National Depression and Mental Health Screening Month

Everyone occasionally has bouts of sadness, but these feelings are usually fleeting. When an individual has a depressive disorder, it interferes with daily life and normal functioning. It is a common but serious illness.

Despite the high prevalence of mental health and substance use problems, too many Americans go without treatment — in part because their disorders go undiagnosed. Regular screenings in primary care and other settings enables earlier identification of mental health and substance use disorders, which translates into earlier care and better outcomes. Screenings should be provided to people of all ages, even the young and the elderly.

Connecticut Clearinghouse has a wide variety of materials and resources to inform and educate on the subject of depression and mental health screening. 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

November 15 or December 14
9:00 AM — 3:00 PM
Connecticut Clearinghouse, Plainville

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
The Changing World of Video Games: A Link Between Gaming and Gambling?

A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM

Thursday, October 11, 2018
2:00 PM - 4:00 PM
Connecticut Clearinghouse Conference Room
334 Farmington Ave. Plainville, CT 06062

Presented By
Susan D. McLaughlin, M.P.A., C.P.S.,
Prevention Services Coordinator, Connecticut DMHAS Problem Gambling Services

Fiorigio Fetta, LPC, ICGC-II, BACC, AADC
Clinical Director, Connecticut 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 2 contact hours by the CT Certification Board.**

CLICK HERE to Register
New Pamphlets
Managing Medications
Street Drugs
New Poster
Narcotics: Body of Evidence
New Fact Sheets
Drug Facts: DXM
(Click below to view)

Drug Facts: DXM (Dextromethorphan)

What is DXM?
DXM is a cough suppressor found in more than 120 over-the-counter (OTC) cold medications, either alone or in combination with other drugs such as analgesics (e.g., acetaminophen), antihistamines (e.g., chlorpheniramine), decongestants (e.g., pseudoephedrine), and/or expectorants (e.g., guaifenesin). The typical adult dose for cough is 15 or 30 mg taken three to four times daily. The cough-suppressing effects of DXM persist for 5 to 6 hours after ingestion. When taken as directed, side effects are rarely observed.

What is its origin?
DXM users can obtain the drug at almost any pharmacy or supermarket, seeking out the products with the highest concentration of the drug from among all the OTC cough and cold remedies that contain it. DXM products and powder can also be purchased on the Internet.

What are common street names?
Common street names include:
- CCC, Dex, DXM, Poor Man’s PCP, Robo, Rojo, Skittles, Triple C, and Velvet

What does it look like?
DXM can come in the form of:
- Cough syrup, tablets, capsules, or powder

How is it abused?
DXM is abused in high doses to experience euphoria and visual and auditory hallucinations. Users take various amounts depending on their body weight and the effect they are attempting to achieve. Some users ingest 250 to 1,500 milligrams in a single dosage, far more than the recommended therapeutic dosages described above.

Illicit use of DXM is referred to on the street as “Robo-tripping,” “skittling,” or “dexing.” The first two terms are derived from the products that are most commonly abused, Robitussin and Coricidin HBP. DXM abuse has traditionally involved drinking large volumes of the OTC liquid cough preparations. More recently, however, use of tablet and gel capsule preparations has increased.

These newer, high-dose DXM products have particular appeal for users. They are much easier to consume, eliminate the need to drink large volumes of unpleasant-tasting syrup, and are easily portable and concealed, allowing an abuser to continue to abuse DXM throughout the day, whether at school or work. DXM powder, sold over the Internet, is also a source of DXM for use. (The powdered form of DXM poses additional risks to the user due to the uncertainty of composition and dose.)
NEW BOOKS & CURRICULA

CBT Toolbox for Children & Adolescents  
Lisa Weed Phifer
The CBT Toolbox for Children and Adolescents gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you’ll see how the best strategies from cognitive behavioral therapy are adapted for children.

The Mindfulness & Acceptance Workbook for Stress Reduction  
Michael A. Tompkins, PhD
Written by internationally renowned ACT experts, The Mindfulness and Acceptance Workbook for Stress Reduction offers a powerful ten-week program for stress management drawing on the latest research in acceptance and commitment therapy (ACT) and mindfulness. You’ll gain a better understanding of what stress really is, how it affects the brain and body, and what you can do to manage and reduce stress in your life. You’ll discover how to build resilience and set smart, effective personal goals that align with your values. And finally, you’ll learn to be more aware of how you deal with stress in the moment.

The Relaxation & Stress Reduction Workbook for Teens  
Michael A. Tompkins, PhD
With The Relaxation and Stress Reduction Workbook for Teens, you’ll learn to understand the underlying causes of your stress. You’ll discover practical mindfulness and breathing techniques to help you calm your mind and body in moments of worry and anxiety. You’ll also find tips for moving past “what ifs” and “shoulds,” strategies for managing negative thoughts and emotions, and tools to help you develop your own personalized plan for dealing with stress.

When Their World Stops: The Essential Guide to Truly Helping Anyone With Grief  
Anne-Marie Lockmyer
This 4-time award-winning book will equip the reader to understand what they are experiencing and feeling, say the right things and avoid saying the wrong things, be supportive with appropriate actions and gifts, encourage them during the holidays, write a lovely message in a sympathy card and so much more. Tips are general as well as specific to the loss. Included is a special reminder list for the first year of grief. This simply to read, practical book will give you all you need to take the awkwardness out of grief. “You will enter this book awkward and unsure - you will emerge a confident, loving and creative advocate for your grieving friend.”

The Worry Workbook for Kids  
Muniys S. Khanna, PhD & Deborah Roth Ledley, PHD
Written for children ages seven to twelve, this engaging workbook offers evidence-based cognitive behavioral therapy (CBT) tools to help kids embrace uncertainty and actually change their thoughts and behaviors by taking action—which will help bring adventure, fun, and freedom back into their lives! The practices in this workbook can be used anytime, anyplace, to help kids put a stop to worry before worry takes over.
New E-Books

Fetal Alcohol Syndrome: A Lifelong Change
Hans-Ludwig Spohr
This book presents a detailed description of fetal alcohol syndrome as well as fetal alcohol spectrum disorders with respect to their clinical presentation, diagnosis, epidemiology, and pathogenesis. It also includes detailed considerations of underlying psychopathology, prevention, and therapy as well as the social consequences and impacts to patients.

Gamer Nation: The Rise of Modern Gaming and the Compulsion to Play Again
Eric Geissinger
The American "game economy" has become an enormous enterprise, devouring roughly one-ninth of America's entire economic output. 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? Whether you enjoy games as a harmless pastime or are suspicious of their effects on the quality of your family's life, you'll want to read this wide-ranging exploration of the growing game phenomenon.

The Sexual Abuse Victim and Sexual Offender Treatment Planner, with DSM 5 Updates
Arthur E. Jongsma Jr.
The Sexual Abuse Victim and Sexual Offender Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal review agencies. This Planner includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA).
Treatment Basics
Featuring interviews with both experts and people who have experienced treatment themselves, Treatment Basics gives clients and their loved ones a better understanding of what to expect throughout substance use disorder treatment. Created to work with both adults and young adults, this engaging video includes the following chapters:

1. Do I Need Help?
2. What Kind of Help Is Available?
3. What Will Withdrawal Be Like?
4. How Can I Be Successful in Treatment?
5. How Do I Take Care of Myself While My Loved One Is in Treatment?
6. How Can I Support My Loved One in Treatment?

This video can complement an existing curriculum, or each chapter can be used independently. The accompanying flash drive contains a facilitator guide—which includes background information, preparation instructions, discussion questions, and additional activities—and client fact sheets to create dynamic learning sessions in either one-on-one or group settings.

Treatment Basics is ideal for use in a variety of settings, including in interventions, primary care settings, correctional settings, educational settings, community groups, and therapeutic settings focused on substance use disorder treatment.

CLICK HERE for trailer
October Observances

October 11, 2018

National Depression Screening Day

MentalHealthScreening.org
www.mentalhealthscreening.org/programs/ndsd

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

National Medicine Abuse Awareness Month

PREVENT RX ABUSE
www.preventrxabuse.org
www.drugfreect.org

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

October 2018
NATIONAL MEDICINE ABUSE AWARENESS MONTH

National Depression Screening Day Link to Flyer
National Red Ribbon Week Link to Flyer
National Bullying Prevention 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