



## Anger Management Workbooks

The ForDD Clinic began planning for an anger management group to serve clients who had anger-related legal cases. Corissa Carlson saw the 50 Under 50 grant as an opportunity to get materials that would benefit this group.

She requested funds to purchase *The Dialectical Behavior Therapy Skills Workbook for Anger* and the *Anger Management Sourcebook* to provide materials that facilitate the process of understanding their anger and learning how to manage it in healthy ways. In addition to the group, clinicians could access the material for use with individual clients who they felt could benefit from some focus on issues with anger.

For more information about this project, contact: Corissa Carlson, Predoctoral Psychology Fellow, ForDD Clinic, [corissa.carlson@yale.edu](mailto:corissa.carlson@yale.edu)



## Personal Hygiene Kits

Michele Monteiro taught clients basic hygiene and self-care at weekly ACT Recovery group meetings. Teaching these skills to clients was helpful, but Michele wanted to take things a step further and requested a 50 Under 50 grant to provide high-quality personal care products to clients.

The personal hygiene kits included Dove soap, hand and body lotion, hand sanitizer, toothpaste, a toothbrush, floss, and lip balm. By providing these kits, Michele was able to promote wellness and self-esteem in ACT clients.

For more information about this project, contact: Michele Monteiro, Nurse Clinician, [Michele.monteiro@ct.gov](mailto:Michele.monteiro@ct.gov)