

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

June 2018

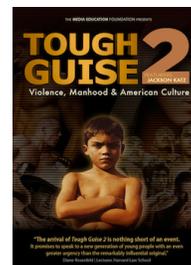
## Mental Health for Men

June is here and with it comes the start of Men's Health Month. Because of the various health risks associated with the male population, Men's Health Month is a great opportunity to highlight the awareness of preventable health and mental health problems and encourage early detection and treatment.

The stigma associated with mental health disorders is still very prudent, and this stigma especially rings true in the male population. Men are less likely than women to seek help for depression, substance use, and stressful life events due to social norms, reluctance to talk, and downplaying symptoms. As a result of this tendency to ignore issues, suicide is the 7th leading cause of death among males.

In recognition Men's Health Month, Connecticut Clearinghouse highlights the following resources available to all patrons:

- 12 Ways To Be The Best Dad You Can Be (pamphlet)
- 50 Things Men Need To Know About Sex & Responsibility (pamphlet)
- About Good Health for Men (pamphlet)
- Exploring Trauma: A Brief Intervention for Men (book)
- Men & Depression: Take Charge (pamphlet)
- Men & Tobacco: 10 Great Reasons To Quit (pamphlet)
- Have You Been A Dad Today?/ Usted Ha Sido Un Papá hoy? (poster)
- Tough Guise 2: Violence, Manhood & American Culture (dvd)



Please contact us if you would like to borrow or order any of the resources listed above. Your suggestions for resources are always welcome. We can be reached at 1.800.232.4424 or 860.793.9791 or by e-mail: [info@ctclearinghouse.org](mailto:info@ctclearinghouse.org).



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**CONNECTICUT  
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**Opioids and Naloxone:  
What Community Members  
Need to Know**

**Thursday, June 21  
6pm to 7pm  
334 Farmington Avenue  
Plainville, CT**

**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.

**Registration:  
ctclearinghouse.org**

**CHANGE  
the SCRIPT**

**CLICK HERE** to Register

## "E-Cigarettes and Youth"



### A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM

Thursday, June 28

2:00 PM - 4:00 PM

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

#### Presented by

**Dr. Suchitra Krishnan-Sarin**

Professor of Psychiatry at the Yale University School of Medicine

**Gregory Carver**

DMHAS Program Coordinator for the Tobacco Prevention and Enforcement Program

#### Participants Will Learn:

- What e-cigarettes are and the different types of devices available.
- Why youth find these devices so appealing.
- The short and long term risks of these devices.
- How ENDS Retailers are complying with the law and how to prevent access to ENDS by people under the age of 18.

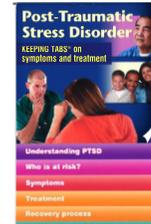
**CLICK HERE** to Register

# NEW PAMPHLETS

30 Easy Ways to Eat Healthier

Post-Traumatic Stress Disorder: Keeping TABS on Symptoms and Treatment

What You Need to Know About: Drug Addiction



# NEW FACT SHEETS

Getting Over a Break-up  
(Click below to view)

## Getting Over A Break-up



If you've just had a break-up and are feeling down, you're not alone. Just about everyone experiences a break-up at some point, and many then have to deal with heartbreak — a wave of grief, anger, confusion, low self-esteem, and maybe even jealousy all at once.

Millions of poems and songs have been written about having a broken heart and wars have even been fought because of heartbreak.

### What Exactly Is Heartbreak?

Lots of things can cause heartbreak. Some people might have had a romantic relationship that ended before they were ready. Others might have strong feelings for someone who doesn't feel the same way. Or maybe a person feels sad or angry when a close friend ends or abandons the friendship.

Although the causes may be different, the feeling of loss is the same — whether it's the loss of something real or the loss of something you only hoped for. People describe heartbreak as a feeling of heaviness, emptiness, and sadness.

### How Can I Deal With How I Feel?

Most people will tell you you'll get over it or you'll meet someone else, but when it's happening to you, it can feel like no one else in the world has ever felt the same way. If you're experiencing these feelings, there are things you can do to lessen the pain.

Here are some tips that might help.

### Let It Out

- **Share your feelings.** Some people find that sharing their feelings with someone they trust — someone who recognizes what they're going through — helps them feel better. That could mean talking over all the things you feel, even having a good cry on the shoulder of a comforting friend or family member. If you feel like someone can't relate to what you're going through or is dismissive of your feelings, find someone more sympathetic to talk to. (OK, we know that sharing feelings can be tough for guys, but you don't necessarily have to tell the football team or your wrestling coach what you're going through. Talk with a friend or family member, a teacher, or counselor. It might make you more comfortable if you find a female family member or friend, like an older sister or a neighbor, to talk to.)
- **Don't be afraid to cry.** Going through a break-up can be really tough, and getting some of those raw emotions out can be a big help. We know this is another tough one for guys, but there's no shame in crying now and then. No one has to see you do it — you don't have to start blubbering in class or at soccer practice or anything. Just find a place where you can be alone, like crying into your pillow at night or in the shower when you're getting ready for the day.



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800.232.4424 (phone)  
860.793.9813 (fax)  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org)

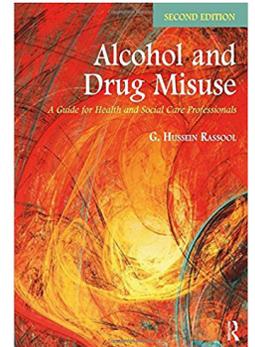
A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

# NEW BOOKS & CURRICULA

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

G. Hussein Rassool

Alcohol and Drug Misuse takes into account current policy and practice for substance use and misuse and includes a range of pedagogical features to enhance learning. It is essential reading for nursing, health and social work students taking substance misuse modules, as well as related CPD courses for health and social care professionals. This new edition is fully updated and includes new material on: evidence-based pharmacological interventions; recent global strategies in alcohol and drug; dual diagnosis and women; shisha smoking; and current statistics on prevalence of alcohol and drug misuse.



## Co-Occurring Mental Illness and Substance Use Disorders: A Guide to Diagnosis and Treatment

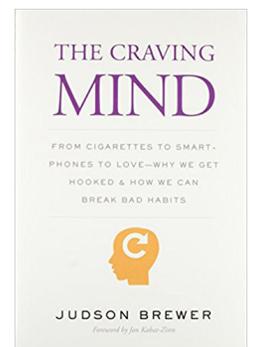
Jonathan D. Avery

Co-occurring Mental Illness and Substance Use Disorders: A Guide to Diagnosis and Treatment presents an evidence-based approach to patients with at least two psychiatric disorders, one of which relates to substance use. Because co-occurring disorders are more the rule than the exception in psychiatry, the editors emphasize that patients should be carefully evaluated for a broad range of disorders, which should then be addressed clinically. The range of psychiatric disorders and the number of substances of abuse create complexity that can feel overwhelming to clinicians, and the book addresses this challenge by providing straightforward strategies for diagnosing and treating people with complicated presentations. The chapters are case-based and written in an accessible style that highlights commonalities, thus making it easy to understand and apply.

## The Craving Mind

Judson Brewer

This book provides groundbreaking answers to the most important questions about addiction. Dr. Judson Brewer, a psychiatrist and neuroscientist who has studied the science of addictions for twenty years, reveals how we can tap into the very processes that encourage addictive behaviors in order to step out of them. He describes the mechanisms of habit and addiction formation, then explains how the practice of mindfulness can interrupt these habits. Weaving together patient stories, his own experience with mindfulness practice, and current scientific findings from his own lab and others, Dr. Brewer offers a path for moving beyond our cravings, reducing stress, and ultimately living a fuller life.



## Did you Hear? A Story About Gossip

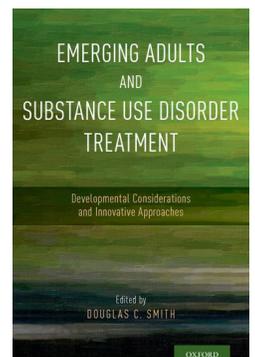
Frank J. Sileo PhD

This book uses serious and silly rumors to illustrate the concept of gossip and how it spreads and transforms. While gossiping is a natural human behavior, it also describes what hurtful gossip feels like, how can be like bullying, and what to do to stop it. Illustrations take readers through a day in a little girl's life and the gossip around her as the kids around her ask "did you hear?" A "Note to Parents and Caregivers" is included that describes how gossip can have negative effects, whether intended or not, and what can be done to prevent it.

## Emerging Adults and Substance Use Disorder Treatment: Developmental Considerations and Innovative Approaches

Douglas C. Smith

There are an estimated 30.6 million emerging adults living in the US, and as many as 34.5% of them have serious problems with substances that often require clinical treatments. That equates to 10.5 million emerging adults ages 18-25 in the United States with a substance use disorder. However, research on substance use disorder treatments for emerging adults lags behind that for adolescents and older adults. This book fills a gap for academic audiences on this important and up-and-coming area of research. The first half of this volume address' developmental issues associated with emerging adulthood, paying specific attention to how developmental features influence diagnosis and treatment. The second half of the book presents the state-of-the-science on interventions for emerging adults, with each chapter summarizing either a body of work on a particular type of intervention or a special topic affecting intervention delivery to emerging adults.

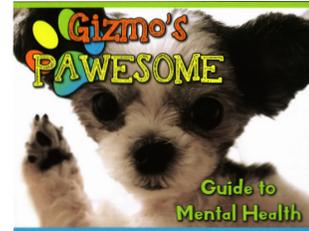


# MORE NEW BOOKS & CURRICULA

## A Feel Better Book for Little Worriers

Holly Brochmann

A Feel Better Book for Little Worriers is a gentle rhyming picture book for children ages 3 to 6 who may be developing anxious feelings but are too young to comprehend the implications. It is easy to use, appealing, and effective for parents to use with their little ones, and includes calming tools based on science-based strategies such as cognitive behavioral therapy and mindfulness principles. The "Note to Caregivers" gives information about recognizing and distinguishing worries and managing anxiety.



## Gizmo's Pawesome Guide to Mental Health

Jenifer Adams

Gizmo's Pawesome Guide to Mental Health takes an upstream approach to support the mental health and wellness of youth. It is data-driven and evidence-informed. It seeks to introduce mental health and wellness, and how to care for one's mental health in a non-threatening way that encourages the self-identification of warning signs and when to apply the use of internal and external healthy coping strategies to help reduce risk. It introduces the characteristics of trusted adults, who may be one, how to practice talking with a trusted adult, and promotes proactive communication. The book ends with an opportunity for youth to create a personal mental health plan (of action) that they can use daily, and in a time of need that can help them avert crisis. The book also provides a resource section for trusted adults.

## How to Befriend Tame, Manage, and Teach Your Black Dog Called Depression Using CBT

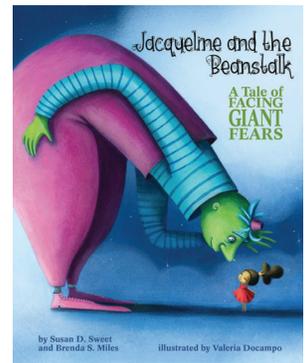
Dr James Manning

The use of the term 'the Black Dog' to describe symptoms of depression can be traced back to 40 BC when it was included in the work of the Roman poet Horace. In more recent times it was made famous by Winston Churchill, the Prime Minister of Great Britain during World War II who often referred to his Black Dog, and the Australian writer and illustrator Matthew Johnstone who wrote the best-selling book 'I had a Black Dog'. The irony, however, is that the Black Dog is misunderstood. By the time that you finish reading this book you will find out that the Black Dog is not your enemy, nothing could be further from the truth. The Black Dog is loyal and will never let you down.

## Jacqueline and the Beanstalk: A Tale of Facing Giant Fears

Susan D. Sweet PhD

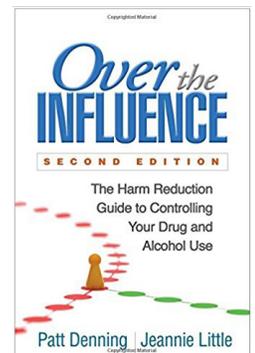
A princess named Jacqueline is surrounded by overprotective knights at all times. They want to protect her from danger, but they're not even sure if there is any! When Jacqueline climbs up a beanstalk, she meets a giant who is just as afraid of the unknown. This modern retelling of a classic fairy tale aims to help kids face and live with their fears—so they don't miss out on the fun! Includes a "Note to Parents and Caregivers" providing information about managing worries and facing fears.



## Over the Influence, Second Edition: The Harm Reduction Guide to Controlling Your Drug and Alcohol Use

Patt Denning

"Just say no" just doesn't work for everyone. If you've tried to quit and failed, simply want to cut down, or wish to work toward sobriety gradually, join the many thousands of readers who have turned to this empathic, science-based resource—now thoroughly revised. A powerful alternative to abstinence-only treatments, harm reduction helps you set and meet your own goals for gaining control over alcohol and drugs. Updated to reflect a decade's worth of research, the fully revised second edition is even more practical. It features additional vivid stories and concrete examples, engaging graphics, new worksheets (which you can download and print for repeated use), "Self-Reflection" boxes, and more.

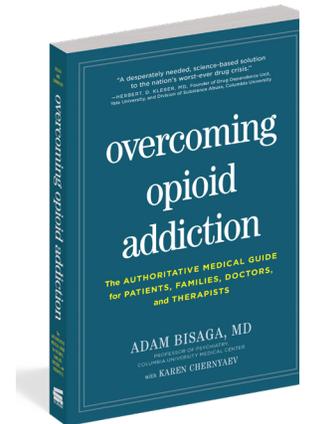


# New eBooks

## Overcoming Opioid Addiction

Adam Bisaga

From a leading addiction expert, a desperately needed medical guide to understanding, treating, and finally defeating opioid use disorder. Drug overdoses are now the leading cause of death for Americans under the age of 50, claiming more lives than the AIDs epidemic did at its peak. Opioid abuse accounts for two-thirds of these overdoses, with over 100 Americans dying from opioid overdoses every day. Now *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.



## Prescription Drugs: Global Perspectives, Long-Term Effects and Abuse Prevention

Alfredo Holt

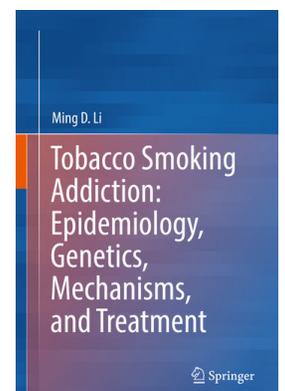
According to the National Institute on Drug Abuse (NIDA), prescription drugs such as stimulants, opioids, and depressants are the most commonly misused classes of prescription drugs (NIDA, 2016). The authors of the third chapter examine NMUPD (i.e., depressants, opioids, and stimulants) among college students based on gender, living arrangements, and involvement in extracurricular activities. Specifically, if living arrangements and extracurricular activities influence the use of depressants, opioids, and stimulants while in college. The fourth chapter examines the relationship between nonmedical prescription drug (NMPD) use, perceived risk, ease of access, and peer disapproval of NMPDs based on school sports participation among 7th-12th grade male and female students. The final chapter of this book reviews the clinical evidence of the antimanic and the long-term mood stabilizing effect of memantine and suggests the possible biological effects.



## 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. Furthermore, each chapter includes a detailed and comprehensive list of key references. For both clinical and basic researchers, this book is a valuable resource on nicotine dependence and other addictions.



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# JUNE OBSERVANCES

June 2018

**Alzheimer's and Brain**



**Awareness Month**

Everyone who has a brain is at risk.

alz.org® | alzheimer's association®

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



June 2018

**LGBT Pride Month**



To recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally.

Library of Congress  
www.loc.gov/lgbt/about.html

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



**Alzheimer's and Brain Awareness Month**

[Link to Flyer](#)

**LGBT Pride Month**

[Link to Flyer](#)

**National HIV Testing Day**

[Link to Flyer](#)

**World Elder Abuse Awareness Day**

[Link to Flyer](#)

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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