

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

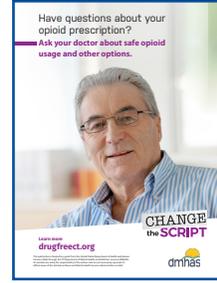
June 2019

drugfreeCT.org

Helping CT understand, prevent, and recover from addiction

DrugfreeCT.org is Connecticut's newly redesigned resource on substance misuse and addiction including the full continuum of prevention, early intervention, treatment and recovery. This site includes data on the scope of the opioid crisis, tips on safe prescription medication storage and disposal, information of statewide initiatives and campaigns, strategies for overdose prevention including access to the life-saving drug naloxone (Narcan®), and access to treatment and recovery supports.

For more information or to order the new "Change the Script" campaign resources below please visit drugfreeCT.org.



Connecticut Clearinghouse, a program of Wheeler Clinic's Connecticut Center for Prevention, Wellness and Recovery, is funded by the Connecticut Department of Mental Health and Addiction Services.





New FREE Training!

Adolescent SBIRT: Adolescent Girls and Opioids

Thursday, June 20, 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

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

Intimate Partner Violence: Screening & Intervention for Health Professionals

A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM



Thursday, June 27, 2019
2:00 PM - 4:00 PM

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

Presented by

Ashley Starr Frechette, MPH

Director of Health Professional Outreach
Connecticut Coalition Against Domestic Violence

Learning Objectives:

- Prevalence and dynamics of intimate partner violence
- Health professionals' role in screening and intervention
- Screening tools, best practices and resources that will strengthen interventions
- Referral sources and other resources to support patient care

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

[CLICK HERE](#) to Register

NEW PAMPHLETS

Cannabidiol (CBD) – Trend or Treatment

In the Know: Dabbing – Waxy Marijuana Overload

In The Know: Molly – Pure Ecstasy, Pure Danger



NEW FACT SHEET

Drug Facts: LSD
(Click below to view)

Drugs Facts: LSD



- LSD is a potent hallucinogen.
- LSD is sold on the street in tablets, capsules, and occasionally in liquid form.
- During the first hour after ingestion, users may experience changes in mood and impaired judgment.
- Flashbacks have been reported days, and even months, after taking the last dose.

What is LSD?
LSD is a potent hallucinogen that has a high potential for abuse and currently has no accepted medical use in treatment in the United States.

What is its origin?
LSD is produced in clandestine laboratories in the United States.

What are common street names?
Common names for LSD include:
Acid, Blotter Acid, Dots, Mellow Yellow, and Window Pane

What does it look like?
LSD is sold on the street in tablets, capsules, and occasionally in liquid form. It is an odorless and colorless substance with a slightly bitter taste. LSD is often added to absorbent paper, such as blotter paper, and divided into small decorated squares, with each square representing one dose.

How is it abused?
LSD is abused orally.

What is its effect on the mind?
During the first hour after ingestion, users may experience visual changes with extreme changes in mood. While hallucinating, the user may suffer impaired depth and time perception accompanied by distorted perception of the shape and size of objects, movements, colors, sound, touch and the user's own body image.
The ability to make sound judgments and see common dangers is impaired, making the user susceptible to personal injury. It is possible for users to suffer acute anxiety and depression after an LSD "trip" and flashbacks have been reported days, and even months, after taking the last dose.



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800.232.4424 (phone)
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www.ctclearinghouse.org

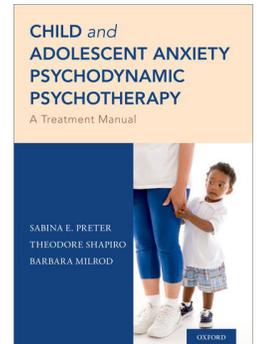
A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

NEW BOOKS & CURRICULA

Child and Adolescent Anxiety Psychodynamic Psychotherapy

Sabina E. Preter

Child and Adolescent Anxiety Psychodynamic Psychotherapy (CAPP) is a new, manualized, tested, 24-session psychotherapy articulating psychodynamic treatment for youths with anxiety disorders. The book describes how clinicians intervene by collaboratively identifying the meanings of anxiety symptoms and maladaptive behaviors and communicating the emotional meanings of these symptoms to the child. The treatment is conducted from a developmental perspective, and the book contains clinical examples of how to approach youth of varying ages.



A Collaborative Approach to the Treatment of Pregnant Women with Opioid Use Disorders

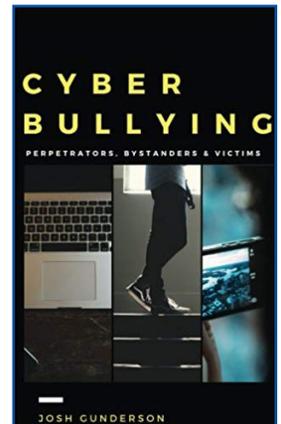
SAMHSA

This manual offers best practices to states, tribes, and local communities on collaborative treatment approaches for pregnant women living with opioid use disorders, and the risks and benefits associated with medication-assisted treatment.

Cyberbullying: Perpetrators, Bystanders & Victims

Josh Gunderson

What do you do when you see someone being hurt? Do you stand up? Do you back down? Social Media and Bullying Prevention Specialist Josh Gunderson offers audiences a first-hand look at how social networks, cell phones and other social media are being used attack and bully others with a strong focus on what parents, families and students can do to decrease the harm it causes. Based on his program of the same name *Cyberbullying: Perpetrators, Bystanders and Victims* is a companion tool to give parents and educators a stronger understanding of the issue of bullying and what they can do to make a difference.



Exposure Therapy for Treating Anxiety in Children and Adolescents

Veronica L. Raggi, PHD

In *Exposure Therapy for Treating Anxiety in Children and Adolescents*, you'll find detailed hierarchies and clinical suggestions for treating each specific childhood anxiety condition, including separation anxiety, school refusal, selective mutism, specific phobia, generalized anxiety, panic disorder, social anxiety, obsessive compulsive disorder (OCD), and emotion tolerance. The book also offers an overview of exposure therapy and its implementation in children and adolescents, including a review of current research and empirical findings on this approach.

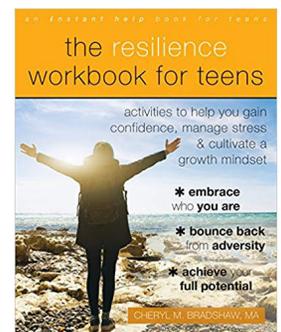
With this book, you'll also find solid strategies for conducting detailed clinical assessments, so you can gain a greater understanding the specific anxiety triggers and factors that play a role in the development of and maintenance of the child's problem, and learn how this information can be used to guide you in your development of specific exposure exercises. Finally, you'll find tips on how to assess for family variables that may contribute to the maintenance of the child's condition, as well as ways to work with parents in becoming effective coaches for their children during exposure-based activities.

The Resilience Workbook for Teens

Cheryl M. Bradshaw

In *The Resilience Workbook for Teens*, author, psychotherapist, and youth mentor Cheryl M. Bradshaw will show you that the key to building resilience lies in your relationship with yourself. Through activities and interactive exercises, you'll learn to balance your emotions, rewrite the negative stories you tell yourself, embrace who you are, and believe in your own power to bounce back from life's biggest challenges.

The teen years are a critical time to learn the skills of resilience and to develop positive strategies for coping with stress and mental health challenges. Let this fun and friendly workbook guide you as you build your own resilience. It's a gift you'll take with you, beyond high school and well into adulthood.

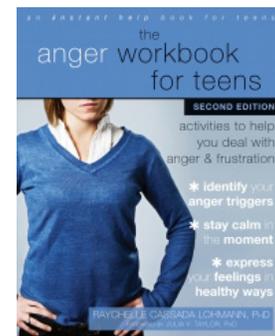


NEW E-BOOKS

The Anger Workbook for Teens

Raychelle Cassada Lohmann

This second edition of *The Anger Workbook for Teens* includes brand-new skills and activities based in clinically proven treatments such as acceptance and commitment therapy (ACT) to help you deal with negative thoughts without losing control. You'll find out what's triggering your anger, look at the ways you react, be more aware of your thoughts and how you interact with them, and learn skills and techniques for managing anger without losing your cool. You'll develop a personal anger profile and learn to notice the physical symptoms you feel when you become enraged, then find out how to calm those feelings and respond more sensitively to others. Once you fully understand your anger, you'll be better prepared to deal with your feelings in the moment.



The Relaxation & Stress Reduction Workbook for Teens

Michael A. Tompkins, PhD

With *The Relaxation and Stress Reduction Workbook for Teens*, you'll learn to understand the underlying causes of your stress. You'll discover practical mindfulness and breathing techniques to help you calm your mind and body in moments of worry and anxiety. You'll also find tips for moving past "what ifs" and "shoulds," strategies for managing negative thoughts and emotions, and tools to help you develop your own personalized plan for dealing with stress.

The Resilience Workbook for Teens

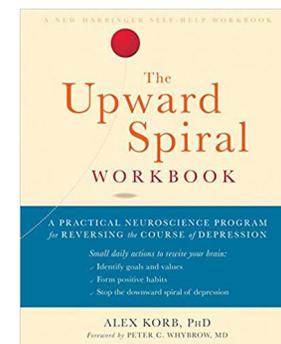
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The Upward Spiral Workbook

Alex Korb, PHD

In his first book, *The Upward Spiral*, neuroscientist Alex Korb demystified the intricate brain processes that cause depression and outlined a practical and effective approach for getting better. Based on the latest research, this evidence-based workbook takes the theory behind Korb's breakthrough book and distills it into concrete, actionable exercises and skills. Just as one small trigger can drag you down, an effective intervention can start enough momentum to carry you back up. Exercise, attention to breathing, gratitude, sleep hygiene, and positive social interactions are just some of the offerings in this workbook that can help alter activity in specific neural circuits, setting you on the path toward an upward spiral to happiness and well-being.





The Nine Signs of Internet Addiction

The purpose of this program is to raise awareness of the growing problem of internet and cell phone addiction. Several teens describe their experiences of playing online games for hours at a time, using cell phones to communicate with friends and spending endless hours on social networks. The video addresses nine signs, developed by Dr. David Greenfield of the Center for Internet and Technology Addiction, where viewers can better understand if they are at risk for addiction. For each sign, the program describes ways to address and reverse course.

Young people share their stories while Dr. Greenfield adds expert commentary in this primer on Internet addiction. Exploring the abnormal cravings and compulsive use that signal addiction, the program covers topics that include getting defensive or overprotective about time spent using the Internet, losing interest in other activities, and being online as a means of escape. Several participants express a wish to spend less time on their smartphones, and advice is given on cutting down use, changing habits, and practicing new behaviors in order to break the cycle. Also included is a PDF viewer's guide, that is sure to spur discussion.

[CLICK HERE](#) For Trailer

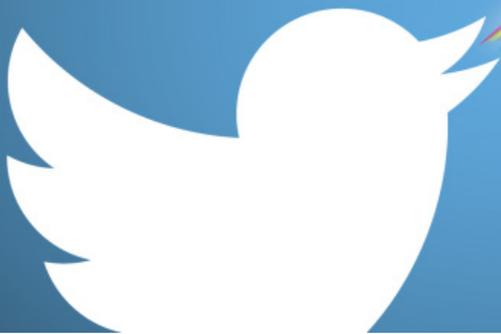


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JUNE OBSERVANCES

June 2019

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 27, 2019 

National HIV Testing Day

Test Your Way. Do It Today.



 Centers for Disease Control and Prevention
CDC 24/7. Saving Lives. Protecting People™

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Alzheimer's and Brain Awareness Month
alz.org

LGBT Pride Month
loc.org

National HIV Testing Day
cdc.gov

World Elder Abuse Awareness Day
ncea.acl.gov

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