

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 Department of Mental Health and Addiction Services - Prevention and Health Promotion Division

Prevention Training Course Catalog

October 2009 - June 2010



Every year the Department of Mental Health and Addiction Services, through the Prevention Training Collaborative, offers free classes on a variety of prevention issues. These classes are designed for experienced professionals and for those new to the prevention field. The course topics listed in this year's catalog include: prevention of underage drinking, working with youth and older adults, suicide prevention, ethics, prevention certification, social media, multicultural issues, and violence prevention. Classes are approved by the Connecticut Certification Board for prevention certification and re-certification continuing education credits.

The catalog, which contains course descriptions and registration information, can be found online at the Connecticut Clearinghouse website, www.ctclearinghouse.org. Print copies can be requested by calling the Clearinghouse at 1.800.232.4424.

First Friday Film Festival

November 6, 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!

This Is Your Brain On Tobacco: A Research Update - This program takes viewers inside a brain lab to show the latest research about the effects of nicotine on the brain. A neuroscientist explains how smoking affects brain chemistry and how dopamine and the brain's reward pathways reinforce tobacco use. Interviews with teen smokers deliver the message that smoking can lead to dependence and addiction; that cravings for nicotine persist; and that people who try to give up smoking often relapse. The program also describes recent research finding that the teenage brain is still developing and why this may mean that teens are at greater risk for long-lasting addiction. (16 minutes)

Advertising, The Media And Your Health - Today's teens are often labeled Generation M because of the extent that media saturates their lives. This program 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 also 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. (19 minutes)

New Books

Addiction And The Medical Complications Of Drug Abuse - Steven B. Karch, Editor

Addressing Suicidal Thoughts And Behaviors In Substance Abuse Treatment - Kenneth R. Conner

Beyond The Shelter Wall: Homeless Families Speak Out - Ralph da Costa Nunez, Naomi Sugie

Buprenorphine: A Guide For Nurses - Sara Azimi-Bolourian, Katherine Fornili

Cool Cats, Calm Kids: Relaxation And Stress Management For Young People - Mary L. Williams; Dianne O'Quinn Burke, Illustrator

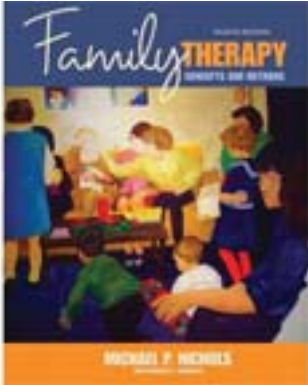
Counseling American Minorities - Donald R. Atkinson, Editor

Counseling Troubled Boys: A Guidebook For Professionals - Mark S. Kiselica, Matt Englar-Carlson, Arthur M. Horne, Editors

Cultural Competence In Trauma Therapy: Beyond The Flashback - Laura S. Brown

Ethics In Psychology And The Mental Health Professions: Standards And Cases - Gerald P. Koocher, Patricia Keith-Spiegel

Family Therapy: Concepts And Methods - Michael P. Nichols



The Hepatitis C Help Book: A Groundbreaking Treatment Program Combining Western And Eastern Medicine For Maximum Wellness And Healing - Misha Ruth Cohen, Robert G. Gish, Kalia Doner; Robin Michals, Illustrator

How To Raise A Drug-Free Kid: The Straight Dope For Parents - Joseph A. Califano

Inclusive Cultural Empathy: Making Relationships Central In Counseling And Psychotherapy - Paul B. Pedersen, Hugh C. Crethar, Jon Carlson

Incorporating Alcohol Pharmacotherapies Into Medical Practice

Integrating Health Promotion And Mental Health: An Introduction To Policies, Principles, And Practices - Vikki L. Vandiver

Lucy And The Bully - Claire Alexander

Moving Out, Moving Up: Families Beyond Shelter - Ralph da Costa Nunez, Jesse Andrews Ellison

The Post-Traumatic Stress Disorder Sourcebook: A Guide To Healing, Recovery, And Growth - Glenn R. Schiraldi

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

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 Audiovisuals

Anyone And Everyone - Parents from diverse ethnic origins and different religions share intimate accounts of how their children revealed their homosexuality and how they responded. They also talk about their sons and daughters not being accepted by relatives and friends, and being ostracized by religious congregations. View the trailer on YouTube: <http://www.youtube.com/watch?v=8RBjEDCgE4o>



Boy Interrupted - This film is the story of a 15 year old boy, with bipolar disorder, who jumped to his death. It shows how one family deals with loss and grief. View a clip on YouTube: <http://www.youtube.com/watch?v=iPJzry3wfp>

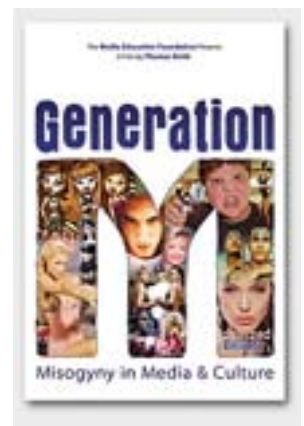
The Bridge - Director Eric Steel and his crew spent an entire year looking at the Golden Gate Bridge. Running cameras for almost every daylight minute, they documented almost two dozen suicides and many suicide attempts. Rated R for disturbing content and language.

Consuming Kids: The Commercialization Of Childhood - Throws light on the practices of the multi-billion dollar marketing industry that sells kids and their parents everything from junk food and violent video games to bogus educational products and

the family car. The film focuses on the growth of child marketing in the wake of deregulation, showing how youth marketers have used the latest advances in psychology, anthropology, and neuroscience to transform American children into a powerful and profitable consumer group.

Cry For Help - Features first-person stories from adolescents who are confronting depression, anxiety, and mental illness. Explores treatments, mental health testing, and community healing programs to give parents and educators a basis for recognizing the warning signs of teens in trouble.

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.



A Reason To Live - Uses interviews and dramatizations to explore the psychological, cultural, biological, and social factors that contribute to depression and suicide in young adults 15-24 years of age, particularly among teenagers.

New Pamphlets

Child Development: Birth To Age 3 (Available in English and Spanish)

Follow Directions: How to Use Methadone Safely

H1N1 Flu (Swine Flu): Staying Informed And Being Prepared (Available in English and Spanish)

Marijuana: 9 Things Everyone Needs To Know

Psychiatric Hospitalization: A Guide For Families

Recognizing And Preventing Child Abuse And Neglect

Understanding Hospitalization For Mental Health



New Curricula

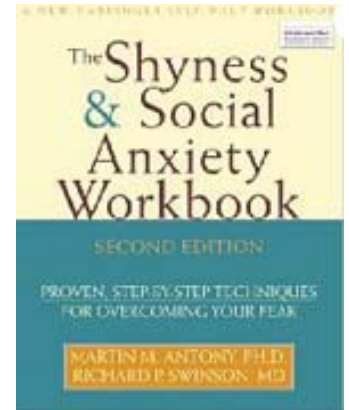
Healthy Body Image: Teaching Kids To Eat And Love Their Bodies Too! : Promoting Healthy Body Image, Eating, Fitness, Nutrition And Weight: A Comprehensive Resource Manual And Lesson Guide With Scripted-Lessons And Activities For Grades 4, 5 or 6 - Kathy J. Kater

Helping Women Recover: A Program For Treating Addiction (revised edition) - Stephanie S. Covington

Helping Women Recover: A Program For Treating Substance Abuse (special edition for use in the criminal justice system) - Stephanie S. Covington

Moving Beyond Icebreakers: An Innovative Approach To Group Facilitation, Learning, And Action - Stanley Pollack, Mary Fusoni

The Shyness And Social Anxiety Workbook: Proven, Step-By-Step Techniques For Overcoming Your Fear - Martin M. Antony, Richard P. Swinson



You think you know what will make you healthier, but are you sure? HealthierUS.gov provides credible, accurate information to help you choose to live a healthier life. The HealthierUS initiative is a national effort to prevent and reduce the costs of disease, improve people's lives and promote community health and wellness.

At www.HealthierUS.gov you will learn how to make physical activity a part of your day; eat more healthy foods; protect yourself and your family from illness; and avoid risks to your health and the health of your loved ones.

HealthierUS is brought to you by the Executive Office of the President and the United States Department of Health and Human Services.

New Posters

Every Business Should Have A Plan (Emergency Preparedness)

Proteja A Sus Seres Queridos: Las Lesiones Infantiles Se Pueden Prevenir

Taking Care Of Mom: Nurturing Self As Well As Baby



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