

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

February 2020

#ourhearts
are healthier together

Each February, the National Heart, Lung, and Blood Institute (NHLBI) marks **American Heart Month** by raising awareness about heart health and urging Americans to reduce their risk for developing heart disease.

Heart disease is the leading cause of death for both men and women in the United States.

Here are some facts, tips, and resources to inspire you to improve your heart health.

Stay Connected

Having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Quit Smoking

To help you quit, join a support group. Research shows that people are more likely to quit if their spouse, friend, or sibling does. Online support can also help you quit. Connecticut has a free quit line with trained counselors: call 1-800-QUIT-NOW (1-800-784-8669). You can find free apps, a motivational text service, and a chat line at BeTobaccoFree.hhs.gov and Smokefree.gov.



**Social support
makes quitting
smoking
easier.**

Don't go it alone.

#ourhearts
are healthier together



Avoid Excessive Alcohol Use

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including: high blood pressure, arrhythmia, cardiomyopathy, and stroke. For help with substance use, search for programs in Connecticut at www.211ct.org/ or call 1-800-563-4086 (Connecticut only).

Manage Stress

Reducing stress helps your heart health. Join with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in a stress management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

Sources: NHLBI, NIAAA.



**Try yoga
or meditation
to reduce
stress.**

#ourhearts
are healthier together



NEW BOOKS & CURRICULA

ABC's Of Coping With Anxiety: Using CBT To Manage Stress And Anxiety

James Cowart

A concise collection of tried-and-tested strategies from cognitive behavioral therapy (CBT) and made accessible to people who are learning to cope with their anxiety on a day-to-day basis. 'The ABCS of Coping with Anxiety' has been placed highly commended in the health and social care category in the British Medical Association Medical Book Awards.

Connecting Paradigms: A Trauma-Informed & Neurobiological Framework for Motivational Interviewing Implementation

Matthew S. Bennett

This book provides an innovative approach to helping those struggling with past trauma to make critical life changes and heal from their pain and suffering. The author presents an integrated model combining research in neurobiology, trauma, behavioral change, harm reduction, and Motivational Interviewing into a practical skillset easily implemented across a variety of settings and professions.

Listening Well: The Art of Empathic Understanding

William R. Miller

Dr. Miller offers a step-by-step process for developing your skillfulness in empathic listening. With a solid basis in sixty years of scientific research, these communication skills are not limited to professionals, and can be learned and applied in your everyday life. Instead of assuming that you know the meaning of what you think you heard, empathic listening lets you develop a more accurate understanding and prevent miscommunication.

Motivational Interviewing With Offenders: Engagement, Rehabilitation, and Reentry

Jill D. Stinson

From experts on working with court-mandated populations, this book shows how motivational interviewing (MI) can help offenders move beyond resistance or superficial compliance and achieve meaningful behavior change. Using this evidence-based approach promotes successful rehabilitation and reentry by drawing on clients' values, goals, and strengths--not simply telling them what to do.

Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing

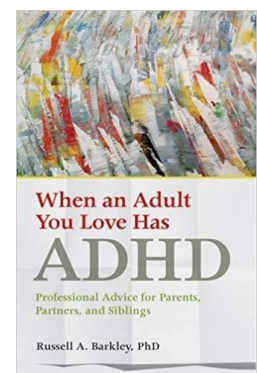
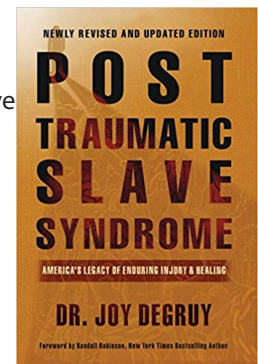
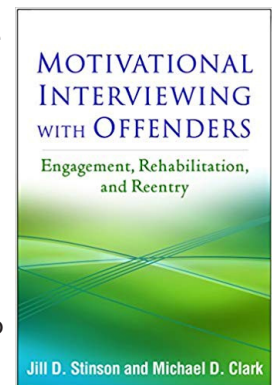
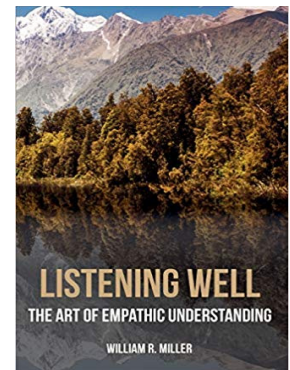
Dr. Joy DeGruy

What do repeated traumas, endured generation after generation by a people produce? What impact have these ordeals had on African Americans today? Dr. Joy DeGruy, answers these questions and more. With over thirty years of practical experience as a professional in the mental health field, Dr. DeGruy encourages African Americans to view their attitudes, assumptions, and behaviors through the lens of history and so gain a greater understanding of how centuries of slavery and oppression have impacted people of African descent in America.

When an Adult You Love Has ADHD: Professional Advice for Parents, Partners, and Siblings

Russell A. Barkley

In this book ADHD expert Dr. Russell Barkley explains the science behind ADHD and how you can tell if your spouse, partner, friend, adult child, or sibling may have it. He shows how to guide your loved one toward the right treatment, and what to do if he or she doesn't want treatment.

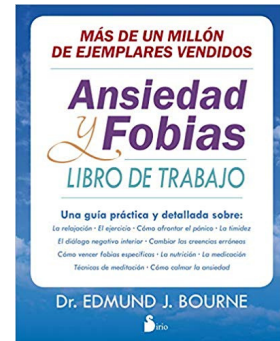


NEW RESOURCES IN SPANISH

Ansiedad y Fobias: Libro De Trabajo

Edmund J. Bourne

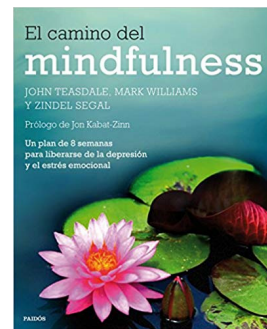
En este libro de trabajo aprenderás: Técnicas respiratorias y de relajación; Formas de vencer el diálogo interno negativo y de superar las creencias erróneas; Poderosas prácticas de Mindfulness; Adecuadas formas de vida, nutrición, y ejercicio; Habilidades para prevenir y afrontar los ataques de pánico.



El Camino Del Mindfulness: Un Plan De 8 Semanas Para Liberarse De La Depresión Y El Estrés Emocional

John Teasdale, Mark Williams, Zindel Segal

Imagínese un programa de 8 semanas que puede ayudarle a superar la depresión, la ansiedad y el estrés, simplemente aprendiendo nuevas formas de responder a sus propios pensamientos y sentimientos. Este es un programa de Terapia Cognitiva Basada en el Mindfulness (TCBM), que ha sido experimentado y que ha demostrado su efectividad en ensayos clínicos realizados en todo el mundo



Respirad: Mindfulness Para Padres Con Hijos Adolescentes

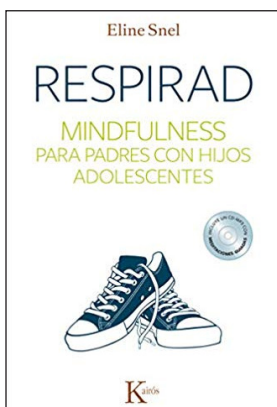
Eline Snel

Respirad es un libro de referencia para la práctica del mindfulness para padres con hijos adolescentes. Se incluye un CD (Mp3) con 13 meditaciones para padres.

La Trampa De La Preocupación: Cómo Tu Cerebro Te Engaña Para Esperar Lo Peor Y Qué Hacer Al Respecto

David A. Carbonell

La preocupación excesiva es una trampa, y es también un hábito que te obliga a pensar en el peor resultado de cualquier situación; en algunos casos ayuda, pero no debemos confundir precaución con angustia. El doctor David A. Carbonell nos explica las diferencias entre varios tipos de preocupaciones, como crónica y común. Además, desarrolló diversos métodos para resolver estos problemas de forma práctica y efectiva; todo está aquí, lleno de episodios a menos que sin duda te ayudarán a relajarte.



Click Here To
Contact Us With
Questions
About Using Our
Library

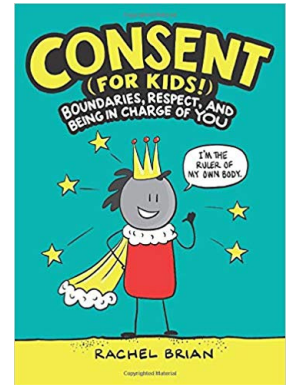
NEW BOOKS & CURRICULA

Consent (For Kids!): Boundaries, Respect And Being In Charge Of You

Rachel Brian

Readers will learn about boundaries and how to set them; ways to respect themselves and others; what to do if someone makes them feel uncomfortable or unsafe; and much more.

Along the way, they'll be encouraged to reflect on (and improve!) their own behavior and to practice consent in their daily lives.



Conquer Negative Thinking For Teens

Mary Karapetian Alvord, Anne McGrath

This workbook offers a powerful technique called cognitive restructuring to help teens reframe their thoughts, regulate emotions, become more flexible thinkers, and stop letting thoughts define who they are and how they feel.



The Gifted Kids Workbook: Mindfulness Skills To Help Children Reduce Stress, Balance Emotions, and Build Confidence

Heather Boorman

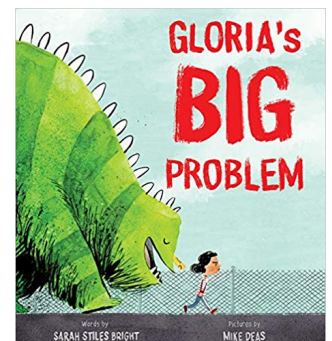
Although gifted kids are often seen as intellectually and academically privileged, those same gifts can also create challenges. For example, kids are often quite aware of their differences, and this awareness can negatively impact their sense of self and confidence in the world.

This engaging workbook directly addresses the psychological needs of gifted children using a powerful combination of mindfulness, acceptance and commitment therapy (ACT), and self-compassion strategies.

Gloria's Big Problem

Sara Stiles Bright, Mike Deas

Gloria loves to sing, dance, and act in her bedroom, but not in public. No way. Gloria's big problem makes sure of that, following her wherever she goes and constantly reminding her that she's anxious and frightened, that she's not good enough, and that everyone will laugh at her.

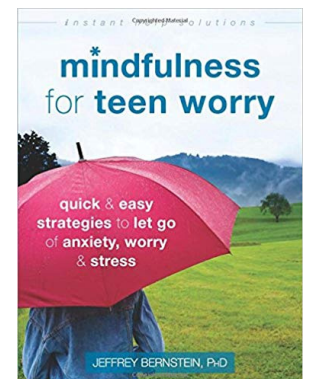


Mindfulness For Teen Worry: Quick And Easy Strategies To Let Go Of Anxiety, Worry, And Stress

Jeffrey Bernstein

Demonstrates how living in the moment can help teens stay grounded in the here and now.

Teaches powerful and easy-to-use mindfulness skills to manage the four most common worry struggles teens face: school pressure, coping with friendship and relationship problems, improving body image, and handling family conflicts.



Stronger Than BPD: The Girl's Guide To Taking Control Of Intense Emotions, Drama, And Chaos Using DBT

Debbie Corso, Gillian Galen

Written by a Borderline Personality Disorder survivor and advocate, Stronger Than BPD offers practical, evidence-based dialectical behavior therapy (DBT) skills to help you manage the intense emotions and negative self-image that can occur with BPD.

Adolescent SBIRT: Adolescent Girls and Opioids

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

Thursday, February 20 2020

9:00 AM — 3:00 PM

*Connecticut Clearinghouse,
Plainville*

FREE Training Includes:

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



Register NOW at www.ctclearinghouse.org/registration
Call 800.232.4424 for additional information

The Connecticut Opioid Misuse Prevention (COMP) initiative is made possible with funding from grant no. ASTWH170052-01-00 from the U.S. Department of Health and Human Services Office on Women's Health.

TEEN DATING VIOLENCE AWARENESS MONTH

1 in 3 Teens Experiences Dating Abuse



CT Clearinghouse Resources

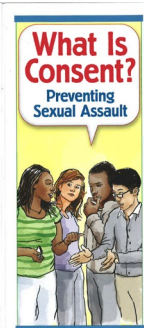
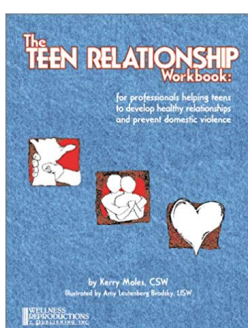
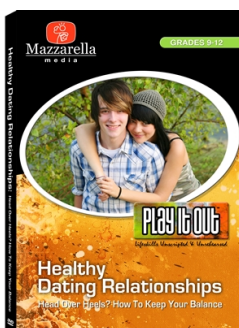
Healthy Dating Relationships: Head Over Heels? How To Keep Your Balance (DVD)

The Teen Relationship Workbook

Understanding Sexual Consent: The Physical, Emotional And Legal Consequences (DVD)

What Is Consent? Preventing Sexual Assault (Pamphlet)

9 Signs Of A Healthy Relationship (Pamphlet)



CAMPAIGN THEME
#1THING

RESPECT WEEK
FEBRUARY 9-15

WEAR ORANGE DAY
FEBRUARY 11

HEALTHY
RELATIONSHIPS
AWARENESS
FEBRUARY 13

SOCIAL HASHTAGS
#1THING
#UNACOSA
#TEENDVMONTH

FIND RESOURCES AT

www.loveisrespect.org/teendvmonth/

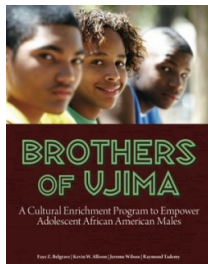
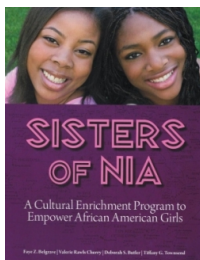
www.cdc.gov/features/datingviolence/index.html

www.dvawareness.org

AFRICAN AMERICAN HISTORY MONTH



CT Clearinghouse Resources



African American Children And Mental Health (Book)

Black Families In Therapy: Understanding The African American Experience (Book)

The Pact (DVD)

Post Traumatic Slave Syndrome: America's Legacy Of Enduring Injury And Healing (Book)

Urban Trauma: A Legacy of Racism (Book)

FOUNDED BY
CARTER G.
WOODSON IN 1926
AS A ONE WEEK
OBSERVANCE TO
COINCIDE WITH THE
BIRTHDAYS OF
FREDERICK
DOUGLASS AND
PRESIDENT LINCOLN

DECLARED A
NATIONAL
OBSERVANCE IN
1976 BY PRESIDENT
FORD

2020 MARKS THE
SESQUICENTENNIAL
OF THE FIFTEENTH
AMENDMENT

FIND RESOURCES AT

<https://asalh.org/>

www.archives.gov/news/topics/african-american-history

www.tolerance.org

COA AWARENESS WEEK

1 IN 4 CHILDREN LIVES IN A FAMILY IMPACTED
BY PARENTAL ADDICTION



CT Clearinghouse Resources

Children Of Substance Abusing Parents: Dynamics And Treatment
(Book)

Nurturing Emotional Resilience In Vulnerable Children And Young
People (eBook)

The Resilience Workbook For Teens

The Trauma-Informed School (Book)

Under The Influence: Kids Of Alcoholics (DVD)



FEBRUARY 9-15,
2020

CAMPAIGN THEME
KIDS CAN
RECOVER

SOCIAL HASHTAGS
#COAWEEK2020
#KIDSCANRECOVER
#BUILDRSILIENCE
INKIDS
#BETHESAFE
PERSON

FIND RESOURCES AT

<https://nacoa.org/coa-awareness-week/>

NATIONAL EATING DISORDERS AWARENESS WEEK



FEBRUARY 24-
MARCH 1

CAMPAIGN THEME
COME AS YOU ARE:
HINDSIGHT IS 20/20



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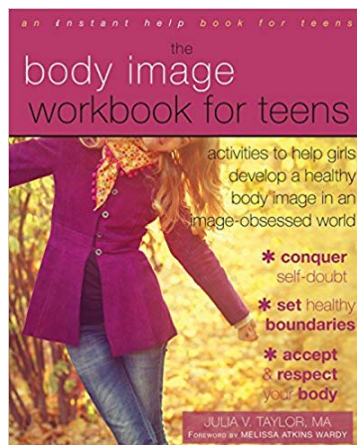
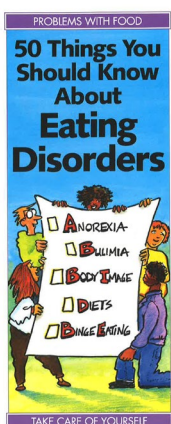
50 Things You Should Know About Eating Disorders (Pamphlet)

Beauty Mark (DVD)

The Body Image Workbook For Teens

The Food Addiction Recovery Workbook

Recovering: Anorexia Nervosa And Bulimia Nervosa (DVD)



SOCIAL HASHTAGS
#COMEASYOUARE
#NEDAWARNNESS

FIND RESOURCES AT

<https://www.nationaleatingdisorders.org/>

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The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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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

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the Connecticut Department of Mental Health and Addiction Services