

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

October 2019

Why Care? Mental Illness Awareness Week

[nami.org/miaw](http://nami.org/miaw)

OCTOBER 6-12

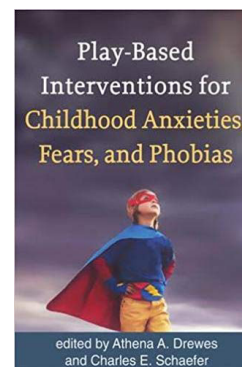
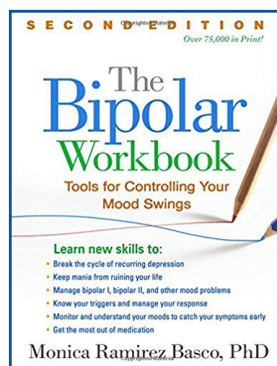
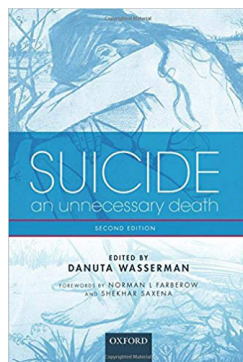
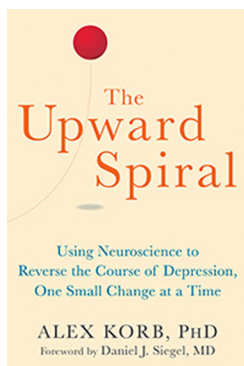
Share why you care, be informed and get involved!

LEARN MORE

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. Despite mental illnesses' reach and prevalence, stigma and misunderstanding are also, unfortunately, widespread.

That is why each year, during the first week of October, NAMI and participants across the country raise awareness of mental illness. Mental health conditions are important to discuss year-round, but highlighting them during Mental Illness Awareness Week provides a dedicated time for mental health advocates across the country to come together as one unified voice.

Connecticut Clearinghouse has a wide variety of materials and resources to inform and educate on the subject of mental health. All of our pamphlets, posters, and fact sheets are available for anyone living or working in Connecticut by calling 1-800-232-4424. If you are interested in our books, e-Books, DVDs, and curricula, please visit our website at [ctclearinghouse.org](http://ctclearinghouse.org) to become a member of Connecticut Clearinghouse.



# Adolescent SBIRT: Adolescent Girls and Opioids

\*\*\* This training is approved for CECs by NASW-CT \*\*\*

*Thursday, October 24, 2019*

*9:00 AM — 3:00 PM*

*Connecticut Clearinghouse,  
Plainville*

## *FREE Training Includes:*

- *Live interactive training on Adolescent Screening, Brief Intervention and Referral to Treatment*
- *Curriculum supplement on the unique risks of adolescent girls for opioid misuse*
- *Online Kognito simulation with CECs*
- *Helpful resource materials and referral information*



Register NOW at [www.ctclearinghouse.org/registration](http://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.

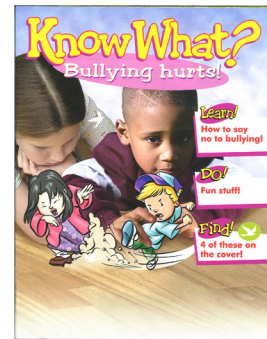
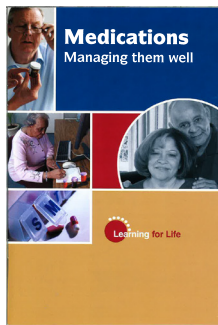
**CLICK HERE** to Register

# NEW PAMPHLETS

Know What? Bullying Hurts

Medications: Managing Them Well

Sexting: Srsly Risky?



# NEW CHANGE THE SCRIPT

Asking for Help - Suicide Prevention Flyer

Increased Risk - Suicide Prevention Flyer

Struggling with addiction? Feeling hopeless?

**Asking for help is the bravest thing you can do.  
It could save your life.**



**1 WORD  
VOICE  
LIFE**  
Be the **ONE** to start  
the **conversation**

[preventsuicide.org](http://preventsuicide.org)

**CHANGE  
the SCRIPT**

[drugfreet.org](http://drugfreet.org)



**Taking high doses of opioids increases your  
risk for accidental overdose and suicide.**



Start the conversation with your doctor about  
safely managing your pain.

**1 WORD  
VOICE  
LIFE**  
Be the **ONE** to start  
the **conversation**

[preventsuicide.org](http://preventsuicide.org)

**CHANGE  
the SCRIPT**

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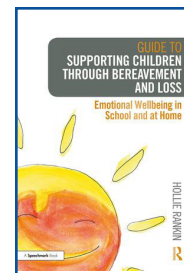
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# NEW BOOKS & CURRICULA

## Guide to Supporting Children Through Bereavement and Loss

Hollie Rankin

Guide to Supporting Children through Bereavement and Loss offers information, education and guidance about how to understand grief, ways to support the process and emotions of grief, and to help children to express themselves and make sense of their changed world. It covers the 'stages of grief', and holds many practical ideas and activities designed to help children to process and understand their grief, as well as to express and explore their emotions. There is a section on undertaking group work for bereaved children, as well as information on both selfcare and what to do when a referral to a specialist service may be required.



## Help Your Dragon Deal With Anxiety

Steve Herman

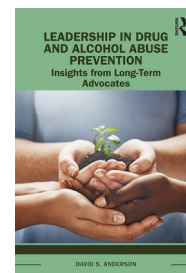
Having a pet dragon is very fun but what if your dragon is constantly worrying about so many things? What if he's worried about his math test even though he has studied very hard? What if he's so nervous about his upcoming book report in front of the class? What if he gets so anxious when he has to go get a shot from the doctor office? So anxious that he has a meltdown? This book will help you teach him to deal with his anxiety!



## Leadership in Drug and Alcohol Abuse Prevention: Insights from Long-Term Advocates

David S. Anderson

Organized around the Pyramid of Success that emphasizes Competence, Confidence, and Commitment, this book offers practical and grounded approaches for better addressing substance abuse issues. Included are insights from 50 contributors, featuring professional perspectives from practitioners with decades of experience. While issues of substance use are not readily solved or cured, they can be better addressed – more effectively, more efficiently, and more appropriately. This timely resource offers a unique blend of science-based strategies and resourceful foundations for implementation.

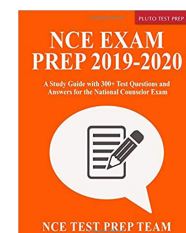


## NCE Exam Prep 2019-2020

NCE Test Prep Team

The segments of this book are based on the official test structure that has been determined to be appropriate for use by the National Board for Certified Counselors. There are more than 300 questions included in the book with full explanations and answers so that the student can be fully prepared before writing the exam.

This book is different from other books in the sense that it combines both theory and practical questions into one guide.



## No Waries: Conquer Every Emotion Within

No Waries is a fast-paced exciting social emotional learning game for kids. Kids and adults alike can grow frustrated when they are unable to express or even identify what they are feeling. The aim of this game is to empower kids with a stronger emotional vocabulary, and equip them with the ability to describe a vast array of feelings. This will lead them to feel more successful and less frustrated. Based on the classic card game War, players will be challenged to use a wide variety of emotions vocabulary words.



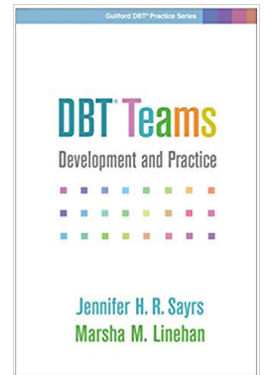


# NEW E-Books

## DBT Teams: Development and Practice

Jennifer H. R. Sayrs

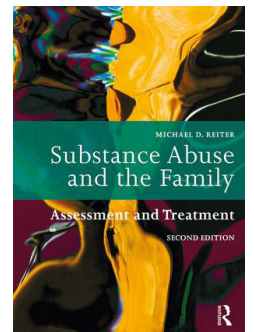
This much-needed resource from Jennifer H. R. Sayrs and DBT originator Marsha M. Linehan explains how DBT teams work, ways in which they differ from traditional consultation teams, and how to establish an effective team culture. The book addresses the role of the DBT team leader; the structure of meetings; the use of DBT strategies within teams; identifying and resolving common team problems; and important functions before, during, and after suicide crises. User-friendly features include end-of-chapter exercises and reproducible handouts and forms



## Substance Abuse and the Family

Michael D. Reiter

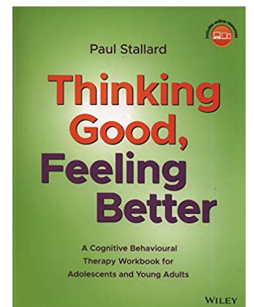
Chapters are organized around two sections: Assessment and Treatment. Examining how the family system organizes around substance use and abuse, the first section includes contributions on the neurobiology and genetics of addiction, as well as chapters on family diversity, issues in substance-using families, and working in a culturally sensitive way. The second half of the book explores various treatment options for individuals and families presenting with substance use issues, providing an overview of the major family therapy theories, and chapters on self-help groups and the process of family recovery.



## Thinking Good, Feeling Better: A Cognitive Behavioural Therapy Workbook for Adolescents and Young Adults

Paul Stallard

Thinking Good, Feeling Better includes traditional CBT ideas and also draws on ideas from the third wave approaches of mindfulness, compassion focused therapy and acceptance and commitment therapy. It includes practical exercises and worksheets that can be used to introduce and develop the key concepts of CBT. The book starts by introducing readers to the origin, basic theory, and rationale behind CBT and explains how the workbook should be used. Chapters cover techniques used in CBT; the process of CBT; valuing oneself; learning to be kind to oneself; mindfulness; controlling feelings; thinking traps; solving problems; facing fears; and more.



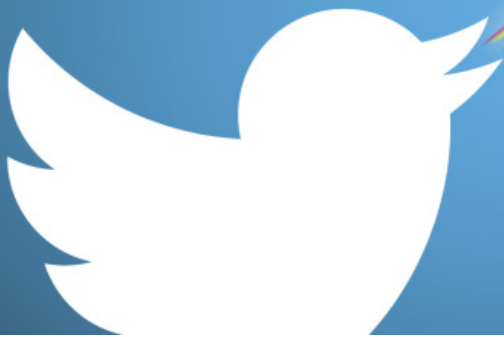
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# OCTOBER OBSERVANCES



## Domestic Violence Awareness Month

[nrcdv.org](http://nrcdv.org)

## National Bullying Prevention Month

[pacer.org](http://pacer.org)



## National Medicine Abuse Awareness Month

[preventrxabuse.org](http://preventrxabuse.org)

## Red Ribbon Week

[redribbon.org](http://redribbon.org)

## 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](http://www.ctclearinghouse.org)

[www.facebook.com/ctclearinghouse](https://www.facebook.com/ctclearinghouse)

[info@ctclearinghouse.org](mailto: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