

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

September 2020

September is National Suicide Prevention Month

Upcoming Trainings

Talk Saves Lives: Firearms and Suicide Prevention

Sunday, September 13, 2020

3:30 PM – 5:30 PM

This Virtual Live Zoom presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to prevent suicide.

[Click Here to Learn More and Register](#)

RRSR-PC Recognizing and Responding to Suicide Risk: Essential Skills in Primary Care

Tuesday, September 15, 2020,

3:30pm - 5:00pm

The goal of the RRSR-PC is for primary care practitioners and staff to learn current best practices in eliciting suicide risk when present and meeting the needs of their distressed patients.

[Click Here To Register](#)

RRSR-PC-Y Recognizing and Responding to Suicide Risk for Primary Care Providers of Youth and Young Adults

Tuesday, September 22, 2020,

3:30pm - 5:00pm

The goal of the RRSR-PC-Y is for primary care practitioners of youth and young adults and their staff to learn current best practices in eliciting suicide risk when present and meeting the needs of their distressed patients.

[Click Here To Register](#)

Suicide is Preventable

Research shows people who have thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation. **#BeThe1To** ask the question.

Connecticut Resources

**CT Department of Mental Health
and Addiction Services**
www.ct.gov/DMHAS

Prevent Suicide CT
www.preventsuicidect.org

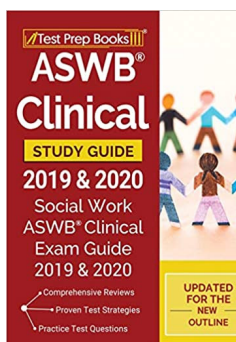
Jordan Porco Foundation
www.rememberingjordan.org

National Resources

**National Suicide Prevention
Lifeline**
www.suicidepreventionlifeline.org
1.800.273.8255 (English)
1.888.628.9454 (Spanish)

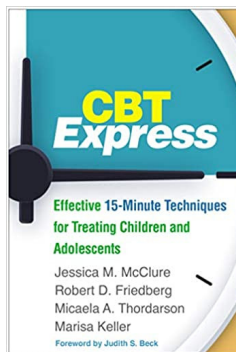
Crisis Text Line
www.crisistextline.org
Text CT to 741741 to chat with a
crisis counselor

New Books & Curricula



ASWB® Clinical Study Guide 2019 & 2020 Social Work ASWB® Clinical Exam Guide Test Prep Books

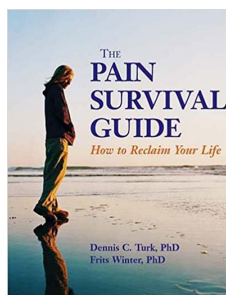
This guide covers: test-taking strategies, Human Development, Diversity, and Behavior in the Environment; Assessment, Diagnosis, and Treatment Planning; Psychotherapy, Clinical Interventions, and Case Management; Professional Ethics and Values; Practice Questions, and more.



CBT Express: Effective 15-Minute Techniques for Treating Children and Adolescents

Jessica M. McClure, Robert D. Friedberg, Micaela E. Thordarson, Marisa Keller

Offering vital tools for working with 4- to 18-year-olds in a wide range of settings, this book presents engaging cognitive-behavioral therapy (CBT) activities that can be implemented rapidly and flexibly. Concise chapters guide the provider to quickly identify meaningful points of intervention for frequently encountered clinical concerns, and to teach and model effective strategies. Each intervention includes a summary of the target age, module, purpose, rationale, materials needed, and expected time for completion, as well as clear instructions and sample dialogues and scripts.



The Pain Survival Guide: How to Reclaim Your Life

Dennis C. Turk, PhD, Frits Winter, PhD

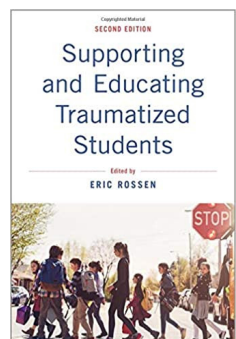
This 10-step program brings hope and relief, showing how gradual changes in specific behaviors can lead to great improvements in people's ability to cope. Psychologists Turk and Winters' recommendations are based on solid research that shows what works and on their success with thousands of patients. Workbook exercises, behavior logs, and suggested readings help people integrate these lessons into daily life and learn to live well despite pain.



Reaching Teens: Strength-Based, Trauma Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development, 2nd ed.

Kenneth R. Ginsburg, MD., Zachary Brett Ramirez McClain, MD

Completely revised and updated, Reaching Teens provides communications strategies to effectively engage with today's teenagers. This new edition expands guidance on trauma, by reframing the approach to show that working with youth can be trauma sensitive and also incorporates positive youth development and resilience.

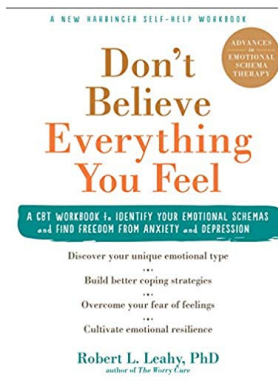


Supporting and Educating Traumatized Students: A Guide for School-Based Professionals, 2nd ed.

Eric Rossen

Designed for professionals in mental health and education settings, this book provides a thorough background on current research in trauma and its impact on school functioning; administrative and policy considerations; and a broad set of practical and implementable strategies for adapting instruction, modifying the classroom environments, and building competency for students and staff. New chapters address topics such as post-traumatic growth, interpersonal violence, and trauma screening and assessment among others.

New eBooks



Don't Believe Everything You Feel: A CBT Workbook to Identify Your Emotional Schemas and Find Freedom From Anxiety and Depression

Robert L. Leahy

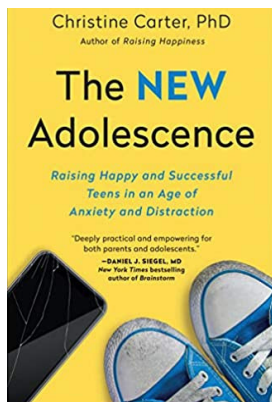
This resource offers a groundbreaking approach blending CBT and emotional schema therapy to help you explore your own deeply held personal beliefs about emotions, determine if these beliefs are helpful or harmful, and find the motivation to adopt alternative, healthier coping strategies.



The Gaming Overload Workbook: A Teen's Guide to Balancing Screen Time, Video Games, and Real Life

Randy Kulman

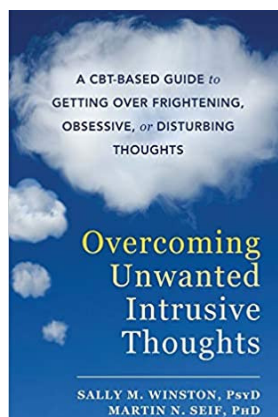
Gaming can be a fun, challenging, and rewarding activity, but when it begins to interfere with other essential aspects of life, it might be time to set some limits. This workbook will help you explore your use of video games in a thoughtful, nonjudgmental way. This isn't a workbook for giving up on gaming. This is a guide to help you set your own limits on screen time, and apply your interest and enthusiasm for gaming to a wider variety of activities, like connecting with friends and family, excelling in school or sports, and just spending more time outdoors.



The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction

Christine Carter

Teens are growing up in an entirely new world, and this has huge implications for our parenting. Understandably, many parents are baffled by problems that didn't exist less than a decade ago, like social media and video game obsession, sexting, and vaping. The New Adolescence is a realistic and reassuring handbook for parents. It offers road-tested, science-based solutions for raising happy, healthy, and successful teenagers. Inside, you'll find practical guidance for: Providing the support and structure teens need (while still giving them the autonomy they seek); Influencing and motivating teenagers; Helping kids overcome distractions that hinder their learning; Protecting them from anxiety, isolation, and depression; and Fostering the real-world, face-to-face social connections they desperately need.



Overcoming Unwanted Intrusive Thoughts: A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts

Sally M. Winston, Martin N. Seif

In this compassionate guide, you'll discover the different kinds of disturbing thoughts, myths that surround your thoughts, and how your brain has a tendency to get "stuck" in a cycle of unwanted rumination. You'll also learn why common techniques to get rid of these thoughts can backfire. And finally, you'll learn powerful cognitive behavioral skills to help you cope with and move beyond your thoughts, so you can focus on living the life you want. Your thoughts will still occur, but you will be better able to cope with them—without dread, guilt, or shame.

New DVDs

Constantly Connected: Managing Social Media Addiction

This program examines the world of Facebook, Instagram, and other social media sites to help kids understand why it's so easy to get addicted to all-day, all-night social media and online gaming. This behavior causes anxiety, sleep disorders, depression, the loss of real time friendships and activities, and interferes with school. Video models skills to better balance kids' social media time. If kids can't kick the habit themselves, the program tells them how to get help.



How to Quit Juuling and Vaping

Most kids who vape and Juul (currently more than 3.5 million American teens) are beginning to understand the health risks of nicotine addiction and exposure to carcinogens from vaping. Being "on the Juul" is definitely not cool." The program clearly describes several quitting methods including cold turkey, tapering and nicotine replacement therapy. Teens using these methods inform viewers of what works and what doesn't and why.



Vaping and Viruses: Your Lungs, Your Life

This is an urgent message to the 5.3 million American teens that vape: Vaping hurts your lungs and depresses your immune system---that combo may put you at higher risk for complications from viral infections of all kinds, including Covid-19. Listen to the experts explain the problem. Vaping compromises your lung health leaving your lungs vulnerable to pathogens. We know teen vapers experience "wet lung" syndrome where vape fluids collect in the lungs and make breathing difficult. Viruses like Covid-19 attack the lungs causing pneumonia, and then a cascade of organ failure.



September is National Recovery Month



People with alcohol and drug dependence problems can and do recover.



Join the Voices for Recovery:
Celebrating Connections



#Recovery
#RecoveryIsPossible
#RecoveryJourney

Connecticut Resources

CT Department of Mental Health and Addiction Services
www.ct.gov/DMHAS

24/7 Access Line
1.800.563.4086

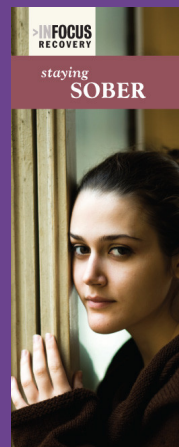
Connecticut Community for Addiction Recovery (CCAR)
www.ccar.us
1.866.205.9770

National Resources

Substance Abuse and Mental Health Services Administration
www.samhsa.gov

Connecticut Clearinghouse Resources

- Change The Script (pamphlet - English and Spanish)
- Addiction and Change : How Addictions Develop and Addicted People Recover (book)
- Finding Your Best Self : Recovery From Addiction, Trauma, or Both (book)
- Recovery Basics : How to Start Strong and Keep Going (DVD)



September is FASD Awareness Month

**Socially
Distant
But Not Alone.**

The Center for Disease Control recommends that those who are pregnant practice social distancing for the duration of their pregnancy.

The loss of social connections can place an added stress on any pregnancy, but especially on those who are seeking to reduce or stop alcohol use.

**If you are struggling, you are not alone.
There is support.**

Resources

 CT Department of Mental Health and Addiction Services	 CAPTA Plan of Safe Care	 Women's REACH Program	 CT Community for Addiction Recovery
 CT 24/7 Treatment Access Line: 1-800-563-4086	 CT Clearinghouse	 CT Coalition Against Domestic Violence - Safe Connect	 LiveLOUD
 Talk It Out	 211 CT	 DMHAS Addiction Services Bed Availability	 CT Office of Early Childhood
			 Power to Decide

Links to Resources:

CT Department of Mental Health and Addiction Services: <https://portal.ct.gov/dmhas>

CT 24/7 Treatment Access Line (1-800-563-4086): <https://tinyurl.com/CTtreatment>

Talk It Out: <http://talkitoutct.com/>

CAPTA Plan of Safe Care: <https://cdi.211ct.org/capta/>

CT Clearinghouse: www.ctclearinghouse.org/

211 CT: www.211ct.org/

Women's REACH Program: <https://portal.ct.gov/DMHAS/Programs-and-Services/Women/Womens-REACH-Program>

CT Coalition Against Domestic Violence - Safe Connect: www.ctcadv.org/projects-initiatives/safe-connect/

DMHAS Addiction Services Bed Availability: www.ctaddictionservices.com/

CT Community for Addiction Recovery: <https://ccar.us/>

LiveLOUD: <https://liveloud.org/>

Power to Decide: <https://powertodecide.org/>

CT Office of Early Childhood: <https://portal.ct.gov/OEC>

Aging is a part of life. HIV doesn't have to be! #HIVAndAging

September 18, 2020 Is National HIV/AIDS And Aging Awareness Day



Approximately 1 in 4 adults in the United States who are living with HIV infection are aged 50 and older.

Eighteen percent of new HIV diagnoses occur among people aged 50 and older.

Connecticut Resources

CT Department of Mental Health and
Addiction Services
www.ct.gov/DMHAS

CT Department of Public Health
www.ct.gov/DPH

ACT
860.247.2437
www.aids-ct.org

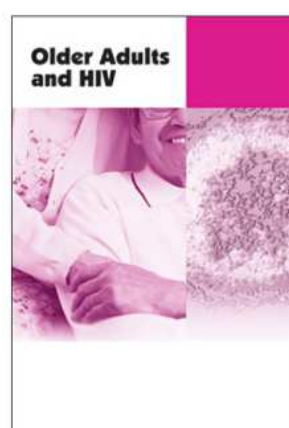
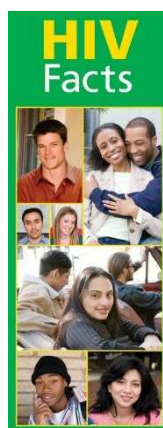
National Resources

Centers for Disease Control and
Prevention
www.cdc.gov/hiv/basics

HIV.gov
www.hiv.gov

Connecticut Clearinghouse Resources

- HIV: Think About It/VIH: Pienselo (pamphlet)
- 101 Ways to Avoid HIV: Ideas for Staying HIV Free (pamphlet)
- Lowering Your Risk for HIV with PrEP (pamphlet)
- HIV & AIDS: Information You Need to Know (pamphlet)
- Living With HIV: A Patient's Guide (book)



September is National Preparedness Month



**Disasters Don't Wait.
Make Your Plan Today**



#ResolveToBeReady

#PrepTips

#Preparedness

Connecticut Resources

**CT Department of Mental
Health and Addiction Services**
www.ct.gov/DMHAS

**CT Department of Public
Health**
www.ct.gov/DPH

National Resources

Ready.gov
www.ready.gov

American Red Cross
www.redcross.org

Weekly Themes

Week 1 September 1-5: Make A Plan: Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control recommendations due to the coronavirus.

Week 2 September 6-12: Build A Kit: Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.

Week 3 September 13-19: Prepare for Disasters: Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.

Week 4 September 20-26: Teach Youth About Preparedness: Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

Adolescent SBIRT: Adolescent Girls and Opioids

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

Thursday, September 24, 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

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@ClearinghouseCT



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The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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800.232.4424 or 860.793.9791

www.ctclearinghouse.org
info@ctclearinghouse.org

Staff are available from:

Monday - Friday 8:30 AM - 5:00 PM

We are currently offering curbside pickup or mail

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the Connecticut Department of Mental Health and Addiction Services