

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.



Open House

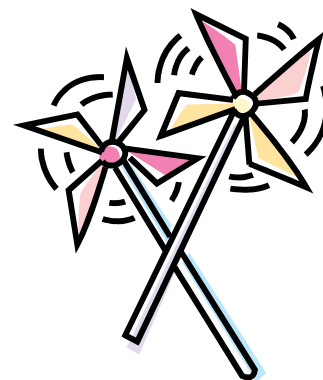
Monday, April 6th

Presentation at 3:00 p.m.

Resources and Refreshments

RSVP Requested
800.232.4424

Preventing Child Abuse



Presented by

Cathy Sisco

Program Coordinator

Prevent Child Abuse Connecticut (PCA CT)

Cathy Sisco will speak about child abuse and neglect, the risk factors that contribute to child maltreatment, and the protective factors that increase the health and well-being of children and families.

April is Child Abuse Prevention Month



First Friday Film Festival

April 3, 2009

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!

A PLACE OF OUR OWN - HELPING KIDS IDENTIFY AND EXPRESS THEIR EMOTIONS – An informative program for parents, grandparents, childcare providers, nannies, friends, and neighbors. Experts in child development and people who care for children offer advice about helping children deal with their emotions.



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



Upcoming issues of *Courier Online* can be delivered to your inbox by sending your name and email address to: info@ctclearinghouse.org or by calling Connecticut Clearinghouse at 1.800.232.4424.



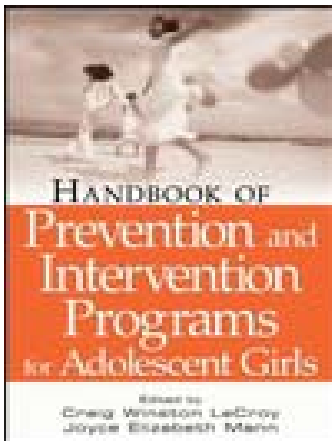
New Books

Adapting Cognitive Therapy For Depression: Managing Complexity and Comorbidity - Edited by Mark A. Whisma

Alcohol Use Disorders - Steven A. Maisto

The Group Therapy Treatment Planner - Kim Paleg, Arthur E. Jongsma, Jr.

Handbook Of Community-Based Clinical Practice Edited by Anita Lightburn, Phebe Sessions



Handbook Of Prevention and Intervention Programs For Adolescent Girls - Edited by Craig Winston Lecroy, Joyce Elizabeth Mann

Handbook Of Psychiatric Measures - Edited by A. John Rush Jr., Michael B. First, Deborah Blacker

Mania: A Short History Of Bipolar Disorder - David Healy

The Modern Dads Handbook - John Badalament

The Severe and Persistent Mental Illness Progress Notes Planner - David J. Berghuis, Arthur E. Jongsma Jr.

The Severe and Persistent Mental Illness Treatment Planner - David J. Berghuis, Arthur E. Jongsma Jr.

Social Workers' Desk Reference - Edited by Albert R. Roberts



New Curricula

Overcoming Problematic Alcohol And Drug Use: A Guide For Beginning The Change Process - Jeremy M. Linton

Treating Stress And Anxiety: A Practitioner's Guide To Evidence-Based Approaches -Lillian Nejad, Katerina Volny

Fact Sheets can be downloaded from the Connecticut Clearinghouse website at www.ctclearinghouse.org - Quick Facts



Nancy Malone of Waterbury's Connecticut Renaissance West recently visited Connecticut Clearinghouse to obtain materials for clients in her co-occurring disorders treatment group.



Pinwheels for PREVENTION®

Pinwheels for PREVENTION is a new nationwide public awareness campaign created by Prevent Child Abuse America and its state chapters. The campaign is built around the symbol of the pinwheel, a happy and uplifting symbol of childhood. As a campaign symbol, the pinwheel conveys the message that every child deserves the chance be raised in a healthy, safe, and nurturing environment.

One of the ways that Prevent Child Abuse Connecticut (PCA CT), a program of Wheeler Clinic, prevents child abuse is through a statewide network of parenting support groups.

Using the Circle of Parents model (www.circleofparents.org), PCA CT partners with other organizations to offer mutual self-help groups focused on positive parenting, and the development of leadership skills.

For information about Circle of Parents support groups contact, PCA CT at 1.800.CHILDREN.



New Pamphlets



20 Things You Can Do To Prevent Violence In Your School & Your Neighborhood

50 Things Men Need To Know About Sex & Responsibility

Helping Your Child Cope With Life

Welcome To The World Of Parenting!

Your Family's Mental Health: 10 Ways To Improve Mood Naturally



New Fact Sheet

Sleep & Sleep Disorders

Go to
DIRECTORY OF PAMPHLETS, FACT SHEETS & POSTERS
at www.ctclearinghouse.org
for a complete listing of these Connecticut Clearinghouse materials.



Search the **RESOURCE CATALOG** located at www.ctclearinghouse.org for Books, DVDs and Curricula available for loan from Connecticut Clearinghouse.

New Audiovisuals

Dual Diagnosis: An Integrated Model For The Treatment Of People With Psychiatric and Substance Disorders - At least half of people with major mental illness also have a co-occurring substance use problem. In spite of this, the two disorders have traditionally been treated in separate systems of care, often alternately and in isolation, with little success. Kenneth Minkoff, M.D. outlines how each system can learn from the other and how care can be linked despite differences in treatment philosophy and substance addiction.

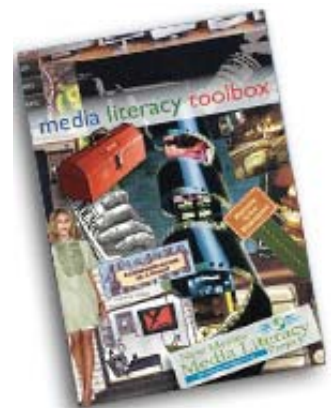
Gambling and Older Adults - Through personal narratives and expert commentary, this program examines problem gambling among older adults.

Introduction To Problem Gambling and Substance Abuse: Introduction To Problem Gambling and Chronic Mental Illness - These two programs examine the issue of problem gambling among people who are substance users and people with mental illnesses.

Legacy Of Hope - People in long-term recovery tell their stories in the Connecticut Community for Addiction Recovery (CCAR) Elders Video Project. (Thirteen DVDs approximately 30 minutes each)

Media Literacy Toolbox - This program is an introduction to media literacy concepts, skills, and application. Helps the viewer to improve the ability to access, analyze, evaluate, and produce media messages, and to become an active participant in the media culture.

What About You? - Family members of problem gamblers need as much help as the person with the gambling problem. This program provides information on where to get help in Connecticut, and summarizes symptoms of depression and anxiety.



RETHINKING DRINKING
Alcohol and your health

RETHINKING DRINKING is a new website that can help people reduce their risk for alcohol problems. The site contains evidence-based information about risky drinking patterns, the alcohol content of drinks, the signs of an alcohol problem, and information about medications and resources to help people cut back or quit drinking. Interactive tools, such as calculators for measuring alcohol calories and drink sizes, are featured.

Developed by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of the National Institutes of Health, Rethinking Drinking is a useful site for people who want to know if their drinking habits are affecting their health.

www.RethinkingDrinking.niaaa.nih.gov

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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
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