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!

"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

Visit our National Prevention Week webpage 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.

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. She can be reached at 860.575.9076 or 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 13TH-19TH 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)

FOR HELP
CALL 800.563.4086
OR VISIT
https://portal.ct.gov/DMHAS

A PREGNANT WOMAN NEVER DRINKS OR USES SUBSTANCES ALONE

SOCIAL HASHTAGS
#PREGNANCY
#RECOVERY
#FETALALCOHOLSYNDROME
MAY 31ST 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

SOCIAL HASHTAGS
#TOBACCOEXPOSED
#ENDTOBACCO
#QUITSMOKING

FOR HELP
CALL 800-QUIT-NOW
OR VISIT
www.quitnow.net/Connecticut
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
www.ctclearinghouse.org

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