

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



CONNECTICUT Clearinghouse
a program of the Connecticut Center for Prevention, Wellness and Recovery

November 2020

Great American Smokeout®

You Don't Have to Stop Smoking in One Day.
Start with Day One.



Connecticut Clearinghouse Resources

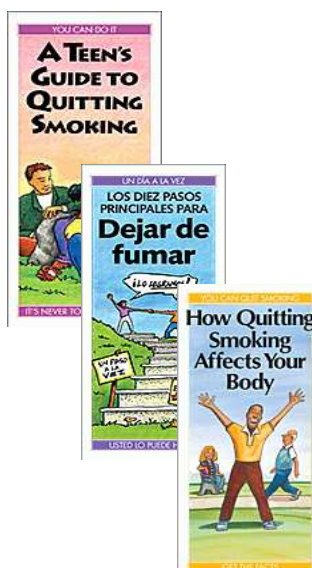
Health Benefits of Smoking Cessation
(Fact Sheet - [Click Here](#) to Download)

How Quitting Smoking Affects Your Body
(Pamphlet)

How to Quit Juuling and Vaping (DVD)

Los Diez Pasos Principales Para Dejar De Fumar (Pamphlet)

Teen's Guide to Quitting Smoking (Pamphlet)



For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. This day is an opportunity for people who smoke to commit to healthy, smoke-free lives – not just for a day, but year round.

There has never been a better time to quit smoking. Learn more about the many free resources available to help you or a loved one kick the habit.

Connecticut Resources

CT Quitline
1-800-QUIT NOW (1-800-784-8669)
www.quitnow.net/connecticut
Open 24/7 with English, Spanish, and other language speaking coaches are available.

Commit To Quit
<https://committoquitct.com/>

211 Infoline
<https://uwc.211ct.org/state-smoking-quitlines/>

National Resources

American Cancer Society
<https://www.cancer.org/smokeout>

SmokeFree.Gov
<https://smokefree.gov/>

SmokeFreeWomen.gov
<https://women.smokefree.gov/>

Smokefree Teen
<https://teen.smokefree.gov/>



Connecticut's 5 Principles

Substance use disorder (SUD) has been studied by state experts, who have arrived at 5 principles that should be understood by every participating employer.

1

EARLY IDENTIFICATION

2

INSTANT SUPPORT

3

EMPLOYER FLEXIBILITY

4

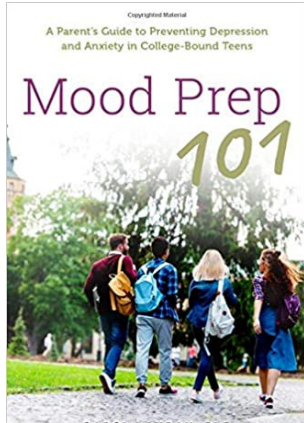
REGULAR REVIEW

5

ENLISTING SUCCESS

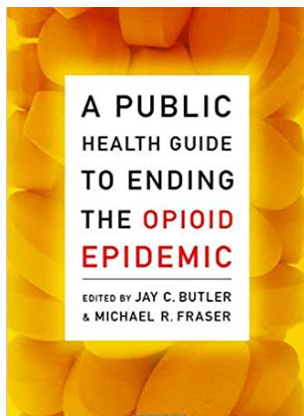
The Department of Public Health has identified these 5 Key Principles to guide the development of a new approach to dealing with substance use disorder (SUD) in the workplace. [Click Here](#) for a summary of the 5 Key Principles and what they mean. Visit DrugFreeCT.org to download the Recovery Friendly Workplace Toolkit.

New eBooks



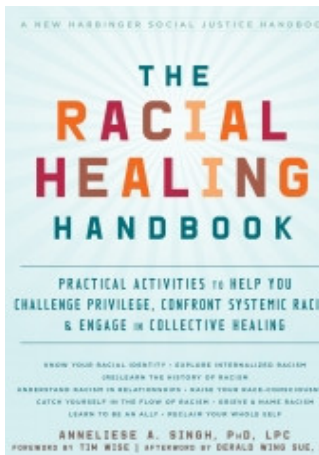
Mood Prep 101: A Parent's Guide to Preventing Depression and Anxiety in College-Bound Teens Carol Landau

Written with humor and compassion by award-winning psychologist and psychotherapist Carol Landau, this timely book empowers parents by providing strategies for helping their children psychologically prepare for college and adulthood, as well as by addressing and alleviating the anxiety parents themselves may feel about kids leaving home for the first time.



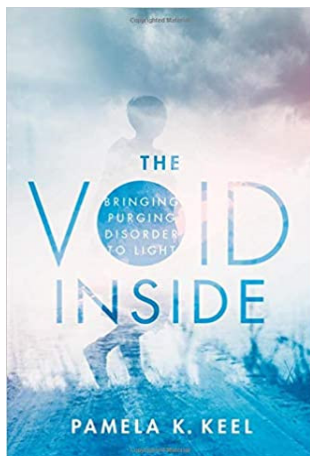
A Public Health Guide to Ending the Opioid Epidemic Jay C. Butler, Michael R. Fraser

This resource offers credible, scalable, and empirically supported approaches to uprooting one of society's most pernicious challenges. It systemizes the core tenets of the public health approach to substance misuse and addiction, which alongside clinical approaches (prescription guidelines and monitoring, increased access to overdose-reversal medication, and medication-assisted treatment availability) offers a roadmap for end-to-end response to this diverse problem.



The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing Anneliese A. Singh

The author provides practical tools to help readers navigate daily and past experiences of racism, challenge internalized negative messages and privileges, and handle feelings of stress and shame. Readers will also learn to develop a profound racial consciousness and conscientiousness, and heal from grief and trauma.



The Void Inside: Bringing Purging Disorder to Light Pamela K. Keel

Author Pamela K. Keel chronicles the growing recognition of purging disorder at the turn of the millennium, reviews what science has taught us about the illness, and explains the medical complications that purging may bring. She also provides helpful and accessible information on assessment and treatment, and on what recovery looks like after a diagnosis of purging disorder. Drawing on the stories and words of those directly impacted by purging disorder, Keel illuminates how the illness impacts the lives of real people to underscore the severity of this hidden eating disorder, its chronicity, and the need for greater awareness.

New Posters

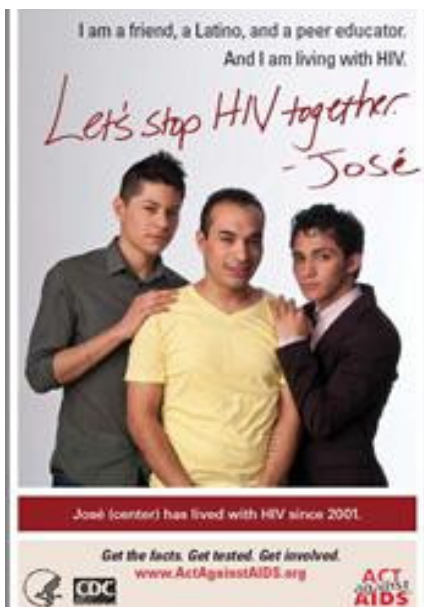
Lead By Example
Life is Better with
Clean Hands



Keep Calm and Wash
Your Hands



Detengamos Juntos el VIH



Let's Stop HIV Together



Contact Connecticut Clearinghouse to order these
free posters: call 1.800.232.4424 or [Click Here](#)

Adolescent SBIRT: Adolescent Girls and Opioids

*** This training is pending approval for CECs by NASW-CT ***

Thursday, November 19, 2020

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
Call 800.232.4424 for additional information

International Survivors of Suicide Loss Day

November 21, 2020

Healing
Takes
Time

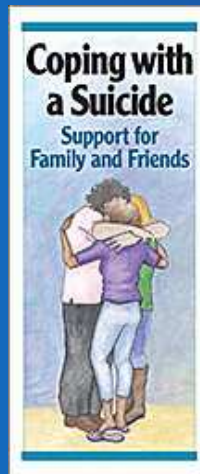
Connecticut Clearinghouse Resources

Coping with a Suicide: Support for Family
and Friends
(Pamphlet)

Here One Day (DVD)

Lay My Burden Down: Unraveling Suicide
and the Mental Health Crisis Among
African-Americans (Book)

After a Suicide: A Workbook for Grieving Kids
(Book)



International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. This year, International Survivors of Suicide Loss Day is Saturday, November 21, 2020. [Click Here](#) to visit The American Foundation for Suicide Prevention web site for information about upcoming events and loss survivor resources.

Connecticut Resources

Connecticut Department of Mental Health and
Addiction Services
www.ct.gov/dmhas

Prevent Suicide CT
www.preventsuicidect.org

AFSP Connecticut Chapter
<https://afsp.org/chapter/connecticut>

211 United Way
www.211ct.org

National Resources

American Foundation for Suicide Prevention
<https://afsp.org/>

Healing Conversations: Personal Support for
Suicide Loss
<https://afsp.org/healing-conversations>

National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/>
1-800-273-TALK (8255)

EVERYTHING IS

DIFFERENT FOR YOUTH

CT PUBLIC HEALTH ALERT: YOUTH SUICIDE A CALL TO ACTION

THE TRAGEDY OF THE PAST FOUR WEEKS

Tragically, in the past four weeks Connecticut has lost four young teens to suicide. We share this alert so that during these uncertain times youth collectively receive increased support, and so adults understand that right now youth are:

- 1) Struggling with feelings of uncertainty
- 2) Feeling isolated and lonely
- 3) Experiencing losses and grief
- 4) Needing increased mental health support
- 5) Impacted by world events

The COVID pandemic and civil unrest in our country has increased uncertainty for all us, including our youth, and we cannot underestimate the impact. Physical and social distancing, increased isolation as cold weather approaches, school concerns, changes in relationships, and worries for family and friend's health and the future of our country all contribute toward increased anxiety and despair. We must work to mitigate this to prevent further tragedy.

RECOMMENDATIONS TO SUPPORT YOUTH

It is paramount that we specifically consider and address feelings of grief, loss and disruption for youth. While the COVID pandemic disruption may be at the forefront of concern, other events and violence in our country due to racism and the tumultuous election have added to despair and anxiety.

Adults at school and home need to encourage and model open communication and create opportunities for youth to discuss their sense of loss. Work collectively with youth, parents, educators, other trusted adults, and organizations in the community to nurture a compassionate community that provides a sense of safety and belonging for all.

- Nothing is the same as it used to be COVID has changed and disrupted the lives of youth.
- They feel the weight and impact of the pandemic in ways we may not fully understand.
- They may not always be able to articulate what they are feeling or why they are feeling a certain way.
- The brain of a youth is still developing up throughout their twenties. Thus, their coping skills and impulsivity are often challenged and limited.
- Their support system has greatly diminished and they are feeling disconnected. Friends may be in school on a different day, some friends may be fully remote learning, and others may have changed schools or towns due to a move.
- They may be grappling with the loss of missed experiences taken for granted in the past such as going to the movies, dating, club/group activities, sports, concerts, attending dances and school events, or simply gathering with friends. It seems hopeless, as there is no real end in sight.
- They may need more intensive intervention to help them process their emotions. It is well documented that grief may show up differently in youth than it does in adults (*Pearlman et. al, 2014*). It's not uncommon for some youth to express grief as anxiety, anger, frustration, or inability to focus.

Establish new routines, healthy habits, and traditions to help alleviate some of the effects of trauma associated with the pandemic. Encouraging youth to focus on these will help them to be happier, less anxious, more resilient, and better equipped to accept life's challenges as they come.

One example to help manage intense emotions is by introducing mindful habits to use daily (Asby, 2020).

- 1) being present
- 2) being calm
- 3) being compassionate
- 4) being grateful
- 5) being reflective

And, trust your gut. If you sense something is wrong, follow through and ask. Don't wait to see if things improve without your intervention, or expect that someone else will reach out. There's no guarantee that will happen. Support youth by telling them and showing them you care, and helping them access the help they need at school, at home or in the community. Utilize the multiple resources available for medical and mental health care.

THE IMPORTANCE OF SELF CARE

Just as the stress of this prolonged crisis is taking a toll on youth, it is impacting their trusted adults as well, which can impact a trusted adult's ability to connect and identify risk and warning signs in others. It is important to practice self-care and seek help so you can persevere, be a trusted adult role model, and support the youth in your life. Developing a self-care plan that addresses your mental and physical health that you can use daily will help considerably. And, when you feel that you need professional help, it is important to reach out without hesitation to the resources you have available whether through an Employee Assistance Program, your Doctor, or use of a warm line, crisis line or text line.

Self-care is not selfish, it's essential.

CLOSING THOUGHTS

We cannot overstate the impact of the stress, grief, loneliness, trauma, fear, anxiety and hopelessness that most of us have experienced at some time during this pandemic, nor can we say enough about the disproportionate burden that some segments of our society bear throughout this crisis and beyond. Please remember that our youth feel this, too.

ADDITIONAL RECOMMENDATIONS FOR PREVENTION

Restrict access to lethal means. Lock up all prescription and over-the-counter medications. Lock up firearms, and store the ammunition separately. Youth almost always know where a firearm is located.

Know the warning signs when youth may need help. These include changes in eating and sleeping, increased self-isolation, impulsivity, agitation, sensitivity, boredom and laziness, and reduced interest in typical activities.

Know what questions to ask. A simple screening tool, such as the C-SSRS (Columbia Suicide Severity Rating Scale), to help determine a youth's risk, and it should especially be used by health and mental health care providers, school systems, and police.

Prevent adverse long-term impact of this moment. Incorporate recommendations from the Adverse Childhood Experiences Study (ACES) into prevention and practice.

RESOURCES

To get more involved, training information and resources:

CT Suicide Advisory Board

www.preventsuicide.org

www.gizmo4mentalhealth.org

www.cdc.gov/violenceprevention/pub/youth_suicide.html

www.cssrs.columbia.edu

www.211ct.org or Call 211, or Text "CT" to 741741.

Crisis Call 1 (800) 273-TALK (8255)

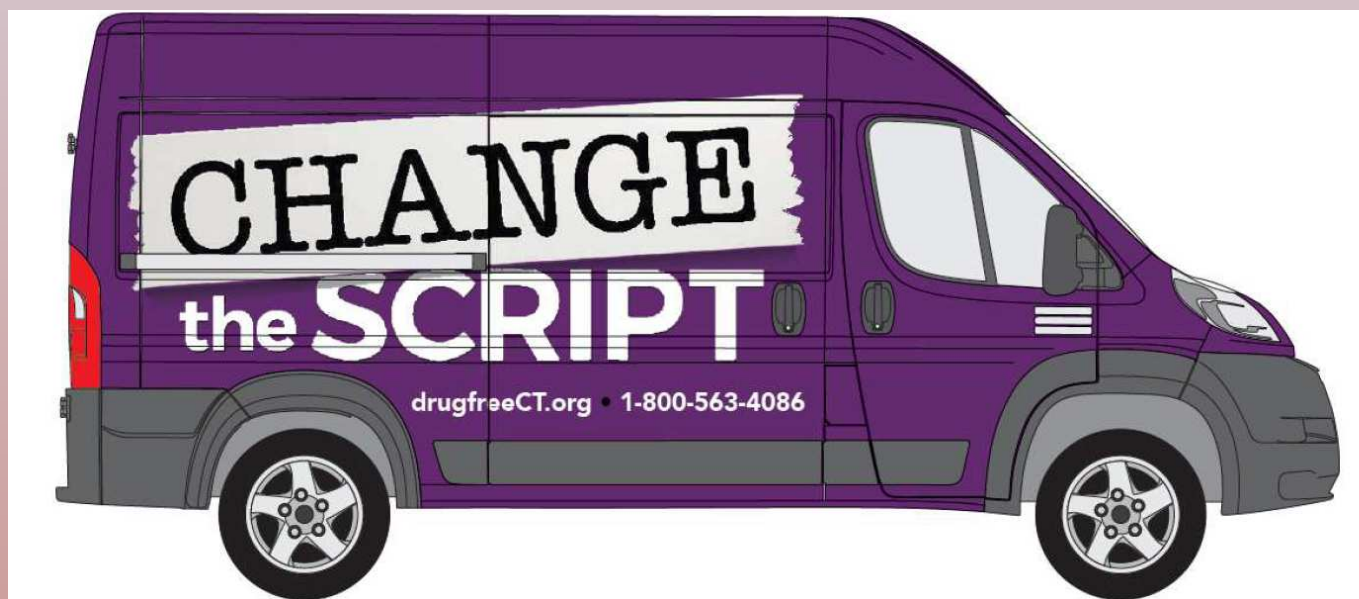
Youth and adult mobile crisis services - Call 211 Back to School After COVID-19: Supporting Student and Staff Mental Health (SAMHSA, 2020)

CT Regional Suicide Advisory Boards:

<https://www.preventsuicide.org/about-us/regional-sab-business/>



Health observances and other special events help raise awareness and offer opportunities to learn more about key issues in substance use prevention and recovery, as well as mental health and wellness. This fall, share your events or campaigns with Connecticut Clearinghouse. We will add them to our [Health and Wellness Observances webpage](#) and spread the word via the Prevention Listserv. [Click Here](#) to contact us.



The Change the Script van was present at over a dozen sites in the past month, with staff handing out nearly 7,000 resources, including health education literature, Detera bags, medication lock boxes, promotional items, and much more!

Request the van for your location or event by calling 1.800.232.4424 or by visiting www.drugfreect.org.

Follow us



@ctclearinghouse

Follow us
@ClearinghouseCT



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
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