

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

January 2018

And just like that we find ourselves at the start of another new year. Many of us will take this as an opportunity to make resolutions to better ourselves in some way. This self-improvement can come in the form of diet, exercise, and positive changes to our daily routines. Striving for a better self is an excellent and noteworthy goal, but sometimes we can get too comfortable in our behaviors and avoid making these positive changes to our lives.



A good place to start is crafting goals that are both achievable and doable. Like many things in life, the act of actually writing down these goals can help you not only keep track of your activities, but also keep you motivated to keep up with your resolution when you might feel tempted to give up.

Smoking, drinking, and drug use can be especially hard to quit. If you do smoke, quitting now will lower your risk of lung cancer and other smoking-related illnesses. If you do drink, cut back on alcohol or, choose not to drink at all. Too much alcohol can increase the risk of cancer and other serious health problems. Lastly, ANY type of recreational drug use puts your health at risk.

You're not in this alone. Asking for help is a perfectly healthy tactic for sticking with your goals. Sometimes changing aspects of your daily life can be overwhelming; thankfully you don't have to do this alone. Trained professionals can help improve areas you're not as comfortable or skilled in. Physical trainers, nutritionists, financial planners, psychologists and many others can help boost your achievements tremendously. Lastly, surrounding yourselves with family and friends you trust can prove extremely beneficial to sticking with your goals.

The following resources can help you get started with making healthy, lasting changes:

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)
- [Aim for a Healthy Weight - Guide to Behavior Change \(NIH\)](#)
- [Your New Year Quit Smoking Plan \(CDC\)](#)
- [The American Lung Association's Freedom From Smoking program \(ALA\)](#)
- [Willpower, Finances and Spending \(APA\)](#)
- [Resource Guide for Behavioral Health \(CT Clearinghouse\)](#)

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



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

The Dangers of Binge Drinking

Learn About Attention-Deficit/
Hyperactivity Disorder

10 Things You Can Do To Keep
Your Child Drug Free

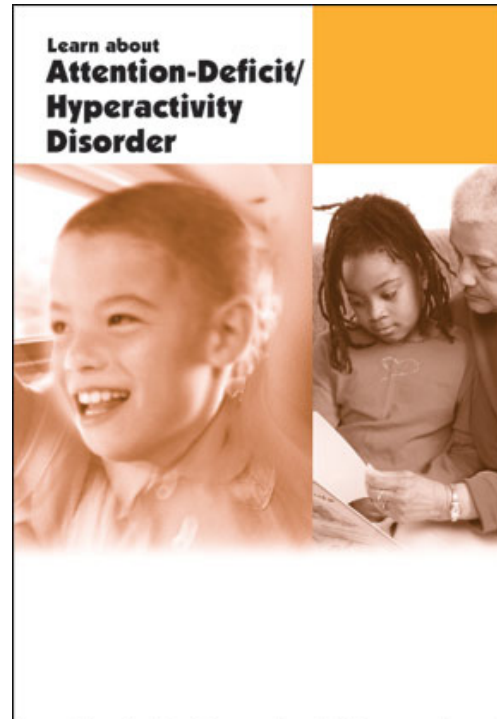
Chequeo Familiar La Crianza
Positiva Previene El Abuso De
Las Drogas

NEW POSTER

The Twelve Steps Alcoholics Anonymous

NEW FACT SHEETS

Coping with Stress Checklist
(Click below to view)



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Coping with Stress Checklist



Stress is a natural part of life. You can feel physical stress when you have too much to do, or when you've had too little sleep, aren't eating properly or have been ill. Stress can also be emotional: you can feel it when you worry about money, your job or a loved one's illness, or when you experience a devastating life event, such as the death of a spouse or the loss of a job. When stress is not addressed, it can affect many parts of your life, including your productivity and performance on the job. In fact, workplace stress causes about 1 million U.S. employees to miss work each day.

The key to coping with stress is to determine your personal tolerance levels for stressful situations. You must learn to accept or change stressful or tense situations whenever possible. Some of the following suggestions may help immediately, but if your stress is constant, it may require more attention or even lifestyle changes.

- ✓ **Take one thing at a time.** Pick one urgent task and work on it. When that's done, move on to the next.
- ✓ **Be realistic.** If you're overwhelmed at home or at work, learn to say "No!"
- ✓ **Don't try to be a superman/superwoman.** No one is perfect, so don't expect perfection from yourself.
- ✓ **Visualize.** Use your imagination to see how you can manage a stressful situation at work or home more effectively.
- ✓ **Meditate.** Five to 10 minutes of quiet reflection can bring some relief. If you're having a stressful day at work, close your door and meditate or go for a quick walk to clear your mind.
- ✓ **Exercise.** Thirty minutes of physical activity per day helps both body and mind. If you have an hour lunch break at the office, use half of it for a walk or a jog. Make plans with a coworker to do this a few times a week.
- ✓ **Hobbies.** Take a break and do something you enjoy.
- ✓ **Adopt a healthy lifestyle.** Get adequate rest, eat right, exercise, limit your use of caffeine and alcohol, and balance work and play.
- ✓ **Share your feelings.** Don't try to cope alone. Let friends and family provide support and guidance.
- ✓ **Be flexible!** Whether you're at home or at work, arguing only increases stress. If you feel you're right, stand your ground, but do so calmly and rationally. Be prepared to make allowances for other people's opinions and compromise.
- ✓ **Don't be overly critical.** Remember, everyone is unique and has his or her own virtues and shortcomings.

You can ease stress by talking with friends or family. But, if that isn't enough, talk with your doctor, spiritual advisor or employee assistance program (EAP). They may suggest that you see a mental health professional to help you manage your stress or suggest other resources. Seeking help is not a sign of weakness; it's a healthy thing to do.

If you or someone is in crisis:
Call the toll-free 24 hour National Suicide Prevention Lifeline
1.800.273.TALK (8255)



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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

Alcohol, Drugs, Genes and the Clinical Laboratory: An Overview for Healthcare and Safety Professionals

Amitava Dasgupta

Alcohol, Drugs, Genes and the Clinical Laboratory provides an overview and quick reference to genetic relationships and clinical laboratory information related to the serious public health issue of alcohol and drug abuse.

The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age

Dean Sherzai

Based on the largest clinical and observational study to date, neurologists and codirectors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Medical Center, offer in the first comprehensive program for preventing Alzheimer's disease and improving cognitive function.

**Click here to
Contact us
with questions
about eBooks**

Another Kind of Madness: A Journey Through the Stigma and Hope of Mental Illness

Stephanie Hinshaw

In Another Kind of Madness, Hinshaw explores the burden of living in a family "loaded" with mental illness and debunks the stigma behind it. Through a poignant and moving family narrative, interlaced with shocking facts about how America and the world still view mental health conditions well into the 21st century, Another Kind of Madness is a passionate call to arms regarding the importance of destigmatizing mental illness.

Opioids: Heroin, OxyContin, and Painkillers

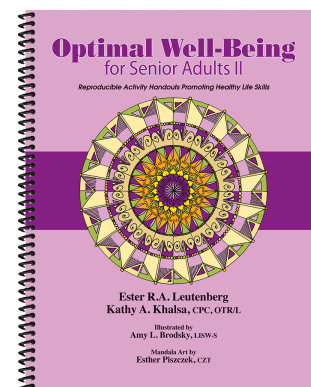
John Perritano

Discusses the history and effects of heroin and other drugs derived from or related to opium that are commonly used as painkillers and are often subject to abuse, and considers treatment options.

Optimal Well-Being for Senior Adults II

Ester R.A. Leutenberg

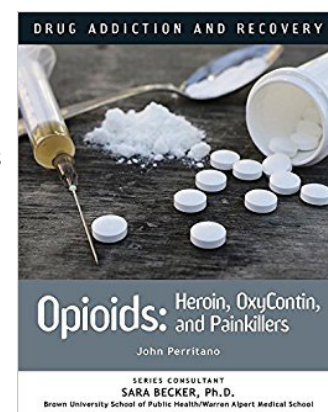
Optimal Well-Being for Senior Adults II is the second in a series of workbooks consisting of reproducible activity handouts written for mental health professionals to provide guidance and content as they work with the changing needs of senior adults. The activities in the workbook are clear, easy-to-follow handouts that cover a wide range of mental health and life skills issues.

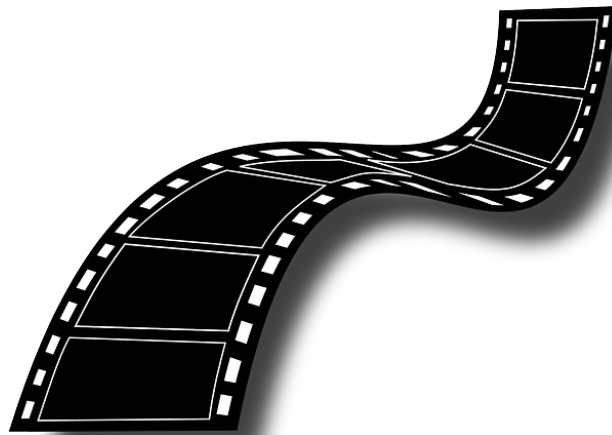


Smoking Geographies: Space, Place and Tobacco

Ross Barnett

Smoking Geographies provides a research-led assessment of the impact of geographical factors on smoking. The contributors uncover how geography can show us not only why people smoke but also broader issues of tobacco control, providing deeper clarity on how smoking and tobacco is 'governed'.





Marijuana: Just the Facts Please

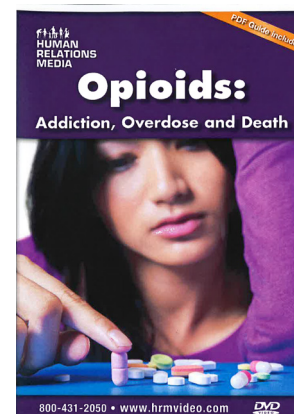
There is still a great deal of confusion surrounding Marijuana and its effects on the mind and body. This straightforward program does not preach or distort, but simply supplies students with the latest science-based information. Does marijuana use cause cancer? Is Marijuana addictive? Does Marijuana lower IQ? Is Marijuana a gateway drug? Is Marijuana valuable as a medicine? These and other questions are explored by scientists and physicians and contrasted with generally held opinions by the public, teenagers and college students.



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

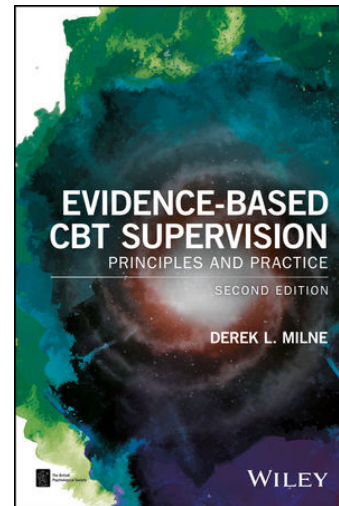
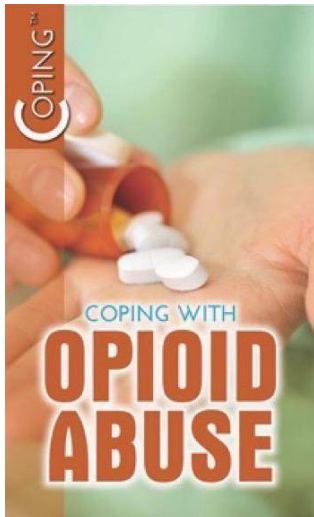
Opioids: Addiction, Overdose and Death

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**](#)

New eBooks



Coping With Opioid Abuse

The use and abuse of opioids—from illegal ones such as heroin to legal prescription painkillers—is a problem that has grown in scale nationwide and caused great concern among educators, families, law enforcement, government officials, and the public at large. This book offers a jumping-off point for youth dealing with opioid abuse in their lives, whether it is their own addiction or coping with opioid abuse among family members or friends. It empowers readers to identify the problem and seek assistance and therapy to cope with and overcome this intensely personal challenge.

Evidence-Based CBT Supervision

The effectiveness of CBT depends on the quality of the supervision and training that is provided to its practitioners. A Manual for Evidence-Based CBT Supervision is intended to significantly strengthen the available resources for training and supporting CBT supervisors. The authors drew on the insights of many accredited CBT supervisors to develop the guidance, and the work is built firmly on an evidence-based approach.

This manual will also be useful for individual supervisors and to those who support and guide trainers and supervisors (e.g., peer groups, consultants, managers, administrators, training directors), as the authors include training supervision guidelines and training materials (e.g., video clips, guidelines and PowerPoint slides).



February Observances

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

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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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the Connecticut Department of Mental Health and Addiction Services