



## Role of Prevention: Youth Gambling and Gaming

March 11, 2021  
2:00 PM - 3:00 PM

A Virtual Presentation with  
Kaitlin Brown, Director of Programs & Services,  
Connecticut Council on Problem Gambling  
and  
Kelly Leppard, Primary Prevention Services Coordinator,  
Problem Gambling Services,  
Department of Mental Health and Addiction Services



*A Connecticut Clearinghouse Educational Forum*

Register at [www.ctclearinghouse.org/registration](http://www.ctclearinghouse.org/registration)

Participants will be able to:

- Recognize the impact of COVID-19 on gambling/gaming trends
- Discuss features in gaming that resemble gambling
- Identify 3 risk and protective factors
- Obtain 2 resources for prevention, treatment and recovery

Approved for  
1 contact hour  
with the  
Connecticut  
Certification Board

# A Gut Feeling: The Relationship Between Colon Health And Mental Health



**March 18, 2021  
2:00 PM – 3:00 PM**



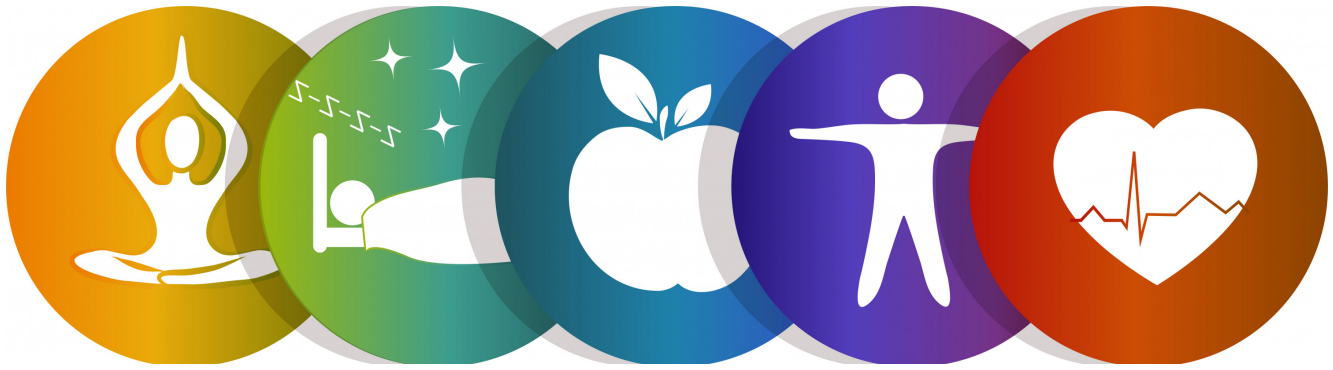
A Virtual Presentation with  
**Tina Loarte Rodriguez, MSN, RN, CIC, CPPS, CPHRM**  
Vice President of Nursing Family Health and Wellness Centers,  
Laboratory Director Wheeler Clinic  
and  
**Jessica Masterson, RDN, CDN, CDCES**  
Lead Dietitian Wheeler Family Health and Wellness Centers

*A Connecticut Clearinghouse Educational Forum*  
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After the presentation participants will be able to understand:

- The prevalence of and risk factors for colon cancer and other types of gastrointestinal disease and effects on mental health
- How to maintain a healthy microbiome and its effect on physical and mental health
- The recommended nutrition guidelines and lifestyle factors to support a healthy bowel movement and a healthy colon
- How mental health disorders affect our food choices which may negatively affect colon health
- Why a colonoscopy or FIT test is important and when it should be done

Approved for 1 contact hour with the Connecticut Certification Board



Visit [www.ctclearinghouse.org/observances](http://www.ctclearinghouse.org/observances) to learn about health observances. Contact Connecticut Clearinghouse to add your events to the page.

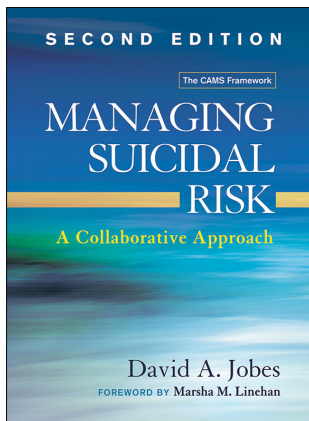
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The Change the Script van is heading out to events this spring, and is stocked with medication lock boxes, medication disposal bags, masks, hand sanitizer, free children's books and timely health literature.

Request the van for your location or event by calling 1.800.232.4424 or by visiting [www.drugfreeCT.org](http://www.drugfreeCT.org).

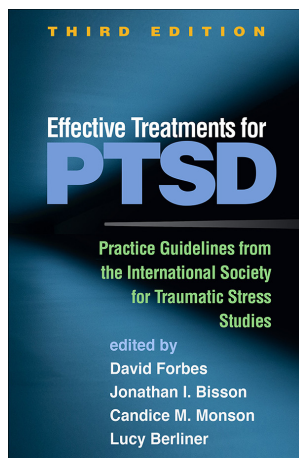


# New Books and Curricula



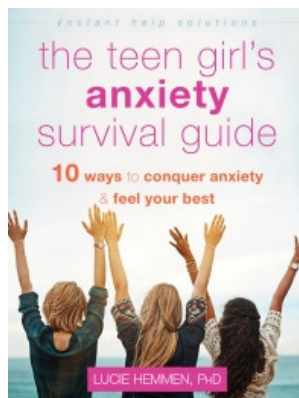
## **Managing Suicidal Risk: A Collaborative Approach** David A. Jobes

The Collaborative Assessment and Management of Suicidality (CAMS) approach has garnered a strong evidence base and has been implemented by therapists from a range of orientations in diverse clinical settings. This extensively revised manual provides a proven therapeutic framework for evaluating suicidal risk and developing and implementing a suicide-specific treatment plan that is respectful, empathic, and empowering. In addition to their clinical utility, the procedures used for assessment, treatment, and progress monitoring within CAMS can help reduce the risk of malpractice liability.



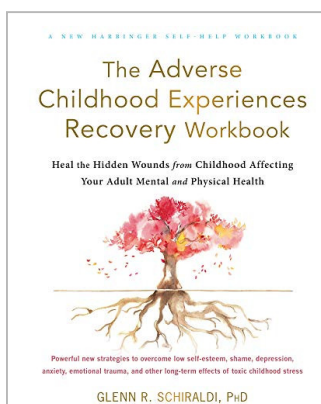
## **Effective Treatments for PTSD: Practice Guidelines from the International Society for Traumatic Stress Studies** Edited by David Forbes, Jonathan I. Bisson, Candice M. Monson, and Lucy Berliner

Chapters describe PTSD assessment and intervention practices that have been shown to work and provide practical, real-world implementation guidance. Foremost authorities address the complexities of trauma treatment with adults, adolescents, and children in diverse clinical contexts. The book delves into common obstacles and ways to overcome them, when to stop trying a particular approach with a client, and what to do next. Special topics include transdiagnostic interventions for PTSD and co-occurring problems, dissemination challenges, and analyzing the cost-effectiveness of treatments.



## **The Teen Girl's Anxiety Survival Guide** Lucie Hemmen

Teens will learn all about how anxiety works; how to overcome negative thinking; how mindfulness skills can calm mind and body; and how self-compassion can help teens cultivate a more positive outlook on life. The author also helps teens discover how to balance screen time and social media use, and strengthen relationships with family and friends.

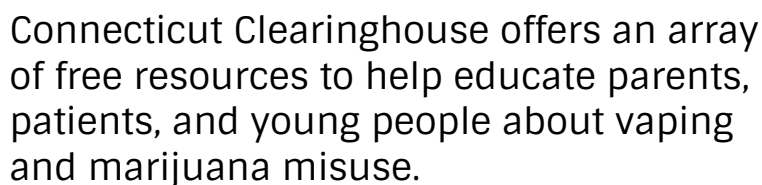


## **The Adverse Childhood Experiences Recovery Workbook** Glenn R. Schiraldi

In this innovative workbook, trauma specialist Glenn Schiraldi presents practical, evidence-based skills to help people heal from Adverse Childhood Experiences (ACES). In addition to dealing with the symptoms, the author teaches readers how to address the root cause of their suffering, change the way the brain responds to stress and the outside world, and soothe troubling memories.



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[Click here](#) to download fact sheets by topic.





# March Is Problem Gambling Awareness Month

**Awareness + Action ~ Awareness + Action ~ Awareness + Action ~ Awareness + Action**

## Connecticut Clearinghouse Resources

**Lifeline for Problem Gamblers (poster)**

**Don't Gamble: It's Addictive (poster)**

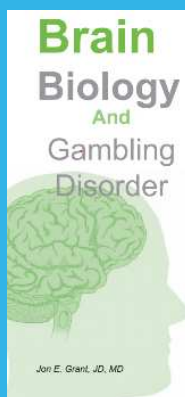
**Understanding Joy: The Devastation  
of Gambling Addiction (DVD)**

**Youth Gambling: The Hidden Addiction (e-book)**

**Overcoming Gambling: A Guide for Problem  
and Compulsive Gamblers (book)**

**Gamer Nation: The Rise of Modern Gaming  
and the Compulsion to Play Again (book)**

**Change Your Gambling, Change Your Life:  
Strategies for Managing Your Gambling  
and Improving Your Finances, Relationships,  
and Health (book)**



**Gambling Disorder  
Screening Day**  
March 9, 2021



**#PGAM2021**  
**#AwarenessPlusAction**

## Connecticut Resources

**CT Department of Mental Health and  
Addiction Services**  
[www.ct.gov/DMHAS](http://www.ct.gov/DMHAS)

**CT Council on Problem Gambling**  
[www.ccpbg.org](http://www.ccpbg.org)  
1.888.789.7777 or Text "CTGAMB" to 53342

## National Resources

**Substance Abuse and Mental Health  
Services Administration**  
[www.samhsa.gov](http://www.samhsa.gov)

**National Problem Gambling Helpline**  
1.800.522.4700



# March 22 - 28, 2021

Linking teens to facts that shatter the myths about drugs and drug use.



## Connecticut Resources

**CT Department of Mental Health and  
Addiction Services**  
[www.ct.gov/DMHAS](http://www.ct.gov/DMHAS)

**24/7 Access Line**  
1.800.563.4086

**DrugFreeCT.org**  
[www.drugfreect.org](http://www.drugfreect.org)

## National Resources

**Substance Abuse and Mental Health  
Services Administration**  
[www.samhsa.gov](http://www.samhsa.gov)

**NIDA for Teens**  
[www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)

## Connecticut Clearinghouse Resources

Your Alcohol IQ: What Do You Know  
(Pamphlet)

Datos Sobre La Marihuana: 41 Cosas  
Que Debe Saber (Pamphlet)

Clinical Manual of Youth Addictive  
Disorders (Book)

Addicted Teens: Heroin Addiction (DVD)



#NDAFW

@NIDANIH

@NIAAA





**80% of Human Resources (HR) decision-makers believe that substance use disorder impacts their employees – yet only 25% feel prepared to respond appropriately (National Safety Council). That means 55% of HR leaders have a problem they are not equipped to handle.**

**IF YOU HAVE  
A SUBSTANCE  
USE PROBLEM,  
DON'T KEEP IT  
A SECRET**



**WE ARE A RECOVERY FRIENDLY WORKPLACE**

- Employees are the most valuable asset this organization has. Without you, our work cannot continue.
- That's why any employee who has a substance use issue is encouraged to come forward in complete privacy to his or her manager or supervisor.
- We as an organization will help anyone with a substance use problem to access the right resources to get help – and keep their job.

**IF YOU HAVE QUESTIONS, PLEASE DIRECT THEM IN  
CONFIDENCE TO \_\_\_\_\_ BY EMAIL.**

**Know the signs of substance use disorder – and learn how to have a conversation with an employee you believe is struggling with it.**

**Visit [www.drugfreeict.org](http://www.drugfreeict.org) to download  
The Recovery Workplace Toolkit**



# Adolescent SBIRT: Adolescent Girls and Opioids

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

*Tuesday, March 9,  
3:00 pm - 5:00 pm or  
Thursday, March 25, 2021  
9:00 am - 12:30 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](http://www.ctclearinghouse.org/registration)  
Call 800.232.4424 for additional information

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### ***Courier Online***

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](http://www.ctclearinghouse.org)  
[info@ctclearinghouse.org](mailto:info@ctclearinghouse.org)

Staff are available Monday-Friday from 8:30 AM to 5:00 PM  
We are currently offering curbside pickup or mail

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