

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 2021

YOU HAVE OPTIONS

**ACTION LINE**  
**1•800•HOPE•135 or 211**

The Connecticut Department of Mental Health and Addiction Services (DMHAS) in partnership with the United Way of Connecticut (UWC), has launched the Adult Telephone Intervention and Options Network (ACTION) line for adults 18 years of age or older who are in the community and experiencing a mental health or emotional crisis for which an immediate response may be required. The ACTION line is a centralized phone number answered by 2-1-1 staff trained to offer an array of supports and options to individuals in distress, including telephonic support; referrals and information about community resources and services; warm-transfer to the Mobile Crisis Team (MCT) of their area; and, when necessary, direct connection to 911.

This valuable resource offers round the clock support to adults in crisis. Any individuals seeking immediate response to a mental health and/or substance use issue can contact the ACTION line team at 2-1-1 or 1-800-HOPE-135. DMHAS Commissioner Miriam Delphin-Rittman encourages anyone who needs help to reach out for support: "Immediate access to local support and resources is vital in assisting those in crisis."

The ACTION line operates 24 hours a day, seven days a week, 365 days a year with the availability of multilingual staff or interpreters as needed. The centralized line is available to provide after-hours coverage for mobile crisis providers throughout the state. The ACTION line team is comprised of dedicated contact specialists, licensed clinicians and a peer support specialist with lived experience with mental health and substance use/addiction. The services and supports offered through the ACTION line are available to all residents of Connecticut at no financial cost to the caller. DMHAS funds and operates MCT services throughout the state. MCT services are mobile, readily accessible, short-term services for individuals and families experiencing acute mental health and/or substance use/addiction crises offered in a rapid response framework. MCTs aim to promote the prevention of crises among persons and families, as well as postvention activities that support individuals in developing a meaningful sense of belonging in their communities.

The MCT and ACTION Line staff work in collaboration with family members, peer-run organizations, faith-based communities, law enforcement, and other civic and community organizations to ensure that persons in distress and their loved ones have the support and resources they need within their local community.



# Fighting the Stigma of SUD

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

The stigma surrounding SUD makes matters worse. That's a key part of being a Recovery Friendly Workplace (RFW) - reducing negative judgments and perceptions around workers with a SUD, which can:

- Damage self esteem
- Increase stress and isolation
- Prevent people from seeking help
- Increase prejudice and discrimination
- Increase lost productivity further
- Reduce morale in the workplace

## A few facts to remember

- **Workers with SUD didn't choose the condition**
- **SUD doesn't define who and what a person is**
- **Listening is a powerful tool**
- **Using evidence-based facts is good for business and for people**
- **Research has proven that positive organizational psychology has significant benefits for employers, employees, and stakeholders**



## A FEW FACTS THAT MAY SURPRISE YOU



- People don't need to "hit bottom" before finding help
- There is no single recovery or treatment program that works for everyone
- The Affordable Care Act includes benefits for SUD treatment
- Remaining kind, compassionate, and human is the best approach
- Recovery Friendly Workplace programs are being created all over the country

## LANGUAGE MATTERS



Constructive language tends to emphasize the person, not the condition.

**Replace:** "Addict," "junkie," and "druggie" with "person with a substance use disorder" or "person in recovery."

**Replace:** "Drug abuse" with "drug use" or "substance misuse."

**Replace:** "Dirty" with "using," or "actively using."

**Replace:** "Clean" with "in recovery" or "substance-free."

**Replace:** "Medication is a crutch" with "Medication is a recovery tool" in the context of medication-assisted treatment.

# Sustaining Our Community During COVID-19 Uncertainty

A Connecticut Clearinghouse  
Educational Forum

**Thursday, January 21, 2021  
From 2:00 to 3:00 PM, via Zoom**

Because of its fluid nature and indefinite duration, the COVID-19 pandemic continues to present new challenges. People everywhere are grappling with how to adjust to perpetual changes in their lives at work, at home, and in their community, while balancing added anxiety, fear, and the emotional challenges related to loss.

Dan Fallon, EAP Manager at Wheeler Clinic will share information that can help us consciously reduce stress, boost our resilience, improve our emotional well-being, and cope with the uncharted road ahead.

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

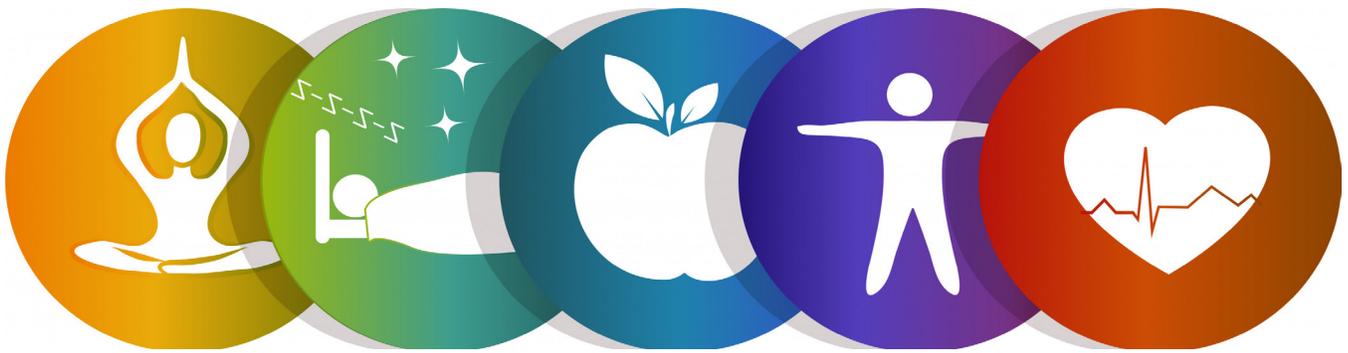


Approved for  
1 contact hour  
with the  
Connecticut  
Certification  
Board



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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.

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The Change the Script van is heading out to events this winter (weather-permitting), and is stocked with medication lock boxes, Detera bags, masks, hand sanitizer, free children's books and timely 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).



# Adolescent SBIRT: Adolescent Girls and Opioids

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

*Thursday, January 21, 2021  
9:00 AM — 12:30 PM*

*Via Zoom*

## *FREE Training Includes:*

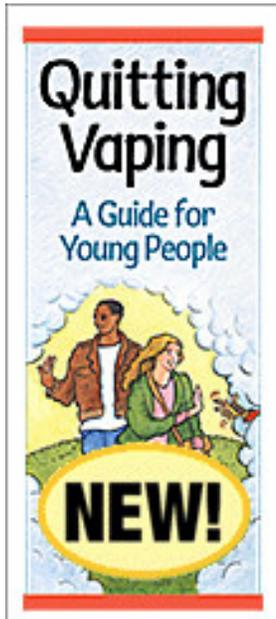
- *Virtual interactive training on Adolescent Screening, Brief Intervention and Referral to Treatment*
- *Curriculum supplement on the unique risks of adolescent girls for opioid misuse*
- *Helpful resource materials and referral information*



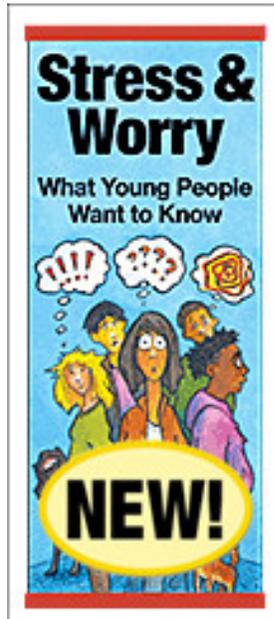
Register NOW at [www.ctclearinghouse.org/registration](http://www.ctclearinghouse.org/registration)  
Call 800.232.4424 for additional information

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.

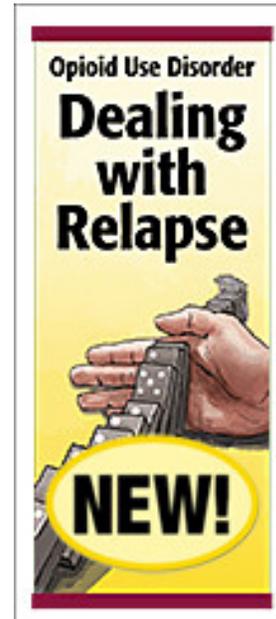
# New Pamphlets



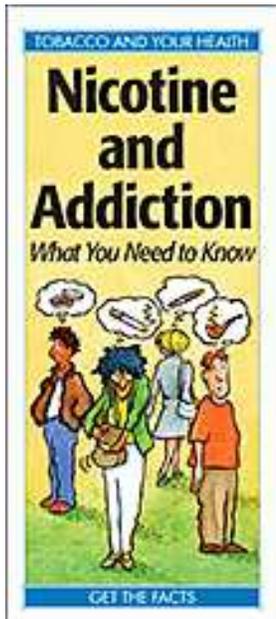
**Quitting Vaping: A Guide for Young People**



**Stress & Worry: What Young People Want to Know**



**Opioid Use Disorder: Dealing with Relapse**



**Nicotine and Addiction: What You Need to Know**



**Los Vaporizadores de Cartucho**

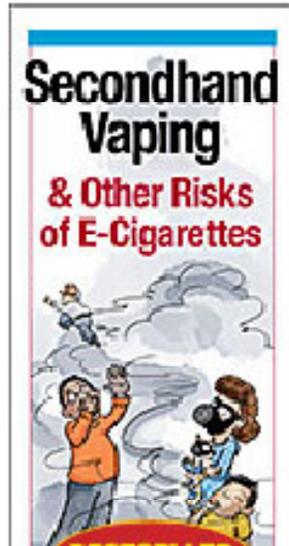


**Cómo el Alcohol te Afecta el Cuerpo**

# Vaping & Marijuana Resources



**How to Tell if Your Child is Vaping THC**



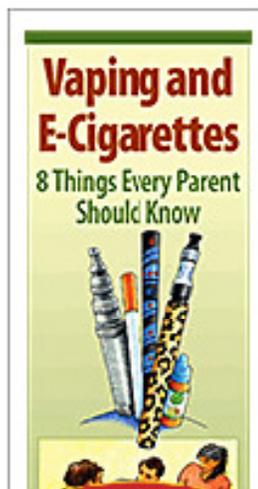
**Secondhand Vaping**



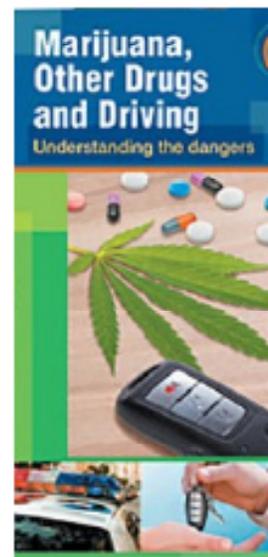
**Marijuana and Your Grades**



**The Brain-Scrambling Marijuana Quiz**



**Vaping and E-Cigarettes: 8 Things Every Parent Should Know**

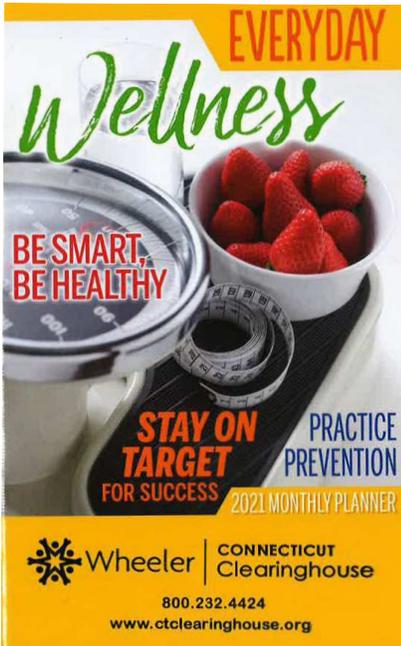


**Marijuana, Other Drugs and Driving**

Contact Connecticut Clearinghouse at 1.800.232.4424 or [Click Here](#) to Order

# Additional Resources

## Computer calendar



**Everyday Wellness  
Planner**



**Change the Script  
Banner Pen**

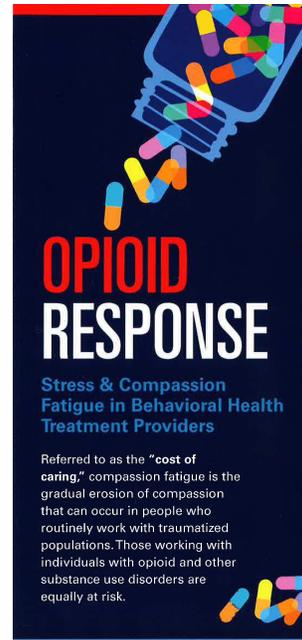


**Mindset Matters  
Bookmarks**

Jan 2021	February	March	April	May	June
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www.ctclearinghouse.org

July	August	September	October
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**Opioid Response:  
Stress & Compassion  
Fatigue (limited stock)**

**Contact Connecticut Clearinghouse at  
1.800.232.4424 or [Click Here](#) to Order**

# January Is National Birth Defects Prevention Month

2021 Theme: "Best For You. Best For Baby."



@NBDPM  
@CDC\_NCBDDD



#Best4YouBest4Baby  
#folic



## Connecticut Clearinghouse Resources

Women and Drinking: Preventing Alcohol-Exposed Pregnancies (Book)

Treating Women With Substance Use Disorders During Pregnancy: A Comprehensive Approach to Caring For Mother and Child (Book)

No Safe Amount: Women, Alcohol, and Fetal Alcohol Syndrome (DVD)



## Connecticut Resources

Connecticut Department of Mental Health and Addiction Services  
[www.ct.gov/DMHAS](http://www.ct.gov/DMHAS)

24/7 Treatment Access Line  
1.800.563.4086

Connecticut Department of Public Health  
[www.ct.gov/DPH](http://www.ct.gov/DPH)

March of Dimes Connecticut  
[www.marchofdimes.org](http://www.marchofdimes.org)  
860.815.9365

## National Resources

National Birth Defects Prevention Network  
[www.nbdpn.org](http://www.nbdpn.org)

Centers For Disease Control and Prevention  
[www.cdc.gov/preconception](http://www.cdc.gov/preconception)

Wear Blue Day  
January 11, 2021



Blue is the international color of human trafficking awareness. Wear blue on 1.11.21 to raise public awareness about human trafficking.

#WearBlueDay  
#EndTrafficking

# January is National Slavery & Human Trafficking Prevention Month

In 2019, 11,500 human trafficking cases in the United States were reported to the **National Human Trafficking Hotline**.

**NATIONAL HUMAN TRAFFICKING HOTLINE**



**CALL**  
1-888-373-7888



**TEXT**  
"BeFree" (233733)

24/7 • Toll free  
Confidential  
200+ languages



**LIVE CHAT**  
humantraffickinghotline.org

**GET HELP • REPORT TRAFFICKING**

## Connecticut Resources

CT Department of Mental Health and  
Addiction Services  
[www.ct.gov/DMHAS](http://www.ct.gov/DMHAS)

CT Department of Children and Families  
Human Anti-Trafficking Response Team  
(HART)  
[www.ct.gov/DCF/HART/Home](http://www.ct.gov/DCF/HART/Home)

## National Resources

**National Human Trafficking Hotline**  
1.888.373.7888

**National Childhood Traumatic Stress  
Network**  
[www.nctsn.org](http://www.nctsn.org)

**Blue Campaign**  
[www.dhs.gov/blue-campaign](http://www.dhs.gov/blue-campaign)

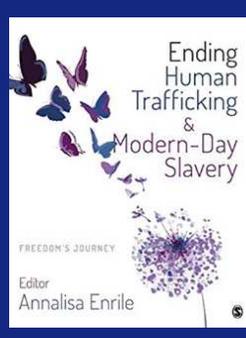
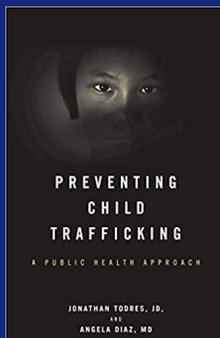
## Connecticut Clearinghouse Resources

### Fact Sheets

- Human Trafficking
- Identify & Assist A Human Trafficking Victim

### DVD

- Responding to Victims of Human Trafficking:  
A Training Video for Victim Service Providers



# NO NAME- CALLING WEEK

GLSEN®

## Celebrate Kindness

# January 18-22, 2021

## #SafeToBe

Bullying affects all youth, including those who are bullied, those who bully others, and those who witness bullying. The effects of bullying may continue into adulthood. Bystanders, or those who see bullying, can make a huge difference when they intervene on behalf of someone being bullied.



### Resources

#### Connecticut Resources

CT Department of Mental Health and  
Addiction Services  
[www.ct.gov/DMHAS](http://www.ct.gov/DMHAS)

CT State Department of Education  
[www.ct.gov/SDE](http://www.ct.gov/SDE)

#### National Resources

GLSEN  
(Gay, Lesbian and Straight Education Network)  
[www.glsen.org/no-name-calling-week](http://www.glsen.org/no-name-calling-week)

National Bullying Prevention Center  
[www.pacer.org/bullying/nbpm/](http://www.pacer.org/bullying/nbpm/)

StopBullying.gov  
[www.stopbullying.gov](http://www.stopbullying.gov)

### Connecticut Clearinghouse Resources

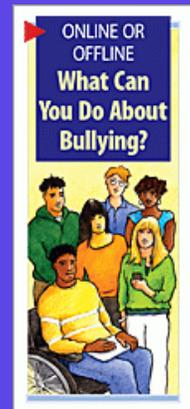
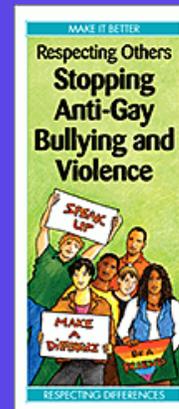
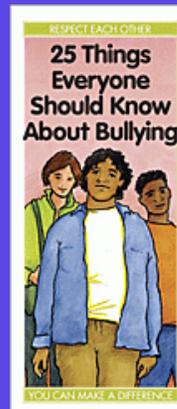
Know What? Bullying Hurts! (Pamphlet)

Top 10 Reasons Not To Bully (Poster)

Cyberbullying: Perpetrators,  
Bystanders & Victims (Book)

Cyber Bullying: A Prevention Curriculum  
for Grades 6 – 12 (Book)

Bully (DVD)



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### ***Courier Online***

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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