

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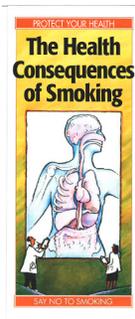
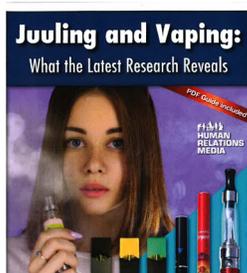
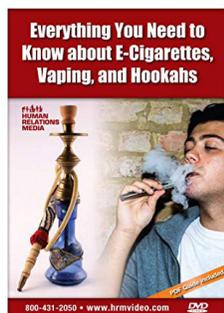
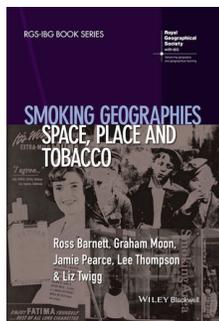
a program of the Connecticut Center  
for Prevention, Wellness and Recovery

July 2019

## Governor Ned Lamont signs Tobacco 21 Law

On June 18, 2019, Governor Ned Lamont signed Public Act 19-13 titled "AN ACT PROHIBITING THE SALE OF CIGARETTES, TOBACCO PRODUCTS, ELECTRONIC NICOTINE DELIVERY SYSTEMS AND VAPOR PRODUCTS TO PERSONS UNDER AGE TWENTY-ONE" into state law. Starting on October 1, 2019, a person must be at least 21 years old to purchase a tobacco product or an electronic cigarette. The entire state will be joining eight Connecticut communities and fifteen other states that have already raised the minimum purchase age of tobacco products and electronic cigarettes to 21 years old.

Connecticut Clearinghouse has a wide variety of materials and resources to inform and educate on the subject of Tobacco, including Vaping. All of our pamphlets, posters, and fact sheets are available for anyone living or working in Connecticut by calling 800-232-4424. If you are interested in our books, e-Books, DVDs, and curricula, please visit our website [ctclearinghouse.org](http://ctclearinghouse.org) to become a member of Connecticut Clearinghouse.





*New FREE Training!*

# Adolescent SBIRT: Adolescent Girls and Opioids

Thursday, July 25, 2019

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 materials*



**Register NOW at [www.ctclearinghouse.org/registration](http://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

# Gone, But Not Forgotten

## Remembrance Quilt Square-making Event



### International Overdose Awareness Day

Saturday, August 31, 2019 | 10:00 AM—2:00 PM

Connecticut Clearinghouse  
334 Farmington Avenue  
Plainville, CT 06062

All are welcome! Register at [ctclearinghouse.org/registration](http://ctclearinghouse.org/registration)

To learn more about the quilts, go to  
[drugfreect.org/prevention-and-intervention/memorial-quilts/](http://drugfreect.org/prevention-and-intervention/memorial-quilts/)

For more information call (800) 232-4424



**International Overdose  
Awareness Day**

prevention and remembrance



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**CLICK HERE** to Register

# NEW PAMPHLETS

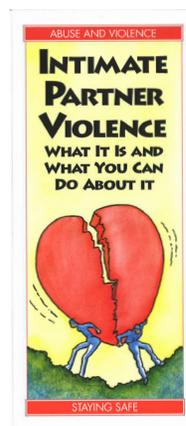
Attention Deficit Hyperactivity Disorder

Intimate Partner Violence

Methadone Use

# NEW POSTER

Testing Makes Us Stronger



**testing** makes us  
**STRONGER**

Our **HIV** status is powerful information.  
It helps us take better care of each other.  
**Get tested.**

Find free, fast and confidential testing near you:  
[www.advocatesforyouth.org/stronger](http://www.advocatesforyouth.org/stronger)

**ACT** against **AIDS** | Advocates For Youth  
1994, Robert R. McNeely, Inc.

This publication was made possible by the Cooperative Agreement CDC-RFA-DP11-1101 from the Centers for Disease Control and Prevention.

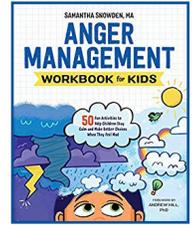
# NEW BOOKS & CURRICULA

## Anger Management Workbook for Kids

Samantha Snowden, MA

Everyone gets angry, but teaching kids how to respond to anger is what really matters. The Anger Management Workbook for Kids offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices.

From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and triggers. With this foundation, kids will learn positive and proactive strategies to deal with anger through gratitude, friendliness, and self-kindness.

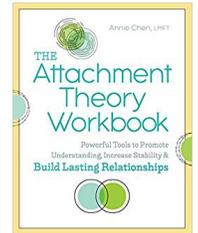


## The Attachment Theory Workbook

Annie Chen, LMFT

What do you want from your closest relationships, and are you getting it? What concrete steps do you need to take to develop happier and healthier attachments? These are the central questions attachment theory seeks to answer, and this definitive workbook shows you how to apply these insights to your life and relationships.

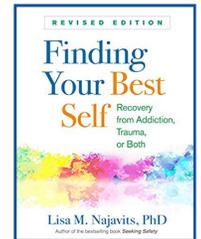
Armed with effective tools and strategies, you'll discover your personal attachment style and the role it plays in your closest relationships with your partner, parents, siblings, or close friends. With guidance to confront challenges and explore possibilities for real change, The Attachment Theory Workbook offers an active approach to build close, healthy, long-lasting relationships.



## Finding Your Best Self: Revised Edition

Lisa M. Najavits, PhD

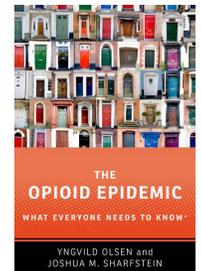
Addiction and trauma are two of the most common and difficult issues that people face. In this motivating book, leading expert Lisa Najavits explains the link between addiction and trauma and presents science-based self-help strategies that you can use no matter where you are in your recovery. Every chapter features inspiring words from people who have "been there," plus carefully designed reflection questions, exercises, and other practical tools.



## The Opioid Epidemic: What Everyone Needs to Know

Yngvild Olsen and Joshua M. Sharfstein

The Opioid Epidemic: What Everyone Needs to Know® is an accessible, nonpartisan overview of the causes, politics, and treatments tied to the most devastating health crisis of our time. Its comprehensive approach and Q&A format offer readers a practical path to understanding the epidemic from all sides: the basic science of opioids; the nature of addiction; the underlying reasons for the opioid epidemic; effective approaches to helping individuals, families, communities, and national policy; and common myths related to opioid addiction.



## Social Skills Board Game

Smart Kids

Each game has players discuss the solutions to socially challenging situations. Together the group decides upon the best action encouraging all players to communicate, listen, and participate in the game.

The games target six important issues that children often struggle with: Morals, Manners, Empathy, Friendship, Showing Emotions, and Managing Emotions

Ideal for use in small groups, these games will encourage children to work together as they learn to improve their social skills.

The set contains six game boards, 24 counters, one die, and one spinner.



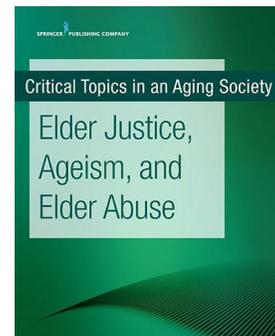
# NEW E-BOOKS

## Elder Justice, Ageism, and Elder Abuse

Lisa Nerenberg

Delivering the first comprehensive analysis of elder justice and its implications for policy and practice, this book offers a promising approach that ensures the rights, safety, and security of all older Americans. It explains the antecedents of elder justice in the fields of elder abuse, aging, and public health, and describes the opportunities for achieving more comprehensive, cohesive, and integrated public policy.

The text examines the cumulative impact of ageism, racism, sexism, heterosexism, class, and other forms of disadvantage and isolation on the lives of older adults and how these contribute to poverty, disease, disability, abuse, and neglect. It draws from the fields of public health and health equity, and plans devised by international organizations that frame elder abuse as a human rights issue. Practical and achievable goals in the prevention of elder abuse aid policy makers, program developers, grant-makers, and service providers in the fields of gerontology, social work, public health, and nursing in their efforts towards elder abuse prevention.



## A Woman's Journal : Helping Women Recover, Special Edition for Use in the Criminal Justice System

Stephanie S. Covington

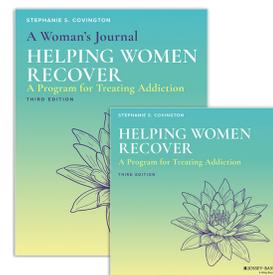
Since it was first published in 1999, Helping Women Recover has set the standard for best practice in the field of women's treatment. Helping Women Recover is a manualized treatment intervention based on Dr. Covington's Women's Integrated Treatment (WIT) model—offering a program developed to meet the unique needs of women addicted to alcohol, other drugs, and those with co-occurring disorders. Included in SAMHSA's National Registry of Evidence-based Programs and Practices, The Helping Women Recover program offers counselors, mental health professionals, and program administrators the tools they need to implement a gender-responsive, trauma-informed treatment program in group settings or with individual women in criminal justice settings.

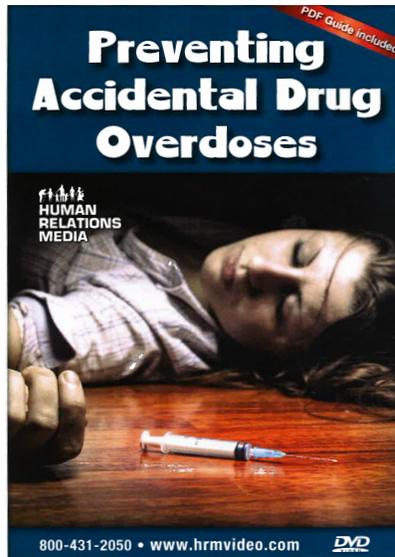


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## Preventing Accidental Drug Overdoses

Drug overdose is now the leading cause of accidental death in the U.S. Many of those deaths could have been prevented by teaching people what to do in an overdose emergency. This video concentrates on opioid addiction including the drugs heroin, fentanyl, percocet, OxyContin, Vicodin, morphine and buprenorphine. Risk factors for opioid overdose are detailed. The following situations put users at a higher risk of overdose: coming out of a detox facility; having a previous history of overdosing; mixing drugs; and using while alone. The program cautions that an especially high risk of an overdose occurs when drug dealers mix fentanyl with heroin. Recognizing the signs of a drug overdose in others is presented in a short dramatized sequence. The program teaches viewers how to make an assessment of the risk, when to call 911, and the best ways to keep the victim alive while waiting for help to arrive. The program also describes emergency actions to prevent alcohol overdose.

[CLICK HERE](#) For Trailer

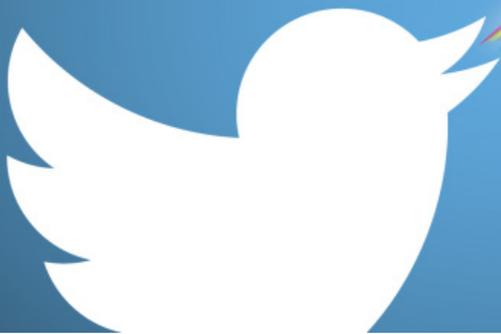


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# JULY OBSERVANCES

July 2019



**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](http://www.ctclearinghouse.org) or call  
800.232.4424



July 28, 2019

**World Hepatitis Day**

**Find The Missing Millions.**



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800.232.4424



**National Minority Mental Health Month**  
[minorityhealth.hhs.gov](http://minorityhealth.hhs.gov)

**World Hepatitis Day**  
[worldhepatitisday.org](http://worldhepatitisday.org)

## *Courier Online*

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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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