

August 2020

CHANGE the SCRIPT

Connecticut Clearinghouse Resources Go Mobile!

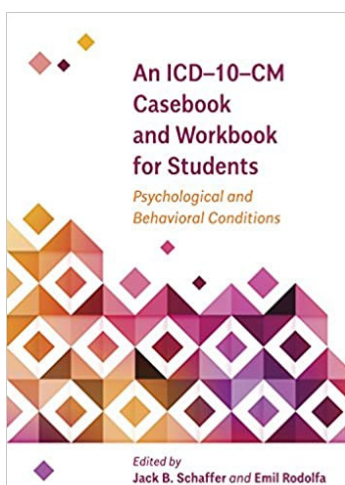
Connecticut Clearinghouse materials will now be even more accessible statewide through its new Change the Script mobile resource van. The new brightly colored van will disseminate brochures, posters, factsheets, books, and DVDs on opioids, substance use prevention, mental health promotion, and other related topics in communities throughout the state!

Since the Change the Script campaign is focused on providing equitable and informed solutions to help prevent opioid misuse, we will also be distributing medication storage and disposal items through the mobile van at no cost. In addition, the van will offer substance use prevention activities for young people.

Request the van for your location or come visit us at one of our future events! The Change the Script resource van was made possible with funding from the Connecticut Department of Mental Health and Addiction Services and the Substance Abuse and Mental Health Services Administration.



New Books & Curricula



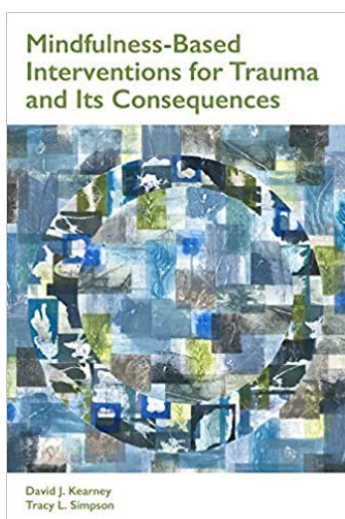
An ICD-10-CM Casebook and Workbook for Students Psychological and Behavioral Conditions Jack B. Schaffer and Emil Rodolfa

Each chapter presents a detailed case illustration and challenges readers to reach an ICD-10-CM diagnosis by evaluating the client's unique symptoms. These cases also demonstrate how to rule out options using careful, contextually appropriate assessments to arrive at the primary diagnosis.

Mindfulness-Based Interventions for Trauma and Its Consequences

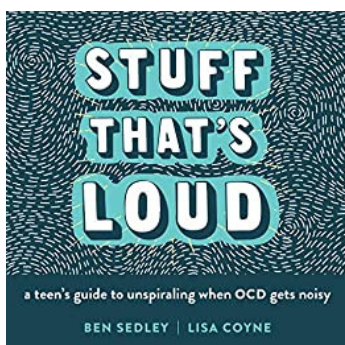
David J. Kearney, Tracy L. Simpson

Mindfulness based interventions (MBIs) can help clients at any stage of recovery and be used in tandem with standard PTSD therapies. The authors show practitioners how to guide the patient through meditation practices to address symptoms including rumination, guilt and shame, avoidance, and hypervigilance, as well as comorbid conditions such as depression, chronic pain, and substance misuse. The authors discuss the research supporting this approach, and offer practical suggestions to help therapists implement MBIs with their clients.



Postpartum Mental Health Disorders: A Casebook Gail Erlick Robinson, MD, Carol C. Nadelson, MD, Gisele Apter, MD

This book offers brief, practical guidance on the recognition and management of postpartum mental health disorders, including depression, anxiety disorders, obsessive compulsive disorder (OCD), psychotic disorders, bipolar disorders, posttraumatic stress disorders, personality disorders and eating disorders. Written by experienced clinicians, chapters are organized into collections of case examples and are designed to provide at-a-glance information about diagnoses, treatment, and outcomes with advice on when to refer to a specialist. Each chapter also includes an assessment tool to assist with diagnosis and a list of risk factors for developing postpartum disorders. An appendix of screening questionnaires is provided at the end of the book.



Stuff That's Loud: A Teen's Guide to Unspiraling When OCD Gets Noisy Ben Sedley, Lisa Coyne

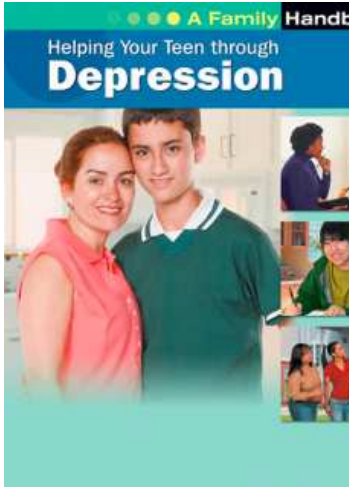
This fun, illustrated guide offers real ways to help teens break free from OCD thoughts and behaviors. This resource also shows how healthy choices like getting enough sleep and exercise can help teens manage their symptoms.

Supervision Essentials for Integrative Psychotherapy John C. Norcross and Leah M. Popple

The authors describe the background, rationale, and method of supervising psychotherapists in systematic integration. Includes numerous real-life examples, helpful resources, and evidence-based practice skills.

New Pamphlets

Helping Your Teen Through Depression:
A Family Handbook
(English only)



Life Happens: Regaining Your
Emotional Balance After a
Stressful Life Event
(English only)



InFocus: Treatment and Recovery
Staying Sober
(Available in English and Spanish)



In the Know: What to Say When
You Want to Say NO
(Available in English and Spanish)



New Resource: APA PsycTherapy® covers authentic therapy sessions.

Learn from unscripted streaming demonstration videos that teach valuable psychotherapy techniques.



What will you find?

- More than 500 videos showing various treatment approaches
- Proven methods showcasing common obstacles faced during therapy sessions
- Helpful tools that allow users to create playlists and share video clips
- Expertly tagged metadata for easy navigation to specific therapeutic techniques
- Synchronized transcripts that allow users to search for precise moments in therapy



New Resource: Symptom Media: Mental Health Education & Training Film Library

Symptom Media is an online mental health education and training film library that contains over 300 mental health simulations including DSM 5 and ICD guided films and assessment tools. The films offer visual guideposts to help students and practitioners better understand what a particular mental health diagnosis looks like and provides points of reference for cross comparisons and differentiation between diagnoses. Videos range in length from 30 seconds to 15 minutes and closed captioned is available.

**Click Here
to Learn How to
Access these
Resources**

Adolescent SBIRT: Adolescent Girls and Opioids

*** This training is approved for CECs by NASW-CT ***

Thursday, August 20, 2020

9:00 AM — 12:30 PM

Via Zoom

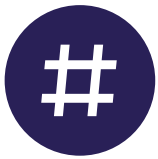
FREE Training Includes:

- *Virtual interactive training on Adolescent Screening, Brief Intervention and Referral to Treatment*
- *Curriculum supplement on the unique risks of adolescent girls for opioid misuse*
- *Helpful resource materials and referral information*

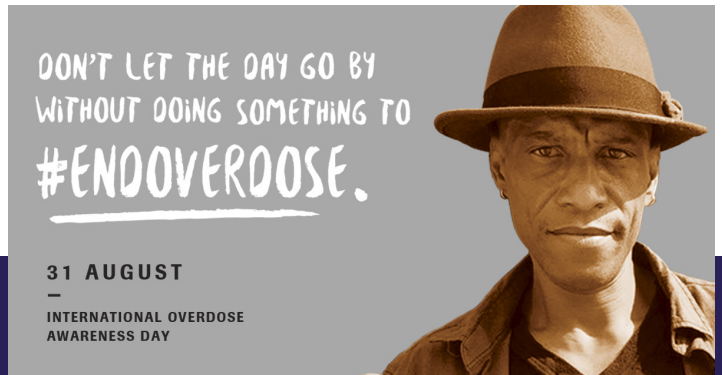


Register NOW at www.ctclearinghouse.org/registration

Call 800.232.4424 for additional information



#OverdoseAware
#EndOverdose



August 31, 2020

International Overdose Awareness Day

Someone's Son ~ Someone's Daughter ~ Someone's Brother ~ Someone's Sister
Someone's Mother ~ Someone's Father ~ Someone's Best Friend ~ Someone's Buddy
Someone's Hero ~ Someone's Love ~ Someone's Lifeline

The Centers for Disease Control and Prevention has estimated that the number of people in the United States who had died from overdose in the 12 months prior to January 2017 was 64,070.

Resources

**CT Department of Mental
Health and Addiction Services**

www.ct.gov/DMHAS

Drugfree CT

www.drugfreect.org

24/7 Treatment Access Line

1.800.563.4086

**Connecticut Community for
Addiction Recovery**

www.ccar.us

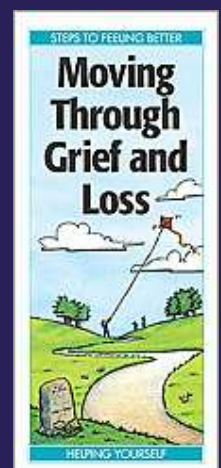
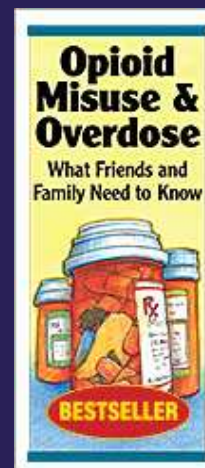
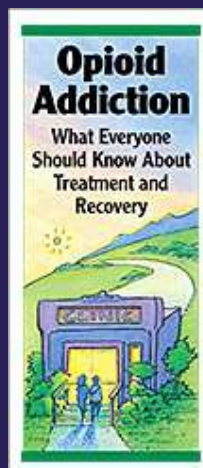
1.866.205.9770

**Substance Abuse and Mental
Health Services Administration**

www.samhsa.gov

Connecticut Clearinghouse Resources

- Getting Treatment (Fact Sheet)
- Change The Script (Pamphlet)
- Naloxone Has Serious Side Effects: It Saves Lives (Poster - English and Spanish)
- Preventing Accidental Drug Overdoses (DVD)
- The Opioid Epidemic: What Everyone Needs to Know (Book)



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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