

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

January 2019

## Happy, Healthy New Year



Things like healthy eating, regular exercise and giving up smoking can have a real positive impact on our mental and physical health and are central to many people's New Year's resolutions.

Every year millions of people make resolutions yet almost 80% of us fail to achieve them. Most of us strive for unrealistic goals and ultimately set ourselves up for a failure.

Connecticut Clearinghouse has many materials that can help you to be successful.

Source: [mentalhealth.org](http://mentalhealth.org)

The following resources can help you get started with making healthy, lasting changes:

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)
- [Aim for a Healthy Weight - Guide to Behavior Change \(NIH\)](#)
- [Your New Year Quit Smoking Plan \(CDC\)](#)
- [The American Lung Association's Freedom From Smoking program \(ALA\)](#)
- [Willpower, Finances and Spending \(APA\)](#)
- [Resource Guide for Behavioral Health \(CT Clearinghouse\)](#)



*New FREE Training!*

# Adolescent SBIRT: Adolescent Girls and Opioids

January 24

9:00 AM — 3:00 PM

Connecticut Clearinghouse, Plainville

*\*\*\*This training has been approved by NASW-CT for 4 CECs\*\*\**

## *Includes:*

- *Live interactive training on Adolescent Screening, Brief Intervention and Referral to Treatment (Adolescent SBIRT)*
- *Curriculum supplement on unique risks of adolescent girls for opioid misuse*
- *Online Kognito simulation with continuing education credits*
- *Helpful resources and training materials*



**Register NOW at [www.ctclearinghouse.org/registration](http://www.ctclearinghouse.org/registration)**  
**Call 800.232.4424 for additional information**

The Connecticut Opioid Misuse Prevention (COMP) initiative is made possible with funding from grant no. ASTWH170052-01-00 from the U.S. Department of Health and Human Services Office on Women's Health.

**CLICK HERE** to Register

# *Using Mindfulness in Prevention*

**A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM**



Thursday, January 10  
2:00 PM - 4:00 PM  
Connecticut Clearinghouse Conference Room  
334 Farmington Ave. Plainville, CT 06062

**\*\*Snow Date January 17**

**Presented by**

**Chuck Schad**

*Mindfulness facilitator*

*Wheeler Clinic*

## Learning Objectives

- Learn the skill of urge surfing - noticing urges and cravings as they arise without acting on them.
- Decrease the need to fix or control situations, including one's internal experience.
- Improve communication by providing more opportunity to respond intentionally rather than react automatically.
- Enhance the ability to cope with emotional distress.

**\*\*This presentation is approved for 2 contact hours  
by the CT Certification Board.**

**[CLICK HERE](#) to Register**



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Innovative Care. Positive Change.

# FREE OPIOID EDUCATION AND FAMILY SUPPORT GROUP

Educational and supportive group for family members and loved ones of individuals using opioids or those with an opioid disorder.



**334 Farmington Avenue, Plainville**

**Thursdays from 6:00pm–7:00pm** (starting November 29th)

**All are welcome!** (*ages 16 and older*)

This initiative is funded through the Substance Abuse and Mental Health Services Administration's 21<sup>st</sup> Century Cures Act.

Contact Aisha Hamid for more information.

860.793.4625 or [ahamid@wheelerclinic.org](mailto:ahamid@wheelerclinic.org)



WheelerClinic.org



# FREE OPIOID EDUCATION AND FAMILY SUPPORT GROUP

Educational and supportive group for family members and loved ones of individuals using opioids or those with an opioid disorder.



**10 North Main Street, Bristol**  
**Wednesdays from 6:00pm–7:00pm**  
**All are welcome! *(ages 16 and older)***

This initiative is funded through the Substance Abuse and Mental Health Services Administration's 21<sup>st</sup> Century Cures Act.

Contact Aisha Hamid for more information.  
860.793.4625 or [ahamid@wheelerclinic.org](mailto:ahamid@wheelerclinic.org)



[WheelerClinic.org](http://WheelerClinic.org)

# NEW PAMPHLETS

The Dangers of Mixing Opioids & Alcohol

Edible Marijuana: 10 Things You Need to Know

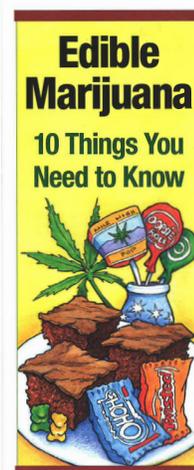
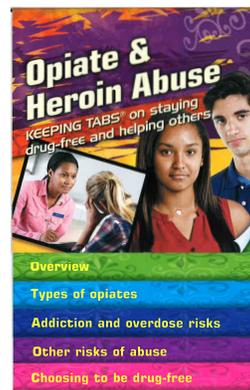
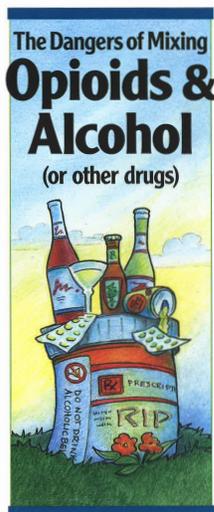
Opiates & Heroin Abuse: Keeping Tabs

# NEW POSTER

Language Matters

# NEW FACT SHEET

K2/Spice "Synthetic Cannabinoids"  
(Click below to view)



## K2/Spice "Synthetic Cannabinoids"



### What are Synthetic Cannabinoids?

Synthetic cannabinoids are human-made mind-altering chemicals that are either sprayed on dried, shredded plant material so they can be smoked or sold as liquids to be vaporized and inhaled in e-cigarettes and other devices. These products are also known as herbal or liquid incense. Synthetic cannabinoids are part of a group of drugs called new psychoactive substances (NPS). NPS are unregulated mind-altering substances that have become newly available on the market and are intended to produce the same effects as illegal drugs. Synthetic cannabinoids are sometimes misleadingly called "synthetic marijuana" (or "fake weed") and hundreds of brands now exist, including *K2*, *Spice*, *Joker*, *Black Mamba*, *Kush*, and *Kronic*.

### False Advertising

Synthetic cannabinoid products are often labeled "not for human consumption." Labels also often claim that they contain "natural" material taken from a variety of plants. However, the only parts of these products that are natural are the dried plant materials. Chemical tests show that the active, mind-altering ingredients are cannabinoid compounds made in laboratories. In fact, they are not safe and may affect the brain much more powerfully than marijuana; their actual effects can be unpredictable and, in some cases, more dangerous or even life-threatening.

### Easy Access?

For several years, synthetic cannabinoid mixtures have been easy to buy in drug paraphernalia shops, novelty stores, gas stations, and over the internet. Manufacturers sell these products in colorful foil packages and plastic bottles to attract consumers. Because the chemicals used in them have no medical benefit and a high potential for abuse, authorities have made it illegal to sell, buy, or possess some of these chemicals. However, manufacturers try to sidestep these laws by changing the chemical formulas in their mixtures.

Easy access and the belief that synthetic cannabinoid products are "natural" and therefore harmless, have likely contributed to their use among young people. Another reason for their continued use is that standard drug tests cannot easily detect many of the chemicals used in these products.

- Synthetic cannabinoids refer to a growing number of human-made mind-altering chemicals sprayed on dried, shredded plant material or vaporized to produce a high.
- The only parts of synthetic cannabinoid products that are "natural" are the dried plant materials.
- The effects of synthetic cannabinoids can be unpredictable and severe or even life-threatening.

## Language Matters

Language is powerful especially when talking about addictions.  
Stigmatizing language perpetuates negative perceptions.

"Person first" language focuses on the person, not the disorder.

### When discussing persons with an addiction:

		
Addiction is a moral issue	Addiction is a disease	Addiction is a health condition
Substance abuse	Substance use disorder	Addiction
Addict, junkie	Person is addicted	Person living with an addiction
Relapse is part of recovery	Relapse is part of the disease	Relapse is not a requirement
Client, Consumer, Patient	Person in recovery	Recoveree
Client is non-compliant	Treatment is not working	Multiple methods to initiate recovery
Medication is a crutch	Medication is one tool of recovery	Multiple pathways of recovery
Self-help	Recovery fellowship	Mutual-aid



CT Alcohol and Drug Policy Council



**CONNECTICUT Clearinghouse**  
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800.232.4424 (phone)  
860.793.9813 (fax)  
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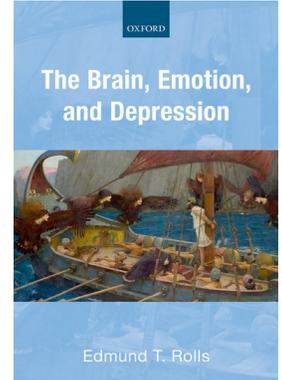
A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

# NEW BOOKS & CURRICULA

## The Brain, Emotion, and Depression

Edmund T. Rolls

There are myriad questions that emerge when one considers emotions and decision-making: What produces emotions? Why do we have emotions? How do we have emotions? Why do emotional states feel like something? What is the relationship between emotion, reward value, and subjective feelings of pleasure? How is the value of 'good' represented in the brain? Will neuroeconomics replace classical microeconomics? How does the brain implement decision-making? Are gene-defined rewards and emotions in the interests of the genes? Does rational multistep planning enable us to go beyond selfish genes to plans in the interests of the individual? The Brain, Emotion, and Depression addresses these issues, providing a unified approach to emotion, reward value, economic value, decision-making, and their brain mechanisms. The evolutionary, adaptive value of the processes involved in emotion, the neural networks involved in emotion and decision making, and the issue of conscious emotional feelings are all considered.



## Parenting and Substance Abuse

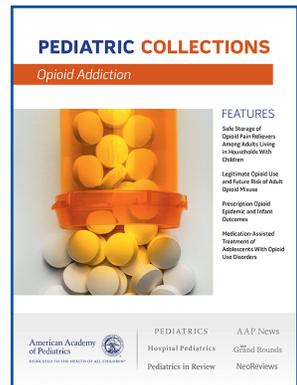
Nancy E. Suchman

Parenting and Substance Abuse is the first book to report on pioneering efforts to move the treatment of substance-abusing parents forward by embracing their roles and experiences as mothers and fathers directly and continually across the course of treatment. The chapters in this volume represent important new strides among researchers and clinicians to address and close the increasingly recognizable gap between addiction and developmental science.

## Pediatric Collections: Opioid Addiction

American Academy of Pediatrics

The opioid crisis, fueled by too many prescriptions and too little oversight, has become far more serious than some of the other epidemics the country has faced. The articles in this collection focus on the manifestations of the opioid epidemic in children and adolescents, such as the increased rate of neonatal abstinence syndrome (NAS), teens increased risk of opioid abuse after legitimate opioid use, and the hopeful evidence that sports and exercise participation by adolescents lowers their risk of abusing opioids or heroin. This collection of timely AAP journal articles, blog posts, and policy explores the risks and possible solutions.



## Substance Use Counseling: Theory and Practice

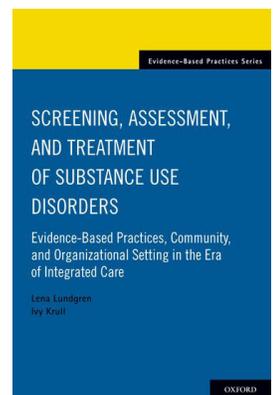
Patricia W. Stevens

Recognized for its clear, practical approach, Substance Use Counseling offers prospective and practicing clinicians and counselors a sound base of knowledge about alcohol, tobacco, and other drugs (ATOD), and practical help for working with individuals and families who seek assistance for substance abuse and/or behavioral addiction. While the chapters build on each other as they take readers through the counseling process, each chapter can also be used as a stand-alone resource. Illustrative case studies with critical-thinking questions give readers opportunities to examine and discuss a wide variety of cases. This popular guide also features individual chapters on special populations to delve further into the topic of substance abuse and address ways to measure the problem.

## Screening Assessment and Treatment of Substance Use Disorders

Lena Lundgren

The aim of this book is to provide an integrated perspective on addiction treatment on the evidence-base of psychosocial and medication-assisted treatment for substance use disorder. The volume is unique in that it critically examines the evidence base of both psychosocial and pharmacological treatment practices targeting a profession of social work audience. It is also one of few that (1) incorporates evidence both from the United States and internationally, and (2) presents a methodology that permits the authors to systematically review a large number of empirically based studies in an organized and easy-to-read manner.



# NEW E-BOOKS

## A Parents Guide to Vaping

David C Cook

Parent Guides are your one-stop shop for guidance on teen culture, trends, and struggles. In 15 pages or fewer, each guide tackles issues your teens are facing right now—things like doubts, the latest apps and video games, mental health, technological pitfalls, and more. These Parent Guides offer compassionate insight to teens' world, thoughts, and feelings, as well as discussion questions and practical advice for impactful parenting.

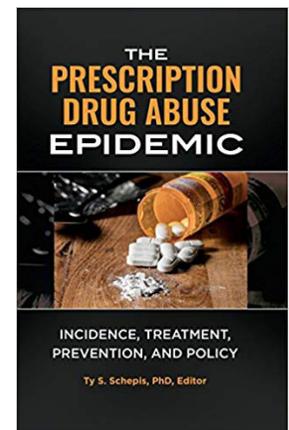


## The Prescription Drug Abuse Epidemic

Ty S. Schepis Ph.D.

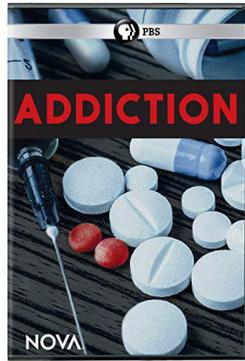
This overview of prescription drug abuse includes historical background, key concepts, and discussion of the prevalence of drug abuse, treatments, and policy issues implicated in ending the epidemic.

- Zooms in on legal and policy issues related to the ongoing opioid epidemic in the U.S., providing insight into current and potential actions to limit the epidemic
- Describes each prescription drug among the most commonly abused, for what it is prescribed, how it works, economic cost, and the damage that abuse of the drug may cause to both individual health and social wellbeing
- Identifies each of the most common groups of people who abuse prescription drugs, their motivations for doing so, and the special risks for each
- Addresses commonly co-abused drugs and the risks of using them concurrently
- Includes comparative text examining prescription drug abuse in Canada and the United Kingdom



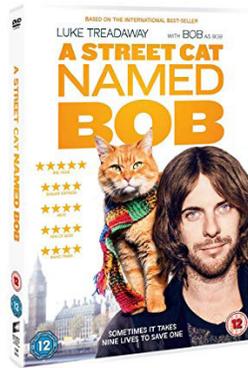
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# NEW DVDS



## Nova: Addiction

Hear firsthand from individuals struggling with addiction and follow the cutting-edge work of doctors and scientists as they investigate why addiction is not a moral failing, but a chronic, treatable medical condition. Easy access to drugs like heroin, fentanyl, and even prescription medications like OxyContin has fueled an epidemic of addiction—the deadliest in U.S. history. Now, science is revealing how addiction affects the brain, and top experts are gathering evidence about how we should address our drug problem, from embracing evidence-based treatments, to rethinking public policies.



## A Street Cat Named Bob

When street musician James Bowen found an injured cat curled up in the hallway of his apartment building, he had no idea how much his life was about to change. James was living hand to mouth on the streets of London, barely making enough money to feed himself, and the last thing he needed was a pet. Yet James couldn't resist helping the strikingly intelligent but very sick animal, whom he named Bob. He slowly nursed Bob back to health and then sent the cat on his way, imagining that he would never see him again. But Bob had other ideas



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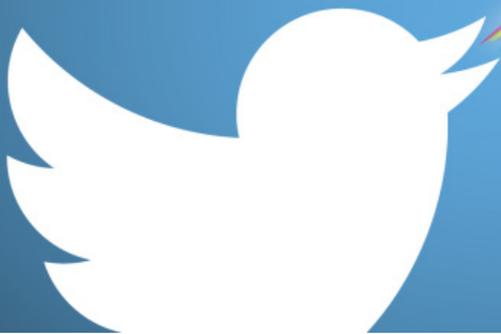


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# JANUARY OBSERVANCES

January 22 - 28, 2019  
**National DRUG & ALCOHOL FACTS Week**



Together **WE SHATTER THE MYTHS** about Drugs

 National Institute on Drug Abuse  
Advancing Addiction Science  
[www.drugfactsweek.drugabuse.gov](http://www.drugfactsweek.drugabuse.gov)

For Information and Resources contact:  
Connecticut Clearinghouse  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org) or call 800.232.4424

January 14-18, 2019  
**No Name-Calling Week**



**Kindness... In Action!**



For Information and Resources contact:  
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**National Birth Defects Prevention Month**  
[CDC.Gov](http://CDC.Gov)

**National Drug And Alcohol Facts Week**  
[Teens.DrugAbuse.Gov](http://Teens.DrugAbuse.Gov)

**National Slavery And Human Trafficking Prevention Month**  
[HumanTraffickingHotline.Org](http://HumanTraffickingHotline.Org)

**No Name Calling Week**  
[GLSEN.ORG](http://GLSEN.ORG)

## *Courier Online*

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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Library Hours:

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

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