

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 2019



National Prevention Week

SAMHSA's National Prevention Week, observed this year from May 12th to 18th, 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 2019 is: Inspiring Action. Changing Lives.

Connecticut is once again celebrating National Prevention Week 2019 in a big way! Join us on Monday, May 13th at 5:00 PM at the New Britain Museum of American Art in New Britain as we kickoff National Prevention Week with an informative presentation by Ruth Potee, MD entitled "The Physiology of Addiction: Effects of Drug-Taking Behavior on the Brain." Dr. Potee is a recognized expert speaker on this topic, and there will be an opportunity for audience questions and discussion. In addition, participants will enjoy live music and light refreshments, and have an opportunity to tour the museum. The winners of the National Prevention Week video PSA contest will also be announced at this event. This is a free event. All are welcome and registration is required at <https://www.ctclearinghouse.org/registration/national-prevention-week-kickoff-forum/>

Plan to also attend the National Prevention Week Health & Wellness Fair to be held at the State Capitol on Thursday May 16th from 11:00 AM to 1:30 PM. This fun and informative event will include a variety of organizations offering information and activities on health and wellness. This is a free event and all are welcome.

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



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.





CT NATIONAL PREVENTION WEEK FORUM

New Britain Museum of American Art
56 Lexington Street, New Britain

MAY 13, 2019 • 5:00PM



Dr. Ruth Potee is a board certified Family Physician and Addiction Medicine physician at Valley Medical Group in Greenfield, MA. She attended Wellesley College, Yale University School of Medicine and did her residency at Boston University where she remained as an assistant professor of Family Medicine for eight years. In addition to practicing full- scope family medicine, she is currently the Medical Director for the Franklin County House of Corrections, the Franklin Recovery and Treatment Center and the Pioneer Valley Regional School District as well as the Chair of the Healthcare Solutions of the Opioid Taskforce of Franklin County. She was named Franklin County Doctor of the Year by the Massachusetts Medical Society in 2015. Dr. Potee engages communities in discussions surrounding substance abuse through her wide ranging series of talks.

Join us as we kickoff National Prevention Week with an informative presentation by Ruth Potee, MD on the topic of

“The Physiology of Addiction: Effects of Drug-Taking Behavior on the Brain.”

Enjoy live music and light refreshments, and tour the museum. The winners of the National Prevention Week video PSA contest will also be announced.

Registration is required at www.ctclearinghouse.org/registration.



Follow along on social media
#CTPreventionWeek



Last Updated 4.10.19



CLICK HERE to Register

HEALTH & WELLNESS FAIR

Connecticut State Capitol between North and East Entrances
210 Capitol Avenue, Hartford

MAY 16, 2019 • 11:00AM - 1:30PM

SAMHSA's National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, substance misuse and mental health issues.



FREE AND OPEN TO THE PUBLIC!

Featuring:

- Therapy Dogs
- Preventive Health Screenings
- Free Ice Cream
- Giveaways
- Other health information

And more!!!



MORE EVENTS THROUGHOUT THE WEEK

Visit the Department of Mental Health & Addiction Services (DMHAS) website for more info www.ct.gov/dmhas/npw.

IN THE EVENT OF RAIN

All activities will take place in the Capitol North Lobby.



Follow along on social media
#CTPreventionWeek

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Last Updated 4.3.19



New FREE Training!

Adolescent SBIRT: Adolescent Girls and Opioids

Thursday, May 09, 2019

9:00 AM — 3:00 PM

Connecticut Clearinghouse, Plainville

****This training has been approved by NASW-CT for 4 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.

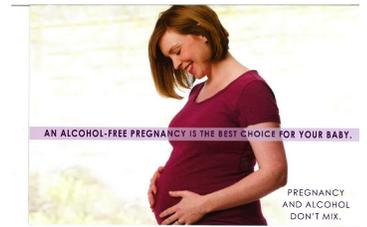
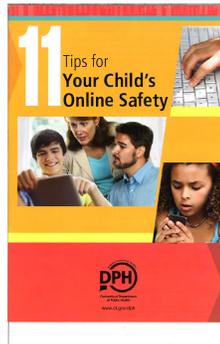
CLICK HERE to Register

NEW PAMPHLETS

11 Tips for Your Child's Online Safety

JUUL, Vaping & Nicotine: Addiction Guaranteed

Pregnancy and Alcohol Don't Mix



NEW FACT SHEET

Marijuana's Effect on the Brain
(Click below to view)

Marijuana's Effect on the Brain



- Tetrahydrocannabinol (THC) is the active ingredient in marijuana.
- THC binds to the endocannabinoid (EC) system in the brain, which affects how a person feels, moves, and reacts.
- Over time THC can change how the EC system works, which can lead to problems with memory, addiction, and mental health.

released from a neuron (a presynaptic cell), travel across a small gap (the synapse), and then attach to specific receptors located on a nearby neuron (postsynaptic cell). This spurs the receiving neuron into action, triggering a set of events that allows the message to be passed along.

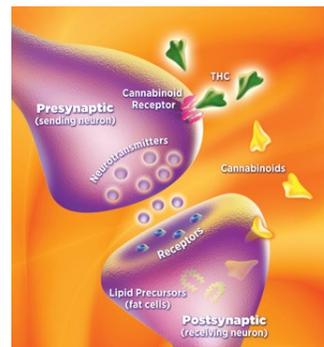
But the EC system communicates its messages in a different way because it works "backward." When the postsynaptic neuron is activated, cannabinoids (chemical messengers of the EC system) are made "on demand" from lipid precursors (fat cells) already present in the neuron. Cannabinoids are then released from that cell and travel **backward** to the presynaptic neuron, where they attach to cannabinoid receptors.

After several decades of research, scientists studying the effects of marijuana made several important discoveries. Not only did they identify the active ingredient in marijuana, they also discovered where and how it works in the brain—via a system they called the **endocannabinoid (EC) system**. The EC system—named after the marijuana plant *Cannabis sativa* and its active ingredient delta-9-tetrahydrocannabinol (THC)—is a unique communications system in the brain and body that affects many important functions, including how a person feels, moves, and reacts.

The natural chemicals produced by the body that interact within the EC system are called cannabinoids, and like THC, they interact with receptors to regulate these important body functions. So what makes the EC system unique and how does THC's impact on this system affect a person's memory, risk for accidents, and even addiction?

How Cannabinoids Work Differently From Other Neurotransmitters

Brain cells (neurons) communicate with each other and with the rest of the body by sending chemical "messages." These messages help coordinate and regulate everything we feel, think, and do. Typically, the chemical (called **neurotransmitters**) are



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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

Better Me™

Better Me™ is a totally new approach to relationships and personal development. It challenges people to take action to improve themselves and their life, and strengthens relationships by helping people understand each other in a deeper and more meaningful way. The game brings up interesting topics that don't normally come up in daily conversation, allowing players to quickly learn about themselves and their fellow players. And all in an encouraging and fun atmosphere, with no pressure or judgment permitted. When was the last time you told a group of people about a past accomplishment that you're proud of, or had a game challenge you to write a thank you letter to a loved one?



Chasing the Scream

Johann Hari

In *Chasing the Scream*, Hari reveals his discoveries entirely through the stories of people across the world whose lives have been transformed by this war. They range from a transsexual crack dealer in Brooklyn searching for her mother, to a teenage hit-man in Mexico searching for a way out. It begins with Hari's discovery that at the birth of the drug war, Billie Holiday was stalked and killed by the man who launched this crusade - and it ends with the story of a brave doctor who has led his country to decriminalize every drug, from cannabis to crack, with remarkable results.

The Invisible String

Patrice Karst

Specifically written to address children's fear of being apart from the ones they love, *The Invisible String* delivers a particularly compelling message in today's uncertain times that though we may be separated from the ones we care for, whether through anger, or distance or even death, love is the unending connection that binds us all, and, by extension, ultimately binds every person on the planet to everyone else. Parents and children everywhere who are looking for reassurance and reaffirmation of the transcendent power of love, to bind, connect and comfort us through those inevitable times when life challenges us!



The Social Media Workbook for Teens

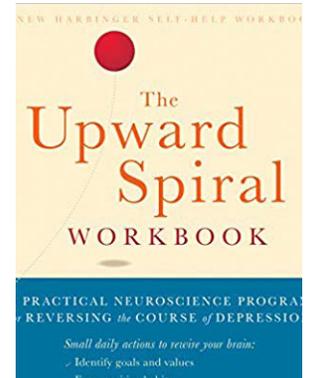
Goali Saedi Bocci, PHD

Grounded in evidence-based cognitive behavioral therapy (CBT), this unique and relatable workbook will help you manage the stress and anxiety that can result from excessive screen time. You'll discover how to choose friends over followers, find tips for navigating cyberbullying, and discover new ways to get back in touch with your own life—without your smartphone or other devices.

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.

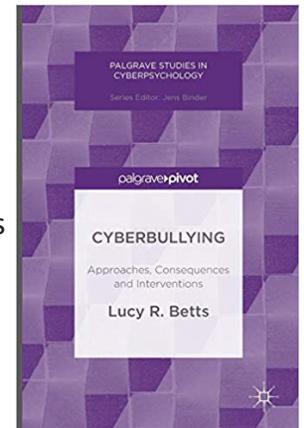


NEW E-BOOKS

Cyberbullying

Lucy R. Betts

Drawing on research evidence and media coverage, this book explores a number of key debates surrounding cyberbullying. The increasing digitization of society affords many benefits; however, some of these benefits are offset by more adverse consequences. Cyberbullying represents one of the adverse consequences of technology use, which has become a topic of increasing societal concern. Betts adopts a critical stance to exploring issues around the definition of cyberbullying, the unique nature of cyberbullying compared to other forms of bullying, the variation in the reported prevalence rates of cyberbullying, the consequences of involvement in cyberbullying, and the steps that can be taken to tackle cyberbullying.



eCigarettes (Pediatric Collections)

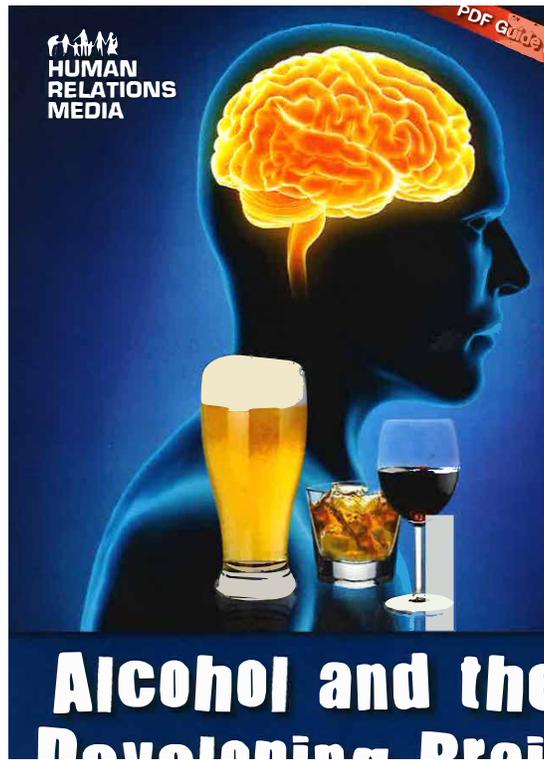
American Academy of Pediatrics

High-impact topics include:

- AAP Policy that protects children from tobacco, nicotine, and tobacco smoke
- Screening for and preventing eCigarette and future cigarette use
- Flavored eCigarette impact on cigarette smoking
- Palatability and sensory effects
- Adverse effects of liquid nicotine
- Adolescent risk status and use of electronic vapor products and cigarettes
- eCigarettes and national adolescent cigarette use: 2004–2014
- Risk factors for exclusive e-Cigarette use and dual tobacco use
- Exposure to eCigarette television advertisements
- Psychosocial factors associated with eCigarette and cigarette use
- Dripping and alternate uses of eCigarettes to vaporize cannabis
- eCigarettes, nicotine, and tobacco product poisonings



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



Alcohol and the Developing Brain

This program focuses on the effects of alcohol on the still- developing adolescent and young adult brain. Students learn that the moldable nature of the young brain makes learning and acquiring new skills easier but also poses greater risks of addiction and dependence. Testimony from experts and recovering alcoholics clarify why people start to drink and why young people are at greater risk of developing an alcohol use disorder. The video then focuses the risks of alcohol abuse on different parts of the still developing brain and how alcohol affects decision-making, coordination, and memory. Viewers learn about the risks of binge drinking, which can cause blackouts and alcohol poisoning. The video details the difficulties of recovery from alcoholism but offers hope that recovery is possible.



CLICK TO
SEARCH FOR
BOOKS, DVDS,
& MORE

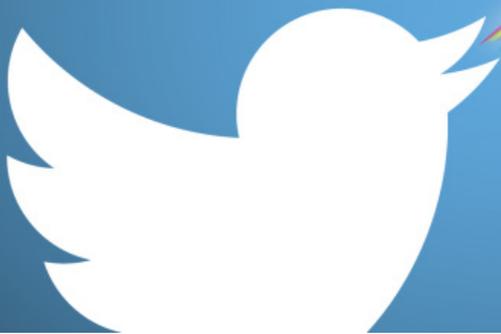


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MAY OBSERVANCES

May 14-20, 2019

**Alcohol and Drug-Related
Birth Defects Awareness Week**

Alcohol, Drugs
and Childbirth



Do **NOT** Go
Together

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



NPW
national prevention week
May 12-18, 2019



**INSPIRING
ACTION
LIVES**

NPW
national prevention week
MAY 12-18, 2019



SAMHSA

**National Prevention Week
Connecticut Events**

www.ct.gov/dmhas/npw
#ctpreventionweek

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Alcohol and Other Drug-Related Birth Defects Awareness Week

NCADD.org

Children's Mental Health Awareness Day

SAMHSA.gov

Mental Health Month

MentalHealthAmerica.net

National Prevention Week

CT.gov/DMHAS

National Women's Health Week

WomensHealth.gov

World No Tobacco Day

Who.int

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