

# 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.*

## Self-Help Groups

Self-help or mutual support groups are nonprofessional groups comprised of volunteer members who share common problems and experiences. The groups provide safe and encouraging environments where participants can talk about their feelings and concerns. Members help one another by sharing ideas and information, and by providing emotional support.

The [Self-Help Groups](#) link, found in the blue Quick Links box of the Connecticut Clearinghouse homepage, [www.ctclearinghouse.org](http://www.ctclearinghouse.org), provides a portal to state and national self-help websites on mental health, child abuse, substance use recovery, problem gambling, HIV/AIDS, parenting, and other issues.

The mutual support group websites may include meeting dates, times and locations, publications, helpline telephone numbers, news and events, online meeting schedules, information for family members and referrals to treatment professionals.



## First Friday Film Festival

**December 4, 2009**

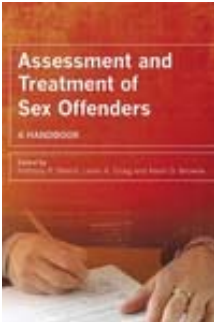
First Friday Film Festivals are held on the first Friday of every month at 3:00 p.m. in the Connecticut Clearinghouse Conference Room.

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

[All Of Us: Protecting Black Women Against AIDS](#) - This unique documentary goes beyond the statistics of the AIDS epidemic among black women. It is a deeply personal exploration of the bedroom politics that make black women, and in fact all women, especially vulnerable to infection. The film follows a young female doctor, Mehret Mandefro, working in the south Bronx, as she gives medical and emotional support to her patients. (82 minutes)

This Film Festival will be hosted by Laura Minor, MS, coordinator of Wheeler Clinic's Senior Emotional Health Outreach Plus Care Program serving the Bristol, Burlington, Plainville and Plymouth communities.

## New Books



Assessment And Treatment Of Sex Offenders: A Handbook - Anthony R. Beech, Leam A. Craig, Kevin D. Browne, Editors  
I'm Gonna Like Me: Letting Off A Little Self-Esteem - Jamie Lee Curtis; Laura Cornell, Illustrator

## New Pamphlets

Alcohol: Facts To Know

Community-Acquired MRSA: Help Prevent Infection (Available in English and Spanish)

Get Informed Not Infected: HIV And Other STDs

Los Adolescentes Y El Alcohol: Cuando Estas Con Amigos - Como Manejar La Presion Para Beber

Managing Multiple Deployments: Support For Military Families

What Kids Should Know About Divorce



## New Posters

I Am Accepted: I Am Living My Rights. Stop AIDS. Keep the Promise.

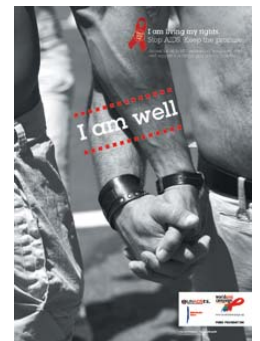
I Am Getting Treatment: I Am Living My Rights. Stop AIDS. Keep The Promise.

I Am Safe: Everyone Deserves To Live Their Rights. Stop AIDS. Keep The Promise.

I Am Well: I Am Living My Rights. Stop AIDS. Keep The Promise.

Respect All Families: Children Of Lesbian, Gay, Bisexual, And Transgender Parents

Humo De Segunda Mano Es Peligroso Para Los Ninos



## New Curricula

Active Parenting For Stepfamilies: For Parents And Stepparents

The Basics: A Curriculum For Co-Occurring Psychiatric And Substance Disorders

Boundaries Baseball [game]

Love And Life: Trauma Recovery And Empowerment For Adolescent Girls And Young Women Ages 12-18 (G-TREM): A Clinician's Guide For Working With Adolescent Girls In Groups



Men's Trauma Recovery And Empowerment Model (M-TREM): A Clinician's Guide To Working With Male Trauma Survivors In Groups Out Of Your Mind [game]

Project EX: Teen Tobacco Use Cessation Program  
SOS Signs Of Suicide High School Program

Trauma Issues Associated With HIV Infection: An 11 Session Group Treatment Intervention

Trauma-Informed Addictions Treatment: A 20 Session Psycho-Educational Group Intervention Designed To Address Substance Abuse Issues Within A Trauma-Informed Perspective

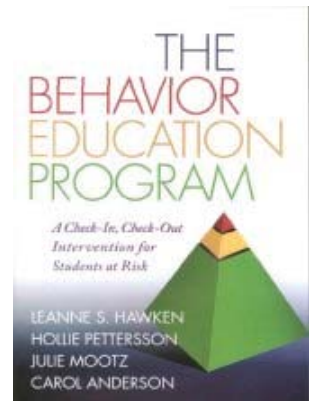
Upcoming issues of *Courier Online* can be delivered to your inbox by sending your name and email address to: [info@ctclearinghouse.org](mailto:info@ctclearinghouse.org) or by calling Connecticut Clearinghouse at 1.800.232.4424.

## New Audiovisuals

**Beauty Mark** - A Boulder-based psychotherapist and former champion triathlete talks about her long struggle with eating disorders and obsessive exercising. She confronts her own painful past as she comes to terms with American culture's unhealthy fixation on self-destructive ideals of beauty and competitiveness. Insights from athletes, bodybuilders, fashion models, teens, cultural critics and authors are included.

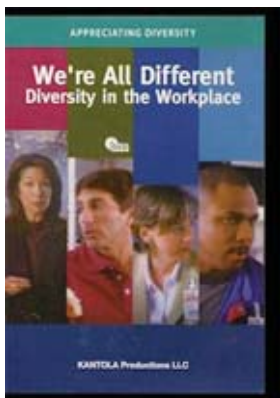
View the Trailer on YouTube at [http://www.youtube.com/watch?v=AZ2\\_1EzLqbl](http://www.youtube.com/watch?v=AZ2_1EzLqbl).

**Behavior Education Program: A Check-In, Check-Out Intervention For Students At Risk**- This training video demonstrates The Behavior Education Program (BEP). Set in classrooms and other school and home settings, the film depicts such non aggressive problem behaviors as disruption, defiance, and tardiness, and shows how teachers, other school personnel, and parents can effectively work with students to implement the steps of the BEP. Dr. Leanne S. Hawken, co-developer of BEP, provides answers to frequently asked questions.



**Childhood In Translation** – A documentary that recounts how language barriers pose risks to the well-being of immigrants and their children, and the need that exists for language access services in an increasingly diverse America. The DVD demonstrates the need for increased funding for language services. It includes information that can help train health care workers, teachers, firefighters, police, and other front-line workers about the importance of truly informed consent for the limited English proficient.

View excerpts on YouTube at <http://www.youtube.com/watch?v=3sYYAfBg7o>.



**Harassment And Diversity: Respecting Differences** - Teaches managers and supervisors how to recognize and prevent illegal harassment, and how to respond quickly and appropriately if there is a complaint of harassment.

**We're All Different: Diversity In The Workplace** - This video will help to create a workplace that is accepting and respectful of the differences seen in others, while encouraging employees to see the unique values in each of their coworkers. Viewers experience heartfelt, firsthand narratives, authentic workplace diversity scenes, and an inward look at how they react to differences in others. Employees will learn to identify and break through stereotypes and prejudices that can prevent them from accepting the differences they see around them.

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

### Courier Online

The electronic newsletter of  
Wheeler Clinic's  
Connecticut Clearinghouse

334 Farmington Avenue  
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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

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