

COURIER ONLINE



September 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.

How Do We Keep Youth Tobacco-Free?

The Connecticut Department of Mental Health and Addiction Services is hosting five Community Forums to discuss Connecticut's prevention strategies to keep youth under the age of 18 from smoking and purchasing tobacco products. Store owners, parents, law enforcement officers, youth, and others who want to reduce the rate of underage smoking are invited to share their knowledge, views, and experiences on what works and what needs to be improved. Your opinions and questions are important and may help shape future state tobacco policies.

**48,600 Middle and High School
Students in Connecticut
Currently Use Tobacco**

For driving directions and additional information go
www.ctclearinghouse.org.

October 13th 10:00 am - 11:30 am

Olympic Pizza
372 West Main Street
Norwich, CT

October 20th 10:00 am - 12:00 pm
Greater Valley Chamber of Commerce
900 Bridgeport Avenue
Shelton, CT

October 21st 9:30 am - 11:00 am
Danbury Hospital
John C. Creasy Auditorium
24 Hospital Avenue
Danbury, CT

October 22nd 10:30 am - 12:00 pm
Riverfront Community Center
Community Room B
300 Welles Street
Glastonbury, CT

October 28th 10:30 am - 12:00 pm
Norwalk City Hall
Community Room
125 East Avenue
Norwalk, CT

First Friday Film Festival

October 2, 2009

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!

Generation M: Misogyny In Media And Culture - This documentary takes a look at misogyny and sexism in mainstream American media. The hyper-sexualization of commercial products aimed at girls; the explosion of violence in video games aimed at boys; the rants of hip-hop artists and talk radio shock jocks; and the caricatures of femininity and feminism that reverberate throughout the mainstream of popular culture are addressed. (60 minutes)



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



New Audiovisuals

Addiction And The Human Brain - Studies indicate that drugs affect the developing brain and put teens at a higher risk of addiction. This program illustrates the complex structure and function of the brain using colorful visuals and computer animations. It explains the changes to the brain caused by prolonged use of drugs, and shows why voluntary drug use eventually becomes involuntary and compulsive. Interviews with recovering teen addicts, an addiction counselor, and brain experts and researchers are included.

Advertising, The Media And Your Health - Examines how different forms of media encourage young consumers to smoke, drink, eat unhealthy foods, and take greater risks with sexual behavior. Using the latest tools in brain imaging, this program demonstrates how violent video games may make people more accepting of violence while increasing feelings of anxiety or vulnerability. Real teens deconstruct ads to expose the emotional hooks used to encourage teens to buy unhealthy products

All Of Us: Protecting Black Women Against AIDS - The film follows a young female doctor as she gives medical and emotional support to her patients. She battles the virus but also the social conditions, and the early experience of abuse that contributes to her patients' inability to demand their partners practice safe sex.

Am I Normal?: Teens And Emotional Health - Features real teens talking about the range of emotional issues faced by today's students: worries about academic performance; anxiety about how peers view them; problems with parents and teachers; concern over physical appearance; and more.

Fifth Annual Media That Matters Film Festival This program includes 16 innovative short films on current topics including civic engagement, justice, and sustainability.

Not Just A Bad Day: Living With Bipolar Disorder - Profiles four individuals who live with bipolar disorder, one of the most commonly misunderstood and misdiagnosed mental illnesses. The documentary details how they cope with their emotional highs and lows. Through hard work

and the support of their psychiatrist, they begin to learn how to manage the mood swings and lead productive and balanced lives.

Parenthood: Are You Prepared? - Viewers follow a diverse group of young parents and a pregnant teen through their daily tasks. The video discusses the emotional, physical, financial, and social preparation for parenthood. Teens will learn that being a parent is a demanding job that needs careful consideration.

Resumes: A How-To Guide - An introduction to resume writing for students with little or no job experience.

Self-Injury - Wendy Lader, PhD, cofounder and clinical director of the S.A.F.E. Alternatives® Program (Self Abuse Finally Ends), works with a teenage girl who began cutting herself soon after her mother remarried. Dr. Lader talks with the client about the loss of her father, then gives the client a tool to help her monitor the emotions she experiences preceding the impulse to cut herself.

Sexy Inc.: Our Children Under Influence - Analyzes the hypersexualization of our environment and its effects on young people. Experts criticize an unhealthy culture created by advertising and the media. Examples illustrate how children are reduced to consumers bombarded with images of girls treated as purely sexual objects. Recommended for Adult viewers.

Standing Tall: Learning Assertiveness Skills - This program guides middle school students on the challenging road toward learning to speak up for themselves and others. Offers practical tips that students can use to become assertive, stand up to the class bully, an overbearing friend, or peer pressure. For Middle School students.

Struggling In Silence: Physician Depression And Suicide - Explores the hidden and perplexing phenomena of physician depression and suicide. Features interviews with doctors and a medical student who discuss their illnesses, and the policies and stigma that prevent them from seeking help.

This Is My Body: A Film By High School Girls - Presents excerpts of films made by and featuring students at an all-girls high school in Montreal. The students discuss what it means to be a girl and explore issues of body image, eating disorders, self-mutilation, sexuality, friendship, and parenting.

New Posters

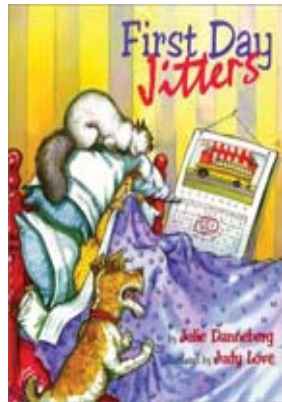
You Love Your Daughter. You Want To Give Her The World. Start By Being A Father Who Treats Her Mother With Respect. (Available in Spanish)

Follow Directions: How To Use Methadone Safely (Available in Spanish)

New Books

First Day Jitters - Julie Danneberg; Judy Love, Illustrator

Helping Your Child Overcome Separation Anxiety Or School Refusal: A Step-By-Step Guide For Parents - Andrew R. Eisen, Linda B. Engler



New Pamphlets

50 Things Every Pregnant Woman Should Know: Tips For A Healthy Pregnancy

Avoiding Suicide

Eating & Stress: When You Feel Stressed, Food Choices Can Help

Exercise & Stress: When You Feel Stressed, Exercise Your Stress Away

Managing Stress

Older Adults & Alcohol: You Can Get Help

Preventing Drug Use: 10 Tips For Parents & Other Adults

Psychotherapy: How It Works & How It Can Help

Teens & Cyber Bullying: It's A Big Deal

Women's Mental Health: What It Means To You



PUBLICACIONES y INFORMACIÓN en ESPAÑOL

• The Substance Abuse and Mental Health Services Administration (SAMHSA) recently created an Internet homepage in Spanish. The website connects to a variety of Spanish language publications on mental health, substance use disorders and treatment, a guide for parents, and activity booklets for children. Links to the Spanish webpages of the Centers for Disease Control and Prevention, National Cancer Institute, National Institutes of Health, National Suicide Prevention Lifeline and SAMHSA's 24-hour, toll-free Treatment Referral Helpline and other valuable sites are also provided.

www.samhsa.gov/espanol

• Habla Con Tus Hijos, a resource of The Partnership for a Drug-Free America, is the first-of-its-kind Spanish-language web resource and educational campaign encouraging parents to have frequent conversations with their children about the risks of drug and alcohol use. It empowers Hispanic parents and caregivers to start and maintain open, honest conversations with their children by providing them with helpful in-language tips and tools.

www.timetotalk.org

Search the

RESOURCE CATALOG

at www.ctclearinghouse.org
for Books, DVDs & Curricula
available for loan.

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