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

May 2018

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 additon 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**

Wheeler Innovative care. Positive change.

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.

dmhas

**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

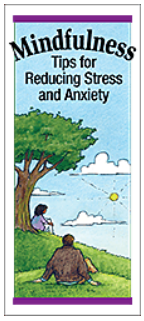
**CLICK HERE** to Register

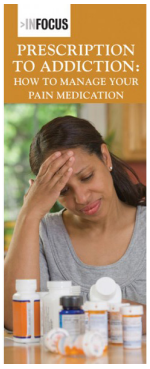
# New Pamphlets

What You Need to Know About Cocaine

Mindfulness: Tips for Reducing Stress and Anxiety

Prescription to Addiction: How to Manage your Pain Medication



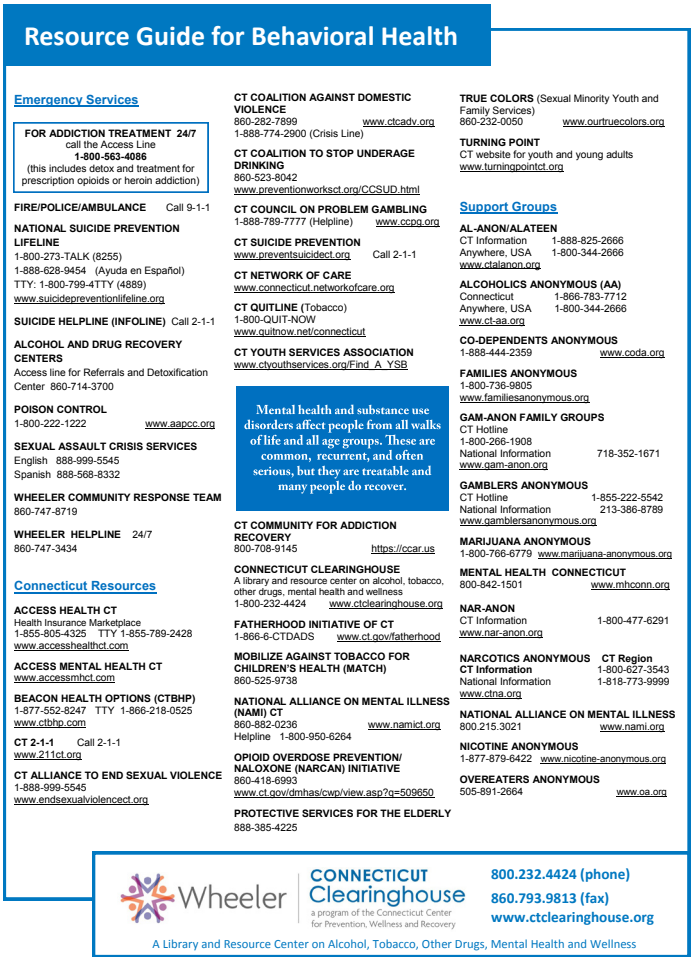



# New Poster

People With Mental Illnesses Enrich Our Lives

# New Fact Sheets

Resource Guide for Behavioral Health
(Click below to view)



## Resource Guide for Behavioral Health

### Emergency Services

**FOR ADDICTION TREATMENT 24/7**
call the Access Line
**1-800-563-4086**
(this includes detox and treatment for prescription opioids or heroin addiction)

**FIRE/POLICE/AMBULANCE** Call 9-1-1

**NATIONAL SUICIDE PREVENTION LIFELINE**
1-800-273-TALK (8255)
1-888-628-9454 (Ayuda en Español)
TTY: 1-800-799-4TTY (4889)
www.suicidepreventionlifeline.org

**SUICIDE HELPLINE (INFOLINE)** Call 2-1-1

**ALCOHOL AND DRUG RECOVERY CENTERS**
Access line for Referrals and Detoxification Center 860-714-3700

**POISON CONTROL**
1-800-222-1222 www.aapcc.org

**SEXUAL ASSAULT CRISIS SERVICES**
English 888-999-5545
Spanish 888-568-8332

**WHEELER COMMUNITY RESPONSE TEAM**
860-747-8719

**WHEELER HELPLINE** 24/7
860-747-3434

### Connecticut Resources

**ACCESS HEALTH CT**
Health Insurance Marketplace
1-855-805-4325 TTY 1-855-789-2428
www.accesshealthct.com

**ACCESS MENTAL HEALTH CT**
www.accessmhct.com

**BEACON HEALTH OPTIONS (CTBHP)**
1-877-552-8247 TTY 1-866-218-0525
www.ctbhp.com

**CT 2-1-1** Call 2-1-1
www.211ct.org

**CT ALLIANCE TO END SEXUAL VIOLENCE**
1-888-999-5545
www.endsexualviolencect.org

**CT COALITION AGAINST DOMESTIC VIOLENCE**
860-282-7899 www.ctcadv.org
1-888-774-2900 (Crisis Line)

**CT COALITION TO STOP UNDERAGE DRINKING**
860-523-8042
www.preventionworksct.org/CCSUD.html

**CT COUNCIL ON PROBLEM GAMBLING**
1-888-789-7777 (Helpline) www.ccpg.org

**CT SUICIDE PREVENTION**
www.preventsuicidect.org Call 2-1-1

**CT NETWORK OF CARE**
www.connecticut.networkofcare.org

**CT QUITLINE** (Tobacco)
1-800-QUIT-NOW
www.quitnow.net/connecticut

**CT YOUTH SERVICES ASSOCIATION**
www.ctyouthservices.org/Find_A_YSB

Mental health and substance use disorders affect people from all walks of life and all age groups. These are common, recurrent, and often serious, but they are treatable and many people do recover.

**CT COMMUNITY FOR ADDICTION RECOVERY**
800-708-9145 https://ccar.us

**CONNECTICUT CLEARINGHOUSE**
A library and resource center on alcohol, tobacco, other drugs, mental health and wellness
1-800-232-4424 www.ctclearinghouse.org

**FATHERHOOD INITIATIVE OF CT**
1-866-6-CTDADS www.ct.gov/fatherhood

**MOBILIZE AGAINST TOBACCO FOR CHILDREN'S HEALTH (MATCH)**
860-525-9738

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CT**
860-882-0236 www.namict.org
Helpline 1-800-950-6264

**OPIOID OVERDOSE PREVENTION/ NALOXONE (NARCAN) INITIATIVE**
860-418-6993
www.ct.gov/dmhas/cwp/view.asp?q=509650

**PROTECTIVE SERVICES FOR THE ELDERLY**
888-385-4225

**TRUE COLORS** (Sexual Minority Youth and Family Services)
860-232-0050 www.ourtruecolors.org

**TURNING POINT**
CT website for youth and young adults
www.turningpointct.org

### Support Groups

**AL-ANON/ALATEEN**
CT Information 1-888-825-2666
Anywhere, USA 1-800-344-2666
www.ctalanon.org

**ALCOHOLICS ANONYMOUS (AA)**
Connecticut 1-866-783-7712
Anywhere, USA 1-800-344-2666
www.ct-aa.org

**CO-DEPENDENTS ANONYMOUS**
1-888-444-2359 www.coda.org

**FAMILIES ANONYMOUS**
1-800-736-9805
www.familiesanonymous.org

**GAM-ANON FAMILY GROUPS**
CT Hotline
1-800-266-1908
National Information 718-352-1671
www.gam-anon.org

**GAMBLERS ANONYMOUS**
CT Hotline 1-855-222-5542
National Information 213-386-8789
www.gamblersanonymous.org

**MARIJUANA ANONYMOUS**
1-800-766-6779 www.marijuana-anonymous.org

**MENTAL HEALTH CONNECTICUT**
800-842-1501 www.mhconn.org

**NAR-ANON**
CT Information 1-800-477-6291
www.nar-anon.org

**NARCOTICS ANONYMOUS CT Region**
**CT Information** 1-800-627-3543
National Information 1-818-773-9999
www.ctna.org

**NATIONAL ALLIANCE ON MENTAL ILLNESS**
800.215.3021 www.nami.org

**NICOTINE ANONYMOUS**
1-877-879-6422 www.nicotine-anonymous.org

**OVEREATERS ANONYMOUS**
505-891-2664 www.oa.org

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800.232.4424 (phone)
860.793.9813 (fax)
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A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

Find More Fact Sheets Online

# New Books & Curricula

## 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 feld. 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.

**Click here to Contact us with questions about eBooks**

## Nurturing Emotional Resilience in Vulnerable Children and Young People

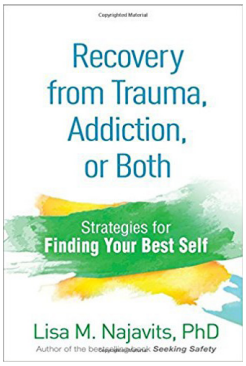
Juliette Ttofa

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 'ResiliencyRainbow 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.

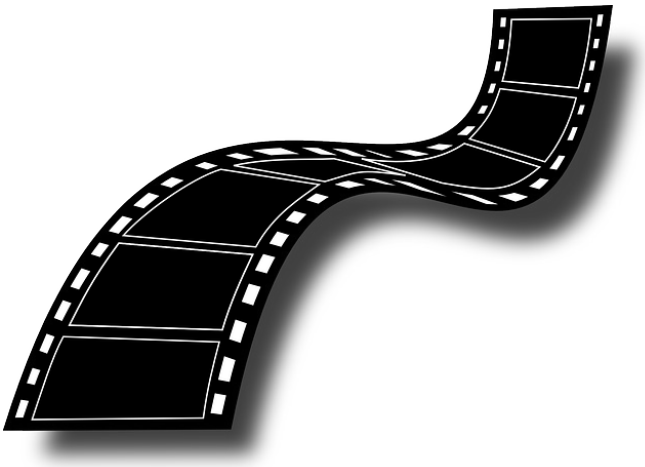
## Rcovery from Trauma, Addiction, or Both

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.



# New DVDs



## 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.

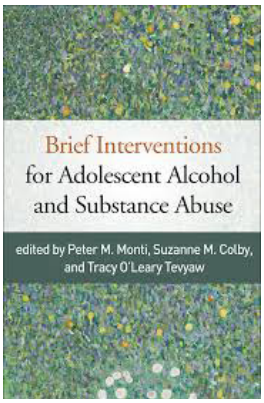
## Real Life Teens Blowing Smoke, Vaping Teens & Smoking Addiction

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

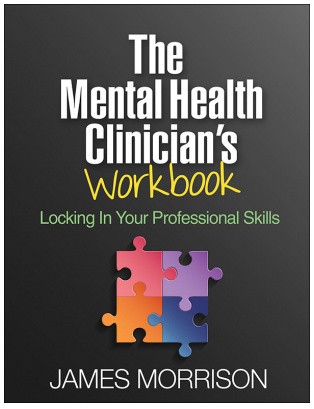
**Peter M. Monti**




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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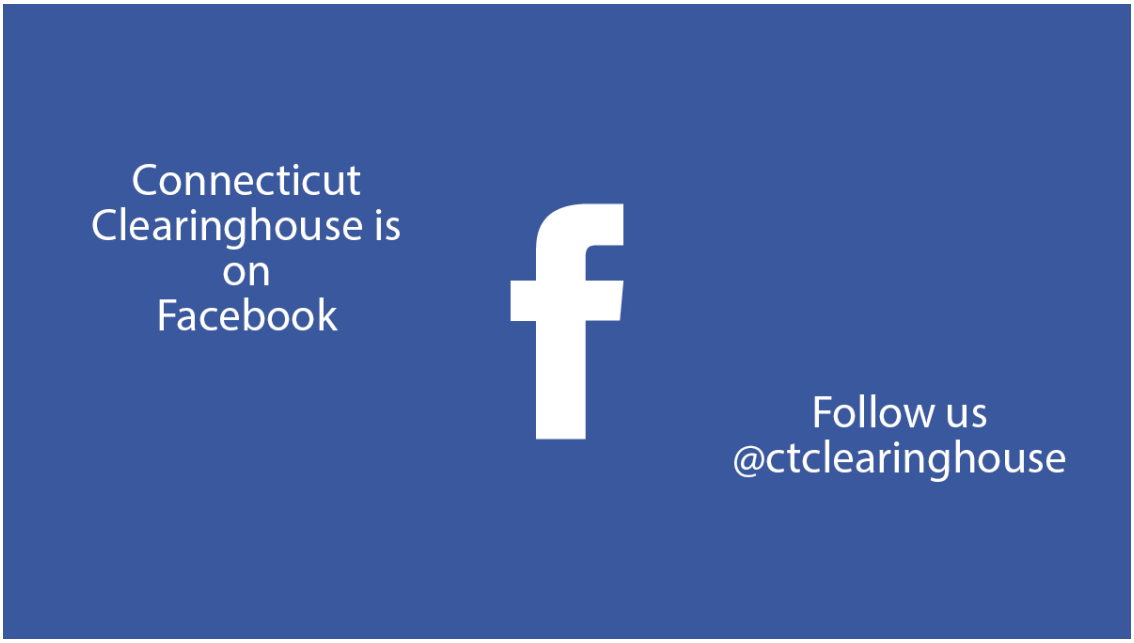
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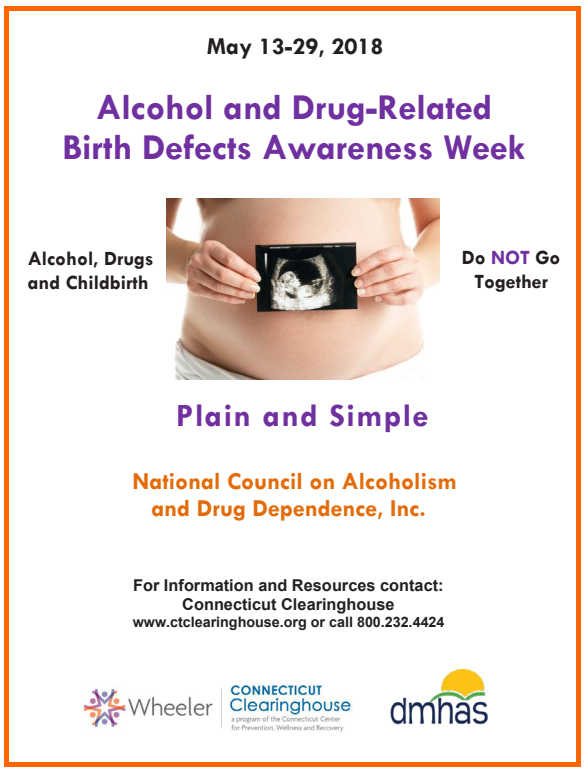
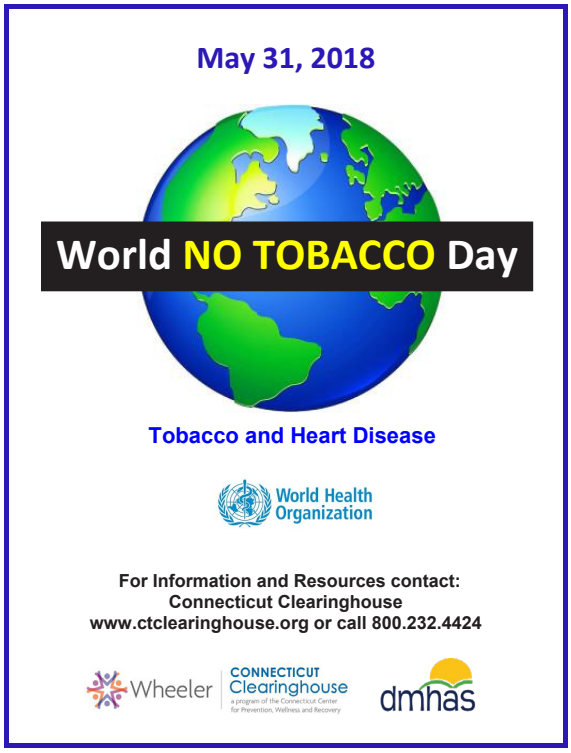
# May Observances




***Childrens 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

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

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