

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 2021

## Change The Script Van



My Mixed  
EMOTIONS

Help your kids handle their feelings



The Risks of  
Opioids

What Everyone  
Should Know

BESTSELLER

MINDSET  
MATTERS

SUCCESS BEGINS  
WITH BELIEVING  
YOU CAN.

NEW!

Opioid Use Disorder  
Dealing  
with  
Relapse



We're heading out to vaccination clinics this February, stocked with medication lock boxes, Deterra bags, masks, hand sanitizer, free children's books, and timely health literature.

[Click Here](#) to Book the Van  
for Your Event



# What You Need to Know About Youth Vaping

February 18, 2021  
2:00 PM - 3:00 PM

A Virtual Presentation with  
Tricia Dahl, B.S.,  
Senior Research Assistant,  
Yale School of Medicine

*A Connecticut Clearinghouse Educational Forum*

Register at [www.ctclearinghouse.org/registration](http://www.ctclearinghouse.org/registration)

## Participants will:

Learn about the various vaping devices and why we should be concerned

Understand why adolescents are using these devices

Know what interventions are available

Approved for  
1 contact hour  
with the  
Connecticut  
Certification Board

Join Us As We Celebrate  
Black History Month with  
two free presentations

## Reclaiming Our Time In The Age Of Black Girl Magic

What Does It Mean For Women of Color,  
And Where Do We Go From Here?



with Monique Daley, M.S.,  
Diversity Officer,  
Wheeler Clinic



with Teodoro Anderson Diaz,  
LCSW, LADC, Vice President  
Outpatient Behavioral Health,  
Wheeler Clinic

## Black Liberation As A Public Health Protective Factor And The Impact Of Arturo Alfonso Schomburg

February 25, 2021  
2:00 PM – 3:00 PM

*A Connecticut Clearinghouse Educational Forum*

Register at [www.ctclearinghouse.org/registration](http://www.ctclearinghouse.org/registration)

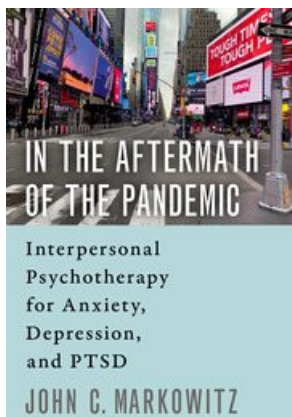
**Approved for 1 Contact Hour with the Connecticut Certification Board**



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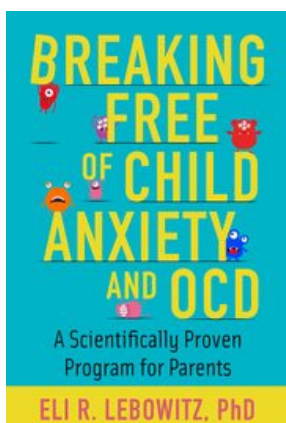


# New Books and Curricula



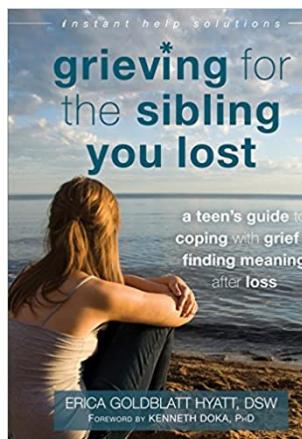
## **In The Aftermath Of The Pandemic: Interpersonal Therapy for Anxiety, Depression, and PTSD** John C. Markowitz

This treatment manual enables psychotherapists to use Interpersonal Psychotherapy (IPT) to address the psychological consequences of the COVID-19 pandemic and other large-scale disasters. Well-studied and time-limited, IPT has demonstrated efficacy in treating mood disorders, anxiety disorders, and posttraumatic stress disorder (PTSD). IPT helps people to mobilize social support, to process and take control of environmental stressors, relieving symptoms.



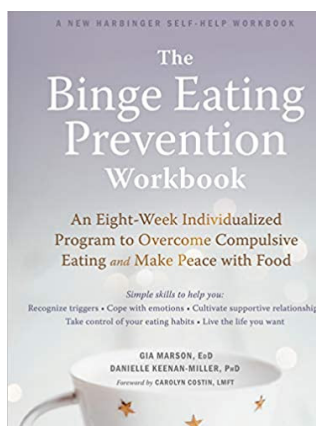
## **Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents** Eli R. Lebowitz

Parents will learn how to alleviate their children's anxiety by changing the way they themselves respond to their children's symptoms. Parents are shown how to replace their own accommodating behaviors (which allow anxiety to flourish) with supportive responses that demonstrate both acceptance of children's difficulties and confidence in their ability to cope. From understanding child anxiety and OCD, to learning how to talk with an anxious child, to avoiding common traps and pitfalls (such as being overly protective or demanding) to identifying the ways in which parents have been enabling a child's anxious behaviors, this book is full of detailed guidance and practical suggestions.



## **Grieving for the Sibling You Lost: A Teen's Guide to Coping with Grief and Finding Meaning After Loss** Erica Goldblatt Hyatt

Written by a psychotherapist specializing in adolescent bereavement, this book will help teens understand their own unique coping style. It offers exercises based in cognitive behavioral therapy (CBT) to help teens work through negative thoughts, and learn the importance of creating meaning out of loss and suffering. Teens will also learn when and how to ask for help from parents, friends, or teachers.



## **The Binge Eating Prevention Workbook: An Eight-Week Individualized Program to Overcome Compulsive Eating and Make Peace with Food** Gia Marson, Danielle Keenan-Miller,

Using the eight-week protocol in this workbook, readers will learn how to recognize triggers, cope with difficult emotions, improve relationships, and make healthy food choices that will ultimately improve how they feel. In addition, readers will learn to understand the underlying causes of binge eating, how to recognize binge-inducing environmental factors, why dieting just doesn't work, and mindfulness techniques to help people stay present when the urge to binge takes hold.



# New Pamphlets and Fact Sheets



## How To Deal With Grief And Loss



Loss is an inevitable part of life, and grief is a natural part of the healing process. The reasons for grief are many, such as the loss of a loved one, the loss of health, or the letting go of a long-held dream. Dealing with a significant loss can be one of the most difficult times in a person's life.

### Different Kinds of Loss

Feelings of loss are very personal, and the significance assigned to a loss is unique to each individual. People commonly associate certain losses with strong feelings of grief. These can include:

- Death of a partner
- Death of a parent
- Serious illness of a loved one
- Death of a child
- Death of a friend or family member
- Relationship breakup

Subtle or less obvious losses can also cause strong feelings of grief. Some examples include:

- Change in or loss of a job
- Graduation from school
- Illness/loss of health
- Death of a pet
- Drastic changes in daily routine
- Loss of financial security
- Moving to a new home
- Loss of a physical ability
- Loss of social status
- Loss of support services

### Sudden Versus Predictable Loss

Sudden or shocking losses due to events like crimes, accidents, or suicide can be traumatic. There is no way to prepare. They can challenge a person's sense of security and confidence in the predictability of life. An individual may experience symptoms such as sleep disturbance, distressing thoughts, depressed mood, social isolation, or severe anxiety. Predictable losses, like those due to terminal illness, sometimes allow more time to prepare for the loss. However, they create two layers of grief: the grief related to the anticipation of the loss and the grief related to the loss itself.

### How Long Does Grief Last?

The length of the grief process is different for everyone. There is no predictable schedule for grief. Although it can be quite painful at times, the grief process should not be rushed. It is important for a person to be patient with themselves as they experience their unique reactions to the loss. With time and support, things generally do get better. However, it is normal for significant dates, holidays, or other reminders to trigger feelings related to the loss. Taking care of themselves, seeking support, and acknowledging their feelings during these times are ways that can help an individual cope.

Visit

[www.ctclearinghouse.org/pamphlet-poster-directory](http://www.ctclearinghouse.org/pamphlet-poster-directory)

To Order Free Pamphlets Online

or Call 1.800.232.4424

[Click Here To Download Fact Sheets](#)



## What Is Attention-Deficit/Hyperactivity Disorder?



Attention-Deficit/Hyperactivity Disorder (ADHD) is one of the most common childhood disorders, and often lasts into adulthood. It is characterized by an ongoing pattern of inattention and/or hyperactivity/impulsivity that interferes with day-to-day functioning or development.

### What Are The Symptoms?

Inattention and hyperactivity/impulsivity are the characteristic behaviors in people with ADHD. Some individuals with ADHD only have problems with one of the behaviors, while others have both inattention and hyperactivity/impulsivity. It is normal to have some inattention, unfocused motor activity, and impulsivity. However, for those with ADHD, these behaviors are more severe, occur more often, and interfere with, or reduce the quality of how they function socially, at school, or in a job.

### Inattention

Examples of inattention may include: overlooking details and making careless mistakes; an inability to sustain attention in tasks or play, such as lectures, conversations, or lengthy reading; daydreaming or not listening when spoken to directly; failing to follow through on instructions, schoolwork, chores, or workplace tasks; difficulty organizing and prioritizing tasks and activities; avoiding tasks that require sustained focus; losing things necessary for tasks or activities such as school supplies, books, tools, keys, wallets, paperwork, eyeglasses, and phones; being easily distracted by unrelated thoughts or stimuli; forgetting activities such as chores, errands, returning phone calls or emails, or appointments; and failing to meet deadlines.

### Hyperactivity/Impulsivity

Symptoms of hyperactivity/impulsivity include: an inability to sit still or restlessness; leaving one's seat in situations when staying seated is expected, such as in the classroom or office; running around or climbing in situations where it is inappropriate; being unable to play or engage in hobbies quietly; talking nonstop; blurting out answers before a question has been completed; finishing other people's sentences or speaking out of turn; difficulty in taking turns; interrupting or intruding on others in conversations, games or activities; being unable to resist temptation; taking unnecessary risks; and being unable to get along with others.

### How Is ADHD Diagnosed?

Diagnosis of ADHD requires a comprehensive evaluation by a healthcare provider, social worker, or a psychologist with expertise in ADHD. Often, a thorough medical exam is necessary to rule out other problems with symptoms similar to ADHD. For a person to receive a diagnosis of ADHD, the symptoms of inattention and/or hyperactivity/impulsivity must be chronic or long-lasting, impair the individual's functioning, and cause them to fall behind typical development for their age. Most children with ADHD receive a diagnosis during the elementary school years. For a teen or adult to receive the diagnosis, their symptoms need to have been present before age 12. ADHD symptoms can appear as early as between the ages of 3 and 6 and can continue through the teen years and into adulthood. Symptoms can be mistaken for emotional or disciplinary problems or missed entirely in quiet, well-behaved children, leading to a delay in diagnosis. Adults with undiagnosed ADHD may have a history of poor academic performance, problems at work, or difficult or failed relationships.

# Adolescent SBIRT: Adolescent Girls and Opioids

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

*Thursday, February 25, 2021  
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

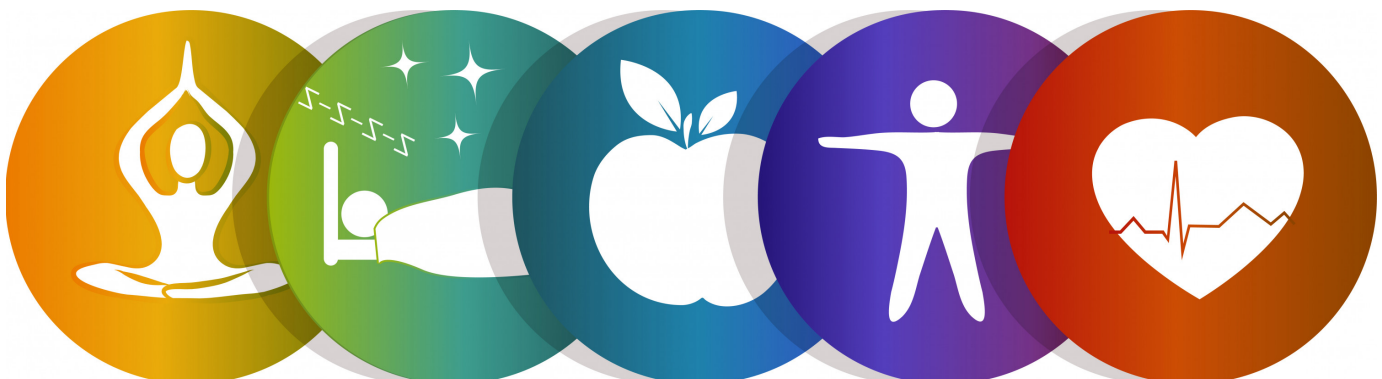
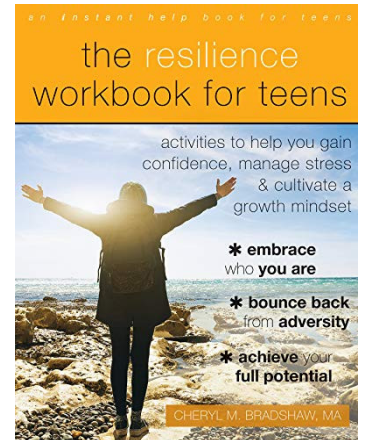
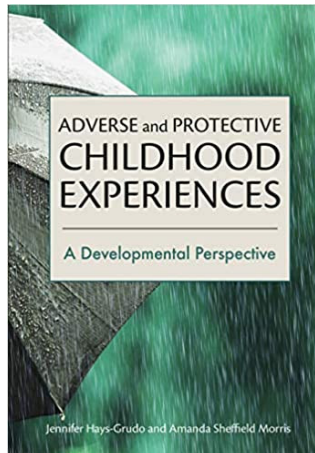
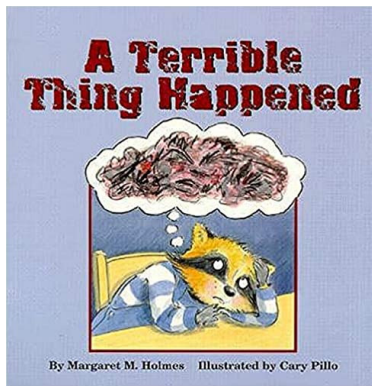
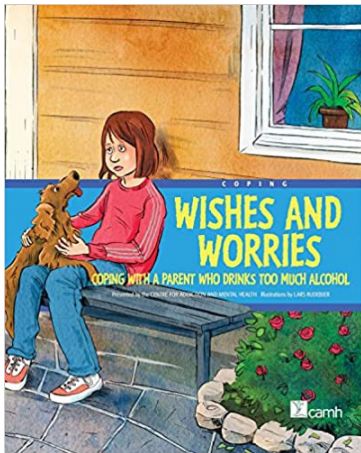




## Children of Addiction Awareness Week February 14-20, 2021

Resources available at  
Connecticut Clearinghouse:

COA Awareness Week breaks the silence that engulfs and traps kids and teens and offers the hope for children at risk to become children of promise.  
#StandUpForTheChildren  
#COAAwarenessWeek2021



Visit [www.ctclearinghouse.org/observances](http://www.ctclearinghouse.org/observances) to learn about health observances. Contact Connecticut Clearinghouse to add your events to the page.

# February Is National Teen Dating Violence Awareness And Prevention Month

## 2021 Theme: Know Your Worth

Nearly 20.9% of female high school students and 13.4% of male high school students report being physically or sexually abused by a dating partner (National Coalition Against Domestic Violence). "Know Your Worth" is about learning about healthy relationships and self-empowerment.



## Key Dates



February 8 - 12, 2021: Respect Week  
February 9, 2021: Wear Orange Day

## Social Media

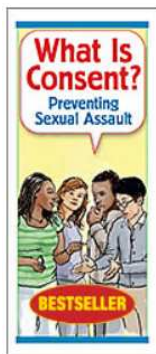
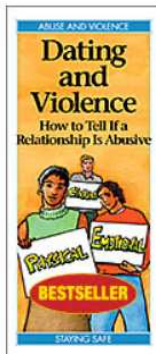
# TDVAM

@loveisrespect

## Connecticut Clearinghouse Resources

Teen Safety: Dating & Relationships: Knowledge is the Key to Keeping You Safe (DVD)

The Teen Relationship Workbook: For Professionals Helping Teens to Develop Healthy Relationships and Prevent Domestic Violence (Book)



## Connecticut Resources

**CT Department of Mental Health & Addiction Services**  
[www.ct.gov/DHMHAS](http://www.ct.gov/DHMHAS)

**CT Safe Connect**  
Call \* Text \* Chat \* Email \* 24/7  
[CTSafeConnect.org](http://CTSafeConnect.org)  
(888) 774-2900

## National Resources

**National Dating Abuse Hotline**  
1.866.331.9474  
Text LOVE IS to 22522



# National Eating Disorders Awareness Week



**February 22 - 28, 2021**

**2021 Theme**  
Every body has a seat at  
the table.

**#NEDAwareness**

Up to 40% of overweight girls and 37% of overweight boys are teased about their weight by peers or family members. Weight teasing predicts weight gain, binge eating, and extreme weight control measures (National Eating Disorders Association).

## Connecticut Resources

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

[www.ct.gov/DMHAS](http://www.ct.gov/DMHAS)

**United Way 2-1-1**

[www.211ct.org](http://www.211ct.org) or call 2-1-1

## National Resources

**National Eating Disorders Association (NEDA)  
Helpline**

1.800.931.2237

**National Suicide Prevention Lifeline**

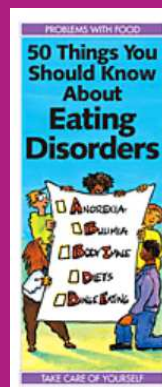
1.800.273.8255

## Connecticut Clearinghouse Resources

**Recovering: Anorexia Nervosa and Bulimia  
Nervosa (DVD)**

**Casebook of Evidence-based Therapy for Eating  
Disorders (Book)**

**The Food Addiction Recovery Workbook: How to  
Manage Cravings, Reduce Stress, and Stop Hating  
Your Body (Book)**





# The Power of a Positive Workplace

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

## THE POWER OF A POSITIVE WORKPLACE

### THE PROBLEMS WITH PRESSURE

In the past, businesses believed that a high-pressure culture will drive their financial success, but this belief has been proven both wrong and costly.

Healthcare costs at companies with pressurized work environments are nearly 50% higher than at other companies.

Consider these statistics (BMC Public Health 2018) and it's easy to see why the high-pressure workplace is failing:

- Workplace stress causes 550 million lost workdays annually.
- 60%-80% of workplace accidents are stress related.
- 80% or more of doctor's visits are triggered by stress.
- Pressure at work is also linked to a lack of engagement and lack of loyalty.

### MAKING THE CASE FOR WORKPLACE WELLBEING

It's been shown that employees prefer "workplace wellbeing" to material benefits.

It started with perks such as office gyms, flex time, and telecommuting, but a Gallup poll showed that the key to employee productivity is employee engagement – the

degree to which employees feel that they and their employer are joined in a common cause.

The Harvard Business Review (2015) cited these 4 essentials to creating a positive workplace.

**Fostering social connections.** This results in less sick time and better job performance.

**Demonstrating empathy.** This equates to stronger, resilient relationships.

**Going the distance to provide help.** A key ingredient in loyalty and trust.

**Encouraging communication about problems.** This leads to a "safe" culture where problems are understood and solved.

**To sum it up: When a company has a positive culture – in which recovery practices are embraced – it can achieve better financial performance, customer satisfaction, productivity, and employee engagement.**



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@ClearinghouseCT



### ***Courier Online***

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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[info@ctclearinghouse.org](mailto:info@ctclearinghouse.org)

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

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