

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

March 2018

CHANGE the SCRIPT

Change the Script is Connecticut's statewide public awareness campaign to help communities deal with the prescription drug and opioid misuse crisis. It connects town leaders, healthcare professionals, treatment professionals and everyday people with the resources they need to face prescription opioid misuse - and write a new story about what we can accomplish when we all work toward a shared goal.

Printed copies of campaign materials can be obtained by contacting us at Info@ctclearinghouse.org or calling 1-800-232-4424. Printable PDF versions of the resources are available from the [DMHAS](#) and [CTClearinghouse](#) websites.



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.





"Understanding Domestic Violence, Trauma and Substance Use Among Women"

A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM

Thursday, April 19
2:00 PM - 4:00 PM
Connecticut Clearinghouse Conference Room
334 Farmington Ave. Plainville, CT 06062

Learning Objectives

- To understand the dynamics of domestic violence.
- To understand how domestic violence causes trauma.
- To understand the use of substances within a domestic violence relationship.

Presented by

Linda Blozie
Director of Training and Prevention
Connecticut Coalition Against Domestic Violence

Linda Blozie is the Director of Training and Prevention for the Connecticut Coalition Against Domestic Violence (CCADV). Linda has worked in the field of domestic violence for over thirty years. Presently, Linda is the lead trainer for CCADV and she oversees all prevention and training activities. She has been with the Coalition since 2001. Previous to joining this staff, she served for fifteen years as the executive director of the Prudence Crandall Center, the domestic violence agency located in New Britain. Linda has trained nationally on such topics as domestic violence and substance abuse, domestic violence fatality review, communicating for change and the risks and benefits of technology for victims/survivors of domestic violence.

[CLICK HERE](#) to Register

NEW PAMPHLETS

Drugs & Pregnancy/Las Drogas Y El Embarazo

La Violencia En Las Relaciones De Pareja:
Hechos Que Debe Conocer

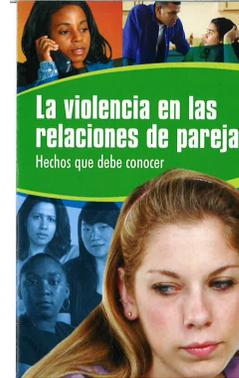
Marijuana & Driving: Driving High Is Illegal

Your Mommy Years: Living Healthy,
Healthy Smart / Sus Anos De Mama Vivir Sabia
Y Saludablemente



NEW FACT SHEETS

Health Benefits of Smoking Cessation
(Click below to view)



Health Benefits of Smoking Cessation



1. There are immediate and long-term health benefits of quitting for all smokers.

Beneficial health changes that take place:

- Within 20 minutes, your heart rate and blood pressure drop.
- 12 hours, the carbon monoxide level in your blood drops to normal.
- 2-12 weeks, your circulation improves and your lung function increases.
- 1-9 months, coughing and shortness of breath decrease.
- 1 year, your risk of coronary heart disease is about half that of a smoker's.
- 5 years, your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
- 10 years, your risk of lung cancer falls to about half that of a smoker and your risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.
- 15 years, the risk of coronary heart disease is that of a nonsmoker's.

2. People of all ages who have already developed smoking-related health problems can still benefit from quitting.

Benefits in comparison with those who continued:

- At about 30: gain almost 10 years of life expectancy.
- At about 40: gain 9 years of life expectancy.
- At about 50: gain 6 years of life expectancy.
- At about 60: gain 3 years of life expectancy.
- After the onset of life-threatening disease: rapid benefit, people who quit smoking after having a heart attack reduce their chances of having another heart attack by 50%.

3. Quitting smoking decreases the excess risk of many diseases related to second-hand smoke in children.

Quitting smoking decreases the excess of risk of many diseases related to second-hand smoke in children, such as respiratory diseases (e.g., asthma) and ear infections.

4. Other benefits.

Quitting smoking reduces the chances of impotence, having difficulty getting pregnant, having premature births, babies with low birth weights and miscarriage.

Connecticut Resources

Department of Mental Health
and Addiction Services
Tobacco Prevention and
Education Program
www.ct.gov/dmhas/

Department of Public Health
CT Quitline
www.ct.gov/dph
1.800.QUIT-NOW

National Resources

American Lung Association
www.lung.org

Centers for Disease Control and
Prevention
www.smokefree.gov



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800.232.4424 (phone)

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

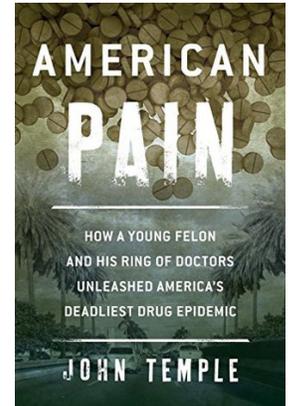


NEW BOOKS & CURRICULA

American Pain

John Temple

American Pain chronicles the rise and fall of a game-changing pill mill and how it helped tip the nation into its current opioid crisis, the deadliest drug epidemic in American history, Swinging back and forth between Florida and Kentucky, and populated by a gaudy and diverse cast of characters, this masterful, cinematic work of crime journalism lays bare - through an incredible story - one of the most dangerous, important issues of our time.



Crisis Intervention: A Practical Guide

Alan A. Cavaiola

Crisis Intervention takes into account various environments and populations across the lifespan to provide students with practical guidelines for managing crises. Drawing on over 25 years of relevant experience, authors Alan A. Cavaiola and Joseph E. Colford cover several different types of crises frequently encountered by professionals in medical, school, work, and community settings. Models for effectively managing these crises are presented along with the authors' own step-by-step approach, the Listen-Assess-Plan-Commit (LAPC) model, giving students the freedom to select a model that best fit their personal style or a given crisis. Future mental health professionals will gain the knowledge, skills, and confidence to help their clients manage the crises they will encounter in their day-to-day lives.

The Evolving Peacemaker

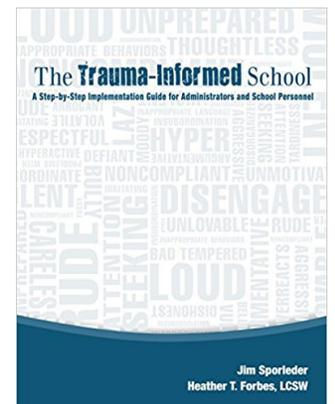
Leona Evans

The Evolving Peacemaker: A Commitment to Nonviolence seeks to address these issues by taking a compelling look at the timeless teachings of Mahatma Gandhi, one of the most respected and influential figures of the twentieth century.

The Trauma - Informed School

Jim Sporleder

The Trauma-Informed School is an all-inclusive guide designed to give school administrators of any school (elementary, middle or high school), step-by-step instructions of how to turn a school of any size into a trauma-informed school. With over 250 pages of content, this guide gives you the protocols you need along with a link to download all the documents needed for a successful implementation.



Twelve Step Facilitation Curriculum

Joseph Nowinski

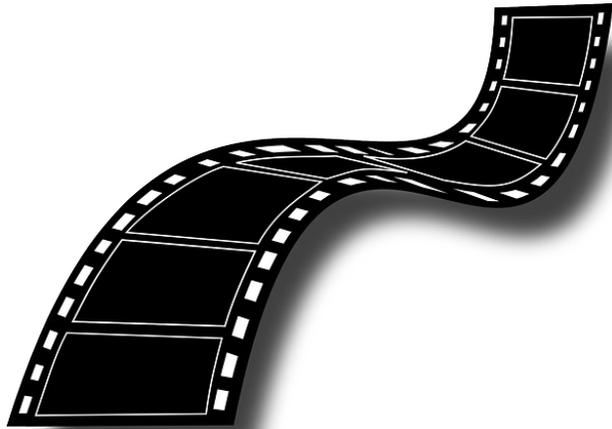
Millions of people put their faith in the Twelve Steps every day. As a treatment provider, however, you need more than faith: you need proof to show accountability. Research proves that belonging to a Twelve Step Fellowship group increases the chances of long-term recovery from addictions and is also helpful with treating compulsive behaviors and mental health disorders. Twelve Step Facilitation (TSF) is an evidence-based approach that together with active involvement in a Twelve Step group helps individuals succeed as they move from treatment into recovery. The revised and expanded Twelve Step Facilitation Program by Joseph Nowinski, PhD, is designed for one-to-one individual facilitation sessions, as well as group treatment. It can be used for clients who are new to a Twelve Step program as well as those who have experience with Alcoholic Anonymous or other Twelve Step groups.

Wilma Jean the Worry Machine

Julia Cook

Anxiety is a subjective sense of worry, apprehension, and/or fear. It is considered to be the number one health problem in America. Although quite common, anxiety disorders in children are often misdiagnosed and overlooked. Everyone feels fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages.

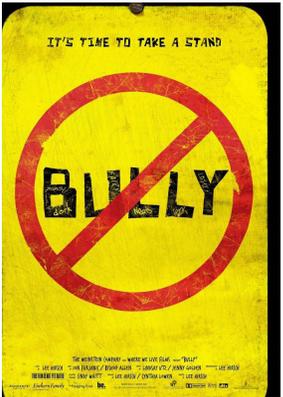
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Bully

From Sundance Award-winning filmmaker, Lee Hirsch, comes a beautifully cinematic, character-driven documentary following five kids and families over the course of a school year. Offering insight into different facets of America's bullying crisis, the stories include two families who have lost children to suicide and a mother awaiting the fate of her 14-year-old daughter, who has been incarcerated after bringing a gun on her school bus. With an intimate and often shocking glimpse into homes, classrooms, cafeterias and principals' offices, this is a powerful and inspiring film that every educator, parent and teenager should see.

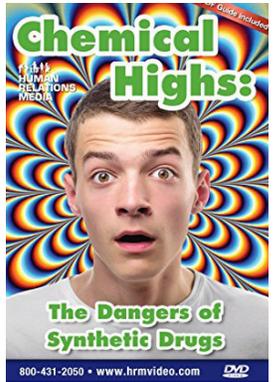
[Click Here For Trailer](#)



Chemical Highs: Dangers of Synthetic Drugs

This program offers a sobering view of what happens when young people experiment with synthetic drugs like Flakka, K2, Molly, and bath salts. Substance abuse counselors, medical doctors, and former addicts all explain the dangers of synthetic drugs. Viewers learn that these synthetic drugs impact the brain, induce horrifying hallucinations and paranoia, and ultimately lead to addiction and even death. The video program and accompanying Teacher's Resource Book deliver a powerful and clear "no use" message.

[Click Here For Trailer](#)



MORE NEW DVDS

Warning: This Drug May Kill You

Warning: This Drug May Kill You takes an unflinching look at the devastating effects of opioid addiction in the U.S., profiling four families whose lives have been decimated by addictions that all began with legitimate prescriptions to dangerous painkillers. Through the personal and emotional stories of people on the front lines of this epidemic, the film sheds light on the struggles of ordinary people who were prescribed highly addictive opioid pain medications, which are often the gateway to a very similar opioid, heroin. Featuring home videos and photos that humanize this public health crisis, along with important statistics and information about opioid use and treatment, Warning: This Drug May Kill You is an eye-opening look at a terrifying epidemic that is devastating communities across this country, and the toll it has taken on its victims and their families.

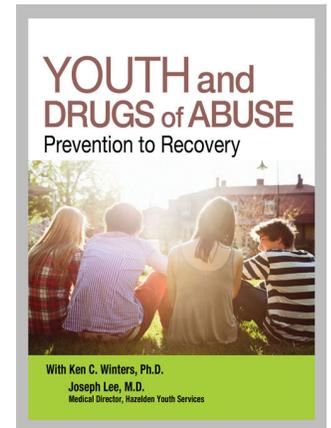
[Click Here For Trailer](#)



Youth and Drugs of Abuse

In this compelling new video, doctors and clinicians join young people in recovery to candidly discuss symptoms and consequences of drug abuse, the neurobiology of addiction, substance abuse treatment, and life in recovery. It discusses drugs of abuse across the continuum -- from prevention to intervention, to treatment, and early recovery. Also included is a CD-ROM featuring reproducible topic-specific materials.

[Click Here For Trailer](#)



MARCH OBSERVANCES

March 21, 2018



Campaign for Drug-Free Kids

www.kickbuttsday.org

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



Women and Girls HIV AIDS Awareness Day
[Link to Flyer](#)

Brain Awareness Week
[Link to Flyer](#)

Kick Butts Day
[Link to Flyer](#)

Brain Injury Awareness Month
[Link to Flyer](#)

MARCH 2018



PROBLEM GAMBLING AWARENESS MONTH
→ HAVE THE CONVERSATION



24 hour Confidential National Helpline
800.522.4700

CONNECTICUT RESOURCES

DMHAS Problem Gambling Services Treatment for gamblers and those who care about them www.ct.gov/dmhas/problemgambling	Connecticut Council on Problem Gambling Helpline Confidential • 24 hours 888.789.7777 www.ccpge.org
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National Nutrition Month
[Link to Flyer](#)

National Problem Gambling Awareness Month
[Link to Flyer](#)

Social Work Awareness Month
[Link to Flyer](#)

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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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