

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

March 2020

Connecticut Clearinghouse Educational Forum



Wheeler

CONNECTICUT
Clearinghouse

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

Understanding the Impact of and Supporting Young Children Exposed to Trauma



Presented by **Melissa Mendez**
Director, Early Childhood Programs
Wheeler Clinic

THURSDAY, APRIL 2, 2020 | 2:00 PM-4:00 PM

CONNECTICUT CLEARINGHOUSE, 334 FARMINGTON AVENUE,
PLAINVILLE, CT 06062

Learn About:

- Different types of trauma and toxic stress that impacts child development
- How young children process and understand trauma in the context of their experiences
- Approaches that can be used with children to help mitigate the impact of trauma and toxic stress on child social and emotional health

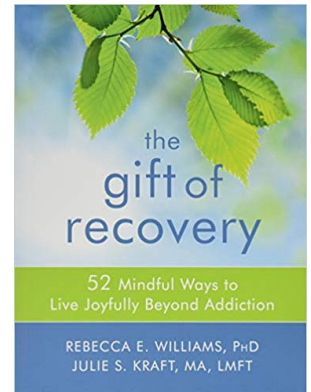
[CLICK Here To Register Online](#)

NEW BOOKS & CURRICULA

The Gift Of Recovery

Rebecca E. Williams, Julie S. Kraft

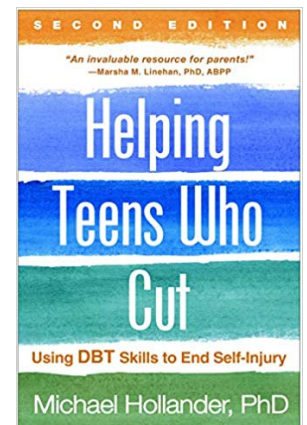
Recovery from addiction doesn't happen all at once -- it's something that must be practiced, day by day and moment to moment. This book offers fifty-two in-the-moment mindfulness skills to help you cope with daily stress and stay grounded in your recovery.



Helping Teens Who Cut: Using DBT Skills To End Self-Injury

Michael Hollander

Incorporating the latest research, the revised edition offers a deeper understanding of the causes of self-injury and includes new DBT skills. Vivid stories illustrate how out-of-control emotions lead some teens to hurt themselves, how DBT can help, and what other approaches can be beneficial. Parents get practical strategies for talking to teens about self-injury without making it worse, teaching them specific skills to cope with extreme emotions in a healthier way, finding the right therapist, and managing family stress.



Manual Practico De Terapia Dialectico Conductual

Matthew McKay, Jeffrey C. Wood, Jeffrey Brantley

Desarrollada, en principio, para el tratamiento del trastorno límite de personalidad, la Terapia Dialéctico Conductual (TDC) ha probado su eficacia a la hora de abordar una amplia gama de problemas de salud mental, en especial de aquellos que se caracterizan por la presencia de emociones arrolladoras. Esta obra, fruto de la colaboración de tres reconocidos autores, ofrece un repertorio de ejercicios sencillos, analizados paso a paso, para asimilar esos conceptos y ponerlos en práctica para alcanzar un cambio real y duradero.

The PTSD Survival Guide For Teens

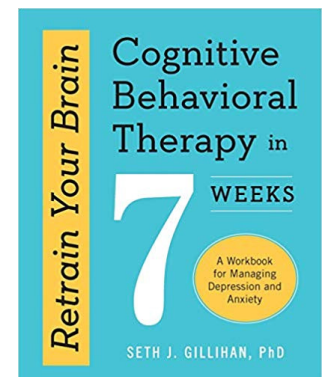
Sheela Raja, Jaya Raja Ashrafi

In this compassionate guide, you'll find skills based in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help you tackle anxiety and harmful avoidance behaviors; manage negative emotions; cope with flashbacks and nightmares; and develop trusting, healthy relationships. You'll also learn more about the diagnosis and symptoms of PTSD and understand what kind of help is available to you.

Retrain Your Brain: Cognitive Behavioral Therapy In 7 Weeks: A Workbook For Managing Depression And Anxiety

Seth Gillihan

Cognitive Behavioral Therapy (CBT) has proven to be the tipping point through which many people are finally able to make significant changes and break free of anxiety and depression. Cognitive Behavioral Therapy in 7 Weeks is an interactive workbook that outlines a simple, practical plan that occurs over the course of 7 weeks, and offers real, tangible relief from anxiety and depression. This is a cumulative workbook--the work you do each week builds upon that of the last and, ultimately, creates a lasting CBT "tool kit" that will prepare you to handle future challenges as they come.



NEW PAMPHLETS

25 Ways To Keep Your Relationship Strong

Depression: A Helpless Feeling

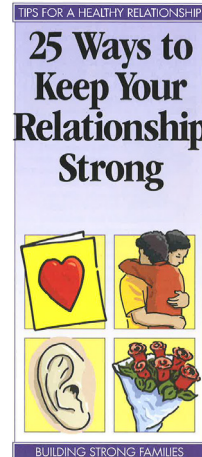
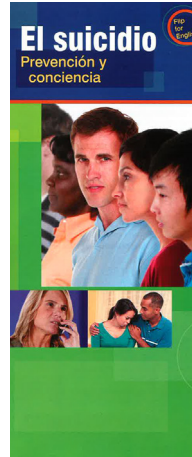
I Think I Might Be Asexual

Molly: Pure Ecstasy, Pure Danger

Opioids

Sexting: Srsly Risky!

Suicide: Prevention And Awareness/El Suicidio
Prevención Y Conciencia



Click Here
To Order
These Free
Materials

NEW E-Books

Acceptance And Commitment Therapy: The Process And Practice Of Mindful Change, 2nd Ed.

Steven C. Hayes, Kirk Strosahl, Kelly G. Wilson

ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and targeting six key processes: defusion, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout.

Immigration, Cultural Identity, And Mental Health: Psychosocial Implications Of The Reshaping Of America

Eugenio M. Roth and Andres J. Pumariega

This resource outlines the various psychosocial impacts of immigration on cultural identity and its impact on mainstream culture. Thoroughly researched, this book examines how cultural identity relates to individual mental health and should be taken into account in mental health treatment.

Lost And Found: Young Fathers In The Age Of Unwed Parenthood

Paul Florsheim and David Moore

Drawing from their research with over 1,000 young parents in Chicago and Salt Lake City, the authors focus on a group of about 20 young fathers, whose stories - conveyed in their own words - help the reader make sense of what is happening to fatherhood in America.

Managing Substance Use Disorder: Practitioner Guide

Dennis C. Daley and Antoine B. Douaihy

This guide provides a detailed description of screening and assessment strategies and treatment approaches (medications and psychosocial), integrating evidenced-based interventions with the authors' extensive clinical experiences. It also addresses common challenges faced by individuals with a substance use disorder, such as managing cravings, resisting social pressures to use substances, coping with negative emotions and moods, building a social support network, involving family or concerned significant others, and reducing relapse risk. This expanded third edition also includes a new chapter on the management of co-occurring psychiatric disorders.

Managing Your Substance Use Disorder: Client Workbook

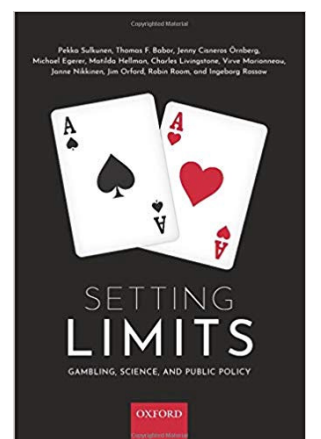
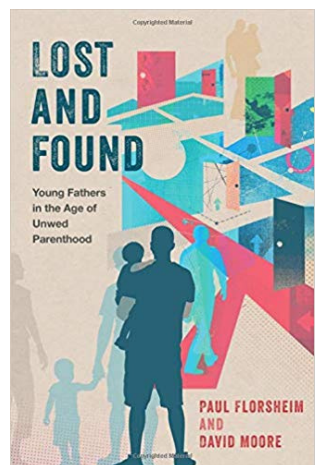
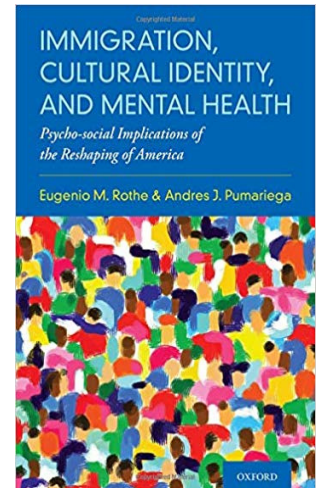
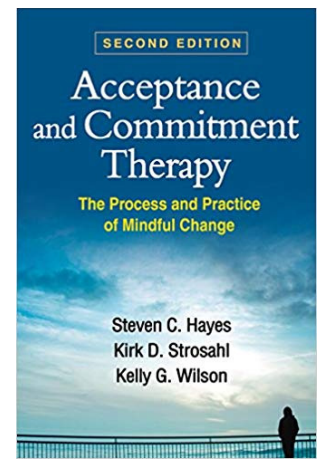
Dennis C. Daley and Antoine B. Douaihy

This interactive recovery guide engages readers who have a substance use disorder in an active process of learning strategies to manage the daily challenges of sobriety and recovery and to reduce the risk of lapse and relapse.

Setting Limits: Gambling, Science And Public Policy

Pekka Sulkunen, Thomas F. Babor, et al.

Taking an international approach, this book delivers a comprehensive review of the epidemiological evidence documenting the harmful effects of gambling on individuals, communities, and societies. Essential reading for policymakers, social and behavioural scientists in gambling research, and public health researchers, Setting Limits examines a global view of an emerging epidemic of gambling problems.



Adolescent SBIRT: Adolescent Girls and Opioids

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

Thursday, March 19 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.

PROBLEM GAMBLING AWARENESS MONTH

2 million U.S. adults (1%) are estimated to meet criteria for severe gambling problems in a given year.



CT Clearinghouse Resources

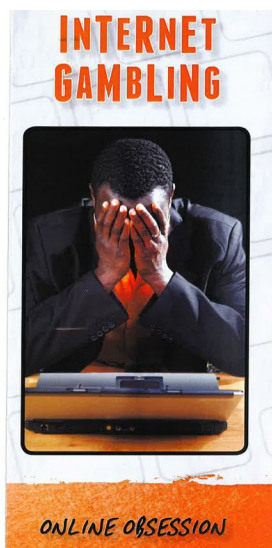
Compulsive Gambling (Pamphlet)

Internet Gambling: Online Obsession (Pamphlet)

Problema: El Juego Compulsivo (Pamphlet)

Setting Limits: Gambling, Science, And Public Policy (eBook)

Understanding Joy: The Devastation Of Gambling Addiction (DVD)



PROBLEM GAMBLING
AWARENESS MONTH

→ AWARENESS + ACTION

CAMPAIGN THEME:
AWARENESS +
ACTION

GAMBLING
DISORDER
SCREENING DAY
MARCH 10

SOCIAL HASHTAGS
#AWARENESS
PLUSACTION
#PGAM
#PROBLEMGAMBLING

FOR HELP

CALL 888-789-7777

OR TEXT
CTGAMB TO 53342

POISON PREVENTION WEEK

Pain medications top the list of the most common substances implicated in adult poison exposures.

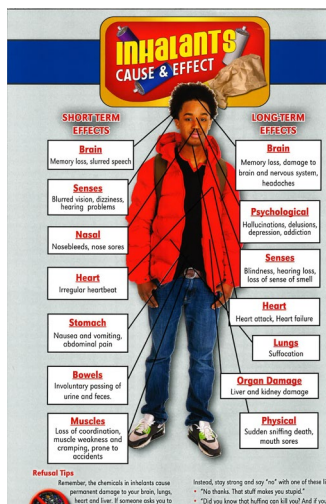
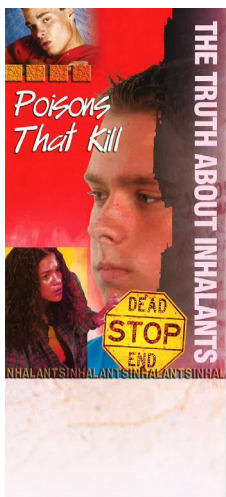


CT Clearinghouse Resources

Inhalants: Cause & Effect (Poster)

Poisons That Kill: The Truth About Inhalants (Pamphlet)

What To Know Before You Throw (Change the Script Flyer)



What to know BEFORE YOU THROW



Here's how to dispose of prescription drugs properly.

- Don't flush medications down the toilet or sink. Water quality and wildlife are affected.
- Delete information on the container. Remove the label or use a permanent marker to cross out personal information.
- Make edges sharp like daggers. Mix drugs (liquid or pills) with hot water to dissolve them. Then mix with salt, coffee, sand, dirt, coffee grounds or kitty litter.
- Seal and seal. After mixing, place inside an opaque plastic container and tape it shut.
- Throw out the container in your trash can. Do not put the container in your recycling bin.
- Or find a prescription drug drop box at a police department and drop off excess supply.

CHANGE the SCRIPT

dph

DPH

For resources, go to drugfree.org

MARCH 15-21

SAFE STORAGE AND
SAFE DISPOSAL OF
MEDICATIONS CAN
PREVENT
INTENTIONAL AND
UNINTENTIONAL
POISONING

TO FIND A LOCAL
DRUG COLLECTION
BOX [CLICK HERE](#)

SOCIAL HASHTAGS
#NPPW
#PREVENTPOISON

IN A POISON
EMERGENCY CALL:

1-800-222-1222

NATIONAL DRUG & ALCOHOL FACTS WEEK



CT Clearinghouse Resources

50 Things You Should Know About Binge Drinking And Alcohol Poisoning (Pamphlet)

Drug Facts (Pamphlet)

Everything You Need To Know About Substance Abuse In 22 Minutes (DVD)

Marijuana Facts: 41 Things You Should Know

The Substance Abuse Prevention Curriculum

The Truth About Vaping, E-Cigs And Hookah Pens

**MARCH 30 –
APRIL 5,**

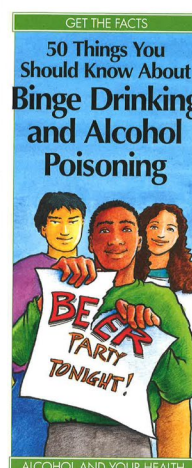
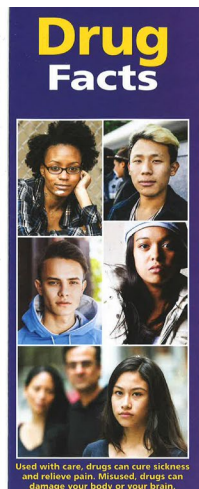
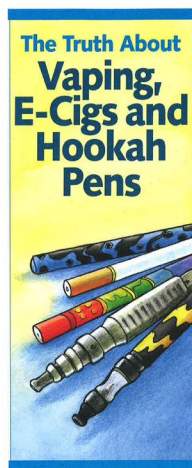
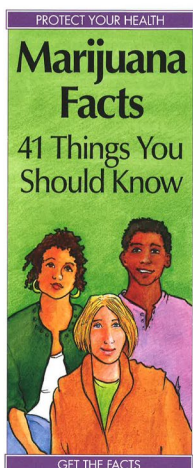
National Drug & Alcohol Facts Week® is an opportunity for teens to shatter the myths® about drugs and drug use.

**DRUGS & ALCOHOL
CHAT DAY: APRIL 1**

Register here for
chat day:
[www.nidachat.org/
register.aspx](http://www.nidachat.org/register.aspx)

**SOCIAL
HASHTAGS
#DRUGFACTS**

**LEARN
MORE AT
NIDA**



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The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

334 Farmington Avenue • Plainville, CT 06062
800.232.4424 or 860.793.9791

www.ctclearinghouse.org
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