

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

May 2017



According to the 2015 National Survey on Drug Use and Health, about 7.7 million people aged 12 to 20 (20.3 percent of this age group) reported drinking alcohol in the past month. Furthermore, 8.8 percent, or 2.2 million, of our nation's youth reported using illicit drugs in the past month. The use of drugs, tobacco, and alcohol by our nation's youth has damaging effects on the individual, the family, and the community. A united community can make a difference.

**SAMHSA's National Prevention Week** is an annual health observance dedicated to increasing public awareness of, and action around, mental and/or substance use disorders. This year, National Prevention Week will be observed from May 14 to 20.

Each year around this observance, communities and organizations across the country come together to raise awareness about the importance of substance use prevention and positive mental health. The theme for NPW 2017 is: Making Each Day Count. Several regional and local events are being planned in Connecticut including a statewide prevention conference on May 15. All are encouraged to observe this special week, and it's not too late to plan an event or activity. Please remember to use **#ctpreventionweek** for all social media messaging.

Additional information about National Prevention Week can be found online at

[www.samhsa.gov/prevention-week](http://www.samhsa.gov/prevention-week)

[www.ct.gov/dmhas/npw](http://www.ct.gov/dmhas/npw)



Connecticut Clearinghouse, a program of Wheeler Clinic's Connecticut Center for Prevention, Wellness and Recovery, is funded by the Connecticut Department of Mental Health and Addiction Services.

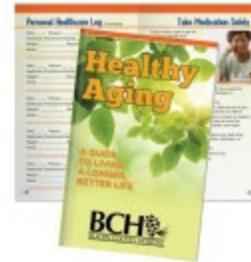


# NEW PAMPHLETS

Datos Sobre la Marihuana: 41 Cosas que Debe Saber

Healthy Aging - A Guide To Living A Longer, Better Life

Los Riesgos de los Opioides: Lo que Todos Deben Saber



# NEW POSTER

What Does Respect Mean To You?

# NEW FACT SHEETS

Drugs of Abuse: Benzodiazepines  
(Click below to view)



**Drugs of Abuse: Benzodiazepines**



**What are Benzodiazepines?**  
Benzodiazepines are central nervous system depressants that produce sedation, induce sleep, relieve anxiety and muscle spasms, and prevent seizures.

**What is their origin?**  
Benzodiazepines are only legally available through prescription. Many abusers maintain their drug supply by getting prescriptions from several doctors, forging prescriptions, or buying them illicitly. Alprazolam and diazepam are the two most frequently encountered benzodiazepines on the illicit market.

**What are common street names?**  
Common street names include Benzos and Downers.

**What do they look like?**  
The most common benzodiazepines are the prescription drugs Valium®, Xanax®, Halcion®, Ativan®, and Klonopin®. Tolerance can develop, although at variable rates and to different degrees. Shorter-acting benzodiazepines used to manage insomnia include estazolam (ProSom®), flurazepam (Dalmene®), temazepam (Restoril®), and triazolam (Halcion®). Midazolam (Versed®), a short-acting benzodiazepine, is utilized for sedation, anxiety, and amnesia in critical care settings and prior to anesthesia. It is available in the United States as an injectable preparation and as a syrup (primarily for pediatric patients).

Benzodiazepines with a longer duration of action are utilized to treat insomnia in patients with daytime anxiety. These benzodiazepines include alprazolam (Xanax®), chlordiazepoxide (Librium®), clorazepate (Tranxene®), diazepam (Valium®), halazepam (Paxipam®), lorazepam (Ativan®), oxazepam (Serax®), prazepam (Centrax®), and quazepam (Doral®). Clonazepam (Klonopin®), diazepam, and clorazepate are also used as anticonvulsants.

**How are they abused?**  
Abuse is frequently associated with adolescents and young adults who take the drug orally or crush it up and snort it to get high. Abuse is particularly high among heroin and cocaine abusers.

- Benzodiazepines are depressants legally available through prescription.
- Abuse is associated with adolescents and young adults who take the drug orally or crush it up and snort it to get high.
- Benzodiazepines slow down the central nervous system.
- Overdose effects include shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, and possible death.

**CONNECTICUT Clearinghouse**  
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**Wheeler**  
A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness



# NEW BOOKS, eBooks & CURRICULA

## Amazing Me: It's Busy Being 3!

Meet Joey, an amazing 3-year-old kangaroo who is very excited about all that he can do now that he is three. Joey doesn't know it, but these amazing things are called developmental milestones, and they're a very important part of each child's growth. This book for children ages 2-4 will show you what to look for as a child grows and develops.

Julia Cook, Laura A. Jana; illustrated by Allison Valentine

## Borderline Personality Disorder Toolbox: A Practical Evidence-Based Guide to Regulating Intense Emotions

Jeff Rigenbach

## Diagnosis Made Easier: Principles and Techniques for Mental Health Clinicians

James Morrison

## Entering the Thriver Zone: A Seven-Step Guide to Thriving After Abuse

Susan M. Omilian JD

## Marijuana Brief Intervention: An SBIRT Approach

This resource helps professionals determine each client's severity of use, raise awareness of consequences, and provide an incentive for positive change. This easy-to-implement program includes a screening tool, facilitator guide, referral form, reproducible participant workbook and journal, 24-minute video, and supplementary materials.

Jan Copeland

## Plenty of Time When We Get Home: Love and Recovery in the Aftermath of War

Kayla Williams

## Soy Maravilloso: Hay Tanto que Hacer a los 3 Años!

(Spanish language version of Amazing Me: It's Busy Being 3!)

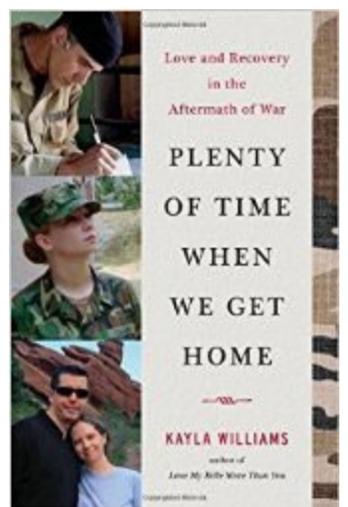
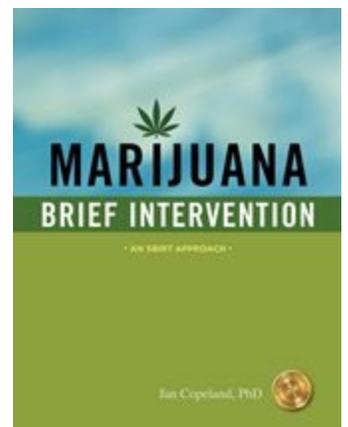
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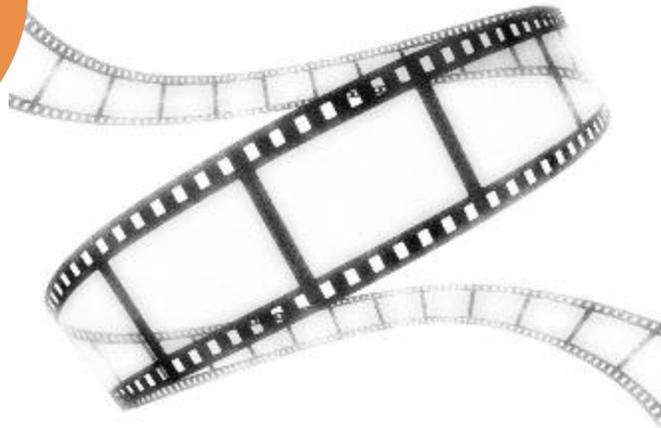
## StarBound: A Small Group Counseling Curriculum Where Girls Come Together and "Reach for the Stars!"

This resource contains an 8-session, small group curriculum that will help girls in grades 3-9 jump start their journey to unleashing their unlimited potential. Included are lesson and activity plans with reproducible worksheets; student pre- and post-tests; certificates; and forms for program evaluation, parent consent, and teacher recommendations.

Carol Miller

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with questions  
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### Check-In, Check-Out : A Tier 2 Intervention for Students at Risk

This professional training video explains how Check-in, Check-out (also known as The Behavior Education Program) can be used with students who display chronic, mild behavior problems. The video shows how teachers and other school personnel can support positive student behavior throughout the day.

### The Connection

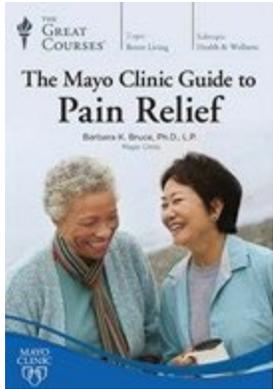
After being diagnosed with an autoimmune disease, journalist and filmmaker Shannon Harvey travelled the world in search of the missing link in healthcare. From interviewing world leading scientists to meeting people with remarkable stories of recovery from severe back pain, heart disease, infertility, cancer and multiple sclerosis, this documentary delves into the link between our mind and body.

### How to Make Stress Work for You

Transform the ways you respond to stress with tips and insights from a credentialed wellness expert. On three DVDs, with an accompanying course guidebook.

### The Mayo Clinic Guide to Pain Relief

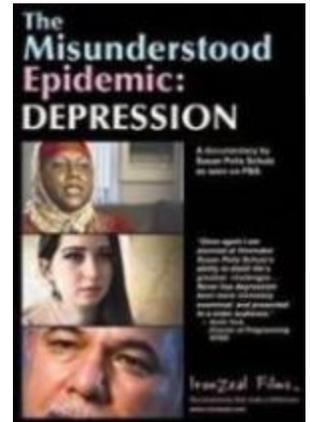
Pain affects more Americans than diabetes, heart disease, and cancer combined. In fact, one out of every three U.S. adults lives with chronic pain triggered by arthritis, chronic fatigue syndrome, disc problems, fibromyalgia, headaches, sciatica, or other causes. The experts at Mayo Clinic worked with The Great Courses to craft this research-based guide to coping with chronic pain, giving you access to the same knowledge that has made Mayo Clinic's highly successful pain management programs so effective. Twelve lectures (30 minutes each) on two DVDs, with accompanying course guidebook.



# MORE NEW DVDS

## The Misunderstood Epidemic: Depression

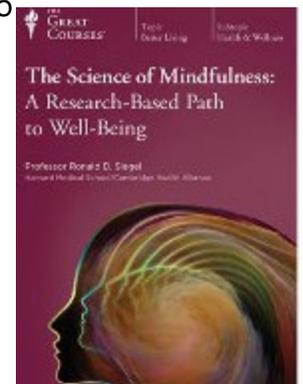
This documentary is an intimate look at how depression affects its victims and their families. The film explores through first-hand accounts how depression can happen to anyone regardless of age, race, or socioeconomic background. One by one the topics are addressed in candid detail: symptoms; suicide; the stigma and lack of understanding; the stress in families and relationships; the loss of ability to work. The film also discusses the pros and cons of medication, different types of therapy, and support groups. It contains uplifting advice to families and friends of people who are depressed. It inspires hope for happiness and a path to get better. View trailer: [www.youtube.com/watch?v=oXTWid\\_vXDo](http://www.youtube.com/watch?v=oXTWid_vXDo)



## Resilience: The Biology of Stress & the Science of Hope

Researchers have recently discovered a dangerous biological syndrome caused by abuse and neglect during childhood. Toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. Resilience, however, also chronicles the dawn of a movement that is determined to fight back. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress--and the dark legacy of a childhood that no child would choose.

View trailer: <http://kpjrfilms.co/resilience/>



## The Science of Mindfulness: A Research-Based Path to Well-Being

Discusses the science behind mindfulness in compelling detail and demonstrates its application to an extraordinary range of human problems: psychological, social, and medical. Dr. Siegel examines the neurobiology involved, providing a clear knowledge of the science underlying ancient practices that are now profoundly influencing the contemporary world, and practical ways to use mindfulness techniques in your own life. On four DVDs, plus bonus disc and accompanying guidebook.

## Unlocking Your Potential: Grit, Determination, and Mindset

"I just can't do this". That's the reaction of too many teens when they face academic and personal challenges. As a result, these students struggle to reach their goals. This program describes new research that informs students how to discard the "I can't" mindset and replace it with the "I can" mindset. This program explores how intelligence and talent can be developed through hard work and persistence. It emphasizes the importance of embracing challenges and viewing failure as a way to learn. Students are encouraged to evaluate their own mindsets and to think about the importance of grit and determination in their own lives. View trailer: [www.youtube.com/watch?v=NaPrgCkqc2k](http://www.youtube.com/watch?v=NaPrgCkqc2k)

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## **Sexual Portrayal in the Media and its Impact on Sexual Attitudes, Beliefs, and Behaviors**

Join us for this free presentation at Connecticut Clearinghouse on

**June 28, 2017**  
**2:00 PM - 4:00 PM**

[Click Here to Register](#)

### Courier Online

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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