

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



Wheeler

CONNECTICUT Clearinghouse

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

August 2019



International Overdose Awareness Day

prevention and remembrance

Once again, Connecticut will join in the global observance of International Overdose Awareness Day on August 31st. This annual event aims to raise awareness of overdose and reduce the stigma associated with drug-related deaths. It also acknowledges the grief felt by family members and friends of those individuals who have died from a drug overdose.

One of the significant ways in which we remember those lives lost to addiction in Connecticut is through the DMHAS "Gone, But Not Forgotten" Remembrance Quilt project. Family and friends are encouraged to create a square as a tribute to their loved one, and the completed quilts are then displayed across the state to help raise awareness about addiction and the resources available to promote recovery. Connecticut Clearinghouse will host a quilt square making event on August 31st from 10:00 AM to 2:00 PM in Plainville. Please see page two of this newsletter for additional event details including registration information.

A number of additional vigils, presentations, programs, and other events have been planned statewide in conjunction with International Overdose Awareness Day. Activities are being shared on the DMHAS and Connecticut Clearinghouse Facebook pages as well as through the Clearinghouse statewide email listserv. Please [CLICK HERE](#) to be added to our listserv to stay informed on upcoming conferences, trainings, webinars, data and research, funding opportunities, job postings and much more.

Connecticut Clearinghouse has extensive resources to raise awareness about the opioid crisis and overdose prevention including the statewide "Change the Script" and "Live Loud" campaign materials. In addition, the Clearinghouse has a large collection of resources on overdose prevention, medication-assisted treatment and recovery, opioids including heroin and fentanyl, naloxone, alcohol and other drugs, and much more. Our free materials are available for anyone who lives or works in Connecticut. These pamphlets, posters, and fact sheets are excellent resources to have available for the many International Overdose Awareness Day events taking place across the state. Please contact us to request materials for your event.



Gone, But Not Forgotten

Remembrance Quilt Square-making Event



International Overdose Awareness Day

Saturday, August 31, 2019 | 10:00 AM—2:00 PM

Connecticut Clearinghouse
334 Farmington Avenue
Plainville, CT 06062

All are welcome! Register at ctclearinghouse.org/registration

To learn more about the quilts, go to
drugfreect.org/prevention-and-intervention/memorial-quilts/

For more information call (800) 232-4424



**International Overdose
Awareness Day**
prevention and remembrance



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CLICK HERE to Register



New FREE Training!

Adolescent SBIRT: Adolescent Girls and Opioids

Thursday, August 22, 2019

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 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.

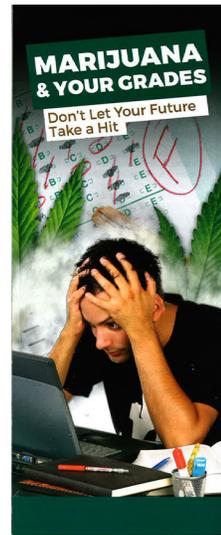
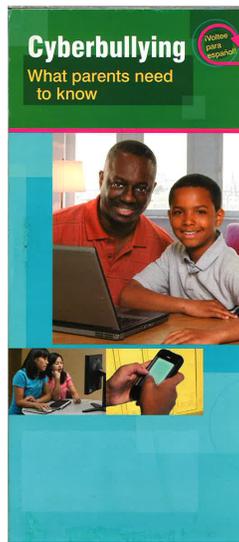
CLICK HERE to Register

NEW PAMPHLETS

Cyberbullying: What Parents Need to Know

Marijuana & Your Grades: Don't Let Your Future Take a Hit

Opioids: Addictive and Deadly



NEW POSTERS

Change the Script: Naloxone

Change the Script: Safe Disposal

Naloxone has a serious side effect:

IT SAVES LIVES.

- Naloxone (or Narcan) quickly reverses the deadly effects of a narcotic overdose.
- It can easily be administered by anyone with a simple autoinjector or nasal spray.
- In Connecticut, you don't even need approval from a doctor to administer naloxone, and you're protected from prosecution under the state's Good Samaritan laws.
- If you know someone in danger of an opioid overdose, talk to your physician or pharmacist about gaining access to naloxone.

CHANGE
the **SCRIPT**

Learn more
drugfreet.org

This publication is funded by a grant from the United States Department of Health and Human Services (HHS) through the CT Department of Mental Health and Addiction Services (DMHAS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Substance Abuse and Mental Health Services Administration or HHS.

Support your family. Dispose of unused medications properly.

Find medication disposal sites at
drugfreet.org

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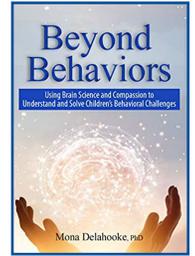
NEW BOOKS & CURRICULA

Beyond Behaviors

Mona Delahooke, PhD

In Beyond Behaviors, internationally known pediatric psychologist, Dr. Mona Delahooke describes behaviors as the tip of the iceberg, important signals that we should address by seeking to understand a child's individual differences in the context of relational safety.

Featuring impactful worksheets and charts, this accessible book offers professionals, educators and parents tools and techniques to reduce behavioral challenges and promote psychological resilience and satisfying, secure relationships.

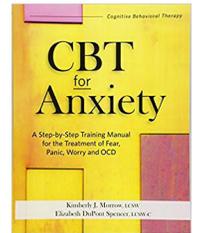


CBT for Anxiety

Kimberly J. Morrow

Combining evidence-based approaches and years of clinical experience, CBT for Anxiety provides step-by-step skills training for implementing cognitive behavioral therapy into your anxiety treatment plans.

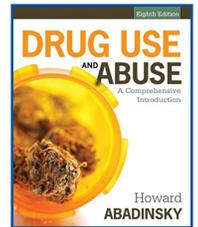
Concise, clear and practical, this workbook will provide immediate tools to motivate, encourage and effectively treat even your more anxious clients. A key highlight of the book are guided opportunities to work through treatment obstacles to enhance your clinical skills. The authors have also created dozens of reproducible worksheets, exercises and handouts to share with clients and their families.



Drug Use and Abuse: A Comprehensive Introduction (Eighth Edition)

Howard Abadinsky

Packed with the latest data and research, the powerful new Eighth Edition of Howard Abadinsky's Drug Use and Abuse: A Comprehensive Introduction delivers a thorough, interdisciplinary survey of all aspects of drug and alcohol abuse. The text draws from the many disciplines of history, law, pharmacology, political science, social work, counseling, psychology, sociology, and criminal justice--resulting in the most comprehensive, authoritative single source available. The author explores the history of drugs, their impact on society, the pharmacological impact of drugs on the body, drug policy implications, the criminal justice system response, the drug business, law enforcement, theories of use, as well as the effects, treatment, and prevention of abuse. New coverage includes nonmedical use of prescription drugs, synthetic substances, the use of stimulants to treat PTSD and ADD, medical marijuana, the connection between drug trafficking and terrorism, and an updated analysis of the United States drug policy.

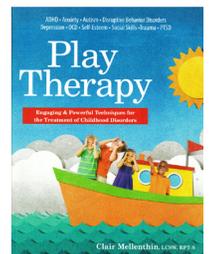


Play Therapy

Clair Mellenthin

Filled with dozens of powerful play techniques, this book can be adapted for use in individual, family, and group therapy, for schools, and at home! Inside you'll find:

- Hands on Activities
- Printable Worksheets
- Expressive and Creative Arts
- Dynamic Therapeutic Games
- Puppet Play
- Guided Imagery
- Parent-Child Interventions
- Tips for Parents & Teachers



Totem: The Feel Good Game

Totem Team

Discover your strengths and qualities through other people's eyes; imagine your loved ones telling you, in turn, what they appreciate most about you.

This is what this tool does as you experience the construction of a personal Totem reflecting the best of your personality.

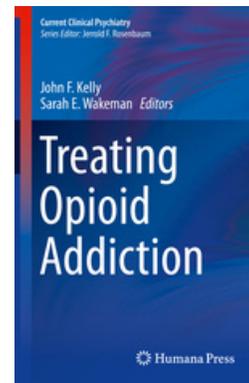


NEW E-BOOKS

Treating Opioid Addiction

John F. Kelly

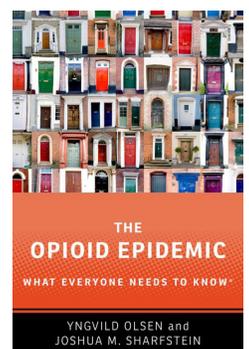
This book addresses opioids and opioid use disorders from epidemiological, clinical, and public health perspectives. It covers detailed information on the nature of opioids, their effects on the human body and brain, prevention, and treatment of opioid addiction. Unlike other texts, the first section of this volume builds a strong historical, neurobiological, and phenomenological foundation for a deep understanding of the topic and the patient. The second section addresses the most challenging issues clinicians face, including pharmacological and psychosocial treatments, harm reduction approaches, alternative approaches to pain management for the non-specialist, and prescribing guidelines. *Treating Opioid Addiction* is a valuable resource for psychiatrists, psychologists, addiction medicine physicians, primary care physicians, drug addiction counselors, students, trainees, scholars, and public health officials interested in the effects and impact of opioids in the clinical and epidemiological context.



The Opioid Epidemic

Olsen Yngvild

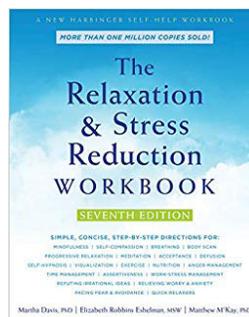
The Opioid Epidemic: What Everyone Needs to Know® is an accessible, nonpartisan overview of the causes, politics, and treatments tied to the most devastating health crisis of our time. Its comprehensive approach and Q&A format offer readers a practical path to understanding the epidemic from all sides: the basic science of opioids; the nature of addiction; the underlying reasons for the opioid epidemic; effective approaches to helping individuals, families, communities, and national policy; and common myths related to opioid addiction. Written by two expert physicians and enriched with stories from their experiences in the crosshairs of this epidemic, this book is a critical resource for any general reader -- and for the individuals and families fighting this fight in their own lives. Less

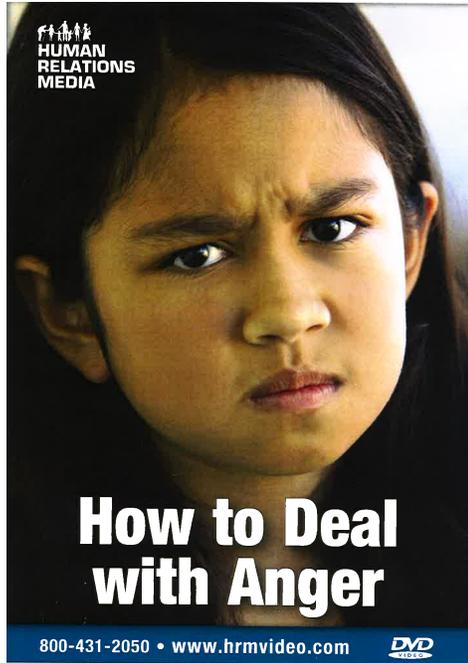


The Relaxation and Stress Reduction Workbook

Martha Davis

This new edition also includes powerful self-compassion practices, fully updated chapters on the most effective tools for coping with anxiety, fear, and panic—such as worry delay and defusion, two techniques grounded in acceptance and commitment therapy (ACT)—as well as a new section focused on body scan. In the workbook, you'll explore your own stress triggers and symptoms, and learn how to create a personal action plan for stress reduction. Each chapter features a different method for relaxation, explains why the method works, and provides on-the-spot exercises you can do when you feel stressed out. The result is a comprehensive yet accessible workbook that will help you to curb stress and cultivate a more peaceful life.





How to Deal with Anger

Featuring a diverse cast of real middle school students, with comments from clinical psychologist Dr. Tiffany Sanders, this program explores the often turbulent and confusing emotion of anger. What is anger? What are the ways children express it? How can they best respond to anger in healthy ways? Viewers will see some of the many ways anger can play out and better understand the consequences of losing their temper. Program is designed to help young people understand that while they cannot avoid angry feelings, they can learn to control angry behavior.

[CLICK HERE](#) For Trailer

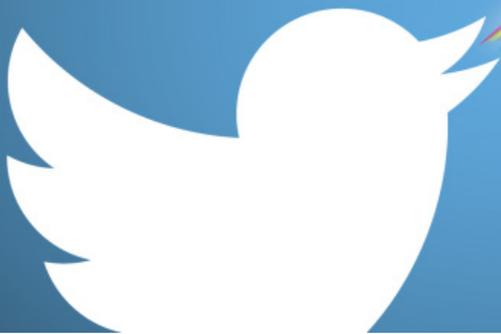


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AUGUST OBSERVANCES

August 31, 2019

International Overdose Awareness Day



Time to Remember. Time to ACT.

 **International Overdose Awareness Day**

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

August 6, 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

International Overdose Awareness Day

overdoseday.com

National Night Out

natw.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