

# 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.

## Disposal of Prescription and Over-The-Counter Medication

Prescription drug abuse is a growing problem, particularly among young adults and teens. A high percentage of teens and young adults report that they can get ready access to someone else's prescription drugs from the family medicine cabinet. All of us can help prevent this problem by safeguarding and properly disposing of unused medications.

Guidelines for the proper disposal of prescription drugs can be found at the following websites:

Office of National Drug Control Policy - [www.whitehousedrugpolicy.gov/publications/pdf/prescrip\\_disposal.pdf](http://www.whitehousedrugpolicy.gov/publications/pdf/prescrip_disposal.pdf)

CT Department of Environmental Protection - [www.ct.gov/dep/cwp/view.asp?a=2708&q=335480&depNav\\_GID=1763](http://www.ct.gov/dep/cwp/view.asp?a=2708&q=335480&depNav_GID=1763)

The brochure, [What Parents Need to Know About Prescription Drugs: Safe Storage and Disposal of Prescription Medication](#), developed by the Connecticut Department of Consumer Protection Prescription Monitoring Program can be downloaded at [www.ct.gov/dcp/lib/dcp/pdf/drug\\_control\\_pdf/parents.pdf](http://www.ct.gov/dcp/lib/dcp/pdf/drug_control_pdf/parents.pdf).

For additional information on prescription drugs and over-the-counter medication, contact Connecticut Clearinghouse at 1.800.232.4424.



## Suicide Prevention Week • September 6 - 12, 2009

### First Friday Film Festival

September 4  
Double Feature

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

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

[Am I Normal? Teens and Emotional Health](#) - Using real kids talking about their problems, two teen hosts, and an adolescent psychologist, this program explores coping with anxiety, dealing with anger and rage, and experiencing sadness or depression. The psychologist presents common problems and points out the differences between "normal" reactions to stressors and situations, and when it might be necessary to get help. The video also covers the basics of good mental health, emphasizing what to do when ordinary anxiety deepens, or when worries become too overwhelming to handle without intervention. (22 minutes)

[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. (27 minutes)

## New Posters

National Institute of Mental Health (Children)

National Institute of Mental Health: Discovering The Causes And Cures

¿Qué Es Lo Que Tu Hijo Desea? Bríndale Una Base Firme Para Su Futuro Tratando A Su Madre Con Respeto



Sucked In: Here's What Is Hiding In Cigarettes

What Is Your Son Reaching For? Give Him A Strong Foundation For His Future By Treating His Mother With Respect

## New Fact Sheets

Alcohol And The Developing Brain

Proper Disposal Of Prescription Drugs

## New Books

Alcoholism: Its Treatments And Mistreatments - Irving Maltzman

American Medical Association Girl's Guide To Becoming A Teen - Amy B. Middleman, Medical Editor; Kate Gruenwald Pfeifer, Writer

Drug Addiction: Research Frontiers And Treatment Advances – Edited by Syed F. Ali, Michael J. Kuhar

Straight Talk About Psychiatric Medications For Kids - Timothy E. Wilens

Trauma, Recovery And Growth: Positive Psychological Perspectives On Posttraumatic Stress - Edited by Stephen Joseph, P. Alex Linley

Waiting For Normal - Leslie Connor (Grades 6 and up)

What Works For Bipolar Kids: Help And Hope For Parents - Mani Pavuluri

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

## New Pamphlets

10 Things Everyone Should Know About Depression

10 Things Everyone Should Know About Post-Traumatic Stress Disorder

Addiction: Breaking The Cycle

Alcohol, Drugs And Date Rape: 10 Things You Should Know

Booze N' Bull: A Lethal Mix

Depression During And After Pregnancy: A

Resource For Women, Their Families And Friends

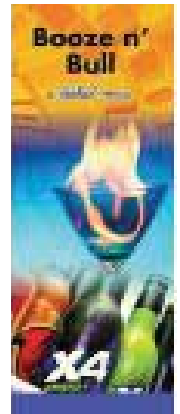
La Depresión Durante Y Despues Del Embarazo: Un Informe Para Mujeres, Sus Familias Y Amigas

Los Peligros Del Abuso De Medicamentos Recetados

Overcoming Alcohol

Stressed? Read This

The Dangers Of Prescription Drug Abuse



## New Curricula

Alternatives To Domestic Violence: A Homework Manual For Battering Intervention Groups (2<sup>nd</sup> Edition) - Kevin A. Fall, Shareen Howard

The Cognitive Behavioral Workbook For Depression: A Step-By-Step Program - William J. Knaus

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

# September is National Recovery Month

## Recovery Rocks!

Come and celebrate with  
Rick Derringer & Selfish Steam  
Bushnell Belding Theater  
Hartford, CT  
Friday, September 11, 2009  
7:00 pm - 10:30 pm



## Recovery Walks!

10<sup>th</sup> Annual Walk for Recovery from  
Alcohol & Other Drug Addiction  
Bushnell Park  
Hartford, CT  
Saturday, September 26, 2009  
10:00 am - 2:00 pm  
Walk begins at 1:00 pm

These Recovery Month events are sponsored by CCAR Connecticut Community for Addiction Recovery.  
Contact CCAR at [www.ccar.us](http://www.ccar.us) or 1.800.708.9145 for more information.

## New Audiovisuals

**NO! Confronting Sexual Assault in Our Communities** – A documentary film about the impact of sexual violence on Black women and girls. As the incidents of violence and sexual assault continue on campuses and in communities across the country, this film can be used to support both women and men, regardless of race, as they learn to navigate the challenging terrain of sexuality - without violence. Combines socio-historical inquiry with messages from violence prevention advocates and first person testimonials from survivors.

**Teen Safety: Dating And Relationships: Knowledge Is The Key To Keeping You Safe** - Demonstrates six strategies to prevent date rape. Information about date rape drugs and how they work is included.

**Teen Safety: Myths Vs. Reality: What You Don't Know Can Have Dire Consequences** - Teens will learn about dangerous times and situations and how to avoid them, the case against cooperation, five ways in which boys and girls have different risks, and more.

**Teen Safety: Myths Vs. Reality: When You Are Alone: Be Aware Of Your Surroundings** - Prevention is the key to stopping abuse, sexual violence or abduction. This program uses realistic scenarios and interviews with experts to provide realistic strategies for a teen home alone, demonstrates safety strategies for a teen walking alone, provides safety tips when using the Internet, and more.

### **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

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.