

# COURIER ONLINE



*The newsletter of the state's 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.*



Connecticut Community for Addiction Recovery (CCAR) promotes and puts a positive face on recovery from substance use through advocacy, education and service. The organization works to end discrimination surrounding addiction and recovery, remove barriers to recovery, and ensure that all people in recovery and people seeking recovery be treated with dignity and respect. CCAR sponsors four Recovery Community Centers, the annual

Recovery Walks! event, and a recovery housing database.

Among CCAR's innovative projects is a very successful, peer-to-peer telephone recovery support service. Trained CCAR volunteers make weekly telephone calls to people in recovery to offer encouragement, make referrals to other community services or treatment, and to assist recoverees in maintaining their recovery efforts. The Telephone Recovery Support Project provides one more level of support for those in recovery. It helps reduce relapse and enhances recovery, not only for those people in recovery, but also for the volunteers.

For more information on Connecticut Community for Addiction Recovery and the programs it sponsors, visit [www.ccar.us](http://www.ccar.us) or call 1-800-708-9145.

February 6, 2009



## First Friday Film Festival

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!

**WORKPLACE ETIQUETTE: WHY BEING POLITE COUNTS ON THE JOB** - There's a right way and a wrong way to behave in the workplace. Using acted-out scenarios in common workplace settings, plus commentary from real bosses, the video shows teens conducting themselves inappropriately and then models what is appropriate. Topics include: how to dress properly; how to treat customers and fellow employees with respect; using appropriate language; respecting personal boundaries; being punctual; proper telephone manners; proper voicemail and email usage; avoiding gossip; responding appropriately to constructive criticism; and being a good listener.



Connecticut Clearinghouse, a program of Wheeler Clinic, is funded by the Connecticut Department of Mental Health and Addiction Services.



## TOBACCO EDUCATION MINI-GRANTS AWARDED

Connecticut Clearinghouse has been contracted by the Connecticut Department of Mental Health and Addiction Services (DMHAS) to administer a comprehensive Tobacco Merchant and Community Education Initiative. One element of the initiative is a mini-grant program which has the overall goal of reducing the state's teen smoking rate and supporting tobacco retailers in complying with Connecticut General Statutes regarding the sale of tobacco products.

Mini-grants were recently awarded to Human Resources Agency of New Britain, Inc. (HRA), Women and Families Center in Meriden and the Ledge Light Health District in Groton. These agencies will work within their local communities to educate the public about the state's tobacco laws as they apply to youth under the age of 18, the legal age to purchase tobacco products.

For information on the tobacco merchant component of the initiative visit the DMHAS Tobacco Prevention and Enforcement Program website at [www.ct.gov/dmhas/tpep](http://www.ct.gov/dmhas/tpep) or the Connecticut Clearinghouse website at [www.ctclearinghouse.org](http://www.ctclearinghouse.org)



Tobacco Merchant and Community Education mini-grant recipients and project staff at the project kick-off meeting held at Connecticut Clearinghouse.

Go to  
**DIRECTORY OF PAMPHLETS, FACT SHEETS & POSTERS**  
at [www.ctclearinghouse.org](http://www.ctclearinghouse.org)  
for a complete listing of these Connecticut Clearinghouse materials.



### New Pamphlets

- 50 Buenos Motivos Para Hacer Ejercicios
- 50 Things You Should Know About Sexual Harassment
- How To Deal With Stress (Without Using Alcohol Or Other Drugs)
- Internet Addiction
- Internet Pornography: Sexual Addiction Self-Assessment
- Sexual Assault: What Every Service Member Should Know
- When Couples Fight: And What They Can Do About It



### New Posters

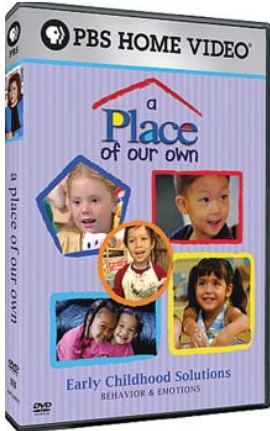
- Dentro De Los Primeros 20 Minutos De Haber Dejado De Fumar
- Los Beneficios De Dejar De Fumar
- Medication-Assisted Treatment (MAT) Works Great For Me





## New Audiovisuals

Search the **RESOURCE CATALOG** located at [www.ctclearinghouse.org](http://www.ctclearinghouse.org) for Books, DVDs and Curricula available for loan from Connecticut Clearinghouse.



**21** - Explores the development of a gambling problem by a female and a male college student, and the consequences they experience.

**A Place Of Our Own. Behavior & Emotions** - Host Debi Gutierrez talks with child development experts and caregivers about helping kids identify and express their emotions, dealing with bullies, positive discipline, handling tantrums, and more.

**A Place Of Our Own. Early Academics** - Host Debi Gutierrez leads engaging discussions on early learning areas with parents, caregivers and child care experts. Topics include literacy, language development, writing skills, science, math and more.

**A Place Of Our Own. The Power Of Play** – Debi Gutierrez talks with experts and caregivers about why play is important to a child’s development.



## New Books

The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious & What You Can Do To Change It - Margaret Wehrenberg

Domestic Violence Treatment For Abusive Women: A Treatment Manual - Ellen L. Bowen

A Grief Like No Other: Surviving The Violent Death Of Someone You Love - Kathleen O’Hara

Managing Your Recovery From Addiction: A Guide For Executives, Senior Managers, & Other Professionals - David O’Connell, Deborah Bevvino

Manic-Depressive Illness: Bipolar Disorders & Recurrent Depression - Frederick K. Goodwin, Kay Redfield Jamison

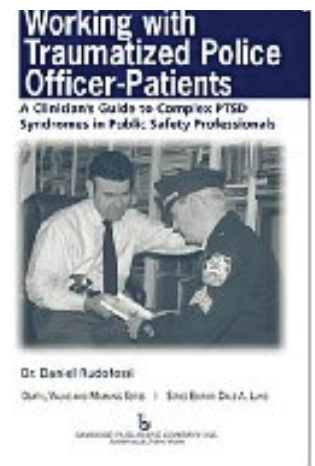
Men’s Healing: A Toolbox For Life - Alan Lyme, David J.

Powell, Stephen Andrew

Pathological Gambling: A Clinical Guide To Treatment - Edited by Jon E. Grant, Marc N. Potenza

Understanding Anger Disorders - Raymond DiGiuseppe, Raymond Chip Tafrate

Working With Traumatized Police Officer-Patients: A Clinician’s Guide To Complex PTSD Syndromes In Public Safety Professionals - Daniel M. Rudofossi



## ONLINE PUBLICATIONS

The latest news and information about drug and alcohol use, prevention and treatment, health issues, suicide, funding opportunities, and research reports are as close as your computer. You can sign up to receive news alerts and electronic newsletters that will be delivered to your work or home email address.

These are a few of the Connecticut Clearinghouse recommended e-newsletter and news service subscription sites.

**SAMHSA NEWS** offers updates and information on Substance Abuse and Mental Health Services Administration campaigns and initiatives, grants, data on drug and alcohol abuse, treatment updates, and new publications. [www.samhsa.gov/SAMHSA\\_News/index.htm](http://www.samhsa.gov/SAMHSA_News/index.htm)

**WEEKLY SPARK**, the e-newsletter of the Suicide Prevention Resource Center (SPRC) contains news headlines and summaries, announcements, and links to resources. <http://mailman.edc.org/mailman/listinfo/sprc>

**CENTERS FOR DISEASE CONTROL AND PREVENTION EMAIL UPDATES** is an online source for credible health information. Users can subscribe to receive updated health information based on their interests. [www.cdc.gov/emailupdates](http://www.cdc.gov/emailupdates)

**NIDA NOTES** covers drug abuse research in the areas of treatment and prevention, epidemiology, neuroscience, behavioral science, health services, and AIDS. The publication reports on research, identifies resources, and promotes communication among clinicians, researchers, administrators, policymakers, and the public. [www.nida.nih.gov/NIDA\\_Notes/NNindex.html](http://www.nida.nih.gov/NIDA_Notes/NNindex.html)

**THE BRIEF ADDICTION SCIENCE INFORMATION SOURCE (BASIS)** provides a forum for the free exchange of information related to addiction, and public access to the latest scientific developments and resources in the field. [www.basionline.org/subscribe.html](http://www.basionline.org/subscribe.html)

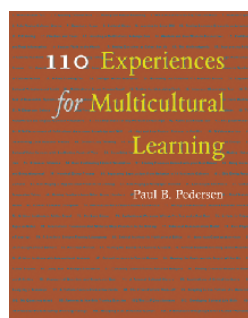
**OJJDP NEWS @ A GLANCE** and **JUVJUST** provide information on activities, funding opportunities, recent publications, and upcoming events of the Office of Juvenile Justice and Delinquency. <http://ojjdp.ncjrs.gov>



### New Fact Sheet

¿Qué Es El Trastorno De Déficit De Atención E Hiperactividad (TDAH)?

What Is Attention-Deficit/Hyperactivity Disorder (ADHD)?



### New Curriculum

110 Experiences For Multicultural Learning - Paul B. Pedersen

#### **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

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Mental Health and Addiction Services