A “JUUL” is a vaping device that looks like a flash drive and charges by USB. JUUL devices work by heating up a cartridge (pod) containing oils to create vapor that quickly dissolves into the air. A single JUUL cartridge contains roughly the equivalent nicotine as a pack of cigarettes, and research suggests that nicotine use during adolescence and young adulthood has long-term impacts on brain development. While its manufacturers say that JUUL is only intended for adults, it’s easily ordered online by anyone claiming to be 21.

JUUL comes in several flavors which appeal to young people and facilitate initiation of tobacco product use. There is substantial evidence that e-cigarette use increases the risk of using combustible tobacco cigarettes among youth and young adults. A December 2017 study by the University of Pittsburgh Schools of the Health Sciences, and published in the American Journal of Medicine, found that young adults who use e-cigarettes are more than four times as likely to begin smoking tobacco cigarettes within 18 months as their peers who do not vape.

As is common with e-cigarettes, many teens don’t understand the health risks associated with JUUL use. According to the 2016 Monitoring the Future study, the majority of youth e-cigarette users think they are vaping only flavoring (and not nicotine).

Connecticut Clearinghouse has informative and useful resources on this and other related topics. Please contact us for additional information at 800.232.4424 or info@ctclearinghouse.org.

THE FOLLOWING ARE HELPFUL RESOURCES:
- **Electronic Cigarettes Fact Sheet (CT Clearinghouse)**
- **Vaping (DMHAS)**
- **Tobacco (SAMHSA)**
- **Vaporizers, E-Cigarettes, and Other Electronic Nicotine Delivery Systems (FDA)**
- **What are Electronic Cigarettes? (NIDA)**
- **What We Know About E-Cigarettes (SMOKEFREE.GOV)**
- **E-Cigarettes: What You Need to Know (Scholastic)**

Connecticut Clearinghouse, a program of Wheeler Clinic’s Connecticut Center for Prevention, Wellness and Recovery, is funded by the Connecticut Department of Mental Health and Addiction Services.
Opioids and Naloxone
What Community Members Need to Know

Please come to this FREE informational event to learn:

- Information on the scope of the opioid problem in CT
- How to recognize the signs of an opioid overdose
- Where to obtain Naloxone (Narcan) and how to administer it to reverse an opioid overdose
- Sources of services and resources

April 12, 2018
6:00 PM – 7:00 PM
Connecticut Clearinghouse
334 Farmington Avenue
Plainville, CT

Presenter:
Aisha Hamid, MPH, CPS, CHES
Program Manager, Wheeler Clinic

All are welcome.
Registration is preferred but not required at ctclearinghouse.org

CLICK HERE to Register
“Spring into Wellness”
Open House

Thursday, May 10, 2018
3:00 PM - 6:30 PM
Connecticut Clearinghouse
334 Farmington Ave Plainville

3:00 PM - 4:00 PM
Opioids and Naloxone: What Community Members Need to Know

4:00 PM - 5:30 PM
Blood Pressure Screenings and refreshments

5:30 PM - 6:30 PM
Self Care for the Caring Professional

CLICK HERE to Register
CT State Police Programs to Combat Opioid and Drug Threats

A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM

Thursday, May 17
1:00 PM - 5:00 PM
Connecticut Clearinghouse Conference Room
334 Farmington Ave. Plainville, CT 06062

Learning Objectives:

- Participants will be able to recognize potential indicators associated with illicit drug activity.
- Participants will understand the impact that illicit drug activity has on the lives of children, and how each of us has a role to minimize that impact.
- Participants will understand the goals and objectives of the The CRISIS Initiative.

Presented by
Wayne E. Kowal
Training Program Coordinator
Department of Emergency Services and Public Protection Connecticut State Police, Statewide Narcotics Task Force
Michael K. Mudry
Detective
Department of Emergency Services and Public Protection
Connecticut State Police, Statewide Firearms Trafficking Task Force

To Register please CLICK HERE

CLICK HERE to Register
NEW PAMPHLETS

The Dangers of Fentanyl and Other Synthetic Opioids
El Manejo De La Ira Manual Practico de Salud
Flavored And Nicotine-Free Vapes - 7 Things You Need To Know
Managing Anger Self-Care Handbook

NEW POSTER

Opioids Cause & Effect

NEW FACT SHEETS

Resource Guide for Behavioral Health (Click below to view)
John Temple
This authoritative book, now revised and updated, has given tens of thousands of professionals and students a state-of-the-art framework for understanding the journey both into and out of addiction. From Carlo C. DiClemente, codeveloper of the transtheoretical model (TTM), the book identifies the stages and processes involved in initiating, modifying, maintaining, or stopping any pattern of behavior. Grounded in extensive research, and illustrated with vivid case examples, the book shows how using the TTM can help overcome obstacles to change and make treatment and prevention more effective.

GIRL: Love, Sex, Romance, and Being You
Karen Rayne, PhD
GIRL: Love, Sex, Romance, and Being You is an inclusive growing-up guide for teen girls with information on gender and identity, dating and romance, relationships, and sex. It gives teen girls practical information that is uncensored, factual, and unbiased, and aims to help readers develop into responsible and informed adults and prepare them for healthy romantic relationships. This book also includes self-reflection questions, media resources lists, illustrations, and diary entries as additional supplemental materials. This book is unique in that it is accessible and nonjudgmental to all who self-identify as a girl.

Opiate Addiction, Sixth Edition - The Painkiller Addiction Epidemic, Heroin Addiction and the Way Out
Taite Adams
Opiate Addiction, now in its 6th Edition, offers a powerful message balanced with both useful information and hope for a way out from its stifling grip. There is no doubt that addiction is a cunning and cruel disease that robs its victims of nearly everything. Those suffering from opiate addiction are often baffled by its effects on their lives and the devastation that can be wrought in such a short period of time. Loved ones feel helpless and hopeless as they are forced to stand by and watch as someone they care about erodes before their eyes.

Opium: A History
Martin Booth
Opium shows how the international multibillion-dollar heroin industry operates with terrifying efficiency and forms an integral part of the world’s money markets.

Joseph Nowinski
In an accessible writing style, Fisher and Harrison’s Substance Abuse: Information for School Counselors, Social Workers, Therapists and Counselors presents succinct, practical coverage of alcohol and other drug prevention, treatment, and recovery for generalist students, prospective mental health professionals, and allied professionals. It includes basic information on substances of abuse and focuses on clinically relevant knowledge on such topics as cultural competence, co-occurring disorders, other behavioral addictions, children and families, and ethics and confidentiality.

Women's Drug and Substance Abuse
Ann Marie Pagliaro
This text uses the most current research findings to examine the actions and effects of drugs, women’s patterns of medical and personal use and abuse, and common mental disorders associated with drug use. The authors also present their own empirically-based assessment model as well as prevention and treatment approaches specifically designed for women.
Cognitive Behavioral Therapy: Techniques for Retraining Your Brain
CBT illuminates the links between thoughts, emotions, behaviors, and physical health and uses those connections to develop concrete plans for self-improvement. Built on a solid foundation of neurological and behavioral research, CBT is an approach almost anyone can use for promoting greater mental health and improving quality of life. You will explore CBT's roots in Socratic and stoic philosophy, build a toolkit of CBT techniques, and hear about the latest research about its outcomes. Additionally this intriguing and practical course allows you to take on the role of medical student, physician, psychologist, and patient. Throughout the course you'll explore issues that cause people to seek out therapy. In some cases you'll get to hear Dr. Satterfield working with a patient, and in others you'll be delving into research to find what causes issues and how CBT helps to resolve them.

Click Here For Trailer

The Opioids Epidemic: How I Became a Heroin Addict
This video and print package looks at the opioids epidemic through the eyes of four recovering young addicts: Jesse, Peter, Cindy, and Sam. By sharing their stories, viewers will learn how easy it is to transition from prescription painkillers to shooting up heroin. The young users talk about the devastating personal toll of their addiction and its impact on their families and their communities. They also talk about hope—hope to not use again, hope to get through the pain of detox, and the hope of a better, sober life ahead.

Click Here For Trailer
Women's Perspectives on Drugs and Alcohol: The Vicious Circle
This text explores a number of questions concerning women's problem drug use and drinking. It details findings from research which examined the type of problems women experience; how, why and by whom a woman's substance abuse becomes identified as a problem; and what happens when they seek help. The author recognizes the centrality of gender and gender relationships and aims to go beyond the traditional view of gender that has been put forward in relation to substance abuse. She explores the complexities of gender as a process and an institution, and the subtle ways it infiltrates the lives of users.

New Directions in Treatment, Education, and Outreach for Mental Health and Addiction.
This practice-enhancing volume assembles the latest innovative thinking on working with clients who have both mental health diagnoses and substance use disorders. Diagnosis is a central focus of the coverage, untangling the often-knotty considerations surrounding dual diagnosis and the complex issues surrounding treatment even in frequently seen combinations (e.g., depression/alcohol abuse). And the book's ambitious chapters on professional development describe training programs with the potential to produce the next generation of responsive, knowledgeable, and flexible therapists.
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March Observances

April 28, 2018
National Prescription Drug TAKE BACK DAY
Turn in your unused or expired medication for safe disposal

The DEA’s Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths.

TakeBackDay.DEAGov

For Information and Resources contact:
Connecticut Clearinghouse
www.ctclearinghouse.org or call 800.232.4424

National Alcohol Screening Day
Link to Flyer

National Prescription Drug Take Back Day
Link to Flyer

National Alcohol Awareness Month
Link to Flyer

National Child Abuse Prevention Month
Link to Flyer

National Distracted Driving Awareness Month
Link to Flyer

National STD Awareness Month
Link to Flyer

Sexual Assault Awareness Month
Link to Flyer

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

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

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