

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.

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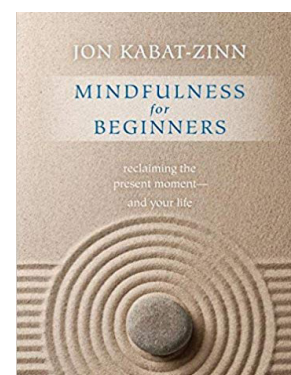
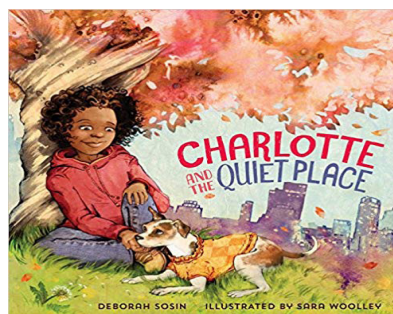
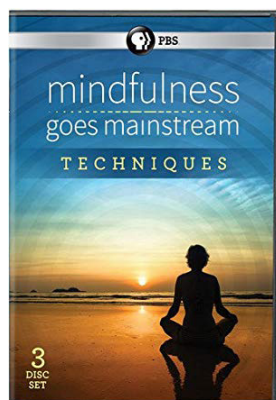
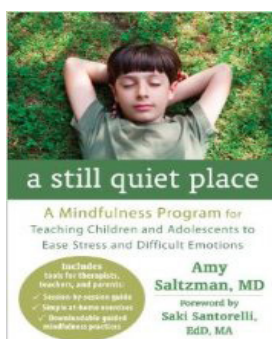
a program of the Connecticut Center
for Prevention, Wellness and Recovery

December 2019

Spotlight on Mindfulness Resources

This time of year can seem like one big blur, with shopping, traffic, and holiday party planning all happening at once. It's a good time to step back and think about what it means to be "in the moment". Mindfulness, a form of meditation, is defined by John Kabat-Zinn in his book *Mindfulness for Beginners*, as an "awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and nonjudgementally." In recent years, mindfulness based interventions, such as Mindfulness-Based Stress Reduction, and Mindfulness-Based Cognitive Therapy, have shown promise in reducing stress and improving mental health as well as some chronic health conditions.

Whether you would like to incorporate mindfulness into your practice or your daily life, Connecticut Clearinghouse has an array of resources - from manuals with worksheets, to DVDs. All of our pamphlets, posters, and fact sheets are available for anyone living or working in Connecticut by calling 1-800-232-4424. 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.



Adolescent SBIRT: Adolescent Girls and Opioids

*** This training is approved for CECs by NASW-CT ***

Thursday, December 19 2019

9:00 AM — 3:00 PM

*Connecticut Clearinghouse,
Plainville*

FREE Training Includes:

- *Live interactive training on Adolescent Screening, Brief Intervention and Referral to Treatment*
- *Curriculum supplement on the unique risks of adolescent girls for opioid misuse*
- *Online Kognito simulation with CECs*
- *Helpful resource materials and referral information*



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

Alcohol And Energy Drinks

Cannabidiol (CBD): Trend Or Treatment

Marijuana And Your Grades:
Don't Let Your Future Take A Hit

How To Quit Marijuana



NEW POSTERS

It's Not Cool To JUUL

Vaping Is Not Safe

Vaping Is Addictive

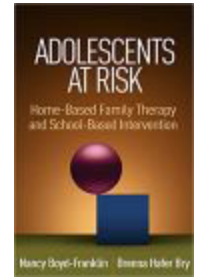


NEW BOOKS & CURRICULA

Adolescents At Risk: Home-Based Therapy and School-Based Intervention

Nancy Boyd-Franklin, Brenna Hafer Bry

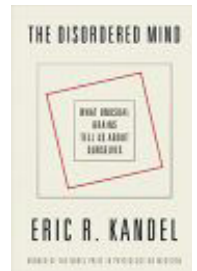
Grounded in research, this book guides mental health professionals to break the cycle of at-risk behavior by engaging adolescents and their families in home, school, and community contexts. The authors explore the multigenerational patterns that shape the lives of poor and ethnic minority adolescents and present innovative strategies for intervening beyond the walls of the agency or clinic.



The Disordered Mind: What Unusual Brains Tell Us About Ourselves

Eric R. Kandel

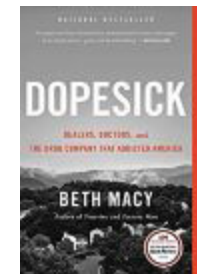
Author Eric Kandel draws on a lifetime of pathbreaking research and the work of many other leading neuroscientists to take us on an unusual tour of the brain. He confronts one of the most difficult questions we face: how does our mind, our individual sense of self, emerge from the physical matter of the brain? The brain's 86 billion neurons communicate with one another through very precise connections, but sometimes those connections are disrupted. The brain processes that give rise to our mind can become disordered, resulting in diseases such as autism, depression, schizophrenia, Parkinson's, addiction, and post-traumatic stress disorder. While these disruptions bring great suffering, they can also reveal the mysteries of how the brain produces our most fundamental experiences and capabilities: the very nature of what it means to be human.



Dopesick: Dealers, Doctors, and the Drug Company That Addicted America

Beth Macy

Beth Macy takes us into the epicenter of a national drama that has unfolded over two decades. From the labs and marketing departments of big pharma to local doctor's offices; wealthy suburbs to distressed small communities in Central Appalachia; from distant cities to once-idyllic farm towns; the spread of opioid addiction follows a tortuous trajectory that illustrates how this crisis has persisted for so long and become so firmly entrenched.



A Fragile Life: Accepting Our Vulnerability

Todd May

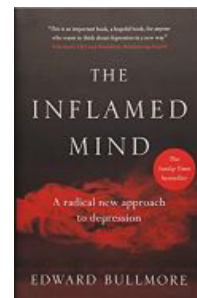
In a moving examination of life and the trials that beset it, author Todd May shows that our fragility, our ability to suffer, is actually one of the most important aspects of our humanity. Offering a guide on how to positively engage suffering, May ultimately lays out a new way of thinking about how we exist in the world, one that reassures us that our suffering, rather than a failure of physical or psychological resilience, is a powerful and essential part of life itself.



The Inflamed Mind: A Radical New Approach To Depression

Edward Bullmore

Author Edward Bullmore presents information on the link between depression and inflammation of the body and brain. He explains how and why we now know that mental disorders can have their root cause in the immune system, and outlines a future revolution in which treatments could be specifically targeted to break the vicious cycle of stress, inflammation and depression.

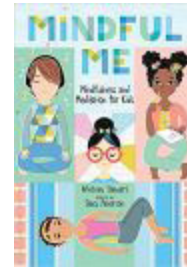


NEW BOOKS & CURRICULA

Mindful Me: Mindfulness and Meditation For Kids

Whitney Stewart, pictures by Stacy Peterson

This guide introduces kids and preteens to mindfulness through exercises, meditations, and writing prompts.

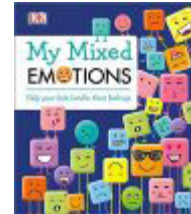


My Mixed Emotions: Help Your Kids Handle Their Feelings

Elinor Greenwood

Feelings can be complicated, and learning to express them is a skill that must be developed.

My Mixed Emotions is here to coach children through a variety of emotions and situations including dealing with bullying, understanding grief, and coping with large family changes, such as divorce. Divided into happiness, fear, anger, and sadness, My Mixed Emotions explores the four main emotions, the reasons why we feel them, and the science behind each one.



Never Enough: The Neuroscience and Experience of Addiction

Judith Grisel

Drawing on years of research--as well as personal experience as a recovered addict--researcher and professor Judy Grisel has reached a fundamental conclusion: for the addict, there will never be enough drugs. The brain's capacity to learn and adapt is seemingly infinite, allowing it to counteract any regular disruption, including that caused by drugs. What begins as a normal state punctuated by periods of being high transforms over time into a state of desperate craving that is only temporarily subdued by a fix, explaining why addicts are unable to live either with or without their drug. One by one, Grisel shows how different drugs act on the brain, the kind of experiential effects they generate, and the specific reasons why each is so hard to kick. Grisel's insights lead to a better understanding of the brain's critical contributions to addictive behavior, and will help inform a more rational, coherent, and compassionate response to the epidemic in our homes and communities.



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DECEMBER OBSERVANCES

December 2019




National Impaired Driving Prevention Month



U.S. Department of Transportation
National Highway Traffic Safety Administration


www.nhtsa.gov/risky-driving

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


December 1, 2019

World **AIDS** Day 



www.unaids.org

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National Impaired Driving Prevention Month
nhtsa.gov/risky-driving
trafficsafetymarketing.gov

World AIDS Day
unaids.org/en/resources/campaigns/WAD_2019
trello.com/b/5F7AjyPi/world-aids-day-2019

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The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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www.ctclearinghouse.org
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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