International Overdose Awareness Day is coming up on August 31st. This is an annual event in which members of communities all over the world join together to help raise awareness of overdose, remember those who have died due to drug use, and spread the message that overdose is preventable.

Connecticut Clearinghouse continues to be at the forefront in raising awareness about the opioid crisis and overdose prevention. We have a number of materials and resources on prescription pain medications, heroin, fentanyl, overdose prevention, medication-assisted treatment and recovery, alcohol and other drugs, and much more. All of our free materials are available for anyone who lives or works in Connecticut. These pamphlets, posters, and fact sheets are very valuable resources to make available at the many International Overdose Awareness Day events taking place across the entire state of Connecticut. Please see below for a sample of our materials.

- 50 Things You Should Know About Binge Drinking & Alcohol Poisoning (Pamphlet)
- Binge Drinking: Drinking To Disaster (Pamphlet)
- “Change the Script” Statewide Opioid Awareness Campaign (Pamphlets and Posters)
- Drugs Of Abuse: Heroin (Fact Sheet)
- Heroin: Cause & Effect (Poster)
- Opioid Abuse & Overdose: What Friends & Family Need To Know (Pamphlet)
- Opioids: Cause & Effect (Poster)
- Reversing An Opioid Overdose With Narcan (Fact Sheet)
- Strategies To Prevent Opioid Overdose Deaths (Fact Sheet)
International Overdose Awareness Day
prevention and remembrance

Friday, August 31, 2018
9:15 AM—11:30 AM
Plainville Business Center
Training Center 1, Third
Floor 74 East Street
Plainville, CT 06062

- 9:15—9:30 AM  Sign-in and Welcome
- 9:30—10:30 AM  Anatomy of a Drug Overdose: Red Flags and Trends
  Marisa Edelberg, MSCJ
  State of Connecticut, Office of the Chief Medical Examiner
- 10:30—11:30 AM  Medicated Assisted Treatment and Behavioral Health Services for Opioid Use Disorders
  Laurie McBreen, LPC
  Associate Director, Adult Outpatient Program
  Wheeler Clinic
  Lisa Provera, RN
  MAT Care Manager
  Wheeler Clinic

This program has been approved for 2 CCB contact hours

CLICK HERE to Register
New FREE Training!

Adolescent SBIRT:
Adolescent Girls and Opioids
September 6 or October 18
9:00 AM — 3:00 PM
Connecticut Clearinghouse, Plainville

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

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 PAMPHLETS

About Child Sexual Abuse

Oxycodone and Acetaminophen: Effective Pain Relief With the Risk of Addiction

Sexual Pressure and the Media: What You Need to Know

NEW POSTER

HIV Treatment Works

NEW FACT SHEETS

Resource Guide for Behavioral Health

*New Update*

(Click below to view)

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NEW PAMPHLETS

About Child Sexual Abuse

NEW POSTER

HIV Treatment Works

NEW FACT SHEETS

Resource Guide for Behavioral Health

*New Update*

(Click below to view)
New Books & Curricula

Cognitive Behavioral Therapy (Second Edition)
Judith S. Beck
The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavioral therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan treatment, and structure sessions effectively. Core cognitive, behavioral, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse. An extended case example and many vignettes and transcripts illustrate CBT in action. Reproducible clinical tools can be downloaded and printed in a convenient 8 1/2” x 11” size.

Cooperative Wisdom
Donald Scherer, PhD
Rooted in rigorous ethical thinking, Cooperative Wisdom is highly readable. Written as a spirited exchange between an acclaimed philosopher and an inquisitive journalist, it has the energetic, inviting feel of a great conversation. The book develops an insightful approach to conflict resolution, which has proven to be highly effective in boardrooms and family rooms, classrooms and committees, faith communities and government agencies. Dr. Donald Scherer has identified five social virtues that promote sustainability in natural and social environments. Award-winning journalist Carolyn Jabs asks the tough and pointed questions a smart reader would raise. Their collaboration distills a lifetime of research and analysis into practical principles that crack open stubborn problems and reveal cooperative solutions to persistent conflicts.

Evidence-Based Practice of Cognitive Behavioral Therapy
Deborah Dobson
From an experienced clinician and a prominent psychotherapy researcher, this book synthesizes the evidence base for cognitive-behavioral therapy (CBT) and translates it into practical clinical guidelines. Therapists and students learn how to implement core CBT techniques, why and how they work, and what to do when faced with gaps in scientific knowledge. Vivid case examples illustrate what evidence-based strategies look like in action with real-world clients who may have multiple presenting problems. The authors also separate CBT myths from facts and discuss ways to manage common treatment challenges.

Motivational Interviewing with Adolescents and Young Adults
Sylvie Naar-King
This pragmatic guide spells out how to use motivational interviewing (MI) to have productive conversations about behavior change with adolescents and young adults in any clinical context. Filled with vivid examples, sample dialogues, and “dos and don’ts.” The book shows how conducting MI from a developmentally informed standpoint can help practitioners quickly build rapport with young patients, enhance their motivation to make healthy changes, and overcome ambivalence. Experts on specific adolescent problems describe MI applications in such key areas as substance abuse, smoking, sexual risk taking, eating disorders and obesity, chronic illness management, and externalizing and internalizing behavior problems.

Survival of the Caregiver
Janice Hucknall Snyder
Survival of the Caregiver is the result of all the author's ins and outs, ups and downs of caring for her husband for 20 years when he had Parkinson's Disease, followed by Dementia. This book is written from the heart. It is as personal as it is informative. The author chose to use an alphabetical list of topics so that a busy caregiver can refer to a special need quickly. It is the author's hope that this book will aid other caregivers in their sad, but meaningful journey with their loved one.
The Matrix Model: Intensive Outpatient Alcohol & Drug Treatment Program

Over 2,500 methamphetamine addicts have been treated with The Matrix Model. The Matrix Model is an evidence-based outpatient treatment program with over 20 years of research and development. It is proven effective in the treatment of methamphetamine addicts. It was recently tested in the CSAT Methamphetamine Project. Development of The Matrix Model was funded in part by NIDA and evaluation was funded in part by SAMHSA/CSAT. The comprehensive, multiformat program covers six key clinical areas: individual/conjoint therapy, early recovery, relapse prevention, family education, social support, and urine testing.

Mindfulness Goes Mainstream: Techniques

Mindfulness is going mainstream and you can join the movement now sweeping the country. By following the techniques included on this DVD set you’ll learn how to focus your attention on the present, one breath at a time. The fundamental benefit of mindfulness is that it improves your overall health and well-being. Thousands of studies have been published citing how meditation improves mental health, reduces stress and anxiety, enhances heart and lung functionality, and dramatically enhances focus and performance. Any individual can learn mindfulness at almost any age. Practicing these mindfulness techniques will help you develop the ability to live in the moment and handle more effectively the daily barrage of stresses we all face. This DVD set includes techniques from some of the nation’s leading mindfulness meditation experts who will teach you how to focus your attention in a brand new way.
Practicing Cognitive Behavioral Therapy with Children and Adolescents

Even the best grounding in the science and principles of psychotherapy can leave students poorly prepared for actual face-to-face work with clients. This important resource is dedicated specifically to increasing the confidence and professional competence of graduate students and early career professionals who use cognitive behavioral therapy (CBT) with children and adolescents. With accessible language, engaging humor, and step-by-step guidance on what to do and when to do it, the author walks learners through the entire clinical process from initial consultation with young clients and their caregivers through the conclusion of treatment. With a focus on promoting joy and meaning, the book also integrates interventions from positive psychology literature with CBT techniques.

Screening, Assessment, and Treatment of Substance Use Disorders

There is a clear and pressing need for health professionals, including social workers, to be trained in evidence-based practices (EBPs) in the area of substance use disorders (SUD). The Substance Abuse and Mental Health Services Administration (SAMHSA) and other national organizations and government agencies have all put out reports calling for this vital need, though there remains a significant shortage of properly trained clinicians. 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. Additionally, the text incorporates a health disparities perspective and describes implementation barriers at the organizational, community, and policy levels. It can be used in policy, human behavior, and clinical practice both nationally and internationally.
AUGUST OBSERVANCES

August 7, 2018

It’s America’s Night Out Against Crime!

National Association of Town Watch

For Information and Resources Contact:
Connecticut Clearinghouse
www.ctclearinghouse.org or call 1.800.232.4424

August 31, 2018

International Overdose Awareness Day

Time to Remember. Time to ACT.

For Information and Resources Contact:
Connecticut Clearinghouse
www.ctclearinghouse.org or call 1.800.232.4424

National Night Out
Link to Flyer

International Overdose Awareness Day
Link to Flyer

Courier Online

The e-newsletter of Wheeler Clinic’s Connecticut Clearinghouse

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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

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