SPOTLIGHT ON MARIJUANA PREVENTION RESOURCES

Connecticut Clearinghouse offers numerous resources on marijuana prevention. To request any of the resources listed below, call 800.232.4424 or 860.793.9791, or click here to email.

The Downside of High: The Link Between Marijuana and Schizophrenia (DVD)

Edible Marijuana: Is It Safe? (DVD)

Going to Pot: Why the Rush to Legalize Marijuana Puts America at Risk (Book)
William J. Bennett

Marijuana: A Prevention and Education Toolkit for Communities (DVD & CD-ROM)

Marijuana and Mental Health (Book)
Michael T. Compton

Marijuana and the Teenage Brain (DVD)

Marijuana: Cause and Effect (Poster)

Marijuana: Does Legal Mean Safe? (DVD)

Marijuana: Facts Parents Need to Know (Pamphlet)

Pregnancy and Marijuana: Using Marijuana When You’re Pregnant is Risky (Pamphlet)

Be sure to visit our Library Catalog to search for additional resources.
Laughter Yoga
Laugh Your Way to a Happier, Healthier You

Connecticut Clearinghouse Forum
Presented by Judith Stonger, MA, CPS, CARC
Thursday, December 15, 2016
2:00 PM—3:30 PM
334 Farmington Avenue, Plainville, CT
Register at www.ctclearinghouse.org/registration

Like us on Facebook
NEW PAMPHLETS

Help for Smokers and Other Tobacco Users

Nar-Anon Meeting Schedule

Who's In Charge? Patients Abusing Their Practitioners for Prescription Drugs

You Can Manage Bipolar Disorder:
Self-Care Handbook

NEW POSTER

The Top 10 Ways to Make Smart Choices

NEW FACT SHEET

Coping with the Stress of Layoff and Unemployment

Find More Fact Sheets Online
Chemical Highs: The Dangers of Synthetic Drugs
This DVD offers a sobering view of what happens when young people experiment with synthetic drugs like Flakka, K2, Molly, and bath salts. Viewers learn that these synthetic drugs impact the brain, induce horrifying hallucinations and paranoia, and ultimately lead to addiction and even death. The video program and accompanying Teacher’s Resource Book deliver a powerful and clear "no use" message.
View the trailer: www.youtube.com/watch?v=IJ3fElNsZQc

Everything You Need to Know about E-Cigarettes, Vaping and Hookahs
Did you know that in a typical hookah session a smoker inhales 100 times the amount of toxin-laden smoke that is inhaled smoking a cigarette? And while e-cigarettes don’t contain the carcinogens that come from burning tobacco, the vapor does contain highly addictive nicotine as well as other chemicals whose health risks we are only beginning to understand. Viewers also learn that teenagers who start vaping e-cigarettes are more likely to later smoke regular cigarettes.
View the trailer: www.youtube.com/watch?v=FjDgiuS0vFE

Hepatitis C: Causes, Symptoms, Prevention and Treatment
Hepatitis C is the most common blood-borne infection in the United States...more common by far than HIV. Many young people are putting themselves at risk for this potentially fatal disease, primarily as a result of intravenous drug use but also because of tattoos performed by unlicensed artists, unprotected sex, and the sharing of razors and tooth brushes.
View the trailer: www.youtube.com/watch?v=yIhSpebEZ38

Opioids Epidemic: How I Became a Heroin Addict
With approximately 28,000 overdose deaths a year it’s clear that America has a serious opioid problem. Four recovering, young addicts share their stories, offering insight on the transition from painkillers to heroin; their experience with crime, and suicide attempts. They also talk about the hope of a better, sober life ahead.

Ten Bad Things You Didn’t Know about Smoking and Tobacco
Kids know that tobacco use is harmful to their health, but they are stuck in the mindset that nothing bad will happen to them. This program offers teens ten reasons to change that dangerous mindset.
View the trailer: www.youtube.com/watch?v=8yNsAc6oUfQ
NEW BOOKS, eBOOKS & CURRICULA

Addict in the House: A No-Nonsense Family Guide through Addiction & Recovery
Robin Barnett

Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder
John G. Gunderson, Perry D. Hoffman

Evidence-Based Practices for School Refusal and Truancy
Mary B. Wimmer

Fetal Alcohol Spectrum Disorders in Adults: Ethical and Legal Perspectives (eBook)
Marguerite Trussler, Monty Nelson

School Made Easier: A Kid's Guide to Study Strategies and Anxiety-Busting Tools
Wendy L. Moss, Robin A. DeLuca-Aconi

Some Bunny to Talk to: A Story about Going to Therapy
Cheryl Sterling, illustrated by Tiphane Beeke

Treatment Plans and Interventions for Obsessive-Compulsive Disorder
Simon A. Rego

What is Alcoholics Anonymous? A Path from Addiction to Recovery
Marc Galanter

Why Can't I Stop? Reclaiming Your Life from Behavioral Addiction
Jon E. Grant

Youth-Community Partnerships for Adolescent Alcohol Prevention (eBook)
Andrea J. Romero
FINDING HELP FOR OPIOID ADDICTION

In Connecticut, Call 1-800-563-4086 for Treatment of Addiction to Prescription Opioids or Heroin. The links below are provided for informational purposes.

Treatment Resources

Connecticut Opiate Treatment Programs
Connecticut’s Network of Care for Behavioral Health
Connecticut Naloxone Prescribing Pharmacists
Medication Assisted Treatment Availability (Connecticut)
National Behavioral Health Treatment Services Locator

Find more resources online at: www.ctclearinghouse.org/Facilities/default.asp

Self-help Resources

Connecticut Region of Narcotics Anonymous
New England Region Nar-Anon Family Groups

Find more resources online at: www.ctclearinghouse.org/Topics/SelfHelp.asp

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
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

Connecticut Clearinghouse is funded by the Connecticut Department of Mental Health and Addiction Services