

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

February 2018



Adolescent Substance Use and Co-Occurring Depression

A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM

Thursday, February 15, 2018

2:00 PM-4:00 PM

Connecticut Clearinghouse Conference Room
334 Farmington Ave. Plainville, CT 06062

Participants will (be able to):

1. Review the etiology and nature of the association between substance use disorder and co-occurring depression (COD) in youth.
2. Address the heterogeneity of treatment outcome findings
3. Share information regarding future clinical research avenues for COD

Presented by

Yifrah Kaminer M.D., M.B.A.

**Professor of Psychiatry and Pediatrics
Alcohol Research Center & Injury Prevention Center
University of Connecticut School of Medicine**

Dr. Kaminer main interest has been focusing on clinical research of the assessment, treatment and continuity of care of high-risk behaviors particularly substance use disorders (SUD) in youth. He has special interest in comorbid depressive disorders and suicidal behavior. He has been mentoring psychiatric residents at UConn and Yale on adolescent SUD.

Space is Limited

Register at CTCLEARINGHOUSE.ORG

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

CHANGE
the **SCRIPT**

February 08, 2018
6:00 PM – 7:00 PM
Connecticut Clearinghouse
334 Farmington Avenue
Plainville, CT

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

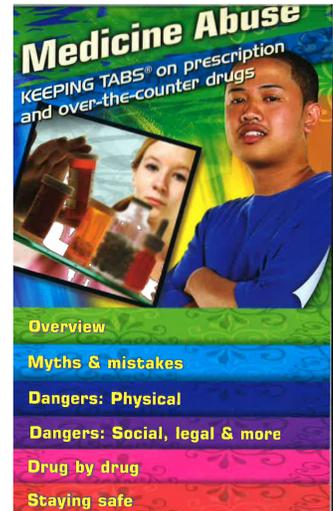
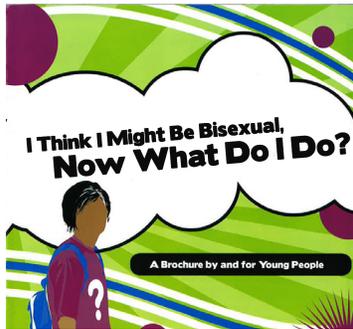


NEW PAMPHLETS

Dealing With Anxiety

I Think I Might Be Bisexual:
Now What Do I Do?

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



NEW POSTERS

Know Yourself

The Twelve Steps: Alcoholics Anonymous

NEW FACT SHEETS

Drug Facts: Rohypnol
(Click below to view)



Drug Facts: Rohypnol



What is Rohypnol?

Rohypnol[®] is a trade name for flunitrazepam, a central nervous system (CNS) depressant that belongs to a class of drugs known as benzodiazepines. Flunitrazepam is also marketed as generic preparations and other trade name products outside of the United States.

Like other benzodiazepines, Rohypnol[®] produces sedative-hypnotic, anti-anxiety, and muscle relaxant effects. This drug has never been approved for medical use in the United States by the Food and Drug Administration. Outside the United States, Rohypnol[®] is commonly prescribed to treat insomnia. Rohypnol[®] is also referred to as a "date rape" drug.

What is its origin?

Rohypnol[®] is smuggled into the United States from other countries, such as Mexico.

What are common street names?

Common street names include:

Circles, Forget Pill, Forget-Me-Pill, La Rocha, Lunch, Money Drug, Mexican Valium, Pingus, R2, Reynolds, Roach, Roach 2, Roaches, Roachies, Roopies, Robatal, Rochas Dos, Rohypnol, Roofies, Rophies, Ropies, Ropies, Row-Shay, Ruffies, and Wolfies

What does it look like?

Prior to 1997, Rohypnol[®] was manufactured as a white tablet (0.5-2 milligrams per tablet), and when mixed in drinks, was colorless, tasteless, and odorless. In 1997, the manufacturer responded to concerns about the drug's role in sexual assaults by reformulating the drug.

How is it abused?

The tablet can be swallowed whole, crushed and snorted, or dissolved in liquid. Adolescents may abuse Rohypnol[®] to produce a euphoric effect often described as a "high." While high, they experience reduced inhibitions and impaired judgment. Rohypnol[®] is also abused in combination with alcohol to produce an exaggerated intoxication.

In addition, abuse of Rohypnol[®] may be associated with multiple-substance abuse. For example, cocaine addicts may use benzodiazepines such as Rohypnol[®] to relieve the side effects (e.g., irritability and agitation) associated with cocaine binges.

Rohypnol[®] is also misused to physically and psychologically incapacitate women targeted for sexual assault. The drug is usually placed in the alcoholic drink of an unsuspecting victim to incapacitate them and prevent resistance to sexual assault. The drug leaves the victim unaware of what has happened to them.



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800.232.4424 (phone)

860.793.9813 (fax)

www.ctclearinghouse.org

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

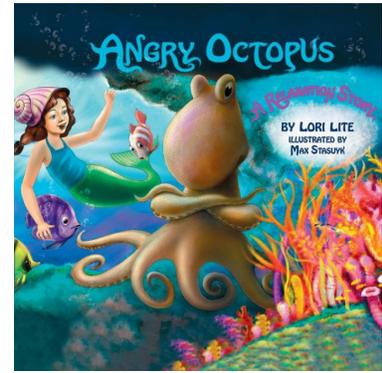
FIND
MORE
FACT SHEETS
ONLINE

NEW BOOKS & CURRICULA

Angry Octopus

Lori Lite

Angry Octopus is a story that teaches children how to use progressive muscle relaxation and breathing techniques to calm down, lower stress, and control anger. Children relate to the angry octopus in this story as the sea child shows the octopus how to take a deep breath, calm down, and manage anger.



CBT Made Simple: A Clinician's Guide to Practicing Cognitive Behavioral Therapy

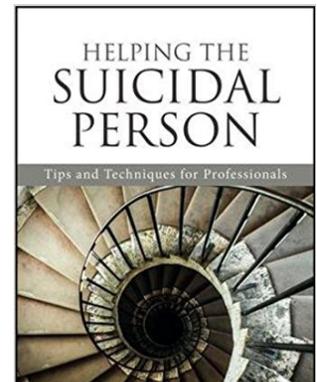
Nina Josefowitz

In CBT Made Simple, two psychologists and experts in cognitive behavioral therapy (CBT) offer the ultimate “how-to” manual based on the principles of effective adult learning. Structured around these evidence-based principles, this user-friendly guide will help you learn CBT and deliver it to your clients in the most optimal way.

Helping the Suicidal Person

Stacey Freedenthal

Helping the Suicidal Person provides a highly practical toolbox for mental health professionals. The book first covers the need for professionals to examine their own personal experiences and fears around suicide, moves into essential areas of risk assessment, safety planning, and treatment planning, and then provides a rich assortment of tips for reducing the person’s suicidal danger and rebuilding the wish to live.



Nurturing Emotional Resilience in Vulnerable Children and Young People: A Practical Guide

Juliette Ttofa

Nurturing Emotional Resilience in Vulnerable Children and Young People is a guidebook that provides a framework and practical strategies to support children’s emotional resilience at a whole-school and more targeted level. Underpinned by research into the concept of resilience, the book centers around the ‘Resiliency Rainbow Toolkit’; a ready-to-use theoretical model that draws upon a range of ideas and approaches that act as a resiliency building programme.

Superhero Therapy

Janina Scarlet

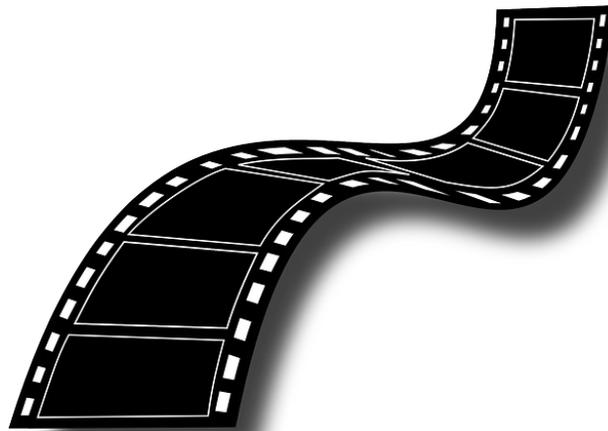
This fun, unique, and “outside-the-box” self-help guide provides everything you need to begin your very own superhero training using evidence-based ACT and mindfulness skills. Within these colorful pages, you’ll team up with a group of troubled heroes—inspired by both fictional characters and real-life people—enlisted at the Superhero Training Academy.

Theory and Practice of Addiction Counseling

Pamela S. Lassiter

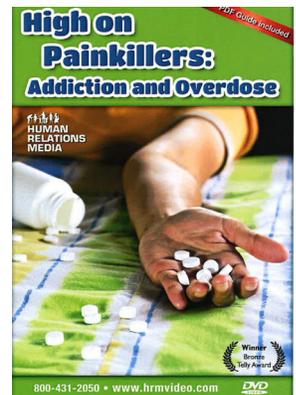
This book brings together contemporary theories of addiction and helps readers connect those theories to practice using a common multicultural case study. Theories covered include motivational interviewing, moral theory, developmental theory, cognitive behavioral theories, attachment theory, and sociological theory. Each chapter focuses on a single theory, describing its basic tenets, philosophical underpinnings, key concepts, and strengths and weaknesses.





High on Painkillers: Addiction and Overdose

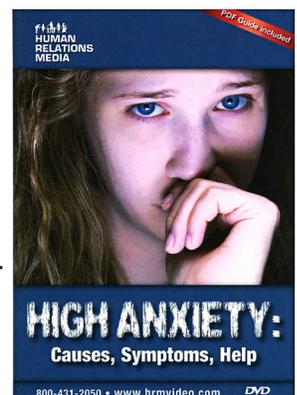
The truth about the misuse of prescribed painkillers is startling. Misused painkillers such as Oxycodone, Vicodin and methadone are responsible for more deaths than cocaine and heroin combined. According to the Centers for Disease Control, prescription painkillers have surpassed car crashes as the leading cause of accidental deaths in the United States. Students learn the dynamics of painkiller addiction and abuse through the personal stories of teens who have been hooked on legal pain killers. These teens describe the downward spiral of addiction that can eventually lead to death by overdose. Former users, physicians and drug education experts communicate the hard facts to viewers including how difficult it is for users to cope with withdrawal symptoms such as depression, anxiety, shakiness and lack of energy.



[Click Here For Trailer](#)

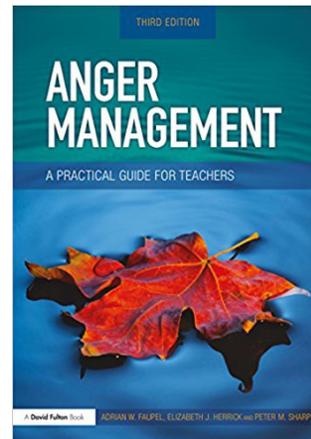
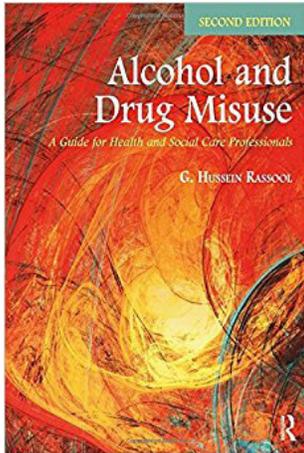
High Anxiety

In this video, a diverse group of teens who are dealing with anxiety, plus two adolescent psychologists, discuss the types of things that cause anxiety in young people; challenging tests, meeting new people, competing in school sports, public speaking etc. The on-camera experts help viewers identify if they have an anxiety disorder. Some of the disorders discussed are generalized anxiety disorder (GAD), panic disorder, social anxiety and phobias. Symptoms of these and other disorders are explained as well as ways to cope. The program describes the importance of seeking professional help when anxiety disorders involve more than temporary worry or fear.



[Click Here For Trailer](#)

NEW eBooks



Alcohol and Drug Misuse : A Guide for Health and Social Care Professionals

Written by an experienced academic author, lecturer and practitioner, this comprehensive textbook provides an introduction to alcohol and drug misuse. It presents: the context of alcohol and drug misuse, and the nature and theories of addiction, including a historical overview and policy initiatives in contemporary society an overview of the problems associated with psychoactive substances and their impact on groups such as culturally and linguistically diverse communities, young people, women, older people and the homeless an understanding of the generic role responses to substance misuse in a variety of different settings and contexts, including primary care, the community and hospitals a framework for assessment, care planning, harm reduction approaches, dealing with overdose, intoxication and withdrawals, and psychological and pharmacological interventions an accessible and skills-oriented approach to assist students and practitioners in dealing with alcohol and drug misuse.

Anger Management : A Practical Guide for Teachers

Anger Management is a practical guide that will help you to stay calm in the face of angry outbursts from children and young people, and support them in learning to manage their anger better. Written by chartered psychologists with extensive experience in the field, this helpful book will: increase your understanding of anger; offer you a range of practical management interventions; help you to manage your own behaviours to build more effective relationships; reduce the stress experienced by staff and parents who lack confidence in the face of aggressive behaviour. With stress and anger levels amongst young people at an all-time high, this third edition of Anger Management is particularly timely



FEBRUARY OBSERVANCES

February 2018

Teen Dating Violence



Awareness Month

Break the Cycle

Because Everyone Deserves

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



February 11-17, 2018

National Children of Alcoholics Week



Help is Waiting



National Association for Children of Alcoholics

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



Teen Dating Violence Prevention Month
teendvmonth.org

National Black HIV/AIDS Awareness Day
hiv.gov

National Children of Alcoholics Week - February 9 - 15
coaweek.org

National Eating Disorders Week - February 23 - March 1
nedawareness.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
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Library Hours:

Mon, Tues, Wed, Fri 8:30 AM - 5:00 PM ; Thurs 8:30 AM - 7:30 PM

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