

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

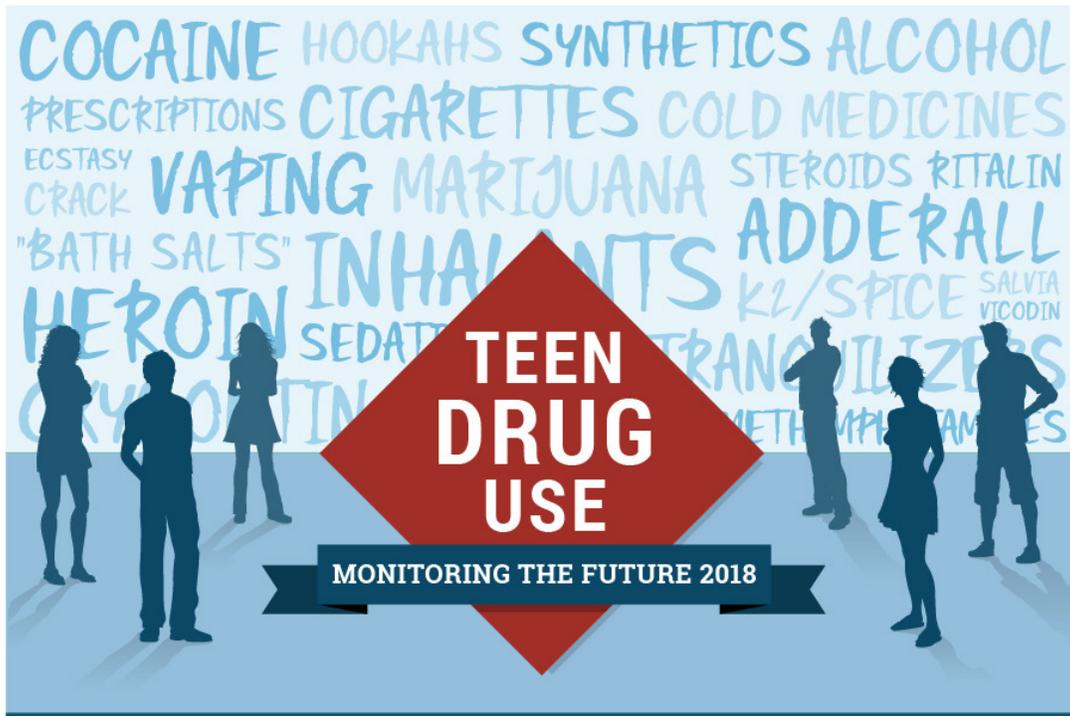


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CONNECTICUT
Clearinghouse

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

February 2019



Monitoring the Future is an annual survey of 8th, 10th, and 12th graders conducted by researchers at the Institute for Social Research at the University of Michigan, Ann Arbor, under a grant from the National Institute on Drug Abuse, part of the National Institutes of Health. Since 1975, the survey has measured how teens report their drug, alcohol, and cigarette use and related attitudes in 12th graders nationwide; 8th and 10th graders were added to the survey in 1991.

44,482 STUDENTS FROM 392 PUBLIC AND PRIVATE SCHOOLS PARTICIPATED IN THE 2018 SURVEY.



DRUGABUSE.GOV

For more information on the Monitoring the Future 2018 results please click the flyer above!



New FREE Training!

Adolescent SBIRT:

Adolescent Girls and Opioids

Thursday, February 21, 2019

9:00 AM — 3:00 PM

Connecticut Clearinghouse, Plainville

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

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

Electronic Cigarettes in Connecticut: What You Need to Know

A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM



Thursday, February 07
2:00 PM - 4:00 PM
Connecticut Clearinghouse Conference Room
334 Farmington Ave. Plainville, CT 06062

Presented by

Gregory Carver

Program Coordinator
Supervising Special Investigator
Tobacco Prevention and Enforcement Program (TPEP)
Connecticut Department of Mental Health
and Addiction Services

Learning Objectives

- Learn about state and federal laws that regulate electronic cigarettes
- Learn about the epidemic of minors using electronic cigarettes in high schools across Connecticut
- Learn about the how the electronic cigarette products have evolved and what the future holds
- Learn what the State of Connecticut is doing to prevent access to electronic cigarette
- Learn what you can do to prevent access to electronic cigarettes to minors in your community

**This Presentation is approved for 2 contact hours
by the CT Certification Board.

[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



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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.



10 North Main Street, Bristol
Wednesdays from 6:00pm–7:00pm
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



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NEW PAMPHLETS

7 Tips for Managing Chronic Pain

The Body's Response to Opioids

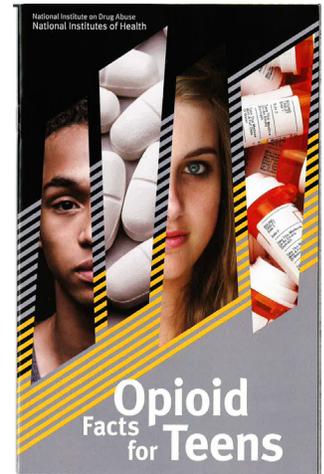
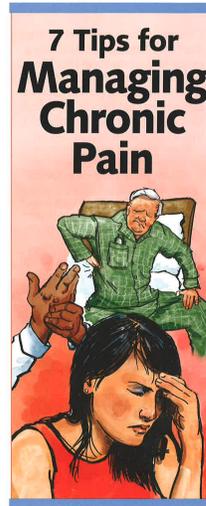
Lo Que Debes Saber Sobre la heroína

Opioid Facts for Teens

Opiates & Pain Management: Keeping Tabs

NEW FACT SHEET

K2/Spice "Synthetic Cannabinoids"
(Click below to view)



K2/Spice "Synthetic Cannabinoids"



What are Synthetic Cannabinoids?

Synthetic cannabinoids are human-made mind-altering chemicals that are either sprayed on dried, shredded plant material so they can be smoked or sold as liquids to be vaporized and inhaled in e-cigarettes and other devices. These products are also known as herbal or liquid incense. Synthetic cannabinoids are part of a group of drugs called new psychoactive substances (NPS). NPS are unregulated mind-altering substances that have become newly available on the market and are intended to produce the same effects as illegal drugs. Synthetic cannabinoids are sometimes misleadingly called "synthetic marijuana" (or "fake weed") and hundreds of brands now exist, including *K2*, *Spice*, *Joker*, *Black Mamba*, *Kush*, and *Kronic*.

False Advertising

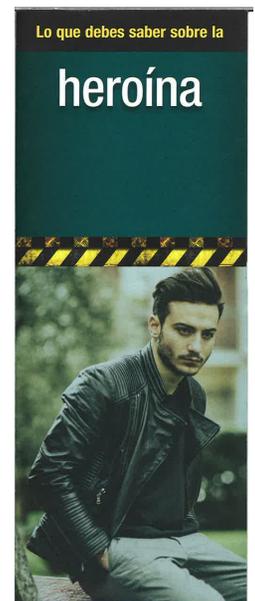
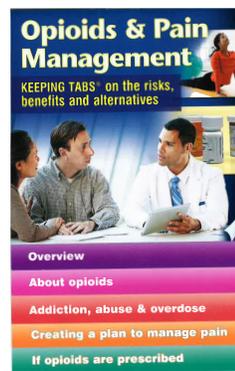
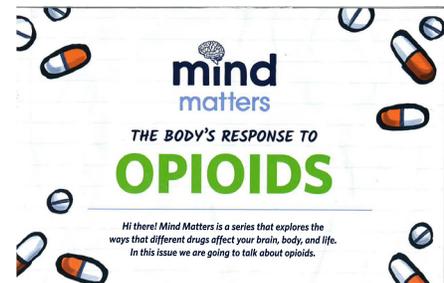
Synthetic cannabinoid products are often labeled "not for human consumption." Labels also often claim that they contain "natural" material taken from a variety of plants. However, the only parts of these products that are natural are the dried plant materials. Chemical tests show that the active, mind-altering ingredients are cannabinoid compounds made in laboratories. In fact, they are not safe and may affect the brain much more powerfully than marijuana; their actual effects can be unpredictable and, in some cases, more dangerous or even life-threatening.

Easy Access?

For several years, synthetic cannabinoid mixtures have been easy to buy in drug paraphernalia shops, novelty stores, gas stations, and over the internet. Manufacturers sell these products in colorful foil packages and plastic bottles to attract consumers. Because the chemicals used in them have no medical benefit and a high potential for abuse, authorities have made it illegal to sell, buy, or possess some of these chemicals. However, manufacturers try to sidestep these laws by changing the chemical formulas in their mixtures.

Easy access and the belief that synthetic cannabinoid products are "natural" and therefore harmless, have likely contributed to their use among young people. Another reason for their continued use is that standard drug tests cannot easily detect many of the chemicals used in these products.

- Synthetic cannabinoids refer to a growing number of human-made mind-altering chemicals sprayed on dried, shredded plant material or vaporized to produce a high.
- The only parts of synthetic cannabinoid products that are "natural" are the dried plant materials.
- The effects of synthetic cannabinoids can be unpredictable and severe or even life-threatening.



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

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

NEW BOOKS & CURRICULA

The Addiction Solution

Lloyd I. Sederer, MD

With a timely focus on opioids, Sederer takes us through the proven essentials of addiction treatment and explains why so many of our current policies, like the lingering remnants of the War on Drugs, fail to help drug users, their families, and their wider communities. He identifies a key insight, often overlooked in popular and professional writing about addiction and its treatment: namely, that people who use drugs do so to meet specific needs, and that drugs may be the best solution those people currently have. Writing with generosity and empathy about the many Americans who use illicit and prescribed substances, Sederer lays out specific, evidence-based, researched solutions to the prevention and problems of drug use, including exercise, medications, therapy, recovery programs, and community services. In this challenging time, *The Addiction Solution* provides practical help, comfort, and hope.

The Prescription Drug Abuse Epidemic

Ty S. Schepis, PhD

Prescription opioid medication abuse has been declared a national crisis by experts in medicine, substance use, public health, and pain management, culminating in a declaration made by the President of the United States that opioid misuse and abuse is a national health emergency. In this comprehensive text, expert scholars analyze and address a wide range of issues in, obstacles to, and potential solutions for this emergency, which caused more than 50,000 deaths in 2016 alone. It covers a variety of topics related to prescription misuse from both clinical and academic perspectives.

Public Health Consequences of E-Cigarettes

The National Academies of Sciences, Engineering, and Medicine

Millions of Americans use e-cigarettes, even as rates of smoking combustible tobacco cigarettes continue to decline among youth and adults. In 2016 youth e-cigarette use was substantially higher than cigarette smoking or use of any other tobacco product. The Center for Tobacco Products of the Food and Drug Administration requested that the National Academies of Sciences, Engineering, and Medicine convene a committee of experts to conduct a review the available evidence of the health effects related to the use of e-cigarettes and identify future federally funded research needs. The resulting report is a comprehensive and systematic review of the literature that evaluates the evidence about e-cigarettes and health, highlights gaps that are a priority for future research, and makes recommendations to improve the quality of this research.

Tobacco Smoking Addiction: Epidemiology, Genetics, Mechanisms, and Treatment

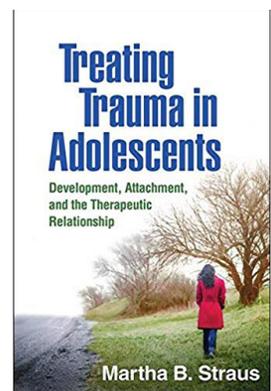
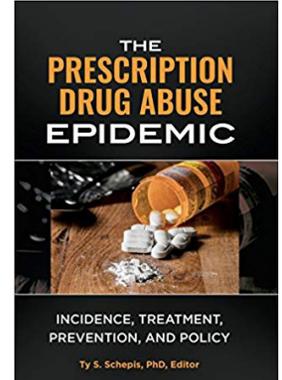
Ming D. Li

This book provides the most recent knowledge on almost all key aspects of the health impact of tobacco smoking. Its 21 chapters focus on both preclinical and clinical studies. The contents are broad, covering the epidemiology of tobacco smoking; genetic epidemiology; identification of susceptibility genomic regions, genes, and pathways as determined by both human and animal studies; evolutionary relations among the different nAChR subunit genes that are so important to the nicotine response; smoking-related diseases; E-cigarettes; and smoking cessation.

Treating Trauma in Adolescents

Martha B. Straus

This book presents an innovative and empathic approach to working with traumatized teens. It offers strategies for getting through to high-risk adolescents and for building a strong attachment relationship that can help get development back on track. Martha B. Straus draws on extensive clinical experience as well as cutting-edge research on attachment, developmental trauma, and interpersonal neurobiology. Vivid case material shows how to engage challenging or reluctant clients, implement interventions that foster self-regulation and an integrated sense of identity, and tap into both the teen's and the therapist's moment-to-moment emotional experience. Essential topics include ways to involve parents and other caregivers in treatment.



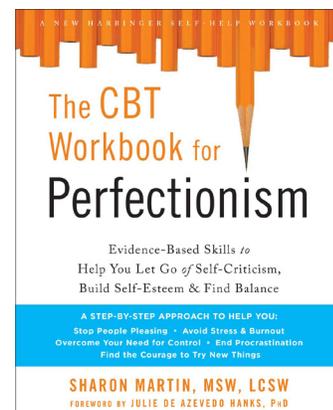
NEW E-BOOKS

The CBT Workbook for Perfectionism

Sharon Martin

Do you hold yourself—and perhaps others—to extremely high standards? Do you procrastinate certain tasks because you're afraid you won't carry them out perfectly? If you've answered "yes" to one or both of these questions, chances are you're a perfectionist. And while there's nothing wrong with hard work and high standards, perfectionism can also take over your life if you let it. So, how can you find balance?

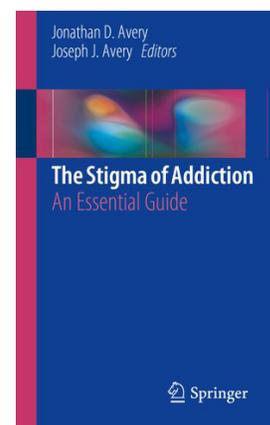
With this workbook, you'll identify the causes of your perfectionism and the ways it is negatively impacting your life. Rather than measuring your self-worth by productivity and accomplishments, you'll learn to exercise self-compassion, and extend that compassion to others. You'll also learn ways to prioritize the things that really matter to you, without focusing on attaining fixed goals.



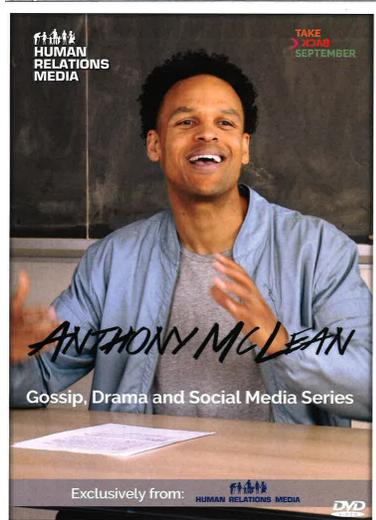
The Stigma of Addiction

Jonathan D. Avery

This book explores the stigma of addiction and discusses ways to improve negative attitudes for better health outcomes. Written by experts in the field of addiction, the text takes a reader-friendly approach to the essentials of addiction stigma across settings and demographics. The authors reveal the challenges patients face in the spaces that should be the safest, including the home, the workplace, the justice system, and even the clinical community. The text aims to deliver tools to professionals who work with individuals with substance use disorders and lay persons seeking to combat stigma and promote recovery.



[Click here to Contact us with questions about eBooks](#)



Anthony McLean: Gossip, Drama, and Social Media Series

In this new series, internationally renowned youth speaker Anthony McLean sits down with high school students to lead them in discussion about the issues they face in their relationships with friends and schoolmates everyday. The students get real and give their opinions on why gossiping is so easy, why preventing bullies is so hard, and what the true cost of popularity is. This series also features a special performance of an original song "Treat 'Em Well" by Anthony McLean, as well as interviews with experts and community leaders.

Series includes:

Bullying -You don't have to like everyone but you do have to respect everyone. Using his original song, "Treat 'em Well", Anthony speaks to high school students at their level in an engaging and memorable way.

Conflict and Drama-Learning how to co-exist with people you disagree with is a major life skill. Gossip and drama can be exciting, but is that the right choice for the people involved, including you?

The Bystanders-Bullying happens every day in school, which means a lot of students become bystanders. Bystanders often play the most important role in conflict. Always ask yourself this question, "what would I want people to do for me if I was in this situation?"

Being Bullied-High school students discuss how bullying is even worse now that social media means kids can get nasty both online and in person

Gossip-Those who gossip with you will eventually gossip about you. When talking about everyone else's drama affects your own friendships, is it worth it?

Popularity and Friendship-It's better to build genuine relationships than to chase after fake ones. Students lend their own wisdom on what a true friendship looks like, how to spot a toxic one and whether the cost of popularity is really worth it.

Social Media-What you post today can linger forever. Will you use it to hurt or to help? Think before you click.



CLICK TO
SEARCH FOR
BOOKS, DVDS,
& MORE

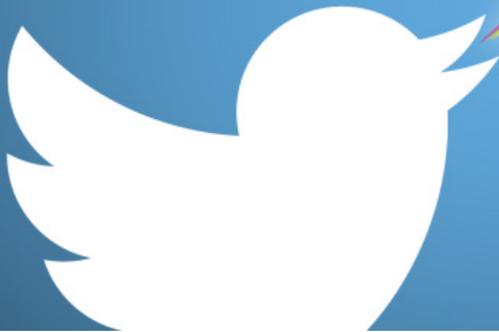


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FEBRUARY OBSERVANCES

February 10-16, 2019

National Children of Alcoholics Week



CELEBRATING
HOPE AND
HEALING FOR
A LIFETIME

COA AWARENESS WEEK
February 10-16, 2019

National Association for Children of Alcoholics

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



February 2019

Teen Dating Violence



Awareness Month
Your Love Is Unique
...with Consent!

Break the Cycle

For Information and Resource contact:
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National Black HIV AIDS Awareness Day
NationalBlackAidsDay.Org

National Children of Alcoholics Week
NACOA.Org

National Eating Disorders Awareness Week
NationalEatingDisorders.Org

Random Acts of Kindness Week
RandomActsOfKindness.Org

Teen Dating Violence Awareness Month
BreakTheCycle.Org

Courier Online

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

334 Farmington Avenue • Plainville, CT 06062
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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