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.
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.

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 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
Randye 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 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.
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

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.
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

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