

The newsletter of Connecticut Clearinghouse, a 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.

COURIER ONLINE



Wheeler

CONNECTICUT
Clearinghouse

a program of the Connecticut Center
for Prevention, Wellness and Recovery

April 2020



STAYING CONNECTED

Due to the COVID-19 crisis, Connecticut Clearinghouse is temporarily closed.
Staff are working remotely and are available to answer your questions.



Let's Communicate



- Please continue to use our [Online Form](#) for pamphlet and poster requests. We will fulfill your requests as soon as we are able to return to the building.
- Change the Script resources can be ordered [Here](#).
- For general inquiries, contact us [Here](#) or call and leave a voicemail: 800.232.4424
- If you aren't on our email list, you can sign up [Here](#) and stay up-to-date on various state and national online trainings, webinars, and resources .
- Follow our social pages  



Resources

- We renewed all outstanding library materials and there are no fines.
- Did you know we have over 250 ebooks? [Click Here](#) for a list of titles and authors.
- [Contact us](#) to learn how you can access the ebooks.
- Visit our [website](#) for links to great online resources and download our [Fact Sheets](#)



Getting Help

- Call or visit 211 [Online](#) 24/7 for everything from basic needs to mental health and crisis services in Connecticut.
- Call 1-800-563-4086 for access to treatment for substance use disorder in Connecticut.
- Call the National Suicide Prevention Lifeline at 1-800-273-8255 if you are in crisis.
- If you are experiencing abuse in a relationship, please visit [CTSafeConnect.org](#) or call (888) 774-2900.

FEATURED E-BOOKS

Calming the Rush of Panic: A Mindfulness-Based Stress Reduction Guide to Freeing Yourself from Panic Attacks and Living a Vital Life Bob Stahl, Wendy Millstein

The book promotes mindfulness-based practices and exercises to help with the physical, emotional, and mental effects of panic, and inside you will learn foundational MBSR meditation practices, including mindful breathing, sitting meditation, and loving-kindness meditation.

Finding Your Way To Change: How The Power Of Motivational Interviewing Can Reveal What You Want And Help You Get There

Allan Zuckoff, Bonnie Gorscak

Whether it's breaking an unhealthy habit, or ending harmful patterns in relationships, the key to moving ahead with your life lies in discovering what direction is truly right for you, and how you can get there. The proven counseling approach known as motivational interviewing (MI) can help. Drs. Zuckoff and Gorscak present powerful self-help strategies and practical tools that help you understand why you're stuck, break free of unhelpful pressure to change, and build confidence for developing a personal change plan.

Mindfulness For Teen Worry : Quick And Easy Strategies To Let Go Of Anxiety, Worry, and Stress

Jeffrey Bernstein

In Mindfulness for Teen Worry, a clinical psychologist offers quick, easy-to-learn mindfulness skills teens can use anytime, anywhere to stop worries from growing and taking over.

The Relaxation And Stress Reduction Workbook

Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay

Includes powerful self-compassion practices, fully updated chapters on the most effective tools for coping with anxiety, fear, and panic—such as worry delay and defusion, two techniques grounded in acceptance and commitment therapy (ACT)—as well as a new section focused on body scan. In the workbook, you'll explore your own stress triggers and symptoms, and learn how to create a personal action plan for stress reduction.

The Resilience Workbook For Teens

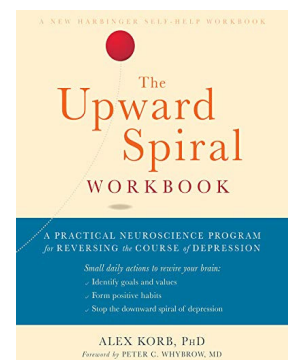
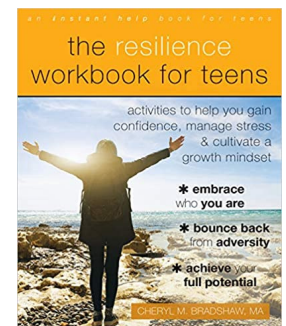
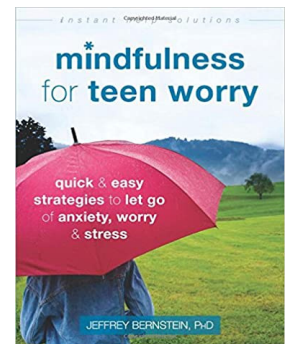
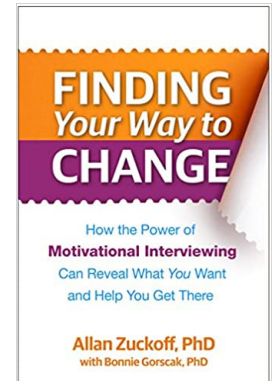
Cheryl M. Bradshaw

The teen years are a critical time to learn the skills of resilience and to develop positive strategies for coping with stress and mental health challenges. Author, psychotherapist, and youth mentor Cheryl M. Bradshaw offers this resource to help teens learn to balance their emotions, rewrite the negative stories they tell themselves, embrace who they are, and believe in their own power to bounce back from life's biggest challenges. Includes activities and worksheets.

The Upward Spiral Workbook

Alex Korb

Neuroscientist Alex Korb offers actionable, step-by-step skills to help you reshape your brain and create an upward spiral towards a happier, healthier life.



APRIL IS ALCOHOL AWARENESS MONTH

The 2018 National Survey on Drug Use and Health revealed that 14.4 million adults ages 18 and older and 401,000 youth ages 12-17 had Alcohol Use Disorder.



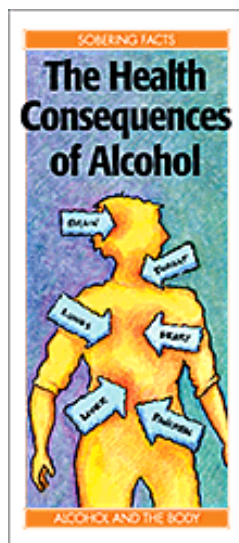
CT Clearinghouse Resources

How To Tell If I Have You Problem With Alcohol (Pamphlet)

How Alcoholism Affects The Family (Pamphlet)

El Alcohol: Hechos Que Debe Conocer (Pamphlet)

Do I Have A Problem? Recognizing Drug and Alcohol Addiction (DVD)



**YOU ARE NOT
ALONE.
YOU MATTER.**

**CT DEPARTMENT OF
MENTAL HEALTH
AND ADDICTION
SERVICES**

<https://portal.ct.gov/DMHAS>

SOCIAL HASHTAGS
#AlcoholAwarenessMonth

FOR HELP CALL

1-800-662-HELP (US)

1-800-563-4086 (CT)

OR VISIT

www.findtreatment.gov

APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH

Last year, an estimated 678,000 children were found to be victims of child abuse or neglect nationwide.



CT Clearinghouse Resources

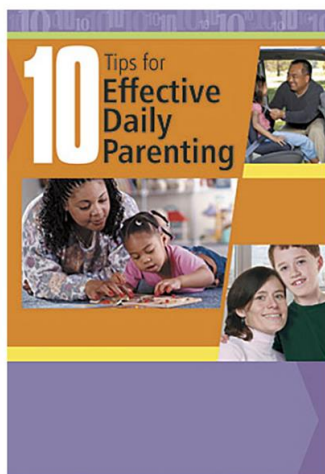
Parenting With Love (Pamphlet)

Criar A Los Hijos Con Amor (Pamphlet)

Recognizing & Preventing Child Abuse & Neglect (Pamphlet)

Through Our Eyes: Children, Violence, and Trauma (DVD)

When Boundaries Are Crossed. Recognizing & Preventing Physical Child Abuse (DVD)



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**CAMPAIGN THEME:
STRONG AND
THRIVING FAMILIES**

**FOR CAMPAIGN
RESOURCES AND
MATERIALS, VISIT:
www.childwelfare.gov**

**SOCIAL HASHTAGS
#NCAPM2020
#ChildAbusePrevention
Month**

FOR HELP

CALL 800.422.4453

**OR VISIT
www.childhelp.org**



THEMES

Monday, May 11:
Preventing Prescription
Drug and Opioid Misuse

Tuesday, May 12:
Preventing Underage
Drinking and Alcohol Misuse

Wednesday, May 13:
Preventing Illicit Drug Use
and Youth Marijuana Use

Thursday, May 14:
Preventing Youth Tobacco
Use (E-Cigarettes and
Vaping)

Friday, May 15:
Preventing Suicide

National Prevention Week (NPW) is an annual health observance dedicated to increasing public awareness of, and action around, mental health and/or substance use disorders.

The three primary goals of National Prevention Week are to:

- Involve communities in raising awareness of substance use and mental health issues and in implementing prevention strategies, and showcasing effectiveness of evidence-based prevention programs;
- Foster partnerships and collaborations with federal agencies and national organizations dedicated to improving public health; and
- Promote and disseminate quality substance use prevention and mental health promotion resources and publications.

www.ctclearinghouse.org/NPW
www.facebook.com/ctpreventionweek
#CTPreventionWeek #PreventionWeek

MENTAL HEALTH MONTH

Mental health is essential to everyone's overall health and wellbeing. Check in on yourself. Take a mental health screen at mhascreening.org.



May Is Mental Health Month

CT Clearinghouse Resources

Mental Illness: Share Facts, Not Myths (Pamphlet)
How To Help A Loved One With Mental Illness (Pamphlet)
Trastorno De Ansiedad (Pamphlet)
The Family Guide to Mental Health Care (Book)
My Depression: The Up and Down of It (DVD)



**TAKE A CHECKUP
FROM THE NECK UP**



**FREE. PRIVATE. ANONYMOUS.
MHASCREENING.ORG**

**CAMPAIGN THEME:
TOOLS 2 THRIVE**

**CT DEPARTMENT OF
MENTAL HEALTH
AND ADDICTION
SERVICES**

<https://portal.ct.gov/DMHAS>

SOCIAL HASHTAGS

**#MHM20
#TOOLS2THRIVE
#MILLIONINMAY
#MENTALHEALTHMONTH**

FOR HELP

CALL 860.418.6962

OR VISIT

WWW.211CT.ORG

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Courier Online

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

334 Farmington Avenue • Plainville, CT 06062
800.232.4424 or 860.793.9791

www.ctclearinghouse.org
info@ctclearinghouse.org

Library Hours:

Mon, Tues, Wed, Fri 8:30 AM - 5:00 PM ; Thurs 8:30 AM - 7:30 PM

Connecticut Clearinghouse is funded by
the Connecticut Department of Mental Health and Addiction Services