

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

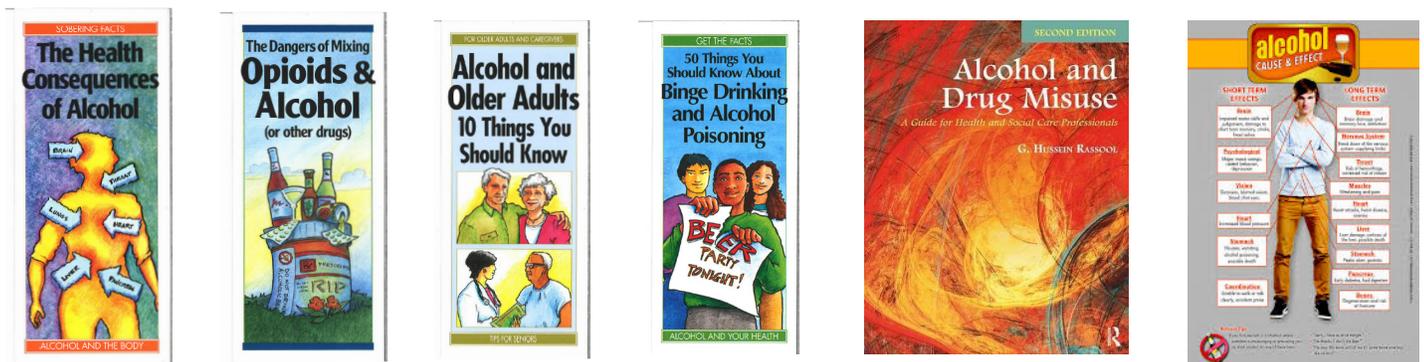
April 2019



April is National Alcohol Awareness Month

Founded and sponsored by the National Council on Alcoholism and Drug Dependence (now Facing Addiction with NCADD), Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcohol addiction. Communities are encouraged to reach out to the public each April with information about alcohol, alcohol addiction, and recovery. Alcohol addiction is a chronic, progressive disease, genetically predisposed and fatal if untreated. However, people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery from alcohol use!

Connecticut Clearinghouse has a wide variety of materials and resources to inform and educate on the subject of alcohol awareness. All of our pamphlets, posters, and fact sheets are available for anyone living or working in Connecticut. If you are interested in our books, e-Books, DVDs, and curricula, please visit our website ctclearinghouse.org to become a member of Connecticut Clearinghouse.



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.





New FREE Training!

Adolescent SBIRT: Adolescent Girls and Opioids

Wednesday, April 10, 2019

9:00 AM — 2:30 PM

Southington YMCA, Southington

****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
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



New FREE Training!

Adolescent SBIRT: Adolescent Girls and Opioids

Thursday, April 18, 2019

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
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



Wheeler

**CONNECTICUT
Clearinghouse**

a program of the Connecticut Center
for Prevention, Wellness and Recovery

EVIDENCE-BASED & PROMISING PRACTICE MODELS OF IN-HOME FAMILY TREATMENT IN CONNECTICUT

A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM



Thursday, April 4, 2019

2:00 PM - 4:00 PM

**Connecticut Clearinghouse Conference Room
334 Farmington Ave. Plainville, CT 06062**

Presented by

AJ Roy, LPC

Team Leader

Multisystemic Therapy - Building Stronger Families (MST-BSF)

Wellmore Behavioral Health

Learning Objectives

- Participants will become familiar with the array of research-supported in-home family interventions that are available across Connecticut.
- Participants will have an introductory understanding of the intended target population for each model and of the inclusionary and exclusionary criteria.
- Participants will be exposed to some of the foundational elements of each model, to help families understand what they can expect.
- Participants will gain some insight from a family perspective about what to expect and how to be prepared for a successful in-home treatment experience.

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

[CLICK HERE](#) to Register



Wheeler

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 21st Century Cures Act.

Contact Aisha Hamid for more information.

860.793.4625 or 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 21st Century Cures Act.

Contact Aisha Hamid for more information.
860.793.4625 or ahamid@wheelerclinic.org



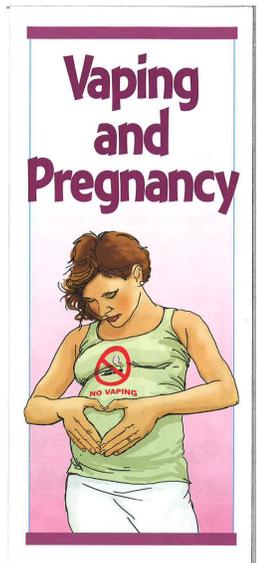
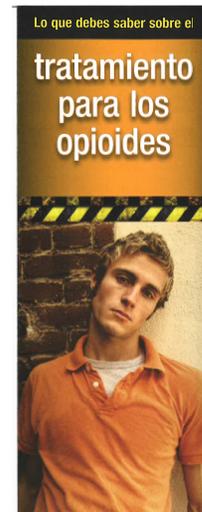
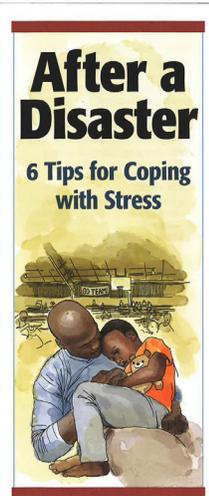
WheelerClinic.org

NEW PAMPHLETS

After a Disaster: 6 Tips for Coping with Stress

Tratamiento Para Los Opioides

Vaping and Pregnancy



NEW FACT SHEET

Gambling Age in CT: A Guide for Youth and Families
(Click below to view)

Gambling Age in CT: A Guide for Youth and Families



The National Council on Problem gambling reports that:

- 2 million (1%) of U.S. adults are estimated to meet criteria for a gambling disorder or gambling addiction—in a given year. Another 4-6 million (2-3%) are considered to have problems related to gambling.
- For young people, studies show between 2-7% experience a gambling disorder, compared with the 1% of adults; and an additional 10% of young people experience problems related to gambling.
- One in five people with a gambling problem attempts suicide, a rate higher than for any other addictive disorder.

What is Gambling?

Gambling is risking money or something of value on an uncertain outcome in hopes of receiving something of equal or greater value.

What is At-Risk Gambling?

Exhibiting at least one symptom of a gambling disorder / gambling at higher intensity than the norm.

When does Gambling Become a Problem?

The gambling behavior that results in problems with work, school, family, or finances, but does not meet the number of criteria to be recognized as "Disordered Gambling".

What is Disordered Gambling?

(Formerly known as "Pathological" or "Compulsive" Gambling) Meets the APA Diagnostic and Statistical Manual V criteria for the behavioral addiction of Gambling Disorder.

Keep Gambling Safe & Affordable:

- Set a Limit on how much time and money and stick to it.
- View Gambling as entertainment, not as a way to make money.
- Balance gambling with other leisure activities.
- If you gamble and spend more time and money than planned, take a break.

Low Risk Gambling Is...

- A form of recreation, not to make money or to make up for previous losses.
- Setting limits on time, frequency, and duration.
- In a social setting with others, not alone.
- With money you can afford to lose.

High Risk Gambling Is When...

- Coping with grief, loneliness, anger or depression.
- Under financial pressure and stress.
- Recovering from mental health or substance use disorders.
- Using alcohol or other drugs, or is under the legal age to gamble.



A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

CONNECTICUT Clearinghouse
a program of the Connecticut Center for Prevention, Wellness and Recovery

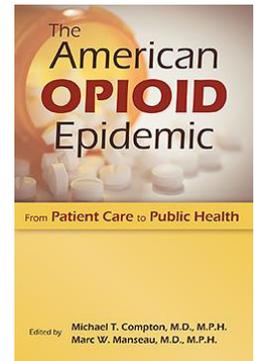
800.232.4424 (phone)
860.793.9813 (fax)
www.ctclearinghouse.org

NEW BOOKS & CURRICULA

The American Opioid Epidemic

Michael T. Compton

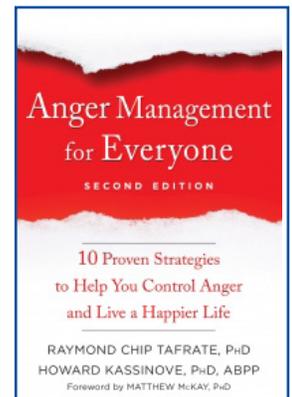
The American Opioid Epidemic: From Patient Care to Public Health provides practicing psychiatrists, trainees, and other mental health professionals with the latest information on opioid addiction, including misuse of heroin and other illicit opioids, the role of prescription analgesic opioids, and recent overdose trends. Although highly effective in relieving acute pain, opioids can cause untold damage to people's lives, health, and social structures. Recognizing the efficacy of these drugs when prescribed appropriately, the editors call not for eliminating access or for incarcerating those who are addicted, but for changing the patterns of prescribing and use. The crisis is analyzed by expert contributors from a wide variety of perspectives, they address issues of epidemiology and toxicology, prevention and harm reduction, and common comorbidities. Stressing that prevention and treatment do work, expert contributors provide down-to-earth, public-health-focused strategies that clinicians and public health workers alike will find indispensable.



Anger Management for Everyone

Chip Tafrate, PhD and Howard Kassinove, PhD, ABPP

Written by two clinical psychologists with decades of experience using cognitive behavioral interventions to treat anger, *Anger Management for Everyone* provides a comprehensive, research-based program to keep anger in its place. This revised and updated second edition includes new information on the environmental effects on anger, such as hunger and sleep; new progressive muscle relaxation and mindfulness exercises; and new strategies and tips for improving social and interpersonal skills.



Attachment Theory in Practice

Susan M. Johnson

Drawing on cutting-edge research on adult attachment and providing an innovative roadmap for clinical practice Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families.

Handbook of Clinical Psychopharmacology for Therapists (8th Edition)

John D. Preston, PSYD, ABPP

This fully revised and updated eighth edition provides essential information on new medications and treatment options and includes the latest research on side effects, contraindications, and efficacy of all major medications prescribed for mental health disorders. The book also features an important new chapter on the effects of withdrawing from psychopharmacological medications.

Playing CBT

The game *Playing CBT* provides therapists with quick and direct access to children's actual emotional world, in a fun and creative way, while the children get to know all the elements of their emotional experience, practice being more flexible with their thinking, emotions, sensations and behavior, and identify other, better ways of dealing with a variety of situations in everyday life.

The result is a significant reinforcement of self-control and emotional regulation, with a significant reduction in impulsive behavior.

Playing CBT is based on the cognitive behavioral model's therapeutic approach (second wave), and it also allows to apply, at least as effectively, approaches from the first wave (behavioral therapy) and the third wave (spiritual teachings and mindfulness).

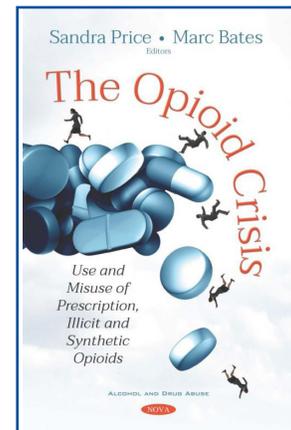


NEW E-BOOKS

The Opioid Crisis: Use and Misuse of Prescription, Illicit and Synthetic Opioids

Sandra Price

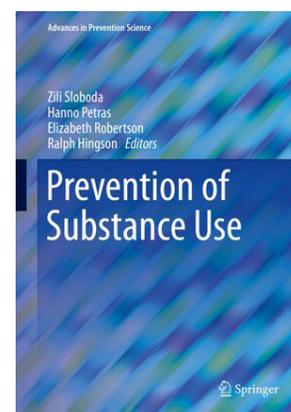
Recently, there has been a rise in opioid use in the United States involving both the nonmedical use of prescription drugs and more traditional illicit opioids, such as heroin. The abuse of prescription opioid pain relievers and illicit opioids, have contributed to increasing numbers of overdose deaths in the United States, and Centers for Disease Control and Prevention data show more than 28,000 opioid overdose deaths in 2014. Chapter 1 reports that medication-assisted treatment (MAT) can more effectively reduce opioid use and increase treatment retention compared to treatment without medication.



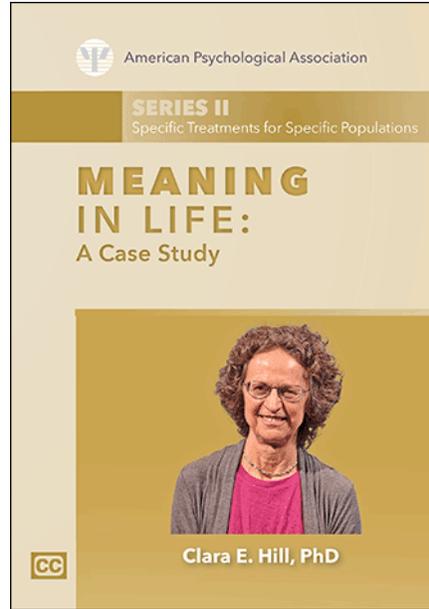
Prevention of Substance Use

Zili Sloboda

This volume provides a serious examination of substance use prevention research and practice as components of the continuum from health promotion through to prevention and health care in sub-groups and in the general population. Extensive background chapters provide portals into the evolution of the field and the cutting edge research being conducted on the etiology, epidemiology, and genetics of substance use and abuse. The global nature and health burden of substance use and abuse incorporates assessments of the serious problems related to the prevention of legal substance use (i.e., alcohol and tobacco) and how lessons learned in those arenas may apply to the prevention of illicit substance use. Research and practice chapters detail a range of effective evidence-based programs, policies and practices and emerging prevention interventions from the literatures on the family and school contexts in addition to innovations involving mindfulness and the social media.



**Click here to
Contact us with
questions
about eBooks**



Meaning in Life: A Case Study

Meaning is something every person struggles with in life. Understanding life experiences and developing a sense of purpose are often central concerns for clients, so therapists need to be prepared to handle these larger questions.

In this video program, Dr. Clara E. Hill explores the idea of meaning in life and discusses how to work with it as a focus in therapy.

In a series of highlights from a therapy session with an older male client struggling to define the purpose of his life, Dr. Hill shows how she encourages the client to explore possibilities, reframe negative thoughts and feelings with positive ones, and find insights by expanding on initial interpretations of the client's most impactful life milestones.

Viewers can see how Dr. Hill's work with the client helps him to effectively define his place in the world and therefore develop his own meaning in life.

Dr. Clara E. Hill's approach is an integration of client-centered, psychodynamic, and behavioral approaches, resulting in a three-stage model that includes exploration, insight, and action.

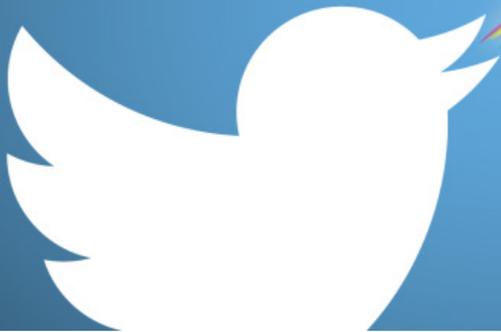


Follow us



@ctclearinghouse

Follow us
@ClearinghouseCT



APRIL OBSERVANCES



2019
April is Alcohol Awareness Month
NCADD
ncadd.org

"Help for Today, Hope for Tomorrow"

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.

Connecticut Department of Mental Health and Addiction Services
www.ct.gov/dmhas

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

Wheeler CONNECTICUT Clearinghouse a program of the Connecticut Center for Prevention, Wellness and Recovery dmhas

April 27, 2019
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.DEA.Gov

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

Wheeler CONNECTICUT Clearinghouse a program of the Connecticut Center for Prevention, Wellness and Recovery dmhas

National Alcohol Awareness Month
NCADD.org

National Alcohol Screening Day
MentalHealthScreening.org

National Child Abuse Prevention Month
ChildWelfare.gov

National Distracted Driving Awareness Month
NCPGambling.org

National Prescription Drug Take Back Day
TakeBackDay.DEA.gov

Sexual Assault Awareness Month
NSVRC.org

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