

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

July 2018

Resource Spotlight - Too Good for Drugs

Skill development is at the core of *Too Good for Drugs*, a universal prevention program designed to mitigate the risk factors and enhance protective factors related to alcohol, tobacco, and other drug (ATOD) use. The program introduces and develops social and emotional skills for making healthy choices, building positive friendships, communicating effectively, and resisting peer pressure.

These programs come with a variety of useful tools including board games, toys, case notebooks for kids, and a teachers manual. *Too Good for Drugs* teaches five essential social and emotional learning skills, which research has linked with healthy development and academic success:

- Goal Setting
- Decision Making
- Bonding with pro-social others
- Identifying and managing emotions
- Communicating effectively

Kits are available to all Connecticut Clearinghouse members. These curriculums are a fantastic resource for anyone working with children or adolescents. See below for more details:

- Too Good For Drugs: Grades K-4
- Too Good For Drugs: Grade 5
- Too Good For Drugs: Grade 6
- Too Good For Drugs: Grade 7
- Too Good For Drugs: Grade 8
- Too Good For Drugs: High School





New FREE Training!

Adolescent SBIRT: Adolescent Girls and Opioids

September 6 or October 18

9:00 AM — 3:00 PM

Connecticut Clearinghouse, Plainville

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*



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

Creating A Healthier Life: A Step-By-Step Guide To Wellness

An Introduction To Bipolar Disorder & Co-Occurring Substance Use Disorders

What You Need To Know About Alcohol

NEW POSTER

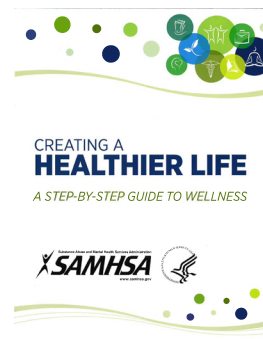
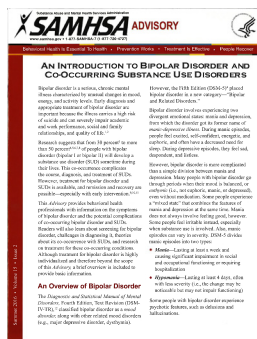
Commonly Abused Drugs

NEW FACT SHEETS

El Consumo De Sustancias En Las Mujeres

Substance Use In Women

(Click below to view)



Substance Use in Women



Sex and Gender Differences in Substance Use

Women may face unique issues when it comes to substance use, in part influenced by:

- sex—differences based on biology
- gender—differences based on culturally defined roles for men and women

Scientists who study substance use have discovered special issues related to hormones, menstrual cycle, fertility, pregnancy, breastfeeding, and menopause that can impact women's struggles with drug use. In addition, women themselves describe unique reasons for using drugs, including controlling weight, fighting exhaustion, coping with pain, and self-treating mental health problems.

Science has also found that:

- Women use substances differently than men, such as using smaller amounts of certain drugs for less time before they become addicted.
- Women can respond to substances differently. For example, they may have more drug cravings and may be more likely to relapse after treatment. This could be affected by a woman's menstrual cycle.
- Sex hormones can make women more sensitive than men to the effects of some drugs.
- Women who use drugs may also experience more physical effects on their heart and blood vessels.
- Brain changes in women who use drugs can be different from those in men.
- Women may be more likely to go to the emergency room or die from overdose or other effects of certain substances.
- Women who use certain substances may be more likely to have panic attacks, anxiety, or depression.
- Women who are victims of domestic violence are at increased risk of substance use.
- Divorce, loss of child custody, or the death of a partner or child can trigger women's substance use or other mental health disorders.

Substance Use While Pregnant and Breastfeeding

Substance use during pregnancy can be risky to the woman's health and that of her children in both the short and long term. Use of some substances can increase the risk of miscarriage and can cause migraines, seizures, or high blood pressure in the mother, which may affect the baby. In addition, the risk of stillbirth is two to three times greater in women who smoke tobacco or marijuana, take prescription pain relievers, or use illegal drugs during pregnancy.

When a woman uses substances regularly during pregnancy, the baby may go through withdrawal after birth, a condition called neonatal abstinence syndrome (NAS). Research has shown that NAS can occur with a pregnant woman's use of opioids, alcohol, caffeine, and some prescription sedatives. The type and severity of a baby's withdrawal symptoms depend on the drug(s) used, how long and how often the mother used, how her body breaks down the drug, and if the baby was born full term or prematurely.



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800.232.4424 (phone)
860.793.9813 (fax)
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A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

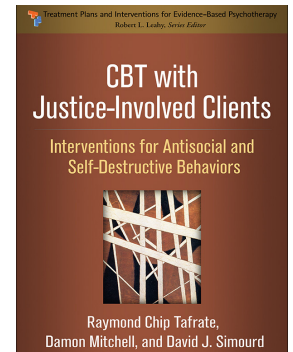
FIND
MORE
FACT SHEETS
ONLINE

NEW BOOKS & CURRICULA

CBT With Justice-Involved Clients: Interventions for Antisocial and Self-Destructive Behaviors

Raymond Chip Tafrate, Damon Mitchell, and David J. Simourd

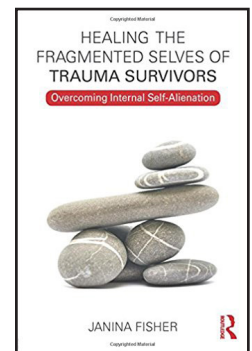
Grounded in science and clinical experience, this treatment planner provides essential tools for conducting cognitive-behavioral therapy (CBT) with justice-involved clients in a wide range of settings. Guidelines are presented for assessment, case formulation, and intervention to alter criminogenic thinking and destructive lifestyle patterns. With a focus on reducing recidivism, the book demonstrates ways to enhance clients' motivation for change and elicit prosocial values and life priorities. Practitioner-friendly features include case examples, recommended assessment instruments, over 35 sample scripts, and 27 reproducible forms and worksheets; the large-size format facilitates photocopying.



Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation

Jonathan D. Avery

Healing the Fragmented Selves of Trauma Survivors integrates a neurobiologically informed understanding of trauma, dissociation, and attachment with a practical approach to treatment, all communicated in straightforward language accessible to both client and therapist. Readers will be exposed to a model that emphasizes "resolution" -- a transformation in the relationship to one's self, replacing shame, self-loathing, and assumptions of guilt with compassionate acceptance. Its unique interventions have been adapted from a number of cutting-edge therapeutic approaches, including Sensorimotor Psychotherapy, Internal Family Systems, mindfulness-based therapies, and clinical hypnosis.



Mastering Your Adult ADHD: Therapist Guide

Steven A. Safren

This Second Edition of Mastering Your Adult ADHD is thoroughly updated to present the most current, empirically supported treatment strategies in cognitive behavioral therapy (CBT) for coping with symptoms of adult ADHD. The Therapist Guide provides clinicians with effective means of teaching adult clients skills that have been scientifically tested and shown to help them cope with ADHD. The program has been updated to include the optional use of technology and smart phones to improve organization and planning.

New Directions in Treatment, Education, and Outreach for Mental Health and Addiction

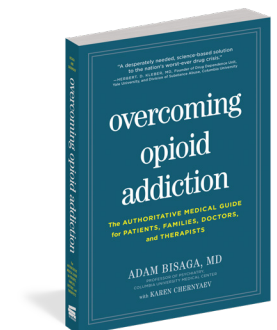
Thalis MacMillan

This practice-enhancing volume assembles the latest innovative thinking on working with clients who have both mental health diagnoses and substance use disorders. New Directions in Treatment, Education, and Outreach for Mental Health and Addiction equips health and clinical psychologists, social workers, and addiction counselors and educators with a well-rounded understanding of a growing population, and a wealth of perspectives on effective new interventions.

Overcoming Opioid Addiction

Adam Bisaga, MD

Overcoming Opioid Addiction provides a comprehensive medical guide for opioid use disorder (OUD) sufferers, their loved ones, clinicians, and other professionals. Here is expertly presented, urgently needed information and guidance, including: Why treating OUD is unlike treating any other form of drug dependency, the science that underlies addiction to opioids, and the different stages and effective methods of treatment, including detoxification vs. maintenance medications, as well as behavioral therapies.

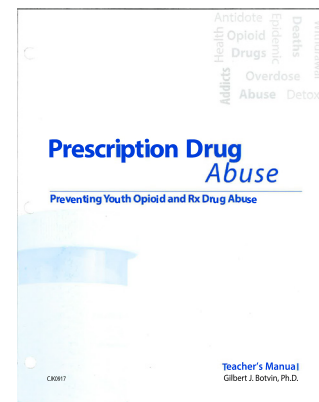


MORE NEW BOOKS & CURRICULA

Prescription Drug Abuse: Preventing Youth Opioid and Rx Drug Use

Gilbert J Botvin, PhD

The new LifeSkills Training Prescription Drug Abuse Prevention Module gives adolescents the skills and knowledge necessary to help them avoid the misuse/abuse of opioids and prescription drugs. This module is ideal for school districts, community-based organizations, and agencies serving students in grades 6 – 9. It is available in both digital and print formats. The module is designed to be integrated into the LST Middle School program or used as a stand-alone component.



Unspoken Legacy: Addressing the Impact of Trauma and Addiction within the Family

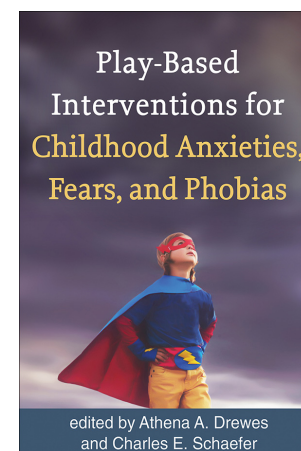
Claudia Black, PhD

A far-ranging examination of how the effects of addiction and trauma in the family can reverberate for generations. Trauma and addictive disorders are often a result of psychological injuries experienced as a child. These injuries typically produce long-term and harmful generational consequences on loved ones and other family members. Claudia Black presents a searing portrait of a broken family system, exploring how addiction and trauma develop and how their damaging repetition uproots and frequently destroys one's family tree. Filled with vignettes highlighting the various causes of trauma, Dr. Black helps readers understand its physiology and psychology and gives them healing, proactive steps to build healthier relationships.

Play-Based Interventions for Childhood Anxieties, Fears, and Phobias

Athena A. Drewes

Illustrating the power of play for helping children overcome a wide variety of worries, fears, and phobias, this book provides a toolkit of play therapy approaches and techniques. Coverage encompasses everyday fears and worries in 3- to 12-year-olds as well as anxiety disorders and post-traumatic problems. Leading practitioners describe their approaches step by step and share vivid illustrative case material. Each chapter also summarizes the research base for the interventions discussed. Key topics include adapting therapy to each child's developmental level, engaging reluctant or less communicative clients, and involving parents in treatment.



Too Good for Drugs: High School

Mendez Foundation

The evidence-based Too Good for Drugs High School prepares students with the skills they need for academic, social, and life success. Interactive games and activities provide practical guidance on dating and relationships, building healthy friendships, and refusing negative peer influence. Lessons foster analysis and discussion of the effects of ATOD use as well as prescription and OTC drug use and various nicotine delivery devices.

Treating Substance Abuse: Theory and Technique

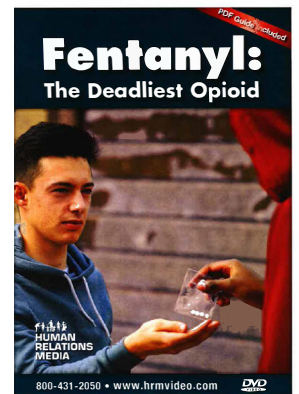
Scott T. Walters

This state-of-the-art text and clinical resource captures the breadth of current knowledge about substance abuse and its treatment. For each of the major evidence-based treatment approaches, a chapter on basic assumptions and theories is followed by a chapter on clinical applications, including illustrative case material. Expert contributors cover motivational, contingency management, cognitive-behavioral, 12-step, family, and pharmacological approaches. Concluding chapters discuss effective ways to integrate different treatments in a range of clinical settings.

NEW DVDs

Fentanyl: The Deadliest Opioid

This program arms viewers with the most updated information on fentanyl, an opioid drug responsible for thousands of accidental overdose deaths. The program describes how fentanyl is made in dirty, illegal labs and that drug dealers often mix it with heroin and sell it to whoever is looking for a cheap high. Viewers will learn that fentanyl is 100 times more powerful than heroin and only a minuscule amount, the equivalent of three grains of salt, can be deadly. Program also alerts viewers to a sister drug, carfentanil, which the Toronto Sun called “the drug of mass destruction,” because it is 100 times more powerful than fentanyl and 10,000 times more powerful than morphine. This program speaks directly to young people in a way they will understand. The video delivers a strong no use message and exposes the hidden dangers of fentanyl-laced heroin and marijuana.



Understanding the Opioid Epidemic

Understanding the Opioid Epidemic combines stories of people and communities impacted by this epidemic along with information from experts and those at the frontlines of dealing with the epidemic. The program traces the history of how the nation got into this situation and provides possible solutions and directions for dealing with the crisis.

Functional Analysis and Behavioral Activation for Substance Abuse

In this video program, Dr. Carl W. Lejuez demonstrates and discusses his approach to therapy by working with a client seeking treatment for comorbid substance use and depression. The video highlights how the assessment provided with a functional analysis can lead seamlessly into the introduction of brief behavioral activation. This combined approach uses functional analysis to identify the environmental factors maintaining the substance use and depression, then transitions into a brief behavioral activation to help the client understand how refocusing one's life with valued activities can help create an environment conducive to a more meaningful, substance-free life.



Addiction Basics

Addiction Basics is ideal for increasing general awareness and education surrounding addiction. Perfect for individuals—adolescent and older—who are beginning assessment or who have not yet recognized they may have a substance use disorder. Addiction Basics' unique video format shares insights from medical and behavioral health professionals as well as people in recovery in their own words. This engaging series of videos presents the latest information on substance use disorders and dispels the myths surrounding the disease.

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JULY OBSERVANCES

July 2018



National Minority Mental Health Month

Help raise awareness in your organization or community.
Encourage your family, friends, loved ones and clients to learn more
about improving mental health and illness.



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



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July 28, 2018

World Hepatitis Day

Find The Missing Millions.



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National Minority Mental Health Month
[Link to Flyer](#)

World Hepatitis Day
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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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