

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 2018

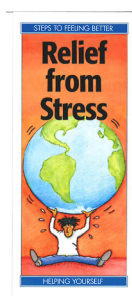
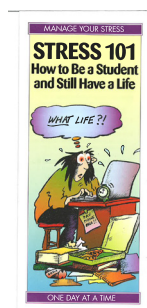
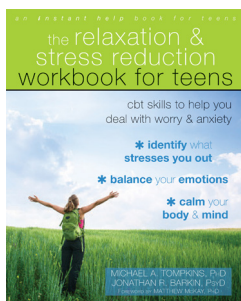
National Stress-Free Family Holiday's Month

The holiday season is upon us. While for many the holidays are a time to celebrate and rejoice, others aren't as fortunate.

Holidays can cause serious anxiety and depression. Parents may feel helpless and frustrated dealing with high expectations and not nearly as high budgets. People with big families may feel overwhelmed while those without families feel singled out and lonely. It is normal to be stressed during this time of the year but sometimes that stress can be unhealthy.

Unhealthy stress can cause hyperventilation, sweating, rapid heartbeat, dizziness, body pains, headaches, high blood pressure, insomnia, ulcers and behavioral symptoms such as irritability, anxiety, substance use and becoming socially withdrawn. For those who are already experiencing mental illnesses or substance abuse, this added stress can exacerbate symptoms.

Connecticut Clearinghouse has a wide variety of materials and resources to inform and educate on the subject of stress and relaxation. 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. Please see samples of our materials below.





New FREE Training!

Adolescent SBIRT: Adolescent Girls and Opioids

December 14

9:00 AM — 3:00 PM

Connecticut Clearinghouse, Plainville

******This training has been approved by NASW-CT for 4 CEUs******

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



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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

NEW BOOKS & CURRICULA

Brief Cognitive-Behavioral Therapy for Suicide Prevention

Craig J. Bryan

An innovative treatment approach with a strong empirical evidence base, brief cognitive-behavioral therapy for suicide prevention (BCBT) is presented in step-by-step detail in this authoritative manual. Leading treatment developers show how to establish a strong collaborative relationship with a suicidal patient, assess risk, and immediately work to establish safety. Proven interventions are described for building emotion regulation and crisis management skills and dismantling the patient's suicidal belief system. The book includes case examples, sample dialogues, and 17 reproducible handouts, forms, scripts, and other clinical tools.

Contemporary Health Issues on Marijuana

Kevin A. Sabet

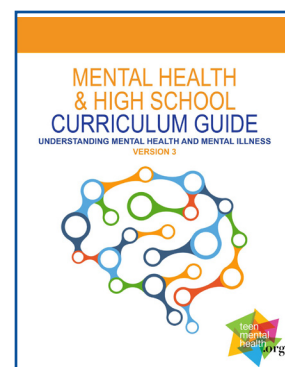
Contemporary Health Issues on Marijuana is a balanced, empirically driven volume that highlights new and meaningful theory and evidence pertaining to marijuana use. Authored by a multidisciplinary group of experts from the fields of psychology, epidemiology, medicine, and criminal justice, chapters comprehensively review numerous research domains of public health interest with respect to marijuana use, including the drug's impact on cognitive and neurological functioning, its medical effects, treatment approaches for cannabis use disorders, the effects of marijuana smoking on lung function, and marijuana-impaired driving. The book concludes with a chapter on policy implications, taking stock of current trends and anticipating prevalence rates and resulting health consequences that will only continue to grow.



Integrating Health Services into Domestic Violence Programs

Virginia Duplessis

This toolkit is designed to assist domestic violence advocates in integrating onsite health assessment and primary health services into domestic violence programs. The toolkit provides an opportunity for domestic violence programs to create a culture of wellness and develop a more comprehensive array of services for their clients and staff. Included in the appendices are sample forms and protocols that have been adapted from the work done in a wide range of domestic violence programs from around the country exemplifying service delivery models, as well as resources FUTURES has developed as part of ongoing work with other states building domestic violence advocacy-based health programs.



Mental Health & High School Curriculum Guide

Teen Mental Health

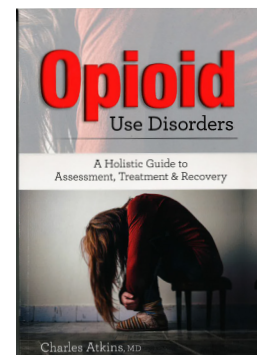
The Mental Health and High School Curriculum Guide provides a complete set of educational tools to increase understanding of mental health and mental disorders among both students and teachers. The Guide, developed in partnership with the Canadian Mental Health Association, focuses on training teachers to be comfortable with their own knowledge of mental health and mental disorders. The Guide then empowers the teachers to share this knowledge with their students through a curriculum delivered in a multiple module format. The program uses a variety of interactive sessions that help to promote dialogue among students, as well as with their teachers.

Opioid Use Disorders

Charles Atkins, MD

Dr. Charles Atkins, well-known opioids addiction expert, brings together current research, emerging therapies, and non-drug and integrative strategies in a practical guide for both professionals and the public.

- Why a “one-size-fits-all approach” to addiction doesn’t work for opioid use disorders
- Recognizing the signs - when chronic-pain management turns into addiction
- Whole-person treatment plans to help manage craving, cope with stress, and avoid relapse
- How Medication Assisted Treatment (MAT) can save lives
- Treatment from infants to older adults
- Real stories of recovery, and at times, loss

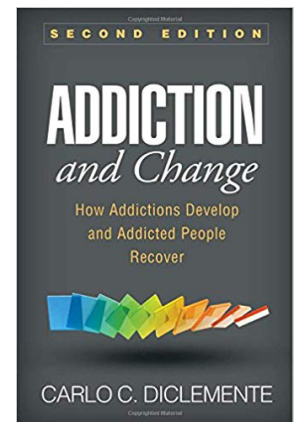


NEW E-Books

Addiction and Change (Second Edition)

Carlo C. DiClemente

Not everyone who experiments with substance use or risky behavior becomes addicted, and many who are addicted have been able to recover. 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.

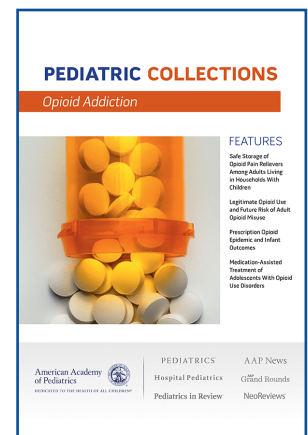


Opioid Addiction (Pediatric Collections)

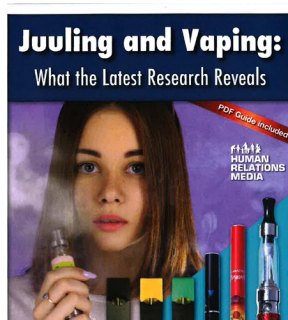
American Academy of Pediatrics

The opioid crisis, fueled by too many prescriptions and too little oversight, has become far more serious than some of the other epidemics the country has faced. The articles in this collection focus on the manifestations of the opioid epidemic in children and adolescents, such as the increased rate of neonatal abstinence syndrome (NAS), teens increased risk of opioid abuse after legitimate opioid use, and the hopeful evidence that sports and exercise participation by adolescents lowers their risk of abusing opioids or heroin. This collection of timely AAP journal articles, blog posts, and policy explores the risks and possible solutions. The collection is structured with the articles grouped under these major topic headings:

- Exposure
- Prescribed Use and Misuse
- Treatment and Prevention



Click here to
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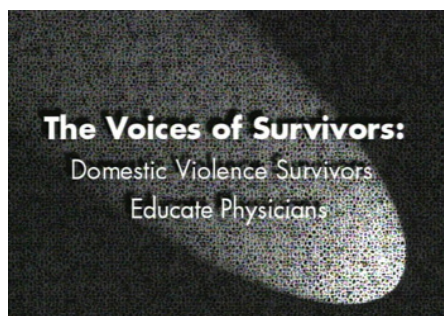


Juuling and Vaping: What the Latest Research Reveals

Vaping e-cigarettes can be addictive, and teens that vape have a greater chance of eventually switching to traditional cigarettes. Additionally, cancer causing compounds have been found in flavored cigarettes including those without nicotine. These and other dangers were recently cited by researchers and have also been highlighted in the news. The video presents the new findings and concludes that when it comes to vaping it's best to be an educated consumer and understand the risks. This timely program also discusses the new widespread phenomenon known as "Juuling" and its implications for vaping in schools.

Includes:

video, plus teacher's resource book, student handouts and pre/post tests in digital format



The Voices of Survivors

Written and directed by Christina Nicolaidis, MD for health care providers, Voices of Survivors addresses the dynamics of domestic violence, its prevalence, and the need for providers to routinely assess patients for abuse. This 30 minute video offers specific step by step instructions on how to assess, intervene, address patient safety, and provide referrals. In addition, the video describes the hidden costs and impact on physical and mental health that could be mitigated if assessment were to occur. Dr. Nicolaidis' video is strengthened by interviews she conducted with survivors of domestic violence who retell their personal experiences and offer suggestions for health care providers to improve their response.

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BOOKS, DVDS,
& MORE



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DECEMBER OBSERVANCES

December 1, 2018

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

December 2018

**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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World Aids Day
[Link to Flyer](#)

**National Impaired Driving
Prevention Month**
[Link to Flyer](#)

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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

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the Connecticut Department of Mental Health and Addiction Services