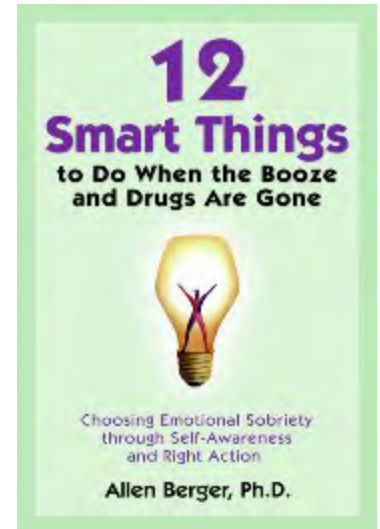
Growing Up Resilient: Ways to Build Resilience in Children and Youth  
Tatyana Barankin, Nazilla Khanlou

Handbook of Adolescent Behavioral Problems: Evidence-Based Approaches to Prevention and Treatment  
Thomas P. Gullotta, Robert W. Plant, Melanie A. Evans

My Sister Beth's Pink Birthday: A Story about Sibling Relationships  
Marlene L. Szymona, illustrated by Christine Battuz

Paradigms Lost: Fighting Stigma and the Lessons Learned  
Heather Stuart, Julio Arboleda-Flórez, Norman Sartorius

Recovery Monographs. Volumes I & II: Revolutionizing the Ways that Behavioral Health Leaders Think about People with Substance Use Disorders  
William White



# MORE NEW BOOKS & CURRICULA



Sex Matters for Women: A Complete Guide to Taking Care of Your Sexual Self  
Sallie Foley, Sally A. Kope, Dennis P. Sugrue

Shades of People  
Shelley Rotner and Sheila M. Kelly

Siblings: You're Stuck with Each Other, So Stick Together  
James J. Crist & Elizabeth Verdick; illustrated by Steve Mark

Substance Abuse and Men's Trauma Recovery and Empowerment Model (SA-M-TREM), Version 2.0: A Clinician's Guide to Working with Male Trauma Survivors in Groups

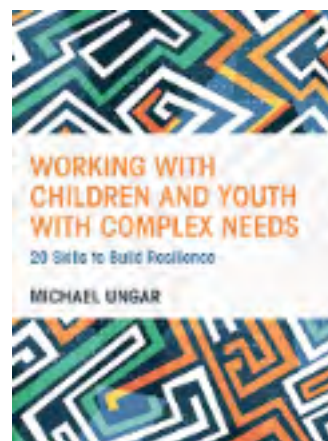
Trans Bodies, Trans Selves: A Resource for the Transgender Community  
Laura Erickson-Schroth

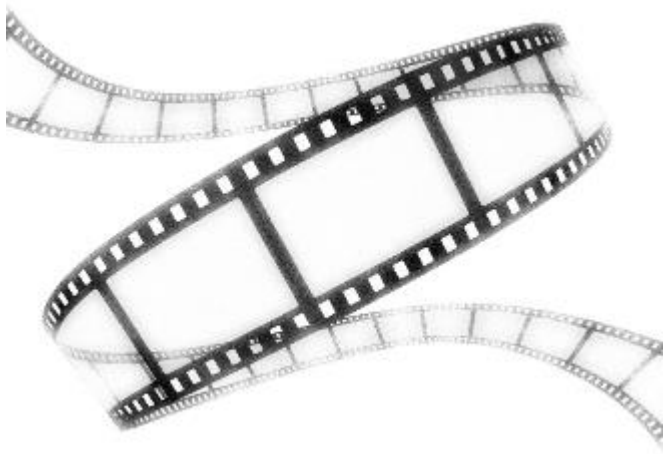
Trauma Recovery and Empowerment: An Advanced Curriculum - Understanding Relationships and Creating the Life You Want and Deserve, A Clinician's Guide for Working with Women in Groups

Trauma Recovery and Empowerment Model for Adolescent Boys and Young Men Ages 12-18 (B-TREM): A Clinician's Guide for Working with Adolescent Boys in Groups  
Amy A. Eyler, Jamie F. Chiqui, Sarah Moreland-Russell, and Ross C. Brownson

Who Has What? All about Girls' Bodies and Boys' Bodies  
Robie H. Harris; illustrated by Nadine Bernard Westcott

Working with Children and Youth with Complex Needs: 20 Skills to Build Resilience  
Michael Ungar





### Crisis Hotline: Veterans Press 1

Today, more military members are lost to suicide than on the battlefield. After serving their country overseas, many veterans in their darkest moments turn to the unique services of the Veterans Crisis Line to help with traumas like post-traumatic stress, depression, homelessness and drug dependence. The 40-minute documentary is an intimate look at the vital work of several responders who provide life-saving intervention and desperately needed referrals through the 24-hour Veterans Crisis Line, a service of the US Veterans Administration.

View the trailer: [www.youtube.com/watch?v=jSxt1GNQX-c](http://www.youtube.com/watch?v=jSxt1GNQX-c)

### House Not Home

House Not Home is a firsthand account of Terran, an African American gender fluid teenager navigating bullying, violence and rejection from their father and peers before finding their courage and voice to come out. From Scenarios USA.

View the trailer: [www.youtube.com/watch?v=Rm0mZdMmtTA](http://www.youtube.com/watch?v=Rm0mZdMmtTA)

### Little Children, Big Challenges: Incarceration

This program features a scene with muppets, as well as real children coping with a parent's incarceration. A Sesame Workshop production.

### The Power of Forgiveness

To forgive someone can be simple....this simple act can have powerful consequences. From Northern Ireland to Ground Zero to the Amish countryside, explores how forgiveness can transform your life.

View the trailer: [www.thepowerofforgiveness.com/flash/video\\_teaser.html](http://www.thepowerofforgiveness.com/flash/video_teaser.html)

### Veracity

Veracity is about a popular African American student, Olivia, who is outed by her friends after she acts on feelings for a new girl at her high school. The film explores the tensions and stigma of being gay in the Black community. From Scenarios USA.

View the trailer: [www.youtube.com/watch?v=LJHCAm40wE0](http://www.youtube.com/watch?v=LJHCAm40wE0)

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# New eBooks

Communication Skills for Teens: How to Listen, Express, and Connect for Success

Michelle Skeen

How to Like Yourself: A Teen's Guide to Quieting Your Inner Critic and Building Lasting Self-Esteem

Cheryl Bradshaw

Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges

Pat Harvey

The Personality Disorders Treatment Planner

Neil R. Bockian, Arthur E. Jongsma, Julia Christine Smith

Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved

Robert A. Neimeyer

The Therapist's Notebook for Children and Adolescents: Homework, Handouts, and Activities for Use in Psychotherapy

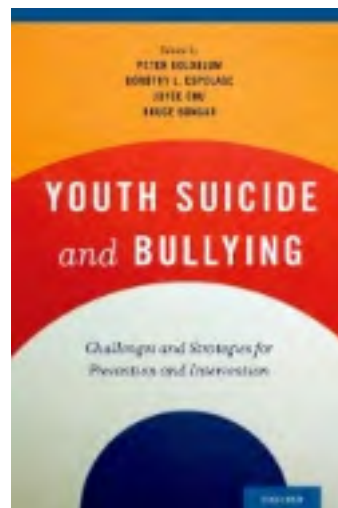
Mollie E. Bachenberg, Lorna L. Hecker, Catherine Ford Sori

What Works with Teens: A Professional's Guide to Engaging Authentically with Adolescents to Achieve Lasting Change

Britt H. Rathbone

Youth Suicide and Bullying: Challenges and Strategies for Prevention and Intervention

Peter Goldblum



# COMMUNITY EDUCATIONAL FORUM ON OPIATES/HEROIN

Thursday, November 3, 2016  
6:00 PM - 7:00 PM  
Connecticut Clearinghouse  
334 Farmington Avenue, Plainville, CT



Presented by

Alkesh N. Patel, M.D., FASAM  
Medical Director of Addiction Services  
Addiction Psychiatrist  
Wheeler Clinic

Please come to this FREE informational event to learn:

- Factual information about the current opioid epidemic
- Resources and services for treatment and recovery
- How to access and utilize Naloxone/Narcan for opioid overdose

Click [HERE](#) to register online or call Connecticut Clearinghouse at 800.232.4424



# OCTOBER & NOVEMBER PREVENTION, HEALTH PROMOTION AND WELLNESS OBSERVANCES

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

**Domestic Violence Awareness Month - October 2016**

**National Bullying Prevention Month - October 2016**

**National Health Literacy Month - October 2016**

**National Medicine Abuse Awareness Month - October 2016**

**Red Ribbon Week - October 23-31**

**Great American Smokeout - November 19**

**International Survivors of Suicide Day - November 19**

## 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