

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

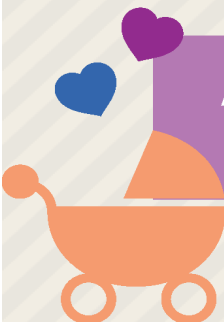


Wheeler


CONNECTICUT
Clearinghouse

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


January 2020



Alcohol & Drug-Related Birth Defects are Preventable




January is National Birth Defects Prevention Month. Help moms-to-be avoid substances that are harmful during pregnancy




AVOID ALCOHOL AT ANY TIME DURING PREGNANCY

There is no known safe amount of alcohol use during pregnancy or while trying to get pregnant. Drinking alcohol during pregnancy can cause miscarriage, stillbirth, and a range of lifelong physical, behavioral, and intellectual disabilities, including Fetal Alcohol Syndrome.




QUIT SMOKING

The dangers of smoking during pregnancy include preterm birth, certain birth defects (cleft lip or cleft palate), and infant death. Even being around tobacco smoke puts a woman and her pregnancy at risk for problems.



AVOID MARIJUANA

Marijuana is the illicit drug most commonly used during pregnancy; however, there is no known safe level of marijuana use during pregnancy. We do know that a woman who uses marijuana or other drugs during pregnancy can have a baby who is born preterm, of low birth weight, or has other health problems, such as birth defects.



TALK TO YOUR HEALTHCARE PROVIDER ABOUT OPIATES

Using opiates during pregnancy can cause health problems for a woman and her developing baby. Talk to your provider before starting or stopping any medications to help you understand all of the risks and make the safest choice for you and your pregnancy.

If you are pregnant or trying to get pregnant and can't stop using drugs—get help. A healthcare provider can help you with counseling, treatment, and other support services.

For 24/7 substance use treatment in Connecticut call 1-800-563-4086

Content source: National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention

Adolescent SBIRT: Adolescent Girls and Opioids

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

Monday, January 27 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.

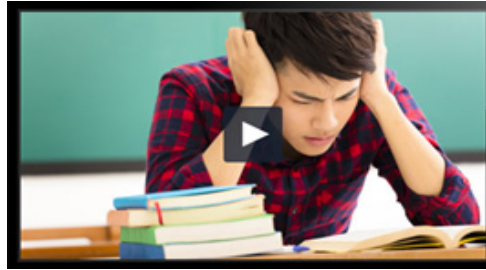
CLICK HERE to Register

NEW DVDS

Overloaded: Ten Ways To Deal With Stress

Most stress-burdened teens are not aware of proven strategies they can use to control stress. On-camera teens briefly describe the major stressors they experience: academics, testing, family issues, social issues, and more. Then experts step them through ten proven strategies that can help mitigate unhealthy stress, including learning to limit overload and prioritize time, daily physical activity, getting better sleep, good nutrition, relaxation and meditation techniques, staying connected to others, time management skills and much more.

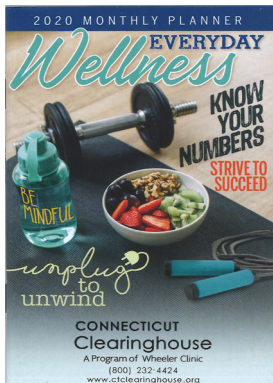
[CLICK HERE](#) For Trailer



Vaping, Nicotine, And The Developing Brain

The use of vaping devices has reached epidemic proportions among youth. Many young people are unaware that most e-cigarettes contain nicotine, a highly addictive chemical that can harm brain development. In this program, adolescents describe how they became addicted to nicotine as a result of vaping. A neuroscientist and physician explain how nicotine changes and can harm the parts of the adolescent brain that control attention, learning, mood, and impulse control. Viewers learn that changes in the brain resulting from nicotine also make it more susceptible to addiction to other substances and that young people who use e-cigarettes are more likely to smoke tobacco cigarettes in the future.

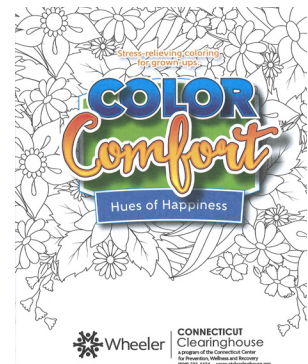
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NEW PAMPHLETS

Color Comfort: Hues of Happiness
Coloring Book

Everyday Wellness 2020
Monthly Planner



NEW BOOKS & CURRICULA

Best Practices For Social Work With Refugees and Immigrants

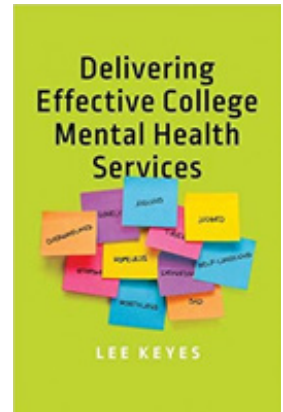
Miriam Potocky and Mitrah Naseh

In this new edition, the authors incorporate the latest research on contemporary social work practice with refugees and immigrants to provide a practical, up-to-date resource for the multitude of issues and interventions for these populations.

Delivering Effective College Mental Health Services

Lee Keyes

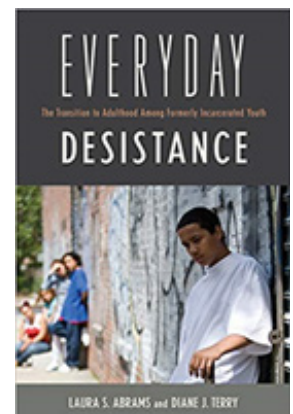
This useful handbook for administering counseling services poses questions and offers practical advice to help college counseling centers form a consistent philosophical model. It lays out conceptual groundwork for constructing college counseling services, from training activities to counseling/psychotherapy processes. In addition, it explains how to cultivate an accurate and empathic response to each individual, their entire history and context, and their possible life trajectory, all the while taking into account the pressures that strain universities.



Everyday Desistance: The Transition To Adulthood Among Formerly Incarcerated Youth

Laura Abrams and Diane J. Terry

Authors Laura Abrams and Diane J. Terry examine the lives of young people who spent considerable time in and out of correctional institutions as adolescents. This book narrates the day-to-day experiences of these young men and women, focusing on their attempts to surmount the challenges of adulthood, resisting a return to criminal activity, and formulating long-term goals for a secure adult future.



Getting Wrecked: Women, Incarceration, And The American Opioid Crisis

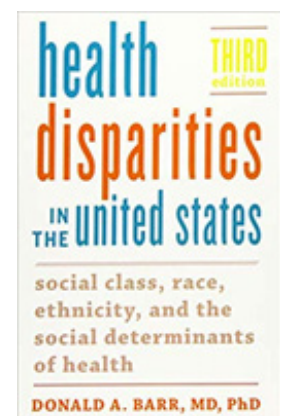
Kimberly Sue

Getting Wrecked provides a rich ethnographic account of women battling addiction as they cycle through jail, prison, and community treatment programs in Massachusetts. This book examines how prisons and jails have attempted concurrent programs of punishment and treatment to deal with inmates struggling with a diagnosis of substance use disorder. An addiction physician and a medical anthropologist, Kimberly Sue powerfully illustrates the impacts of incarceration on women's lives as they seek well-being and better health while confronting lives marked by structural violence, gender inequity, and ongoing trauma.

Health Disparities In The United States: Social Class, Race, Ethnicity, And The Social Determinants Of Health

Donald Barr

Though the United States is a formidable economic power, wide disparities persist between social groups, and many Americans suffer from poorer health than people in other developed countries. In this revised edition, the author provides extensive new data about the ways low socioeconomic status, race, and ethnicity interact to create and perpetuate these health disparities. Chapters explore: how race/ethnicity affects the physician/patient relationship; if it is ever appropriate to use a patient's race/ethnicity to help guide medical decisions; and children's health disparities.

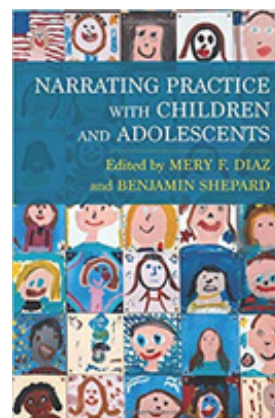


NEW BOOKS & CURRICULA

Narrating Practice With Children And Adolescents

Mery F. Diaz and Benjamin Shepard

In this new book, social workers, sociologists, researchers, and helping professionals share engaging and evocative stories of practice that aim to center the young client's story. Drawing on work with a variety of disadvantaged populations in New York City and around the world, they seek to raise awareness of the diversity of the individual experiences of youth. They make use of a variety of narrative approaches to offer new perspectives on a range of critical health care, mental health, and social issues that shape the lives of children and adolescents.



Preventing Child Trafficking: A Public Health Approach

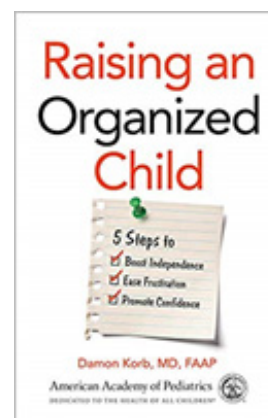
Jonathan Todres, JD, and Angela Diaz, MD

Child trafficking is widely recognized as one of the critical issues of our day, prompting calls to action at the global, national, and local levels. Yet it is unclear whether the strategies and tools used to counter this exploitation—most of which involve law enforcement and social services—have actually reduced the prevalence of trafficking. In this book, the authors explore how the public health field can play a comprehensive, integrated role in preventing, identifying, and responding to child trafficking. Describing the depth and breadth of trafficking's impact on children while exploring the limitations in current responses, the authors argue that public health frameworks offer important insights into the problem, with detailed chapters on how professionals and organizations can identify and respond effectively to at-risk and trafficked children.

Raising An Organized Child: 5 Steps To Boost Independence, Ease Frustration, Promote Confidence

Damon Korb, MD, FAAP

Frustrated parents who are tired of chaos will find concrete, actionable guidance for raising an independent, self-assured, and organized child. Dr Korb defines the neurodevelopmental abilities that are critical for organization and shows parents how to develop their children's organized thinking skills. He provides practical solutions to help children develop their organizational abilities and executive function. Raising an Organized Child also offers an overview of brain development as it relates to organization from infancy through the teen years and provides appropriate age-based milestones for organizational skills. Dr Korb's advice covers neurotypical children as well as those with ASD, ADHD, or other conditions, to help all parents bring more order to their children and their lives.

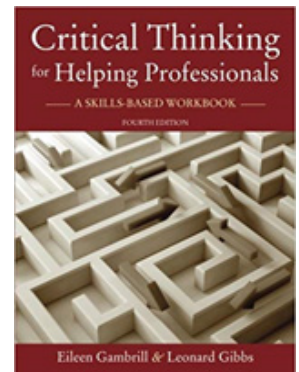


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NEW E-Books

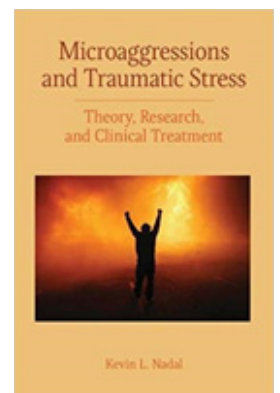
Critical Thinking for Helping Professionals: A Skills-Based Workbook Eileen Gambrill and Leonard Gibbs

Critical thinking values, skills, and knowledge are integral to evidence-based practice in the helping professions. Inflated claims of knowledge, both in the media as well as in the peer-reviewed literature, show critical thinking to be ever more important to decrease the influence of marketing in the guise of scholarship. Practitioners must be able and willing to think critically about decisions that affect clients' lives. This requires minimizing the influence of cognitive and affective biases, such as hindsight bias, and avoiding misleading framing of problems that may harm clients but contribute to the profit of involved industries (e.g. ignoring environmental sources of distress and focusing on client characteristics). This book continues to focus on engaging students as active participants in exercises designed to hone their critical thinking skills, drawing on related research and theory in a variety of related areas, including judgement and decision making. Exercises are included to help students enhance their skills in the process of evidence-based practice, including posing clear, relevant questions and locating and critically appraising related research.



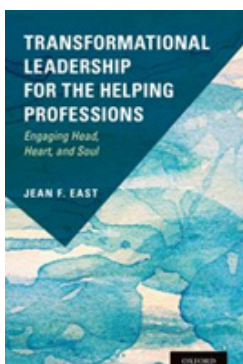
Microaggressions and Traumatic Stress: Theory, Research, and Clinical Treatment Kevin L. Nadal

Challenging current definitions of trauma, Kevin L. Nadal distills the latest research on the effects of microaggressions, looking at how regular exposure to subtle discrimination can, over time, elicit similar symptoms to severe trauma. This brief but comprehensive volume includes illustrative case studies that will help practitioners understand and treat clients with trauma resulting from persistent but otherwise subtle and difficult-to-identify microaggressions.

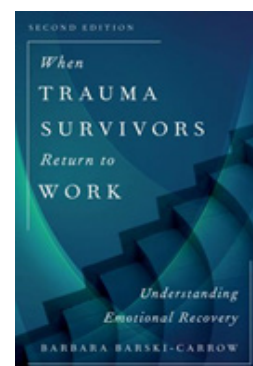


Transformational Leadership for the Helping Professions: Engaging Head, Heart, and Soul Jean F. East

While many books written for human services leaders focus on leadership roles and tasks, Transformational Leadership for the Helping Professions explores growth in leadership, coupled with key competencies. Professionals will find the text to be a useful guide in strengthening their consideration of leadership theory while they practice in day-to-day work. Educators and students of leadership in the helping professions will gain a solid understanding of key facets of leadership practice within a framework that inspires a social justice, empowerment, and cultural humility perspective.



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JANUARY OBSERVANCES

January 2020

National Birth Defects Prevention Month

**Best for You.
Best for Baby.**

TIP:
Boost your health
by avoiding
substances that
are harmful
during pregnancy.



Learn more about preventing birth defects at
www.cdc.gov/nbpd/birthdefects



#Best4YouBest4Baby



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

For Information and Resources contact:

Connecticut Clearinghouse
www.ctclearinghouse.org or call
800.232.4424



National Birth Defects Prevention Month

www.nbdpn.org/bdpm.php
#Best4YouBest4Baby

National Slavery and Human Trafficking Prevention Month

www.acf.hhs.gov/otip
#EndTrafficking

January 2020

National Slavery and Human Trafficking Prevention Month

#EndTrafficking



Human Trafficking Hotline

1.888.373.7888

Emergency Call 911

www.humantraffickinghotline.org

For Information and Resources contact:

Connecticut Clearinghouse

www.ctclearinghouse.org or call 800.232.4424



January 20-24, 2020

No Name-Calling Week



Kindness... In Action!

GLSEN

For Information and Resources contact:
Connecticut Clearinghouse
www.ctclearinghouse.org or call 800.232.4424



No Name-Calling Week

www.glsen.org/no-name-calling-week
#nonamecallingweek
#celebratekindness

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The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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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