

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 2016

## 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](http://www.ctclearinghouse.org/registration)

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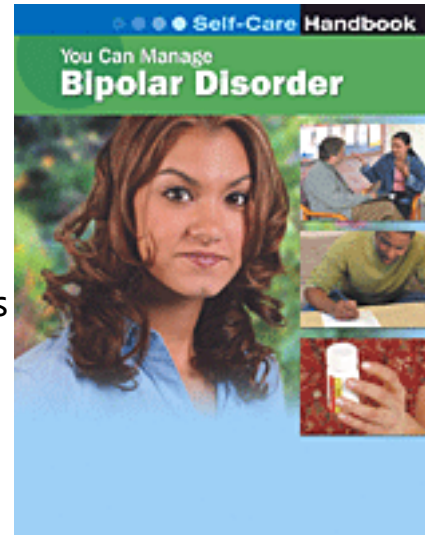
# NEW PAMPHLETS

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



**Coping with the Stress of Layoff and Unemployment**

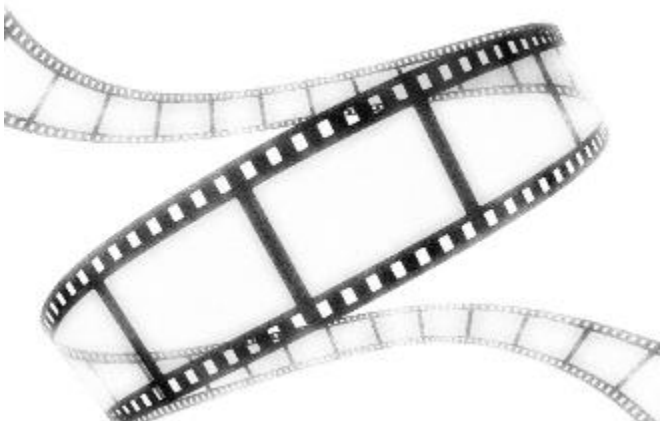
When a person's job ends involuntarily due to budget cuts, it is normal to feel a sense of loss and the need to take some time to begin to heal. At least temporarily, you may have lost many things important to you including your daily work, your work associates, structure for your days, financial security and status, etc.

Even though the job loss is due to budget cuts and it is not your fault, it is common to feel some loss of self-esteem, and think that somehow you have failed. It can be difficult to tell your friends and family.

**Loss and the Grieving Process**  
Loss triggers a grieving process that may include the stages of shock and denial, anger, resistance, sadness and acceptance.  
*Shock and denial:*  
Even though you may have known for some time that the job would end, it is still a shock when you get the actual message. It will take some time to absorb the reality of the news.  
*Anger:*  
You may feel anger toward yourself, your employer and even your family. Thoughts like "How could they do this to me?" or "Why did I work so hard for them?" Such thoughts and feelings are a normal part of the grieving process.  
*Resistance:*  
Sometimes you may find yourself resenting the inevitability of the layoff, e.g. "I'll offer to reduce my hours or cut my pay, they will take me back." In time you will fully accept the reality of your situation.  
*Sadness:*  
It is normal to experience feelings of sadness and to want to withdraw after a job loss. However, if your job search is extended or you have other predisposing factors, you may become vulnerable to clinical depression. Getting professional help is critical as depression can interfere with your energy and effectiveness in finding a job.  
*Acceptance:*  
Finally, we all work through loss and grief in our own way, we come to accept what has happened, and move on. You may cycle back and forth between stages. Typically you will have good days and bad days as if you are on an emotional roller coaster. Be patient with yourself and the process. Inevitably things will even out and remember, just because you accept something does not mean you have to "like" it.

**Ways to Manage the Stress of Job Loss**  
*Give yourself time to adjust:*  
Allow yourself some time to absorb what has happened and to deal with the initial emotional reactions of yourself and significant others. Be open to support from and discussions with those at work.  
*Don't be isolated:*  
The one good thing about all the jobs that have been lost in the last decade is that there is very little, if any, stigma attached to losing your job due to economic factors. It is not a matter of personal failure to lose one's job due to cutbacks.  
*Tell your family and friends as soon as possible:*  
By opening up to those who care about you, you will immediately gain support from the most important people in your life. They may also be a source of job information.  
*Keep open communication with your significant others:*  
Spouses, partners and children are also affected by your job loss. Give them permission to talk about their reactions and concerns. Have a family meeting to discuss how the family will cope and get everyone's ideas. Explain the economic forces that led to the job loss, reassure children that the family will work together to get through this time.  
*Think of the job loss as a temporary setback:*  
The way we "frame" what happens to us has everything to do with how we cope and move forward. Success in any endeavor depends on how one views setbacks in life. This is a challenge, not a failure or





### 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=IJ3fEINsZQc](http://www.youtube.com/watch?v=IJ3fEINsZQc)

### 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](http://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](http://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](http://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 Tiphanee Beeke

Treatment Plans and Interventions for Obsessive-Compulsive Disorder

Simon A. Rego

What is Alcoholics Anonymous? A Path from Addiction to Recovery

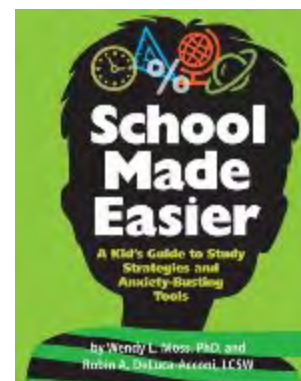
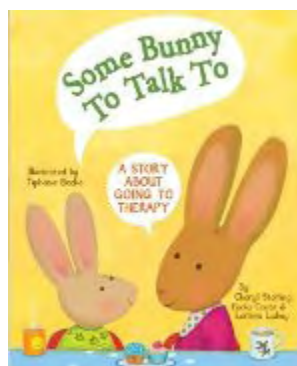
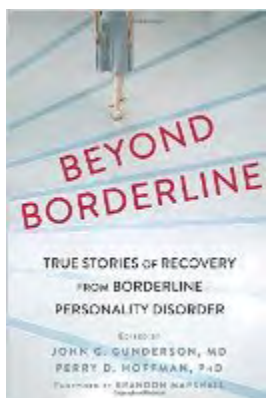
Marc Galanter

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](http://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](http://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

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[info@ctclearinghouse.org](mailto: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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