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)

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

PROBLEM GAMBLING
AWARENESS MONTH
POISON PREVENTION WEEK

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

Inhalants: Cause & Effect (Poster)
Poisons That Kill: The Truth About Inhalants (Pamphlet)
What To Know Before You Throw (Change the Script Flyer)

CT Clearinghouse Resources

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

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

SOCIAL HASHTAGS
#DRUGFACTS

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

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The e-newsletter of Wheeler Clinic’s Connecticut Clearinghouse

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Library Hours:
Mon, Tues, Wed, Fri  8:30 AM - 5:00 PM ; Thurs  8:30 AM - 7:30 PM

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