

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

November 2018



Great American Smokeout

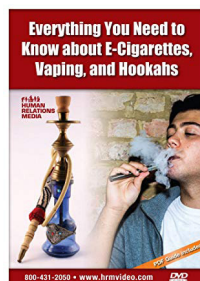
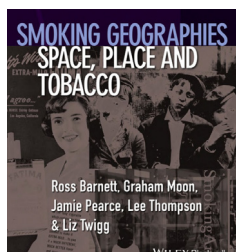
(to be held November 15th)

Nearly 38 million Americans still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes more than 480,000 deaths every year, or about 1 in 5 deaths. And more than 16 million Americans live with a smoking-related disease. While the cigarette smoking rate has dropped significantly, from 42% in 1965 to less than 15.5% in 2016, the gains have been inconsistent. Some groups of Americans suffer disproportionately from smoking-related cancer and other diseases, including those who have less education, who live below the poverty level, or who suffer from serious psychological distress, as well as certain racial and ethnic groups, and lesbians, gays and bisexuals.

Quitting smoking improves health immediately and over the long term – at any age. Stopping smoking is hard, but you can increase your chances of success with help. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

The theme for Great American Smokeout (GASO) 2018 is “Day 1”. This theme was selected to reflect what we know about smoking cessation. That quitting smoking isn’t easy. It takes time. And a plan. GASO isn’t necessarily the day for smokers to quit smoking, but rather the day for smokers to start their journey toward a smoke-free life.

Connecticut Clearinghouse has a wide variety of materials and resources to inform and educate on the subject of smoking prevention (including vaping). 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. Please see samples of our materials below.





New FREE Training!

Adolescent SBIRT: Adolescent Girls and Opioids

December 14

9:00 AM — 3:00 PM

Connecticut Clearinghouse, Plainville

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

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

How Substance Use in Families Impacts Child Development

A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM



Thursday, November 29
2:00 PM - 4:00 PM
Connecticut Clearinghouse Conference Room
334 Farmington Ave. Plainville, CT 06062

Presented by

Melissa Mendez

Director

*Early Childhood, Evaluation & School-Based Clinical Services
Wheeler Clinic*

****This presentation is approved for 2 contact hours
by the CT Certification Board.**

[CLICK HERE](#) to Register

NEW BOOKS & CURRICULA

The American Society of Addiction Medicine Handbook on Pain and Addiction

Bonnie B. Wilford

The American Society of Addiction Medicine Handbook on Pain and Addiction provides clinical considerations and guidelines for the clinician treating patients with pain and addiction. Produced by the largest medical society dedicated to the improvement of addiction care, the book takes an evidence-based approach and uses articles from both the literature and well-regarded organizations and government agencies including NIDA, CDC, SAMHSA, PCSS-O, and ASAM itself. The ASAM Handbook is structured in five sections that cover the core concepts of addressing pain and addiction; diagnosis and treatment; treating pain in patients with, or at risk for, co-occurring addiction; treating substance use disorders (SUD) and addiction in patients with co-occurring pain; and adapting treatment to the needs of specific populations.

A Clinician's Guide to Opioids

Hazelden

A Clinician's Guide to Opioids is a comprehensive resource that educates healthcare providers on proven best practices in the treatment of opioid use disorders. It includes the impact and scale of opioid use on individuals and society, and covers screening, assessment, and brief intervention. Two chapters cover the use of Medication-Assisted Treatment (MAT) as an integrated practice used with other evidence-based practices, such as peer support and the Twelve Steps, Cognitive Behavioral Therapy, and others. Additional information on continuing care planning is provided to further guide clinicians, as well as case studies that address specific challenges in treatment of clients with opioid use disorder. This program also includes information on current statistics, terms, DSM-5 diagnostic criteria, and a list of key web resources for providers.

Ending Human Trafficking & Modern-Day Slavery

Annalisa Enrile

Bringing together conceptual, practice, and advocacy knowledge, Ending Human Trafficking and Modern-Day Slavery: Freedom's Journey by Annalisa Enrile explores the complexities of human trafficking and modern-day slavery through a global perspective. This comprehensive, multidisciplinary text includes a discussion of the root causes and structural issues that continue to plague society, as well as real-life case studies and vignettes, the words of human trafficking survivors, and insights from first responders and anti-trafficking advocates. Each chapter includes a "call to action" to inspire readers to implement a range of strategies designed to disrupt, eradicate, or mitigate human trafficking and modern-day slavery.

Gamer Nation

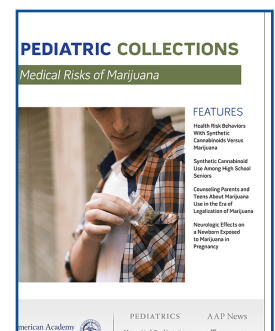
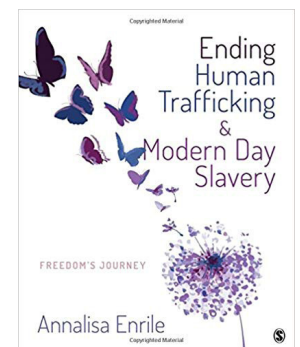
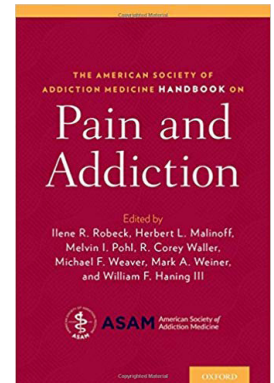
American Academy of Pediatrics

This overview of arguably the most influential segment of the entertainment industry examines the perspectives of gaming enthusiasts, addicts, designers, arcade owners, psychologists, philosophers, and more. Weighing the positive and negative aspects of games, the author considers their effect not only upon the players but upon culture and society. What trade-offs are being made when people play games for twenty-plus hours a week?

Medical Risks of Marijuana

American Academy of Pediatrics

In recent years, exposure to marijuana and other cannabinoids has become an increasing challenge. Legalization of marijuana for both medical and recreational use has already happened in some states, and more states are considering this. This book will tackle: what is the risk of use or secondary exposure, including accidental ingestion, to marijuana or synthetic cannabinoids? What factors are associated with use or secondary exposure? What are the implications for children and teens who use marijuana or synthetic cannabinoids?

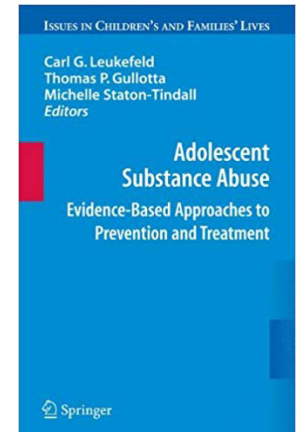


NEW E-Books

Adolescent Substance Abuse : Evidence-Based Approaches to Prevention and Treatment

Carl G. Luekfeld

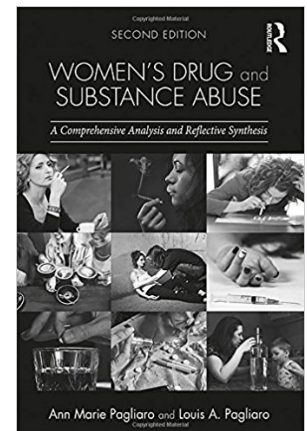
The second edition of this book incorporates the latest theory, research, and best practices for understanding, treating, and preventing substance abuse among adolescents. It updates the progress made in treatments for and prevention of the misuse of substances and adds new specific chapters on prescriptions, opiates, and methamphetamine abuse. The book discusses the effects of commonly abused substances, from tobacco and alcohol to stimulants and opioids, on the human brain and the various psychosocial routes to their misuse by adolescents. Chapters provide evidence-based guidelines for assessing adolescent treatment needs and review psychological, pharmacological, family, and self-help interventions. The book offers new paths in diverse directions, analyzes the core components of substance use prevention, critiques emerging school-based interventions, and introduces a nuanced reconceptualization of recovery.



Women's Drug and Substance Abuse : A Comprehensive Analysis and Reflective Synthesis

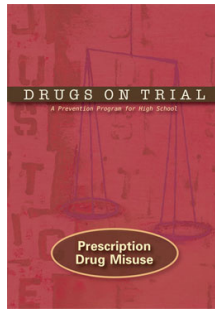
Ann M. Pagliaro

This newly revised and expanded edition of Women's Drug and Substance Abuse: A Comprehensive Analysis and Reflective Synthesis offers a unique analysis and synthesis of theory, empirical research, and clinical guidance for treating substance abuse among young, middle-aged, and older women of various racial and sociocultural backgrounds in the United States, 2000 to 2018. This text uses the most current research findings to examine the actions and effects of drugs, women's patterns of medical and personal use and abuse, and common mental disorders associated with drug use. The authors also present their own empirically-based assessment model as well as prevention and treatment approaches specifically designed for women. Also included in the text is a comprehensive, cross-referenced subject index. Clear, comprehensive, accessible, and fully referenced, this book will be an invaluable resource for students and for professionals in all health and social care disciplines. Women's Drug and Substance Abuse is the 18th clinical pharmacology text that the Pagliaros have written over the past 40 years and is the 6th that deals exclusively with drug and substance abuse.



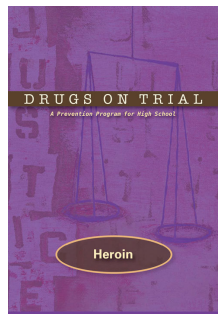
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about eBooks

NEW SCHOOL PREVENTION PROGRAMS



Drugs on Trial: Prescription Drug Misuse

An ideal component to Class Action and other high school prevention programs, Drugs On Trial addresses the dangers and consequences associated with prescription drug misuse. This program includes the most current information regarding prescription drugs as well as captivating storylines to enhance learning and keep students engaged and interested. The program includes an audio CD and a CD-ROM with facilitator's guide, prosecutor's files, reproducible materials, and parent information available in English and Spanish.



Drugs on Trial: Heroin

An ideal component to any high school drug and alcohol prevention initiative, the Drugs on Trial series addresses the dangers and consequences associated with the most widely abused substances by today's high school students. Heroin was once seen as a drug reserved for only the most hardcore addicts. The fact is, this drug is actually being used by teens in alarming numbers--regardless of location or socioeconomic status. According to the National Institute on Drug Abuse (NIDA), the use of heroin by 8th through 12th graders has increased significantly over the last several years.

**CLICK TO
SEARCH FOR
BOOKS, DVDS,
& MORE**

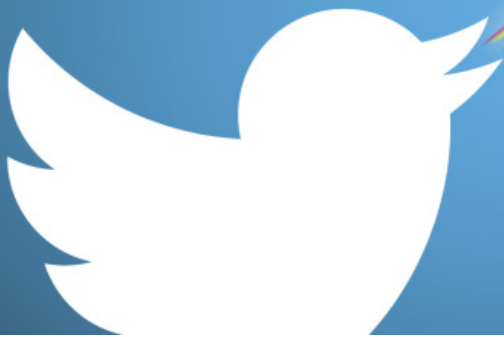


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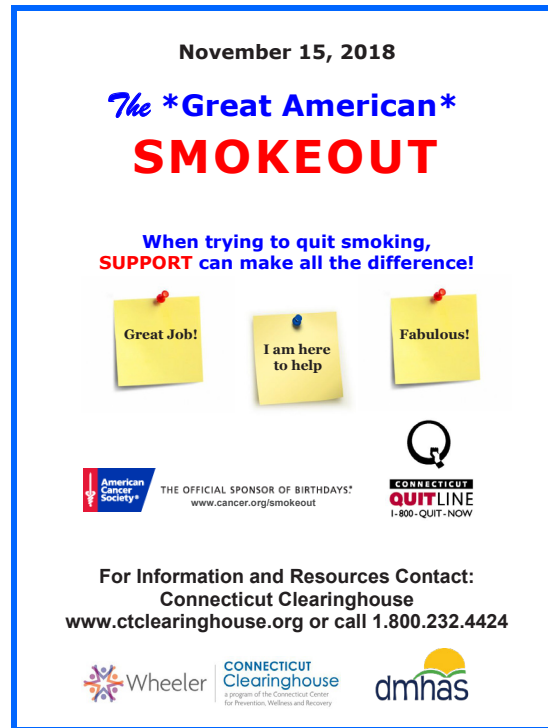


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NOVEMBER OBSERVANCES



Great American Smokeout
[Link to Flyer](#)

***International Survivors of
Suicide Loss Day***
[Link to Flyer](#)

***National Alzheimer's Disease
Awareness 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

Connecticut Clearinghouse is funded by
the Connecticut Department of Mental Health and Addiction Services