

Mid-Hudson Library System

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<http://midhudson.org>

FOR IMMEDIATE RELEASE

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POST 9/11 AND YOUTH: RESOURCES FOR RECOVERY

(POUGHKEEPSIE, NY) – A recent New York City Board of Education study indicates that the events of last September have taken a heavy psychological toll on children. The terrorist attacks of 9/11 and the subsequent anthrax scare have produced varying symptoms of post-traumatic stress disorder (PTSD) among many thousands of young persons, including recurring nightmares, concentration deficit, and agoraphobia, fear of public places. Such symptoms disrupt normal life routines and place certain individuals at risk for substance abuse and other self-destructive behaviors. A variety of resources are being called upon to reinforce mental stability among affected young people in our state.

The Mid-Hudson Library System's Health Information Project is an important regional source of videos, print and electronic materials that address issues of stress and depression, as well as other related substance abuse and health issues of interest

to youth and to their families. Teen reviewed and teen recommended, the videos and books circulate at **no charge** through the 71 member public libraries in the mid-Hudson region. The Project's active website at <http://midhudson.org/hip/main.htm> provides a list of current teen-reviewed videos, direct links to top teen-picked websites as well as to other sites of more general consumer health interest, and a bibliography of books, fiction and non-fiction, covering topics of high interest to teens and to their families. Materials may be ordered online, using a library card. Additional information may be obtained by calling Project Coordinator Barbara Clapp at 845-471-6060 x23.

Your public library also provides materials on stress management, separation and loss, self-help, current newspapers and news magazines, job and employment information, free e-mail and Internet access, online access to current newspaper and magazine articles from home (HomeAccess), resources for people whose primary language is not English and resources for people with hearing or vision loss. So visit today – it's all @ your library! For more information about your public library:

<http://midhudson.org/alpha.html>.