

## Prevention Board Game Olympics

You are invited to the  
**Connecticut Clearinghouse  
Prevention Board Game Olympics**  
to play a few of our new games!

These educational board games can be played in  
the classroom, with a therapy group,  
and at home with the family.

**Thursday, August 21<sup>st</sup> at 3:00 p.m.**

Games will be available for loan beginning August 21st.

### New Board Games

**Block the Bully Cycle** – This game is designed to prevent bullying and violence in high schools. (Grade 8-Adult)

**Breaking the Chains of Anger** – Teaches anger reduction strategies, self-reinforcement techniques, and problem-solving skills. (Grade 5-8)

**Bullies to Buddies** – Deals with the complex nature of bullying in a way that elementary school students can understand and learn specific skills. (Grade 2-5)

**Circle of Respect** - Teaches children that showing respect is the best way to receive respect. (Grades 2-5)

**Clear Thinking** - Kids learn how to respect themselves and others, how to avoid common pitfalls, and how to think clearly about problems and frustrations as they arise. (Grades 2 to 5 and older special needs students)

**From Rage to Reason** - Teaches important concepts and practical skills for controlling anger and avoiding violence. (Grade 10-Adult)

**Smart and Angry** - Teaches young people skills that will help them look objectively at anger-provoking situations and react in thoughtful, assertive, and respectful ways. (Grades 2-5)



### First Friday Film Festival

August 1, 2008  
Double Feature

First Friday Film Festivals are held on the first Friday of every month at 3:00 PM in the Connecticut Clearinghouse Conference Room.

New audiovisuals are screened and a discussion follows.  
Join us for popcorn and a movie!

**Becoming An Organized Student** - Teaches strategies for getting it all together. Shows students how to organize for school success by using notebooks, color coding, day planners and wall calendars. (20 minutes)

**Cliques, Phonies & Other Baloney** - Emphasizes the importance of being true to one's self and that everyone is "one of a kind." Points out the difference between a group of friends and an exclusive clique. (30 minutes)

Connecticut Clearinghouse is the state's library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recovery, wellness and other related topics.



## New Books

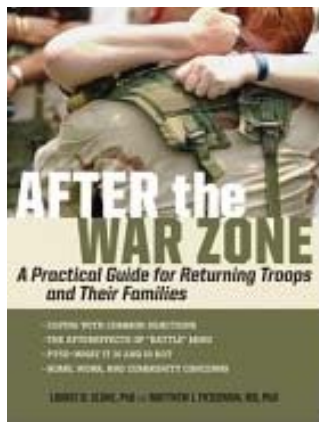
After the War Zone: A Practical Guide for Returning Troops and Their Families - Laurie B. Slone, Matthew J. Friedman

Contingency Management in Substance Abuse Treatment - Edited by Stephen T. Higgins, Kenneth Silverman, Sarah H. Heil

Helping Students Overcome Substance Abuse: Effective Practices for Prevention and Intervention - Jason J. Burrow-Sanchez, Leanne S. Hawken

The Invisible Man: A Self-Help Guide for Men with Eating Disorders, Compulsive Exercising and Bigorexia - John F. Morgan

It's My Life Now: Starting Over After an Abusive Relationship or Domestic Violence - Meg Kennedy Dugan, Roger R Hock.



## New Curricula

The Body Project: Promoting Body Acceptance and Preventing Eating Disorders: Facilitator's Guide

It Happened To Me: A Teen's Guide to Overcoming Sexual Abuse

Second Step: A Violence Prevention Curriculum (Grades Pre-K-5)

See My Pain! Creative Strategies and Activities for Helping Young People Who Self-Injure

Stopping the Pain: A Workbook for Teens Who Cut and Self-Injure



## New Posters

Coaching Boys Into Men: Respect Women

Is This Your Retirement Package? A Problem Gambler Can Lose More Than Money

Nobody Deserves To Be Abused. No Matter What He Says, The Abuse Is Not Your Fault



## New Fact Sheets

Children and TV Violence and the Influence of Music and Music Videos

Los Niños y la Violencia en la Televisión y la Influencia de la Música y de los Videos de Música

Methadone Treatment for Pregnant Women

Prescription Drugs: Protecting Our Water Supply: Protecting Our Teens



## New Pamphlets

A Consumer's Guide to Mental Health Services

Celebrating America's Youth: The Facts Are Positive

Cool and Calm: Managing Your Anger

Cyberbullying: Help Make Cyberspace Safe

Drugs: Talking with Your Teen

El Alcohol: Hechos Que Debe Conocer

No Sea Víctima de la Hepatitis B

On Beating HIV

The Abuse of Prescription and Over-The-Counter Drugs: Parents Are the First Line of Defense

July 2008

### Courier Online

The e-newsletter of  
Wheeler Clinic's  
Connecticut Clearinghouse

334 Farmington Avenue  
Plainville, CT 06062

800.232.4424 (TTY) or 860.793.9791(TTY)

[www.ctclearinghouse.org](http://www.ctclearinghouse.org)  
[info@ctclearinghouse.org](mailto:info@ctclearinghouse.org)

Library Hours

Mon, Tues, Weds, Fri 8:30 - 5:00  
Thurs 8:30 - 7:30

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

Amiee Chambers, Diana Cimadon and Andrea Lovell, social workers from the Reconnecting Families Program of the Village for Families and Children in Hartford, recently visited Connecticut Clearinghouse to select educational materials for their clients.



## New Audiovisuals

***Adolescent Boys Who Are Suicidal*** - David A. Jobes, PhD demonstrates his integrative, problem-solving approach to working with male adolescents who have contemplated or attempted suicide. The approach emphasizes the importance of a strong alliance with the client and working to inspire the client's motivation to pursue psychological and behavioral change. In this session, Dr. Jobes works with a high school-age boy who seriously considers suicide as an option for escaping problems in his life. Through the course of this session, the teen becomes more hopeful and begins to formulate some sense of his life in the future.

***Adolescent Girls Who Are Suicidal*** - Suicide attempts by adolescent girls are three times as frequent as those by boys. Dr. David A. Jobes's approach emphasizes building an alliance with the client, attending closely as she talks about her problems and feelings, and inspiring the client's motivation to pursue psychological and behavioral change.

***Assessing Alcohol Problems Using Motivational Interviewing*** - Demonstration of and discussion on cognitive-behavioral motivational interviewing techniques for assessing a patient's alcohol use. Motivational interviewing is a client-centered, directive method for eliciting intrinsic motivation to change by exploring and resolving a person's ambivalence to change using open-ended questions, reflective listening, and decisional balancing. This non-judgmental, non-confrontational interviewing style is designed to minimize a patient's resistance. The goal is to construct an interaction with patients so they feel comfortable discussing their risky or problem behavior.

***Cocaine And Heroin: Still Here, Still Deadly*** - Teens discuss how they were talked into trying drugs for the first time, how they became addicted, and how difficult it is to recover from drug addictions.

***Cognitive Therapy*** - Illustrates how this present-oriented, brief form of psychotherapy works. Judith S. Beck, PhD meets with a client who is a single parent with life-long depression. Dr. Beck helps the client begin to sort out her problems and modify her dysfunctional cognitions through Socratic questioning and other techniques.

***Getting Stupid: How Drugs Damage Your Brain*** - Middle school students learn the latest scientific information on how alcohol, marijuana, inhalants, and other drugs cause serious and potentially permanent damage to the human brain.

***Life Skills For Teen Parents*** - Tells teen parents the truth about creating a promising future by finishing high school and waiting before having another baby. The first volume deals with creating healthy relationships with partners, family members and friends. The second volume shows young parents how to finish school, become financially responsible, set goals and achieve their dreams.

***Mindful Therapy*** - A spiritual approach to treating patients with addiction problems.

***Relapse Prevention Over Time*** - G. Alan Marlatt, PhD demonstrates his approach to helping clients with substance addictions prevent or cope with relapses during efforts to change addictive behavior.

***The Truth About Suicide: Real Stories Of Depression In College*** - Presents a recognizable picture of depression and other problems associated with suicide, as they are commonly experienced by college students and other young adults.