

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

March 2019



NCPG

National Council on Problem Gambling

PGS

PROBLEM
GAMBLING
SERVICES

Department of Mental Health and Addiction Services

March is Problem Gambling Awareness Month

For the 15th year, DMHAS Problem Gambling Services, in collaboration with the National Council on Problem Gambling dedicates March to helping people “have the conversation” about problem gambling. Approximately 2 million (1%) of U.S. adults are estimated to meet criteria for a gambling disorder, another 4-6 million (2-3%) experience problems related to gambling; yet for many, gambling remains a hidden addiction. An estimated 30,000 Connecticut adults are believed to manifest a gambling disorder, and an additional estimated 8% of Connecticut residents (approximately 287,000) are considered, “at-risk” of developing a problem with gambling in their lifetime.

In response to Problem Gambling Awareness Month, there are activities and events happening throughout the State. For more information about participation in March events, along with ongoing treatment and support services, please follow these links:

www.ct.gov/dmhas/pgs

www.ccpg.org

www.gamblingawarenessct.org

NCPG is the national advocate for problem gamblers and their families, and is neutral on legalized gambling. NCPG works with all stakeholders to promote responsible gaming. For more information on the 32nd National Conference on Problem Gambling, visit :

www.ncpgambling.org/conference.

To get help for a gambling problem for you or a loved one, call 1-888-789-7777. The call is free and confidential. For more information about problem gambling and how to have the conversation, go to:

www.ct.gov/dmhas/pgs

Connecticut Clearinghouse has a wide variety of materials and resources to inform and educate on the subject of problem gambling. All of our pamphlets, posters, and fact sheets are available for anyone living or working in Connecticut. If you are interested in our books, e-Books, DVDs, and curricula, please visit our website ctclearinghouse.org to become a member of Connecticut Clearinghouse.



New FREE Training!

Adolescent SBIRT: Adolescent Girls and Opioids

Wednesday, March 20, 2019

9:00 AM — 3:00 PM

Connecticut Clearinghouse, Plainville

****This training has been approved by NASW-CT for CECs****

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



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Where Gaming and Gambling Intersect: Current Trends

A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM



Thursday, March 28

1:00 PM - 4:00 PM

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

Presented by

Susan D. McLaughlin MPA, CPP

Primary Prevention Services Coordinator,
DMHAS Problem Gambling Services

Giorgio (Fred) Fetta LPC, ICGC-II, BACC, AADC

Clinical Director,
DMHAS Problem Gambling Services

Jeremy Wampler LCSW, ICGC-II, BACC, LADC

Clinical Manager,
DMHAS Problem Gambling Services

Learning Objectives

- Review current trends in video gaming and the intersection with adolescent brain development
- Recognize potential indicators of risk behaviors
- Identify sources of information and support to address gaming concerns

****This Presentation is approved for 3 contact hours
by the CT Certification Board. ****

[CLICK HERE](#) to Register



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Innovative Care. Positive Change.

FREE OPIOID EDUCATION AND FAMILY SUPPORT GROUP

Educational and supportive group for family members and loved ones of individuals using opioids or those with an opioid disorder.



334 Farmington Avenue, Plainville

Thursdays from 6:00pm–7:00pm (starting November 29th)

All are welcome! (*ages 16 and older*)

This initiative is funded through the Substance Abuse and Mental Health Services Administration's 21st Century Cures Act.

Contact Aisha Hamid for more information.

860.793.4625 or ahamid@wheelerclinic.org



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FREE OPIOID EDUCATION AND FAMILY SUPPORT GROUP

Educational and supportive group for family members and loved ones of individuals using opioids or those with an opioid disorder.



10 North Main Street, Bristol
Wednesdays from 6:00pm–7:00pm
All are welcome! *(ages 16 and older)*

This initiative is funded through the Substance Abuse and Mental Health Services Administration's 21st Century Cures Act.

Contact Aisha Hamid for more information.
860.793.4625 or ahamid@wheelerclinic.org



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NEW PAMPHLETS

9 Signs of a Healthy Relationship

How to Quit Vaping

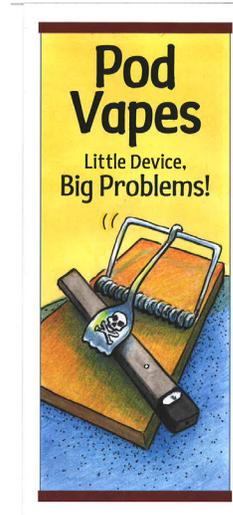
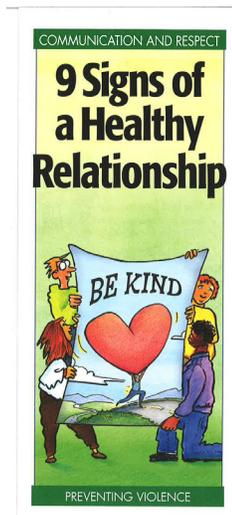
Pod Vapes: Little Device

NEW FACT SHEET

PCP Phencyclidine

Warning Signs of Alcohol and Substance Misuse

(Click below to view)



PCP (Phencyclidine)



PCP (Phencyclidine) was developed in the 1950s as an intravenous anesthetic. Use of PCP in humans was discontinued in 1965, because it was found that patients often became agitated, delusional, and irrational while recovering from its anesthetic effects. The variety of street names for PCP reflects its bizarre and volatile effects.

PCP is illegally manufactured in laboratories and is sold on the street by such names as:

- *Angel dust*
- *Ozone*
- *Wack*
- *Embalming fluid*
- *Rocket fuel*
- *Animal tranquilizer*

Names that refer to PCP combined with marijuana or tobacco cigarettes include:

- *Illy*
- *Fry*
- *Wet*
- *Killer joints*
- *Crystal supergrass*

PCP is a white crystalline powder that is readily soluble in water or alcohol. It has a distinctive bitter chemical taste. PCP can be mixed easily with dyes and turns up on the illicit drug market in a variety of tablets, capsules, and colored powders. It is normally used in one of three ways: snorted, smoked, or eaten. For smoking, PCP is often applied to leafy material such as mint, parsley, oregano, or marijuana.

Another way individuals are being exposed is through marijuana joints that are dipped in formaldehyde and ethyl alcohol (ingredients in embalming fluid) and laced with PCP to enhance the effects. It is common for marijuana to be laced with PCP or embalming fluid, both of which produce a hallucinogenic effect including feelings of euphoria and rage. Many users do not know exactly what they are consuming and are not aware that embalming fluid found on the streets contains PCP. Some individuals intentionally smoke marijuana laced with embalming fluid and PCP because since it burns more slowly, there is an increased chance of a prolonged high.

Health Hazards

PCP is addicting. Its use often leads to psychological dependence, craving, and compulsive PCP-seeking behavior. It was first introduced as a street drug in the 1960s and quickly gained a reputation as a drug that could cause bad reactions and was not worth the risk. Many people, after using the drug once, will not knowingly use it again. Yet others use it consistently and regularly. Some persist in using PCP because of its addicting properties. Others cite feelings of strength, power, invulnerability and a numbing effect on the mind as reasons for their continued PCP use.



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

Warning Signs of Alcohol and Substance Misuse

Physical Warning Signs of Alcohol or Substance Misuse

- The indicators or warning signs associated with alcohol and drug addiction, are similar to a variety of physical and mental disorders.
 - They are not meant to substitute for a screening or qualified clinical assessment.
 - Warning signs of alcohol and substance misuse can manifest in many forms, such as, physical, behavioral and psychological.
 - Warning signs can vary depending on the type of substance being used.
- Bloodshot eyes, pupils larger or smaller than usual
 - Changes in appetite or sleep patterns
 - Deterioration of physical appearance, personal grooming habits
 - Runny nose or sniffing
 - Sudden weight loss or weight gain
 - Tremors, slurred speech, or impaired coordination
 - Unusual odors on breath, body, or clothing

Behavioral Warning Signs of Alcohol or Substance Misuse

- Using causes difficulties in one's relationships
- Engaging in secretive or suspicious behaviors
- Frequently getting into legal trouble, including fights, accidents, illegal activities, and driving under the influence
- Neglecting responsibilities at work, school, or home, including neglecting one's children
- Sudden change in friends, favorite hangouts, and hobbies
- Unexplained need for money or financial problems; may borrow or steal money
- Using drugs under dangerous conditions (driving while using drugs, using dirty needles, having unprotected sex)

Behavioral Warning Signs of a Substance Use Disorder (SUD)

- Increased drug tolerance (the need to use more of the drug to experience the same effects one used to achieve with smaller amounts)
- Using drugs to avoid or relieve withdrawal symptoms (nausea, restlessness, insomnia, depression, sweating, shaking, anxiety)
- Loss of control over drug use (using more than intended, unable to stop)
- Life revolves around drug use (always thinking of using, figuring how to get more, or recovering from use)
- Abandoning enjoyable activities (hobbies, sports, and socializing) to use drugs
- Continuing to use regardless of negative consequences (blackouts, infections, mood swings, depression, paranoia)



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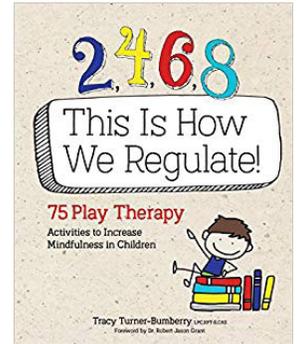
A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

NEW BOOKS & CURRICULA

2,4,6,8, This is How We Regulate

Tracy Turner-Bumberry

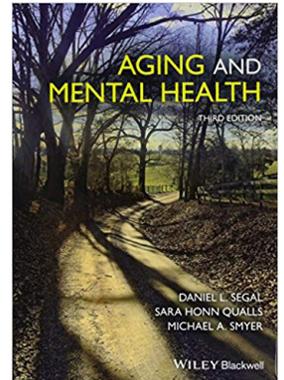
Learning verbal mindfulness strategies can be difficult for children and adolescents, let alone when kids have autism, anxiety, ADHD or other emotional regulation issues. That's why play therapist and counselor, Tracy Turner-Bumberry, LPC, RPT-S, CAS, has created 75 simple, playful and on-point interventions that combines mindfulness, expressive arts and play to help kids achieve greater self-regulation, focus more and stress less.



Aging and Mental Health

Daniel L. Segal

The third edition of Aging and Mental Health is filled with new updates and features, including the impact of the DSM-5 on diagnosis and treatment of older adults. Like its predecessors, it uses case examples to introduce readers to the field of aging and mental health. It also provides both a synopsis of basic gerontology needed for clinical work with older adults and an analysis of several facets of aging well.



Great Myths of Adolescence

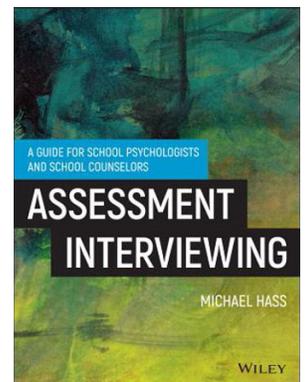
Jeremy D. Jewell

Great Myths of Adolescence contains the evidence-based science that debunks the myths and commonly held misconceptions concerning adolescence. The book explores myths related to sex, drugs and self-control, as well as many others. The authors define each myth, identify each myth's prevalence and present the latest and most significant research debunking the myth. The text is grounded in the authors' own research on the prevalence of belief in each myth, from the perspective of college students. Additionally, various pop culture icons that have helped propagate the myths are discussed.

Interviewing for Assessment: A Practical Guide for School Psychologists and School Counselors

Michael Hass

Assessment Interviewing is a collaborative, strengths-based approach to the subject that helps professionals develop the skills and knowledge necessary to effectively gather the information they need in order to assess children's social, emotional, and academic functioning. Practical and easy to read, it provides step-by-step guidelines for structuring interviews for different purposes, communicating respect and understanding, and strategies for gathering information from children of different ages, cultures, and social standings.



Thinking Good, Feeling Better

Paul Stallard

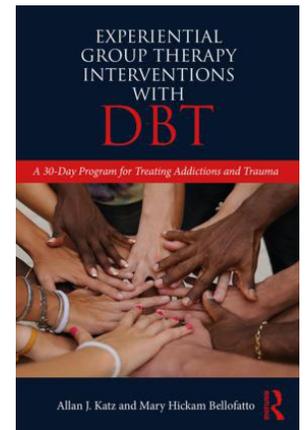
This book complements author Paul Stallard's Think Good, Feel Good and provides a range of Cognitive Behaviour Therapy resources that can be used with adolescents and young adults. Building upon that book's core strengths, it provides psycho-educational materials specifically designed for adolescents and young people. The materials, which have been used in the author's clinical practice, can also be utilized in schools to help adolescents develop better cognitive, emotional and behavioural skills.

NEW E-BOOKS

Experiential Group Therapy Interventions with DBT

Allan J. Katz

Experiential Group Therapy Interventions with DBT provides group and individual therapists with proven experiential exercises that utilize dialectical behavior therapy (DBT) skills and original educational topics and have been successfully used nationwide to help treat patients with addiction and trauma. It introduces the advantages of using experiential therapy to facilitate groups for trauma and addiction and explains how DBT can help in regulating emotions and tolerating stress. This workbook contains concise plans and exercises for facilitating a group for a 30-day cycle. There is a theme for each day, original psychoeducational materials, experiential exercises, warm ups, and closing interventions.

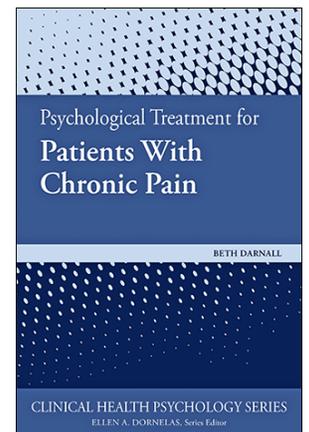


Psychological Treatment for Patients With Chronic Pain

Jonathan D. Avery

This book provides a comprehensive overview of the role of psychology in treating patients with chronic pain, using evidence-based therapies.

Taking a multidisciplinary approach that includes cognitive behavioral therapy, acceptance and commitment therapy, and chronic pain self-management, Beth D. Darnall shows mental health professionals how to use mindfulness interventions, hypnosis, and biofeedback, and also address comorbid problems such as depression, anxiety, and insomnia.



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Children Experiencing Fear and Anxiety

It is common for children to experience fear and anxiety throughout the course of their young lives, which is why it is important to equip children in therapy with tools and strategies to effectively handle stressful situations and learn how to face their fears.

Cognitive-behavioral therapy (CBT) is the most empirically supported approach to treating anxiety disorders, in both children and adults, for several reasons. The approach provides an opportunity for the client to take ownership in the treatment process, fosters social and cognitive learning, and encourages self-regulation and problem-solving skills.

In this video, Dr. Bonnie Zucker works with a young female client to demonstrate specific CBT techniques and strategies to help the child face her fears in a gradual, step-by-step fashion.

Cognitive-behavioral therapy (CBT) is the most empirically-supported approach to treating anxiety disorders in children and adults.

CBT views anxiety as having three components:

- physiological (body)
- cognitive (thoughts)
- behavioral

The successful treatment of childhood anxiety involves systematically addressing each component.

Specific strategies involved in working with anxiety include calm breathing, how to identify and replace cognitive distortions, how to do worry loop recordings and uncertainty training, and how to construct a hierarchy used to help the child face his or her fears gradually.



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& MORE

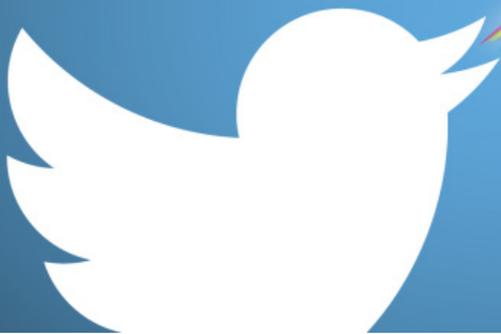


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MARCH OBSERVANCES

March 2019

National Nutrition Month



GO FURTHER with FOOD

eat right[®] Academy of Nutrition and Dietetics

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



MARCH 2019

PROBLEM GAMBLING AWARENESS MONTH

→ **AWARENESS + ACTION**



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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Brain Awareness Week
DANA.org

Brain Injury Awareness Month
BIAUSA.org

Kick Butts Day
KickButtsDay.org

National Nutrition Month
EatRight.Org

National Problem Gambling Awareness Month
NCPGambling.org

Social Work Awareness Month
SocialWorkers.org

Women and Girls HIV/AIDS Awareness Day
WomensHealth.gov

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Mon, Tues, Wed, Fri 8:30 AM - 5:00 PM ; Thurs 8:30 AM - 7:30 PM

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