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.

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.

SAMHSA’s National Prevention Week, observed this year from May 13th to 19th, is an annual health observance dedicated to increasing public awareness of, and action around, mental and substance use disorders. Each year, communities and organizations in Connecticut and across the country come together to raise awareness about the importance of substance use prevention and positive mental health. The theme for National Prevention Week 2018 is: Action Today. Healthier Tomorrow.

Connecticut is celebrating National Prevention Week 2018 in a big way! A Health & Wellness Fair will be held in the North steps area of the State Capitol in Hartford on May 14th from 11:00 am to 2:00 pm. All are welcome to attend this event that will include therapy pets, chair massage, blood pressure screenings, healthy snacks, informational booths and much more. The Governor’s Proclamation of National Prevention Week in Connecticut will be read at a noon press conference during the Health & Wellness Fair. Please join us for this fun and informative kick-off event!

Plan to also attend the Hartford Yard Goats baseball game on May 19th to celebrate National Prevention Night at Dunkin’ Donuts Park. In addition to the game, special events will include the premiere screening of winning prevention videos on the jumbotron, prevention information tables, an on-field presentation, and fireworks.

Several other regional and local events, activities, and trainings will be held throughout the week. All are encouraged to participate in the festivities, and it’s not too late to plan a National Prevention Week observance. Please remember to use #ctpreventionweek for all social media messaging and to register your event with both DMHAS and SAMHSA.

Additional information about National Prevention Week can be found at:

www.ct.gov/dmhas npw
www.samhsa.gov/prevention-week
“Spring into Wellness” Open House

Thursday, May 10, 2018
3:00 PM - 6:30 PM
Connecticut Clearinghouse
334 Farmington Ave Plainville

3:00 PM - 4:00 PM
Opioids and Naloxone: What Community Members Need to Know

4:00 PM - 5:30 PM
Blood Pressure Screenings and refreshments

5:30 PM - 6:30 PM
Self Care for the Caring Professional

CLICK HERE to Register
"CT State Police Programs to Combat Opioid and Drug Threats"

A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM

Thursday, May 17
1:00 PM - 5:00 PM
Connecticut Clearinghouse Conference Room
334 Farmington Ave. Plainville, CT 06062

Learning Objectives:

• Participants will be able to recognize potential indicators associated with illicit drug activity.
• Participants will understand the impact that illicit drug activity has on the lives of children, and how each of us has a role to minimize that impact.
• Participants will understand the goals and objectives of the The CRISIS Initiative.

Presented by
Wayne E. Kowal
Training Program Coordinator
Department of Emergency Services and Public Protection Connecticut State Police, Statewide Narcotics Task Force

Michael K. Mudry
Detective
Department of Emergency Services and Public Protection
Connecticut State Police, Statewide Firearms Trafficking Task Force

CLICK HERE to Register
NEW PAMPHLETS

What You Need to Know About Cocaine

Mindfulness: Tips for Reducing Stress and Anxiety

Prescription to Addiction: How to Manage your Pain Medication

NEW POSTER

People With Mental Illnesses Enrich Our Lives

NEW FACT SHEETS

Resource Guide for Behavioral Health

(Click below to view)
Mastering Your Adult ADHD Client Workbook
Steven A. Safren
The Therapist Guide provides clinicians with effective means of teaching adult clients skills that have been scientifically tested and shown to help them cope with ADHD. Core modules cover the development of systems for keeping track of appointments and tasks, reducing distractibility, and improving adaptive thinking skills, and there's an optional module on reducing procrastination. Information is also provided regarding holding an informational meeting with a spouse, partner, or family member. The step-by-step, session-by-session descriptions are a practical resource for therapists who deliver the treatment. It includes worksheets, forms, and a link to an assessment measure that can be used to gauge progress during treatment.

Tip 63: Medications for Opioid Use Disorder
SAMHSA
The Treatment Improvement Protocol (TIP) series fulfills SAMHSA's mission by providing science based best-practice guidance to the behavioral health field. TIPs reflect careful consideration of all relevant clinical and health service research, demonstrated experience, and implementation requirements. This Executive Summary provides an overview of the use of the three Food and Drug Administration (FDA)-approved medications used to treat opioid use disorder, and a quick reference to the key messages presented in the five-part "Medications for Opioid Use Disorder" Treatment Improvement Protocol (TIP).

Motivational Interviewing and CBT
Sylvie Naar
Providing tools to enhance treatment of any clinical problem, this book shows how integrating motivational interviewing (MI) and cognitive-behavioral therapy (CBT) can lead to better client outcomes than using either approach on its own. The authors demonstrate that MI strategies are ideally suited to boost client motivation and strengthen the therapeutic relationship, whether used as a pretreatment intervention or throughout the course of CBT. User-friendly features include extensive sample dialogues, learning exercises for practitioners, and 35 reproducible client handouts.

Nurturing Emotional Resilience in Vulnerable Children and Young People
Juliette Ttofa
Nurturing Emotional Resilience in Vulnerable Children and Young People is a guidebook that provides a framework and practical strategies to support children's emotional resilience at a whole-school and more targeted level. Underpinned by research into the concept of resilience, the book centers around the 'Resiliency Rainbow Toolkit'; a ready-to-use theoretical model that draws upon a range of ideas and approaches that act as a resiliency building programme. This guidebook can be used alongside seven fully illustrated storybooks that each focus on a different aspect of emotional resilience.

Recovery from Trauma, Addiction, or Both
Lisa M. Najavits, PhD
Trauma and addiction are two of the most common and difficult issues that people face—but it truly is possible to heal. In this motivating book, leading expert Lisa Najavits explains the link between trauma and addiction 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.

Contact us with questions about eBooks
Functional Analysis and Behavioral Activation for Substance Abuse
In this video program, Dr. Carl W. Lejuez demonstrates and discusses his approach to therapy by working with a client seeking treatment for comorbid substance use and depression. The video highlights how the assessment provided with a functional analysis can lead seamlessly into the introduction of brief behavioral activation. This combined approach uses functional analysis to identify the environmental factors maintaining the substance use and depression, then transitions into a brief behavioral activation to help the client understand how refocusing one’s life with valued activities can help create an environment conducive to a more meaningful, substance-free life.

Real Life Teens Blowing Smoke, Vaping Teens & Smoking Addiction
The Real Life Teens series is an unbiased and realistic look from the perspective of teens, at the wide variety of issues teens’ face today featuring young teenagers telling their real stories, in their own words. The series discusses significant issues in adolescent society and cuts through many barriers with its honest and relevant advice. Student discussion includes: Is vaping dangerous? Is nicotine harmful? Are teens who vape or use e-cigarettes more likely to start smoking?
**New eBooks**

**Brief Interventions for Adolescent Alcohol and Substance Abuse**
*Peter M. Monti*

Bringing together leading experts, this book demonstrates the unique value of brief motivational interventions for addressing adolescent alcohol and other substance use in a range of clinical contexts. It presents cutting-edge knowledge on the etiology and developmental context of adolescent addictive behaviors and reviews exemplary treatment approaches. Effective strategies are described for intervening with diverse populations, such as college students, youth in the justice system and in foster care, those with co-occurring substance abuse and psychiatric problems, LGBT youth, and Latino and American Indian adolescents. This book replaces the editors' influential earlier work, Adolescents, Alcohol, and Substance Abuse, with an expanded focus on practical applications. Most of the chapters are completely new.

**The Mental Health Clinician’s Workbook**
*James Morrison*

Rich with compelling case material, this hands-on workbook helps mental health practitioners and students build essential skills for clinical evaluation and differential diagnosis. Renowned diagnostician and bestselling author James Morrison (DSM-5 Made Easy and other works) invites the reader to interview and evaluate 26 patients with a wide spectrum of presenting complaints and ultimate diagnoses. Using multiple-choice questions and fill-in-the-blank exercises, clinicians practice the arts of interviewing and making diagnostic decisions. The convenient large-size format facilitates use. Extensive tables in the appendix provide a quick-reference guide to the interviewing techniques, diagnostic principles, and clinical diagnoses discussed in each case.
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Follow us @ctclearinghouse
May Observances

May 13-29, 2018
Alcohol and Drug-Related Birth Defects Awareness Week

Plain and Simple
National Council on Alcoholism and Drug Dependence, Inc.

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

May 31, 2018
World NO TOBACCO Day

Tobacco and Heart Disease

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

Children’s Mental Health Day
Link to Flyer

Alcohol and Drug-Related Birth Defects Awareness Week
Link to Flyer

National Prevention Week
Link to Flyer

National Women’s Health Week
Link to Flyer

World No Tobacco Day
Link to Flyer

Mental Health Month
Link to Flyer

Courier Online
The e-newsletter of Wheeler Clinic’s Connecticut Clearinghouse

334 Farmington Avenue · Plainville, CT 06062
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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