

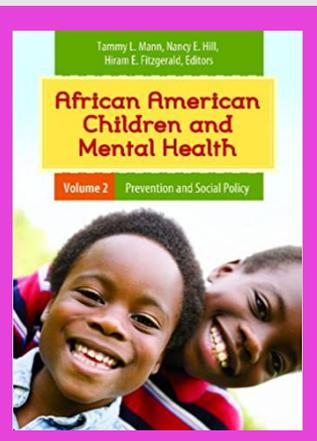
The newsletter of Connecticut Clearinghouse, a library and resource center for information on substance use and mental health disorders, prevention, health promotion and wellness, treatment and recovery, and other related topics.

COURIER ONLINE



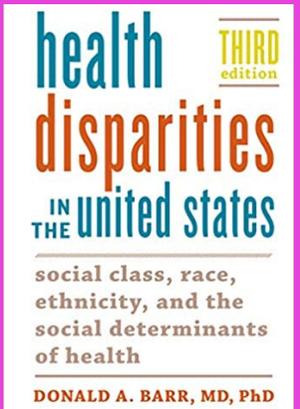
CONNECTICUT Clearinghouse
a program of the Connecticut Center for Prevention, Wellness and Recovery

June 2020



Resources That Address Disparities Affecting African Americans

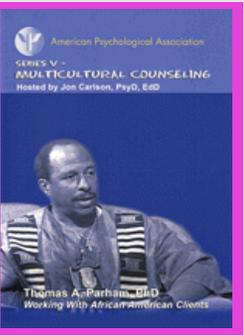
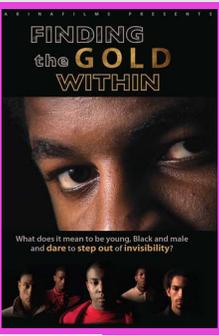
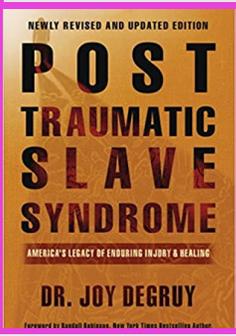
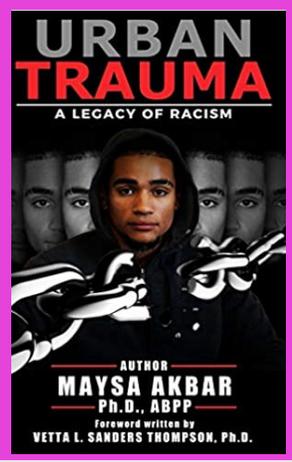
Learning about health disparities can help health care professionals offer more welcoming, culturally informed, and safe spaces for African American patients. Education can also help us address and work on solutions to eradicate disparities.



In addition to many book, curriculum and video resources, the Connecticut Clearinghouse website includes a new page devoted to mental health and wellness resources for African Americans, as well as links to timely webinars and trainings for everyone.

[Click Here to Visit](#)

Your suggestions for resources are welcome. Contact us by calling 1-800-232-4424, or [Click Here](#) to reach us online. While staff continue to work remotely, we are able to send materials upon request.



LGBTQIA+ And The Impact Of A National Crisis

**Presented by
Shane M. Scott, LCSW**

*Thursday, June 25, 2020
2:00 PM - 3:00 PM via Zoom*

*****1 hour of contact hours will be offered
through the CCB*****



A Connecticut Clearinghouse Educational Forum
Click Here To Register

This will be an overview of the LGBTQIA+ community and its individual groups/subgroups and will explore some of the current challenges that this vulnerable yet resilient group of individuals face daily.

- Seek supervision and support if you are not sure how to support someone who is LGBTQIA+.
- Offer pro-social virtual peer support and ways to support the community during this time.
- Visit ourtruecolors.org for a resource guide.

LEARNING OBJECTIVES

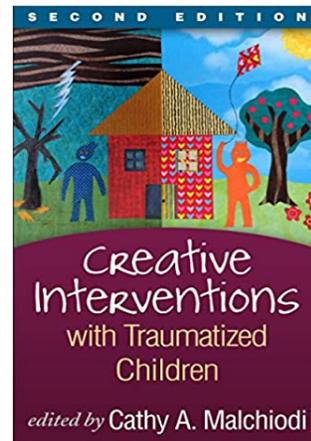
- Increase/review knowledge and understanding of the LGBTQIA+ community.
- Increase/review the intersections and components of gender, sexual identity, gender expression, attraction.
- Identify and understand the risk factors associated with the community.
- Discuss how this community is impacted by the current crisis of COVID19, racial inequity/injustice, and police brutality.

FEATURED E-BOOKS

Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE): Therapist Guide & Patient Workbook

Sudie E. Back

COPE is a cognitive-behavioral psychotherapy program designed for patients who have PTSD and a co-occurring alcohol or drug use disorder. It represents an integration of two evidence-based treatments: Prolonged Exposure (PE) therapy for PTSD and Relapse Prevention for substance use disorders. As an integrated treatment, patients can experience substantial reductions in both PTSD symptoms and substance use severity. Patients use the COPE Patient Workbook while their clinician uses the Therapist Guide to deliver treatment. The program is comprised of 12 individual, 60 to 90 minute therapy sessions.



Creative Interventions with Traumatized Children, Second Edition

Bruce D. Perry, Cathy A. Malchiodi

This volume demonstrates a range of creative approaches for facilitating children's emotional reparation and recovery from trauma. Experts in play, art, music, movement, and drama therapy, as well as bibliotherapy, describe step-by-step strategies for working with children, families, and groups. Rich with case material and artwork, the book is both practical and user-friendly. Specific types of stressful experiences include parental loss, child abuse, family violence, bullying, and mass trauma.

Facilitating Resilience and Recovery Following Trauma

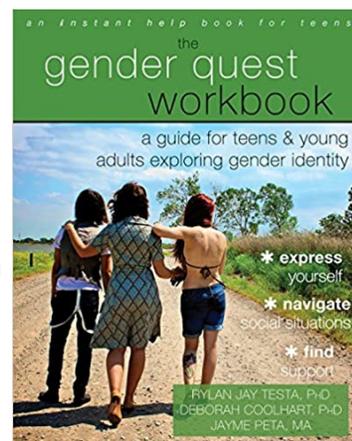
Norah C. Feeney, Lori A. Zoellner

This book examines what enables many trauma survivors to heal over time without intervention, as well what causes others to develop long-term psychiatric problems. Identifying key, modifiable risk and resilience factors—such as cognitions and beliefs, avoidance, pain, and social support—prominent experts provide recommendations for when (and when not) to intervene to promote recovery. Includes illustrative case examples as well as a section on specific populations, which spotlights children, military personnel, and low socioeconomic status or marginalized communities.

The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity

Rylan Jay Testa, Deborah Coolhart, Jayme Peta

This workbook incorporates skills, exercises, and activities from evidence-based therapies, such as cognitive behavioral therapy (CBT)—to help transgender and gender-nonconforming teens address the broad range of struggles they may encounter, such as anxiety, isolation, fear, and depression. This resource also features a brief downloadable guide for clinicians that explains ways professionals can better serve gender-expansive youth.



The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms

Mary Beth Williams, Soili Poijula

Post-traumatic stress disorder (PTSD) is an extremely debilitating anxiety condition that can occur after exposure to a terrifying event or ordeal. People with PTSD will often relive their traumatic experience in the form of flashbacks, memories, nightmares, and frightening thoughts. Left untreated, PTSD can lead to emotional numbness, insomnia, addiction, anxiety, depression, and even suicide. The authors outline techniques and interventions used by PTSD experts from around the world to offer trauma survivors the most effective tools available to conquer their most distressing trauma-related symptoms.

Interested in checking out eBooks?
[Click Here to Contact Us](#)



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

SOCIAL HASHTAGS
#PrideMonth
#Pride2020
#LevelsLove

RESOURCES

True Colors
<https://ourtruecolors.org>
860.232.0050

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

CCAR LGBT Recovery Group
<https://ccar.us/ccar-hartford>
1.866.205.9770



JUNE IS NATIONAL PRIDE MONTH

LGBTQ pride is a positive stance against discrimination and violence toward lesbian, gay, bisexual, and transgender people to promote their self-affirmation, dignity, equality rights, increase their visibility as a social group, build community, and celebrate sexual diversity and gender variance.

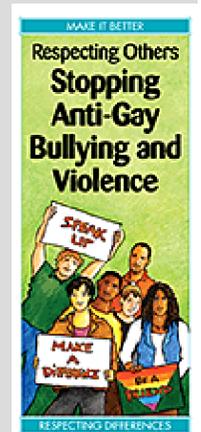
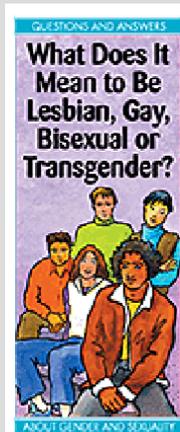
Connecticut Clearinghouse Resources

Pamphlets

- Being Gay/Lesbian
- I Think I Might Be Gay: Now What Do I Do?
- Creo Que Tal Vez Sea Gay: Qua Hago Ahora?

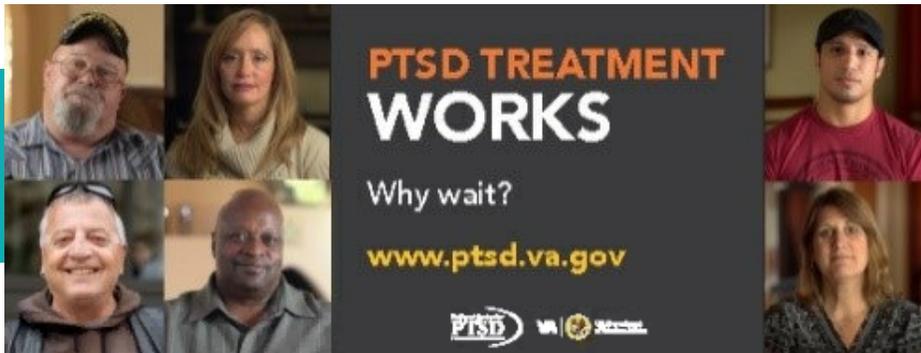
Books

- Dignity For All: Safeguarding LGBT Students
- Improving Emotional and Behavioral Outcomes For LGBT Youth: A Guide For Professionals
- Solution-Focused Brief Therapy With the LGBT Community: Creating Futures Through Hope and Resilience



PTSD Awareness Month

According to the National Center for PTSD, between seven and eight percent of the population will experience Post Traumatic Stress Disorder (PTSD) in their lifetime.



Connecticut Clearinghouse Resources

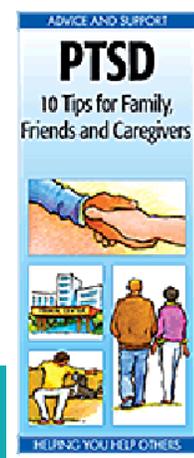
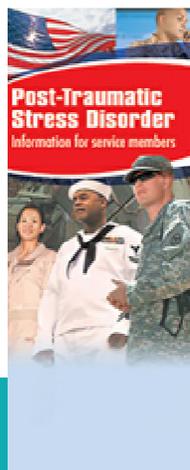
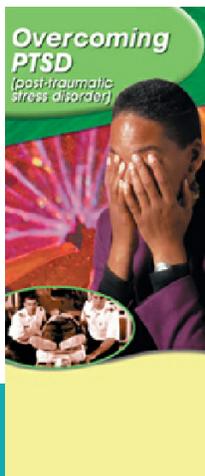
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (book)

The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience & Take Back Your Life (book)

Cognitive Behavioral Interventions for Post-Traumatic Stress Disorder (book)

Why are You so Scared? A Child's Book About Parents with PTSD (book)

Making Peace with Chronic PTSD: Marla's Story (DVD)



June 27th is PTSD Awareness Day.



Not all wounds are visible.



Social Hashtags

#PTSD

#cptsd

#ptsdawareness

#PTSDAwarenessMonth



Resources

CT Department of Mental Health and Addiction Services

<https://portal.ct.gov/DMHAS>

National Center for PTSD
www.ptsd.va.gov
1.800.273.8255

National Institute of Mental Health
www.nimh.nih.gov

National HIV Testing Day June 27, 2020

A person who tests positive for HIV, takes their HIV medicine as prescribed, and gets and stays virally suppressed or undetectable can stay healthy and has effectively no risk of sexually transmitting HIV to HIV-negative partners.



NATIONAL HIV TESTING DAY

Get tested. Share your story. Use the hashtag. #DoingItMyWay



#DoingItMyWay

JUNE 27

2020 THEME: DOING IT MY WAY

This year's theme, "Doing It My Way," highlights how and why people make testing a part of their lives - on their terms and in their way. Doing It My Way encourages individuals to share their personal testaments of why testing is important, what motivates them to get tested and stay healthy, and how they get tested - be it at home, at the clinic, or with the company of a friend or loved one.

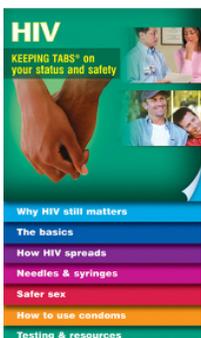
Connecticut Clearinghouse Resources

Pamphlets

HIV: Think About It/VIH: Peinselo
Lowering Your Risk for HIV with PrEP

DVDs

- The Announcement
- The Latest About HIV and AIDs: What Every Student Still Needs to Know



SOCIAL HASHTAGS

#NHTD
#HIVTestingDay
#DoingItMyWay

CONNECTICUT RESOURCES

CT Department of Mental Health and Addiction Services

<https://portal.ct.gov/DMHAS>

CT Department of Public Health

<https://portal.ct.gov/DPH>

ACT

www.aids-ct.org
860.247.2437

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@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

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the Connecticut Department of Mental Health and Addiction Services