

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

July 2020

CURBSIDE, MAIL, INTEROFFICE...

We offer numerous options for you to access our materials.



How to request materials



Call 1.800.232.4424 or 860.793.9791 or use our [Online Form](#) to request books, DVDs, pamphlets, posters or other materials. Let us know if you'd like to arrange for a curbside pickup or have items mailed to your home or office.

[Click Here](#) to request Change the Script resources.



If you work for Wheeler Clinic, we can send materials to you via interoffice mail.

Don't forget our [Library Catalog](#) is available to search for resources.



Staff are available to answer questions and help with orders Monday through Friday from 8:30 AM to 5:00 PM.



Have a suggestion for a book, DVD or pamphlet related to substance use prevention, mental health, wellness or recovery? Call or [Click Here](#) to send us the title.

CHANGE the SCRIPT

**EVERYONE'S PAIN
IS UNIQUE.**



SO IS THEIR PAIN MANAGEMENT.

**CHANGE
the SCRIPT**

Only you can feel your pain, but your healthcare provider can help you manage it.

Talk with your doctor about creating a personal pain management plan.

This publication is funded by a grant from the United States Department of Health and Human Services (HHS) through the CT Department of Mental Health and Addiction Services (DMHAS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Substance Abuse and Mental Health Services Administration or HHS.

Adapted from a publication of the American Physical Therapy Association. Created in partnership with the Connecticut State Medical Society.



A Change the Script magnet and postcard with information on prescription medication safety and substance use treatment is being sent to every household in Connecticut.

New material for the healthcare setting! Everyone's pain is unique and so is their pain management plan. Order the free poster and tear-off pad to help patients keep better track of their pain. Call 1.800.232.4424 or [Order Online](#).

MY PAIN REPORT

It's important to describe what your pain feels like, where it's located and how it changes over time to help your healthcare provider better understand your pain and help you create a treatment plan that works best for you. There are non-opioid treatments, including movement, over the counter medications and counseling, that can be effective in managing pain. Complete the following assessment of your pain and bring it with you to your next appointment with your healthcare provider to help create your personal treatment plan.

Is pain interfering with your daily activities (getting out of bed, getting dressed, etc.)?	Y	N
Is pain disturbing your sleep?	Y	N
Do you know what triggers your pain/makes your pain worse?	Y	N
Is there any addiction or substance misuse in your personal or family history?	Y	N

Pain has a purpose and can act as a warning sign. Self-monitoring allows you to notice what makes your pain better or worse, including activities, time of day, weather, fatigue and other conditions.

Date	Where is your pain located?	The pain feels...	The pain is most severe...	How many hours did the pain last?	List anything you did or used to try and lessen the pain.
		Aching Dull Morning Afternoon Sharp Throbbing Night All Day	0-2 3-5 6-9		
		Aching Dull Morning Afternoon Sharp Throbbing Night All Day	0-2 3-5 6-9		
		Aching Dull Morning Afternoon Sharp Throbbing Night All Day	0-2 3-5 6-9		
		Aching Dull Morning Afternoon Sharp Throbbing Night All Day	0-2 3-5 6-9		
		Aching Dull Morning Afternoon Sharp Throbbing Night All Day	0-2 3-5 6-9		

Your Pain Management Goal - Write down one activity that you'd like to do, but can't do right now because of your pain.

**CHANGE
the SCRIPT**
drugfreect.org

KEEP YOUR MEDICATIONS SAFE

**CHANGE
the SCRIPT**

LOCK • LIMIT • DISPOSE

FOR SUBSTANCE USE TREATMENT, CALL:
1-800-563-4086

TO LEARN MORE GO TO:
drugfreect.org • liveloud.org

SAFETY TIPS

LOCK:
Safely store all medications.

LIMIT:
Keep only small amounts of medications on-hand.

DISPOSE:
Properly remove expired, unwanted, or unused medications.

For additional information visit
drugfreect.org.

Save this magnet and place nearby as a reminder when someone needs help.

**CHANGE
th SCRIPT**



NEW EBOOKS

Adverse and Protective Childhood Experiences: A Developmental Perspective

Jennifer Hays Grudo and Amanda Sheffield Morris

This book provides an interdisciplinary lens from which to view the multiple types of effects of enduring childhood experiences, and recommends evidence-based approaches for protecting children and repairing the enduring negative consequences of ACEs they face as adults. Also available in print.

The Mindfulness Matters Program for Children and Adolescents

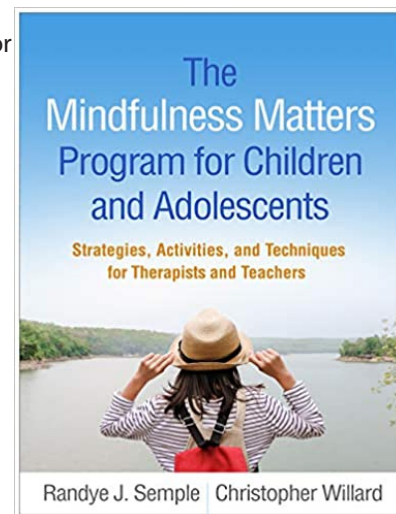
Randy J. Semple and Christopher Willard

This resource provides a flexible framework and a wealth of engaging tools for teaching mindfulness to children and adolescents with varying needs in school or clinical settings. Numerous kid-friendly mindfulness practices are presented, complete with step-by-step instructions, sample scripts, suggested variations, and discussion questions. Also available in print.

The Moral Injury Workbook: Acceptance and Commitment Therapy Skills for Moving Beyond Shame, Anger, and Trauma to Reclaim Your Values

Wyatt R. Evans, Robyn D. Walser, Kent D. Drescher, Jacob K. Farnsworth

This book was developed to facilitate healing for people who have experienced a variety of moral violations and addresses a wide range of moral emotions—from guilt and shame to contempt and anger. It offers a step-by-step program to help readers move beyond their moral pain, reconnect with a fuller sense of self, and re-engage with deeply held values. Also available in print.



The The Unapologetic Guide to Black Mental Health

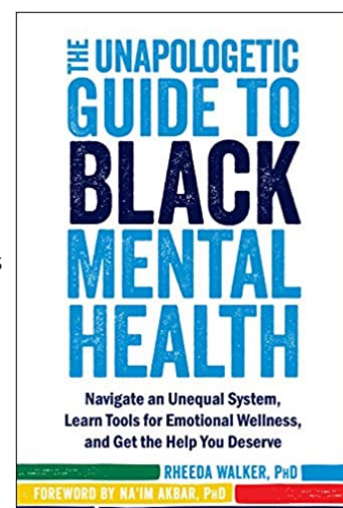
Rheeda Walker

Psychologist and African American mental health expert Rheeda Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in system steeped in racial bias. Also available in print.

Working with High-Risk Adolescents: A Collaborative Strengths-Based Approach

Matthew D. Selekman

This innovative book focuses on helping high-risk adolescents and their families rapidly resolve long-standing difficulties. Matthew D. Selekman spells out a range of solution-focused strategies and other techniques, illustrating their implementation with vivid case examples. His approach augments individual and family sessions with collaborative meetings that enlist the strengths of the adolescent's social network and key helping professionals from larger systems. User-friendly features include checklists, sample questions to aid in relationship building and goal setting, and reproducible forms that can be downloaded and printed. Also available in print.



Interested in checking out eBooks?
Click Here to Contact Us

July is National Minority Mental Health Awareness Month



Black, indigenous, and people of color (BIPOC) are less likely to receive a diagnosis and treatment for their mental illness, have less access to mental health services, and often receive a poorer quality of mental health care.

Social Hashtags

#MinorityMentalHealth
#Anxiety
#Depression
#PTSD

Resources

CT Department of Mental Health and Addiction Services
<https://portal.ct.gov/DMHAS>
24/7 Access Line 1.800.563.4086

United Way 2-1-1
www.211ct.org
2.1.1 or 1.800.203.1234

National Suicide Prevention Lifeline
1.800.273.8255 (English)
1.888.628.9454 (Spanish)

Crisis Text Line
Text HOME to 741741

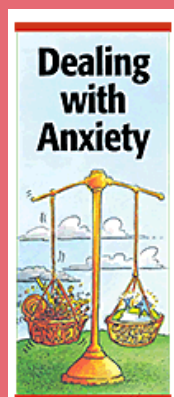
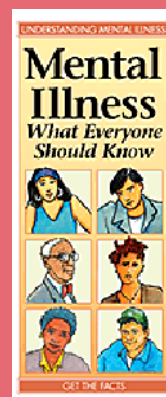
Connecticut Clearinghouse Resources

Books

- Case Studies in Multicultural Counseling and Therapy
- Counseling the Culturally Diverse: Theory and Practice, 6th Edition
- Cultural Adaptations: Tools for Evidence-based Practice with Diverse Populations

DVDs

- Multicultural Care in Practice
- Culturally-Responsive Cognitive-Behavioral Therapy in Practice



Pamphlets, fact sheets, and posters can be found and ordered through our website at www.ctclearinghouse.org.

9 in 10 people living with
viral hepatitis don't know

Undiagnosed, it can be deadly

Get tested



World Hepatitis Day • 28 July

Find out more at www.worldhepatitisday.org



ELIMINATE HEPATITIS

[Find The Missing Millions](http://www.findthefmissingmillions.org)

July 28, 2020 is World Hepatitis Day

2020 Theme:

Find The **Missing** Millions

Social Hashtags

#WorldHepatitisDay
#FindTheMissingMillions
#Hepatitis

Resources

**CT Department of Mental
Health and Addiction Services**
<https://portal.ct.gov/DMHAS>

**Centers for Disease Control
and Prevention**
www.cdc.gov/hepatitis/

Connecticut Clearinghouse Resources

Hepatitis A, B & C: Una Familia de Riesgos
(pamphlet)

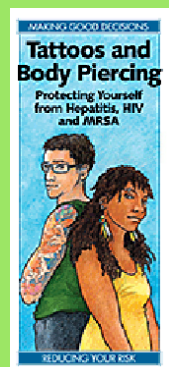
HIV and Hepatitis C Co-infection (fact sheet)

Addressing Viral Hepatitis in People with
Substance Use Disorders (book)

The Hepatitis C Help Book: A Groundbreaking
Treatment Program Combining Western and
Eastern Medicine for Maximum Wellness and
Healing (book)

Hepatitis C: Causes, Symptoms, Prevention,
Treatment (DVD)

Please visit our website for a complete list
of materials available at our library and
resource center: www.ctclearinghouse.org.



Adolescent SBIRT: Adolescent Girls and Opioids

*** This training is pending approval for CECs by NASW-CT ***

*Monday, July 27, 2020
9:00 AM — 12:15 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
Call 800.232.4424 for additional information

Follow us



@ctclearinghouse

Follow us
@ClearinghouseCT



Courier Online

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

While the library is temporarily closed, staff are working remotely.
Please contact us by phone or email:

800.232.4424 or 860.793.9791

info@ctclearinghouse.org

www.ctclearinghouse.org

334 Farmington Avenue • Plainville, CT 06062

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