

COURIER ONLINE



July 2009

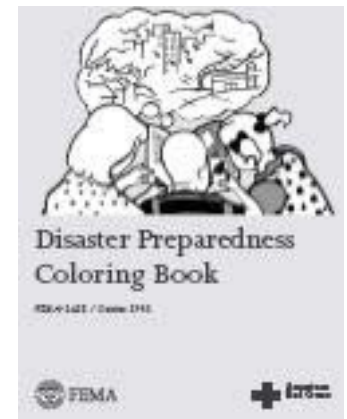
The newsletter of the state's library and resource center for information on substance use and mental health disorders, prevention, health promotion and wellness, treatment and recovery, and other related topics.

EMERGENCY PREPAREDNESS: GET READY

Emergencies caused by natural events and human activities can happen with or without warning. Hurricanes, floods, fires, tornados, thunderstorms, lightening, and biological and chemical emergencies can have lasting effects, both to people and property. Being prepared can reduce fear, anxiety, and the losses that accompany disasters. You can take some simple preparedness steps in advance to minimize their impact on you and your family.

Connecticut Clearinghouse has the following brochures that describe what you can do to prepare for an emergency and how to respond after a disaster:

- Disaster Preparedness Coloring Book
- Disaster Preparedness For Seniors By Seniors
- Disaster Preparedness For People With Disabilities
- Emergency Preparedness Checklist (also available in Spanish)
- Food And Water In An Emergency
- Guide To Managing Stress In Crisis Response Professions
- Helping Children Cope With Disaster
- Helping Young Children Cope With Trauma
- Preparing for Emergencies: A Checklist For People With Mobility Problems
- Traumatic Events: Helping Your Child Cope
- When Terrible Things Happen: A Parent's Guide To Talking With Their Children
- Your Evacuation Plan
- Your Family Disaster Plan (also available in Spanish)
- Your Family Disaster Supplies Kit



For more information on preparing for an emergency, visit these websites:

- Ready America (FEMA) - www.ready.gov
- FEMA Ready Kids - www.ready.gov
- American Red Cross - www.prepare.org



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



New Books

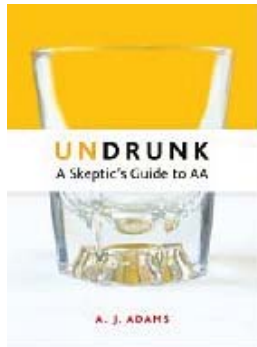
Body Image: Understanding Body Dissatisfaction In Men, Women, And Children - Sarah Grogan

Cognitive-Behavioral Therapy For Smoking Cessation: A Practical Guidebook To The Most Effective Treatments - Kenneth A. Perkins, Cynthia A. Conklin, Michele D. Levine

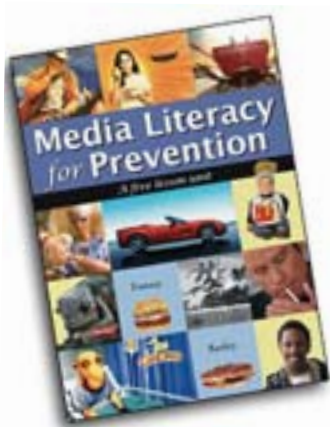
Leaving It At The Office: A Guide To Psychotherapist Self-Care - John C. Norcross, James D. Guy, Jr.

Splash! : A Little Book About Bouncing Back - Maria Van Lieshout

Undrunk: A Skeptic's Guide To AA - A.J. Adams



New Audiovisuals



Media Literacy For Prevention: A Five Lesson Unit (DVD-ROM) Includes 50 media examples of movie clips, TV commercials, magazine ads, graphs and a printable discussion guide containing questions and answers about each media example.

Stages Of Change And Addiction (DVD) - Clinicians the world over recognize the following words as the five stages of change: precontemplation, contemplation, preparation, action, and maintenance. Carlo DiClemente discusses the principles and processes of the stages of change.

Search the
RESOURCE CATALOG
at www.ctclearinghouse.org
for Books, DVDs & Curricula
available for loan.

New Pamphlets

10 Things Everyone Should Know About Generalized Anxiety Disorder

41 Things Everyone Should Know About Marijuana

50 Things You Should Know About Stress (And What You Can Do To Lower It! (also available in Spanish)

Breaking Nicotine Addiction: 9 Things You Should Know

How To Express Anger: Without Hurting Yourself Or Others

How To Say No To Alcohol: And Still Have A Good Time

Teens And Cyber Safety: Online Or Texting!

Tobacco Ads And Women: Don't Be Fooled



New Fact Sheet

Connecticut Laws On Alcohol And Minors

New Curriculum

The Impulse Control Game - Players have a great time as they learn impulse control skills and use them to plan and find the best route to their destination. Grades 2-8.

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.

Connecticut Clearinghouse has a Facebook Fan Page!

Facebook is a free social networking site that connects people with friends and others who work, study and live around them. Join the Connecticut Clearinghouse fan page and stay up-to-date on our new library resources and read about upcoming Open Houses and First Friday Film Festivals. Links to Internet resources, surveys, and information about monthly health awareness campaigns are coming soon.



www.facebook.com/ctclearinghouse

DIRECTORY OF SERVICES

Behavioral Health Services in Connecticut is a comprehensive listing of over 500 substance use and mental health treatment and prevention programs in Connecticut. The directory is an invaluable resource for counselors, students, social workers, prevention specialists, school staff, and health care providers. It can also be used by individuals and families experiencing a substance use or mental health concern and needing information about treatment options.

The newly published 2009-2010 edition describes each program including address, telephone number, services provided, admission procedures, clients served, and payment options. The directory is available for sale at a cost of \$40.00.

Contact Connecticut Clearinghouse at 1.800.232.4424 to purchase the directory. An online version of Behavioral Health Services in Connecticut 2009-2010 can be found at the Connecticut Clearinghouse website, www.ctclearinghouse.org.



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
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

New Poster

Alcohol: Making Smart Choices ... What Would You Do?

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