

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 2020



Prevention in a Pandemic: Focusing on What we CAN DO  
Liz Jorgensen, CADC, Clinical Consultant

MAY 14, 2020 • 4:00PM

Even as we face a pandemic not seen in our lifetime, there are valuable lessons from our collective past that can guide parenting and professional activities in a way to make a stressful time a period for learning and rehearsing resilience. Liz will focus on how we can help prevent mental health and substance and on the evidence based practices we can use to help clients and families now and plan for the future increase in need of prevention outreach services.

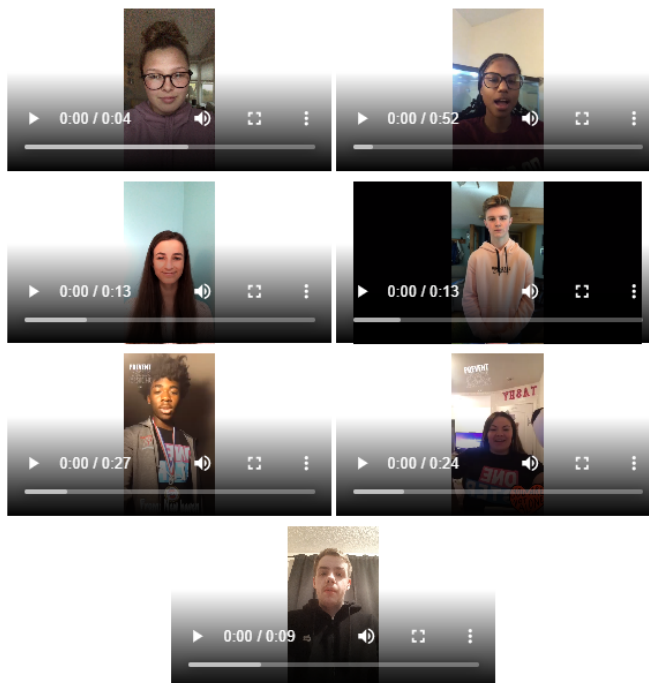
## Prevention Happens Here

We may be halfway through National Prevention Week, but there are still great learning opportunities, including *Prevention in a Pandemic: Focusing on What we Can Do*, with Liz Jorgensen. [CLICK HERE to Register today!](#)

Visit our National Prevention Week webpage

[www.ctclearinghouse.org/npw](http://www.ctclearinghouse.org/npw)

and hear what young people have to say about prevention. Download infographics, fact sheets, and learn about prevention resources around the state.



"I stay away from drugs to set myself up for a healthy, successful future. I do this by spending my time participating in safer activities, like sports and school clubs, and by surrounding myself with people who hold the same values as me. It's tough to not succumb to peer pressure, but it's easier when I'm not standing alone."

Teen from the  
Stratford Partnership for  
Youth and Families



[www.facebook.com/ctpreventionweek](https://www.facebook.com/ctpreventionweek)

# Anxiety During the Pandemic and Its Influence on Substance Use

**Thursday, May 28**

**2:00 PM - 3:00 PM**

***via Zoom***

**Presented by  
Alicia Farrell, Ph.D**



A Connecticut Clearinghouse Educational Forum  
[Click Here to Register](#)

## LEARNING OBJECTIVES

- Explain the unique mental health circumstances created by the pandemic.
- Define the difference between stress/anxiety and why that difference is important to understand.
- Discuss why this challenging time puts many people at risk for substance use and abuse.
- Detail specific tools and techniques that can be used in place of substances to better regulate stress and anxiety on a daily basis.

Dr. Alicia Farrell is an accomplished Cognitive Psychologist, former University Professor, Fellowship Award Recipient, Published Research Scientist, National Keynote Speaker and Founder of Clearview Consulting. In her private practice, Dr. Farrell has counseled hundreds of clients on how to get back to basics to achieve their life goals and personal well-being.

To learn more visit her website at [aliciafarrellphd.com](http://aliciafarrellphd.com). She can be reached at 860.575.9076 or [alicia@aliciafarrellphd.com](mailto:alicia@aliciafarrellphd.com).

# FEATURED E-BOOKS

## Adolescent Health : Understanding and Preventing Risk Behaviors

Ralph J. DiClemente, John S. Santelli, Richard A. Crosby

This book covers the developmental and health problems unique to adolescence. It focuses on special needs and public health programs for adolescents, offering deep insight into smoking, violence, teen pregnancy, HIV/AIDS, and other problems, along with intervention and prevention strategies.

## Building Motivational Interviewing Skills: A Practitioner Workbook

David B. Rosengren

This text offers real-world examples from a range of clinical settings, as well as sample interactions and hands-on learning activities. Readers will learn how to practice core MI skills: raising the importance of behavior change, fostering the client's confidence, resolving ambivalence, solidifying commitment to change, and negotiating a change plan.

## Prevent-Teach-Reinforce for Families: A Model of Individualized Positive Behavior Support for Home and Community

Glen Dunlop, et. al.

Developed by top behavior experts, PTR-F is a highly effective intervention model that helps families prevent behavior problems in children ages 2–10, teach proactive communication and social skills, and reinforce positive behavior. In this expertly organized book, you'll discover how to take on the role of PTR-F facilitator to meet each family's unique needs, and you'll get a clear 5-step process for guiding families as they promote their child's positive behavior.

## Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges

Pat Harvey, Britt H. Rathbone

If you are the parent of a teen who lashes out or engages in troubling behavior, you may be unsure of how to respond to your child in a compassionate, constructive way. In this important book, two renowned experts in teen mental health offer you evidence-based skills for dealing with your teen's out-of-control emotions using proven-effective dialectical behavioral therapy (DBT).

## Strengthening Family Resilience, Third Edition

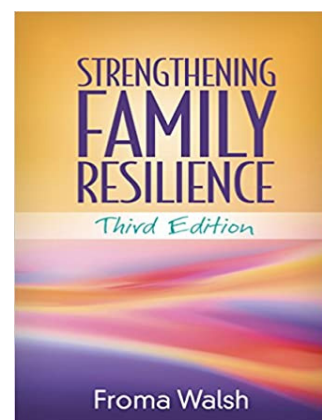
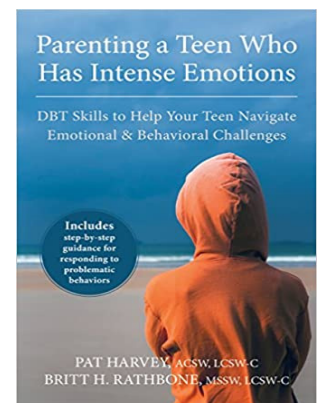
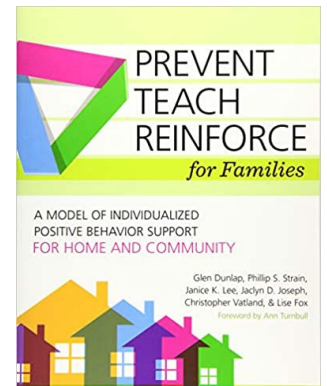
Froma Walsh

In this widely used course text and practitioner resource, Froma Walsh provides a state-of-the-art framework for understanding resilience in families and how to foster it. Illuminating the complex interplay of biopsychosocial influences in risk and resilience, she identifies key transactional processes that enable struggling families to grow stronger and more resourceful. Case illustrations demonstrate Walsh's collaborative approach with diverse families facing a wide range of crisis situations and chronic multistress challenges.

## The Therapist's Notebook on Strengths and Solution-Based Therapies: Homework, Handouts, and Activities

Bob Bertolino, et. al.

Readers will learn about processes and practices that are supported by research and are collaborative, competency-based, culturally sensitive, client-driven, outcome-informed, and change-oriented. The text is categorized into seven parts, each formatted similarly to ensure easy accessibility. Practitioners will find their therapy enhanced, with a greater ability to improve their clients' well-being, relationships, and social roles.



MAY 13<sup>TH</sup>-19<sup>TH</sup> IS

# NATIONAL ALCOHOL AND OTHER DRUG-RELATED BIRTH DEFECTS AWARENESS WEEK

1 in every 100 babies born suffer from prenatal  
alcohol and drug exposure.



## CT Clearinghouse Resources

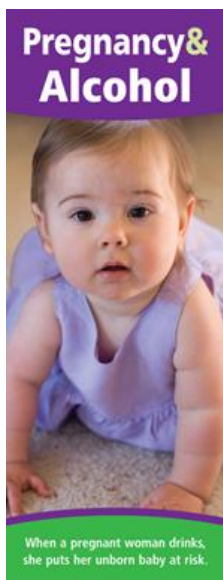
An Alcohol-Free Pregnancy: The Best Choice For Your Baby (Pamphlet)

What Everyone Should Know About Fetal Alcohol Effects (Pamphlet)

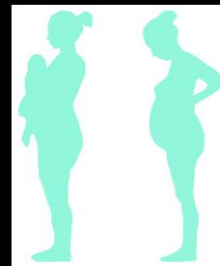
Drugs & Pregnancy / Las Drogas Y El Embarazo (Pamphlet)

Women and Addiction: A Comprehensive Handbook (Book)

Your Healthy Baby (DVD)



National Alcohol &  
Other Drug-Related  
Birth Defects  
Awareness Week



- 20% of Pregnant Women Smoke Cigarettes
- 18% Drink Alcohol While Pregnant
- 6% Use Drugs During Pregnancy

Source: NCADD

**A PREGNANT  
WOMAN NEVER  
DRINKS OR USES  
SUBSTANCES ALONE**

## SOCIAL HASHTAGS

**#PREGNANCY**

**#RECOVERY**

**#FETALALCOHOLSYNDROME**

**FOR HELP**

**CALL 800.563.4086**

**OR VISIT**

**[https://portal.ct.gov/  
DMHAS](https://portal.ct.gov/DMHAS)**



# MAY 31<sup>ST</sup> IS WORLD NO TOBACCO DAY

Tobacco products kill more than  
8 million people every year.



## CT Clearinghouse Resources

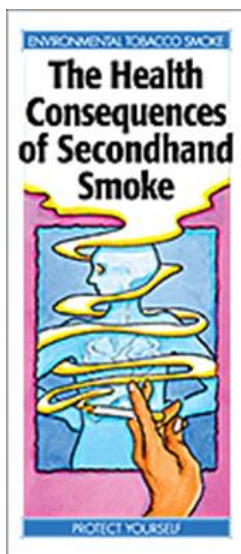
Tobacco Facts (Pamphlet)

Beyond Willpower: 5 Tools To Help You Quit Smoking (Pamphlet)

Los Diez Pasos Principales Para Dejar De Fumar (Pamphlet)

Tobacco Smoking Addiction (Book)

The Toxic Life Cycle Of A Cigarette (DVD)



**CAMPAIGN THEME:  
THE SECRET'S OUT:  
Debunking Myths  
and Exposing Tactics  
of the Tobacco  
Industry**

**FOR MORE  
INFORMATION, VISIT**  
[www.who.int/tobacco/wntd](http://www.who.int/tobacco/wntd)

**SOCIAL HASHTAGS**  
**#TOBACCOEXPOSED**  
**#ENDTOBACCO**  
**#QUITSMOKING**

**FOR HELP  
CALL 800-QUIT-NOW**

**OR VISIT**  
[www.quitnow.net/Connecticut](http://www.quitnow.net/Connecticut)

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### ***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](mailto:info@ctclearinghouse.org)**

**[www.ctclearinghouse.org](http://www.ctclearinghouse.org)**

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