

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

December 2020

## Keep the Holiday Spirit Alive

### Don't Drive Drunk or High

Make a plan to get home safely with a ride-share service.



*December is*

## Impaired Driving Awareness Month

### Connecticut Clearinghouse Resources

Impaired Driving (Fact Sheet - [Click Here](#) to Download)

Impaired Driving: Drunk, Drugged, Drowsy, Dangerous! (Pamphlet)

Drinking, Drugs & Driving: 8 Things Everyone Should Know (Pamphlet)

Marijuana & Driving: Driving High Is Illegal (Pamphlet)

La Marihuana y Otras Drogas y Manejar: Entender los Peligros (Pamphlet)



### Fast Facts:

Marijuana affects psychomotor skills and cognitive functions critical to driving including vigilance, drowsiness, time and distance perception, reaction time, divided attention, lane tracking, coordination, and balance.

Opioids can cause drowsiness and impair cognitive function.

Alcohol can reduce coordination, concentration, ability to track moving objects and reduce response to emergency driving situations as well as difficulty steering and maintaining lane position. It can also cause drowsiness.

**Impaired driving is preventable.**  
Make a plan to get home safely with a sober driver or ride-share service.

# Connecticut's Recovery Friendly Workplace Toolkit

## THE 10 BEST GUIDELINES FOR YOUR RECOVERY FRIENDLY WORKPLACE INITIATIVE



There are only a handful of Recovery Friendly Workplace programs in the U.S. Conclusive data regarding performance metrics and practices are still being collected. But here are the most essential guidelines to include in your planning and actions.

### **1. Get buy-in from leadership and employees alike.**

Share a topline description of the RFW program – and be clear about what's in it for everyone involved: Better productivity, better safety, happier employees, greater loyalty and engagement – and creating a healthier work environment.

### **2. Talk about it openly.**

For too long, “addiction” has been covered up by silence and shame. It's time to change the way we talk about it. Make the narrative about recovery, hope, and forward movement.

### **3. Reduce gossip and protect personal dignity.**

When an employee is suffering from SUD, colleagues tend to talk about it. But you can reset the tone by asking everyone to respect privacy, embrace recovery, and pull together.

### **4. Pay attention to your language.**

Use constructive language that emphasizes the person, not the disease or disorder. Examples: Replace “Addict,” or “druggie” with “person with a substance use disorder” or “person in recovery.” Replace: “Drug abuse” with “drug use” or “substance misuse.” Replace: “Clean” with “in recovery” or “substance-free.”

### **5. Treat SUD like what it is – a health condition.**

SUD is a health issue and it can be treated effectively. An employee with diabetes is essentially no different than one with SUD. And an employee recovering from a disabling accident should be treated no differently than one recovering from SUD.

### **6. When you're hiring, keep an open mind.**

If the prospective employee reveals a history of SUD or that they are in recovery, remember that he or she has a medical condition that doesn't necessarily disqualify



them from being a good employee. Reconsider possible candidates who have a “criminal background” that is only related to their SUD.

### **7. Create wellness programs.**

Work/life balance and wellbeing can be incorporated into the workplace. From flex time to healthy eating options, wellness program send the message that work and personal health should be joined.

### **8. Be alcohol-conscious.**

Serving alcohol at work events can be a trigger for someone with SUD. Consider a variety of non-alcoholic options.

### **9. Participate in recovery-focused community events.**

Making your position known publicly tells everyone that being a Recovery Friendly Workplace is a point of pride.

### **10. Build a working relationship with recovery organizations.**

Make sure area recovery groups are positioned as a resource for employees.



**Visit [www.drugfreeet.org](http://www.drugfreeet.org) to download  
the entire Recovery Friendly  
Workplace Toolkit**



If you haven't had the opportunity to attend one of our many zoom webinars, now you can view them online, at your convenience.

Visit

[www.ctclearinghouse.org/webinars/](http://www.ctclearinghouse.org/webinars/)

and click on one of the Webinar titles. Fill out a brief registration form and view the webinar right from your device.

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This November, Connecticut Clearinghouse staff drove the Change the Script Van to events in Waterbury, Bristol and Hartford, disseminating over 4000 resources, including Detera bags, medication lock boxes, and health literature.

Request the van for your location or event by calling 1.800.232.4424 or by visiting [www.drugfreeCT.org](http://www.drugfreeCT.org).



# New Pamphlets



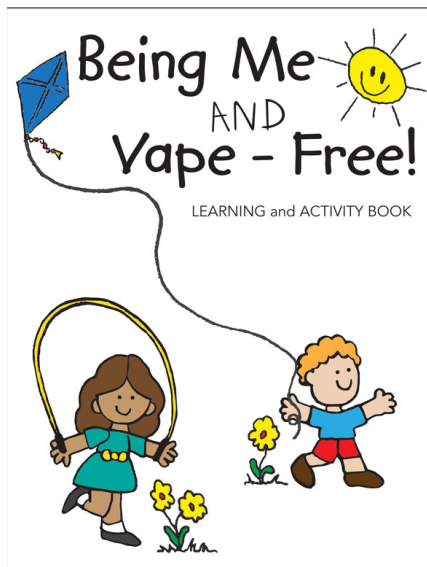
**How To Tell if Your Child is Vaping THC and What To Do About It**



**Dealing with Grief and Loss**



**La Atención Plena: Consejos para Reducir el Estrés y la Ansiedad**



**Being Me and Vape-Free Learning and Activity Book**



**Medications: Managing Them Well**

# Adolescent SBIRT: Adolescent Girls and Opioids

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

*Thursday, December 17, 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](http://www.ctclearinghouse.org/registration)  
Call 800.232.4424 for additional information

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### ***Courier Online***

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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Staff are available Monday-Friday from 8:30 AM to 5:00 PM  
We are currently offering curbside pickup or mail

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