

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

February 2016

NALOXONE (NARCAN): THE OPIOID OVERDOSE ANTIDOTE

A CONNECTICUT CLEARINGHOUSE QUARTERLY FORUM

Thursday, February 18, 2016
2:00 PM to 4:00 PM
Connecticut Clearinghouse Conference Room

Presented by: **Susan Wolfe, Ph.D.**
Quality Manager
Evaluation, Quality Management and Improvement Division
CT Department of Mental Health and Addiction Services



Click Here to Register for
this Free Event

SPOTLIGHT ON SPANISH LANGUAGE RESOURCES

Connecticut Clearinghouse patrons have asked for resources they can use with their Spanish-speaking clients. We hope these books and manuals, which we recently purchased, will be helpful.

La Entrevista Motivacional: Ayudar a las Personas a Cambiar
William R. Miller, Stephen Rollnick; traducción de Montserrat Asensio Fernández

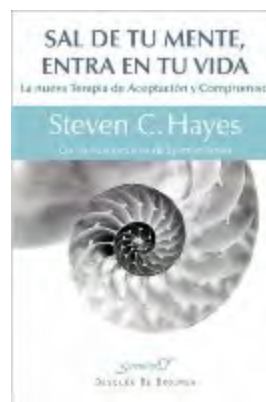
Manual de Tratamiento de los Transtornos de Personalidad Límite
Marsha M. Linehan; traducción de Rafael Santandreu

Sal de Tu Mente, Entra en Tu Vida: La Nueva Terapia de Aceptación y Compromiso
Steven C. Hayes, con Spencer Smith

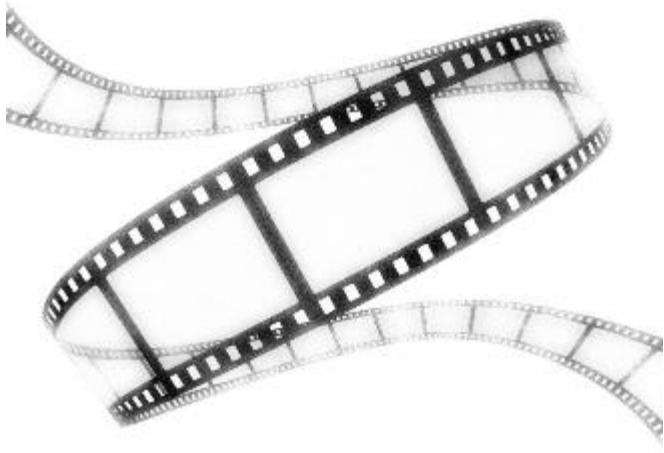
Terapia Cognitiva para Trastornos de Ansiedad: Ciencia y Práctica
David A. Clark, Aaron T. Beck

Terapia de Aceptación y Compromiso: Proceso y Práctica del Cambio Consciente (Mindfulness)
Steven C. Hayes, Kirk Strosahl, Kelly G. Wilson

Terapia de Grupo para los Trastornos por Consumo de Sustancias: Un Enfoque Cognitivo-Conductual
Linda C. Sobell, Mark B. Sobell



Please contact us if you would like to borrow any of the resources listed above. Your suggestions for resources - English or Spanish - are always welcome. We can be reached at 1.800.232.4424 or 860.793.9791. Email: info@ctclearinghouse.org



Edible Marijuana: Is It Safe?

While many teens may think that eating marijuana is an okay way to get high, it is in fact dangerous, risky and still illegal for teens in every state, even those where marijuana use is legal. This program helps teens understand the science of why the THC in edible marijuana causes unpredictable and dangerous highs. Metabolizing edible marijuana produces a different response than smoking it, so the risks of underestimating the potency of eaten marijuana can lead to intoxication, paranoia, high anxiety and tolerance. The program stresses that teens are more susceptible than adults to brain damage from marijuana use of any kind; there are no 100% accurate uniform standards for THC content even in states where recreational marijuana use is legal; some edibles may look like ordinary candy, cookies, cakes, and other foods; marijuana in any form is psychologically addictive and perhaps physically addictive; marijuana use can impact school, family, work, friendships, motivation and energy levels. As edibles become more and more easily available, teens need to understand the risks and dangers, including DUI.

View the trailer: www.youtube.com/watch?v=w3rcbKYNkMY

Faded: Girls & Binge Drinking

Filmed in the world of non-stop parties and all-night martinis, Faded navigates the complicated lives of four girls who must grapple with their binge drinking problems before it's too late. The film profiles four young women, ages 14 to 22, as they battle the heart-break and confusion of growing up in a culture that romanticizes alcohol. With the eye of a reporter, the curiosity of an anthropologist, and the wounded heart of a teenager, award-winning filmmaker Janet McIntyre embeds herself in these girls' lives, launching a five-year mission to bring their stories to light. From high school classrooms to underground college parties, from roller derby rinks to erotic bakeries, the filmmaker explores the vibrant, dynamic, and scary life of a 21st century girl. This full-length version contains strong language and adult scenarios that may not be suitable for all audiences.

View the trailer: www.fadedthemovie.com/trailer.html

NEW PAMPHLETS

Internet Gambling: Online Obsession

Too Young?

NEW FACT SHEET

Fentanyl (click to view)



NEW POSTERS

Hallucinogens: Cause & Effect

Inhalants: Cause & Effect

More than 7,000 Chemicals are Found in a Single Puff of Cigarette Smoke

You can download ALL of our Fact Sheets right from your office or home by clicking here.



VISIT US ON FACEBOOK

NEW BOOKS AND CURRICULA

Becoming an Ethical Helping Professional: Cultural and Philosophical Foundations
Rita Sommers-Flanagan, John Sommers-Flanagan

Behavioral Healthcare and Technology: Using Science-Based Innovations
to Transform Practice ([also available as an e-book](#))
Lisa A. Marsch, PhD, Sarah E. Lord, PhD, Jesse Dallery, PhD.

Building Character from the Start: 201 Activities to Foster Creativity, Literacy,
and Play in K-3
Susan Ragsdale and Ann Saylor

Child Sexual Abuse: A Primer for Treating Children, Adolescents,
and Their Nonoffending Parents
Esther Deblinger

Clinical Interviewing
John Sommers-Flanagan, Rita Sommers-Flanagan

Doing Family Therapy: Craft and Creativity in Clinical Practice
([also available as an e-book](#))
Robert Taibbi

The Emotion Regulation Skills System for Cognitively Challenged Clients:
A DBT-Informed Approach ([also available as an e-book](#))
Julie F. Brown

Finding Life beyond Trauma: Using Acceptance and Commitment Therapy
to Heal from Post-Traumatic Stress and Trauma-Related Problems
Victoria M. Follette, Jacqueline Pistorello

Great Group Games for Kids: 150 Meaningful Activities for Any Setting
Susan Ragsdale and Ann Saylor

Group Treatment for Substance Abuse: A Stages-Of-Change Therapy Manual
([also available as an e-book](#))
Mary Marden Velasquez

Latino Families in Therapy
Celia Jaes Falicov



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& MORE

MORE NEW BOOKS AND CURRICULA

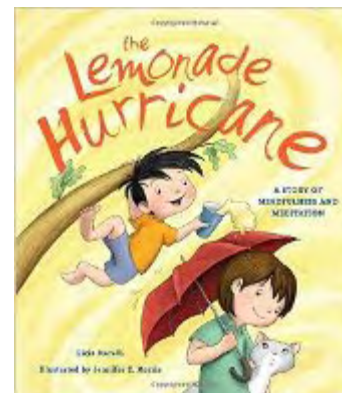
The Lemonade Hurricane: A Story about Mindfulness and Meditation
Licia Morelli; illustrated by Jennifer Morris

Me, Too!
Annika Dunklee; illustrated by Lori Joy Smith

Missing Mommy
Rebecca Cobb

My Body Belongs To Me: A Book about Body Safety
Jill Starishevsky; illustrated by Angela Padron

Psychotherapy for Individuals with Intellectual Disability
Robert J. Fletcher



Red
Jan De Kinder; translated by Laura Watkinson

Red Cat, Blue Cat
Jenni Desmond

Sane: Mental Illness, Addiction, and the Twelve Steps
Marya Hornbacher

Skillstreaming in Early Childhood: A Guide for Teaching Prosocial Skills
Skillstreaming the Adolescent; Skillstreaming the Elementary School Child
Ellen McGinnis

Social Cognition and Interaction Training (SCIT): Group Psychotherapy
for Schizophrenia and other Psychotic Disorders Clinician Guide
David L. Roberts, David L. Penn, Dennis R. Combs

Spark Student Motivation: 101 Easy Activities for Cooperative Learning
Jolene L. Roehlkepartain

Willow Finds a Way
Lana Button; illustrated by Tania Howells

Zach Gets Frustrated
William Mulcahy; illustrated by Darren McKee

MARCH 2016 HEALTH OBSERVANCES

Visit the links below for helpful tips and resources on planning your March awareness events. Link to interactive games and quizzes; download toolkits, tipsheets, logos, infographics, sample proclamations, and more:

[Problem Gambling Awareness Month](#)

[National Nutrition Month](#)

[National Sleep Awareness Week - March 6-13](#)

[National Women & Girl's HIV/AIDS Awareness Day - March 10](#)

[Brain Awareness Week - March 14-20](#)

[National Poison Prevention Week - March 20-26](#)

Courier Online

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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www.ctclearinghouse.org

www.facebook.com/ctclearinghouse

info@ctclearinghouse.org

Library Hours:

Mon, Tues, Wed, Fri 8:30 AM - 5:00 PM ; Thurs 8:30 AM - 7:30 PM

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