

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

December 2017

Connecticut Clearinghouse is delighted to welcome Brett Garabedian as our new Librarian/Social Media Specialist. In his new role, Brett will manage the development of our Book, E-Book, DVD and Curricula collection. He'll also be responsible for statewide information dissemination and Clearinghouse marketing through an expanded array of social media platforms.

Brett is a longtime resident of the New Haven County region of Connecticut who comes to us from the Wallingford Public Library. In addition, he has held a number of other positions both as a social media specialist and a librarian. Brett's background is in English composition and literature, and he holds a Masters in Library and Information Science degree from the University of Wisconsin-Milwaukee.

You'll be seeing Brett at the front desk from now on, so please stop by and say hello! We're delighted that he's joined the team at Connecticut Clearinghouse. Welcome, Brett!



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.



CONNECTICUT CLEARINGHOUSE OPEN HOUSE:

Maintaining Wellness Throughout the Holidays

Monday
December 11, 2017
12:00 PM - 4:30 PM

Connecticut Clearinghouse
334 Farmington Ave
Plainville, CT 06062



Please Come To This FREE Event For :

- Free food and refreshments!!!
- A chance to win raffle prizes!!!
- Blood pressure screenings!!!
- Library tour!!!
- Information on how to beat the stress and stay healthy this holiday season!!!

All Are Welcome!

Register [online](#) or by calling Connecticut Clearinghouse at 800-232-4424

Schedule For the Day:

12:00 -1:00 PM	Maintaining Wellness Throughout the Holidays Cathy Sisco, MPA, CPS Associate Director Prevention, Wellness and Recovery, Wheeler
1:00 - 2:00 PM	Blood Pressure Screening Subrina Manabat, RN Care Manager/Patient Education Specialist. Health & Wellness Center, Wheeler
2:00 - 3:00 PM	The Food We Eat Heidi Joseph, RN, MSN Vice President of Operations Health and Wellness Centers, Wheeler
3:30 - 4:30 PM	Personal Resiliency During Challenging Times Lewis A. Slotnick MS, LADC EAP Clinician, Wheeler



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[Click Here To Register](#)

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

All are welcome.

Registration is preferred but not required at ctclearinghouse.org



December 14, 2017
6:00 PM – 7:00 PM
Connecticut Clearinghouse
334 Farmington Avenue
Plainville, CT

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



[Click Here to Register](#)

NEW PAMPHLETS

Carfentanil: Elephant In The Room

Medicine Abuse: Keeping Tabs On Prescription & Over-The-Counter Drugs

Mental Illness: Keeping Tabs On Recognizing Symptoms & Getting Help



NEW POSTER

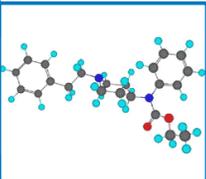
Think Smart

NEW FACT SHEETS

What You Need To Know About Prescription Opioids
(Click below to view)



Drug Facts: Fentanyl



What is fentanyl?

Fentanyl is a powerful synthetic opioid analgesic that is similar to morphine but is 50 to 100 times more potent. It is a schedule II prescription drug, and it is typically used to treat patients with severe pain or to manage pain after surgery. It is also sometimes used to treat patients with chronic pain who are physically tolerant to other opioids. In its prescription form, fentanyl is known by such names as Actiq®, Duragesic®, and Sublimaze®. Street names for fentanyl or for fentanyl-laced heroin include Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, TNT, and Tango and Cash.

How do people use fentanyl?

When prescribed by a physician, fentanyl is often administered via injection, transdermal patch, or in lozenges. However, the fentanyl and fentanyl analogs associated with recent overdoses are produced in clandestine laboratories. This non-pharmaceutical fentanyl is sold in the following forms: as a powder; spiked on blotter paper; mixed with or substituted for heroin; or as tablets that mimic other, less potent opioids. People can swallow, snort, or inject fentanyl, or they can put blotter paper in their mouths so that fentanyl is absorbed through the mucous membrane.

How does fentanyl affect the brain?

Like heroin, morphine, and other opioid drugs, fentanyl works by binding to the body's opioid receptors, which are found in areas of the brain that control pain and emotions. When opioid drugs bind to these receptors, they can drive up dopamine levels in the brain's reward areas, producing a state of euphoria and relaxation. Fentanyl's effects resemble those of heroin and include euphoria, drowsiness, nausea, confusion, constipation, sedation, tolerance, addiction, respiratory depression and arrest, unconsciousness, coma, and death.

Why is fentanyl dangerous?

Opioid receptors are also found in the areas of the brain that control breathing rate. High doses of opioids, especially potent opioids such as fentanyl, can cause breathing to stop completely, which can lead to death. The high potency of fentanyl greatly increases risk of overdose, especially if a person who uses drugs is unaware that a powder or pill contains fentanyl. Fentanyl sold on the street can be mixed with heroin or cocaine, which markedly amplifies its potency and potential dangers.

The medication naloxone is an opioid receptor antagonist that reverses opioid overdose and restores normal respiration. Overdoses of fentanyl should be treated immediately with naloxone and may require higher doses to successfully reverse the overdose.



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800.232.4424 (phone)

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

FIND
MORE
FACT SHEETS
ONLINE

NEW BOOKS, eBooks & CURRICULA

Addiction Treatment Homework Planner (5th Edition)

James R Finley

The Addiction Treatment Homework Planner, Fifth Edition provides you with an array of ready-to-use, between-session assignments designed to fit virtually every therapeutic mode.

Capacitacion Para el Reemplazo de la Agresion : Ana Intervencion Integral Para Jovenes Agresivos (Spanish Language Version of Aggression replacement training)

Barry Glick

The third edition of Aggression Replacement Training offers step-by-step session plans for teaching ART's three coordinated components.

Marijuana : The Unbiased Truth About the World's Most Popular Weed

Kevin Hill

The leading clinical expert on marijuana sifts through the myths about the drug to deliver an unbiased, comprehensive guide backed by scientific facts to give you the information you need to make informed decisions about marijuana.

Optimal Well-Being for Senior Adults I

Ester R.A. Leutenberg

Optimal Well-Being for Senior Adults I is the first in a series of workbooks consisting of reproducible activity handouts written for mental health professionals to provide guidance and content as they work with the changing mental health and aging needs of senior adults.

Prevention, Policy, and Public Health

Amy A. Eyler

Prevention, Policy, and Public Health provides a basic foundation for students, professionals, and researchers to be more effective in the policy arena. It offers information on the dynamics of the policymaking process, theoretical frameworks, analysis, and policy applications. It also offers tools for advocacy and communication, two integral aspects of shaping policies for public health.

Still Down : What to Do When Antidepressants Fail

Dean F. MacKinnon

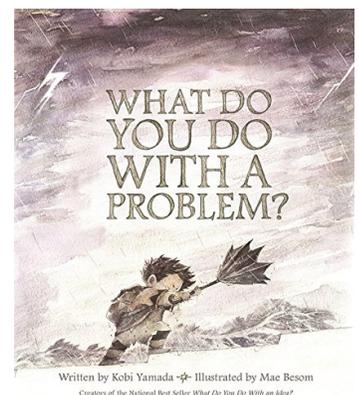
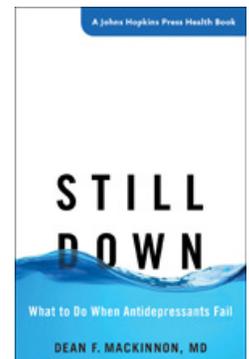
Major depressive disorder is a common medical condition that can be disabling and can persist for months, even years. Many people experience depression symptoms that resist treatment. Although they try various combinations of medications, psychotherapy, or electroconvulsive therapy, their symptoms don't improve. What can people who have treatment-resistant depression do to overcome their depression and feel better?

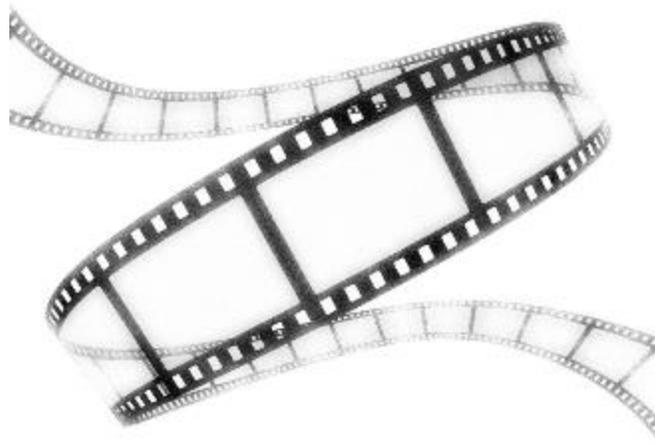
What Do You Do With A Problem?

Kobi Yamada

This is the story of a persistent problem and the child who isn't so sure what to make of it.

Click here to
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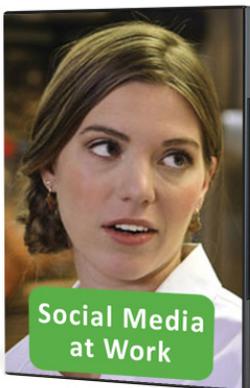




Diversity and Inclusion : A Step-by-Step Guide for Employees

Filmed on location in a variety of settings, from healthcare to manufacturing, this video features dramatic scenes, first-person interviews, and research grounded in scientific studies that both provide new information and model the kind of behavior that contributes to a more positive workplace—for everyone.

[**Click Here For Trailer**](#)



Social Media at Work

Social media is everywhere—including our workplaces. While it can serve useful business purposes, it can also open the door to hackers, circulate rumors and abusive comments, create public relations nightmares, and be a real drag on productivity.

Technology cannot be avoided—few of us could get our jobs done without it. But it needs to be used wisely and appropriately. Take advantage of this new release to make an impression on employees: “Do your own stuff on your own time and THINK before you post.

[**Click Here For Trailer**](#)

MORE NEW DVDS



Louis Theroux : Drinking to Oblivion

Alcohol addiction is the most common addiction in the UK. Many people drink more than they should, but the patients Louis meets at King's are drinking far more than normal, sometimes to the point of self-destruction.

There are many reasons why people become addicted to alcohol and Louis looks at why it is impossible for some to stop drinking - even when it is killing them. To outsiders it may seem like an easy decision, but it is nowhere near that simple. Louis spends time with patients and their families as they struggle to find a way out of their addiction to alcohol, before it's too late.

[Click Here For Trailer](#)

Paper Tigers

Stressed brains can't learn. That was the nugget of neuroscience that Jim Sporleder, principal of a high school riddled with violence, drugs, and truancy, took away from an educational conference in 2010. Three years later, the number of fights at Lincoln Alternative High School had gone down by 75% and the graduation rate had increased fivefold. Paper Tigers is the story of how one school made such dramatic progress.

Following six students over the course of a school year, we see Lincoln's staff try a new approach to discipline: one based on understanding and treatment rather than judgment and suspension. Using a combination of verite and revealing diary cam footage, Paper Tigers is a testament to what the latest development science is showing: that just one caring adult can help break the cycle of adversity in a young person's life.

[Click Here For Trailer](#)



December Observances

December 1, 2017

World **AIDS** Day 

*INCREASING IMPACT THROUGH
TRANSPARENCY,
ACCOUNTABILITY,
AND PARTNERSHIP*

www.AIDS.gov

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

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December 2017

National Impaired Driving Prevention Month

Don't Wreck



The Holidays

U.S. Department of Transportation
National Highway Traffic Safety Administration
www.nhtsa.gov/Driving-Safety/Impaired-Driving

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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