

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

September 2018



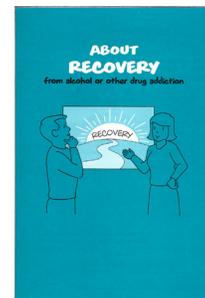
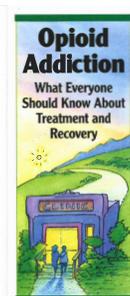
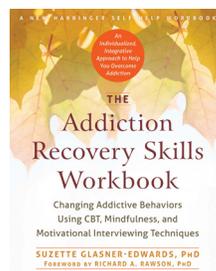
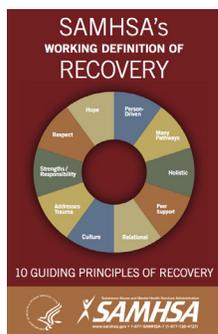
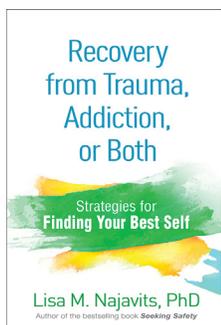
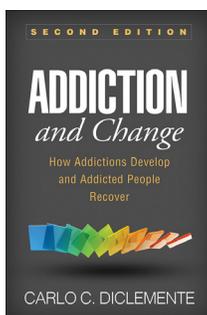
National Recovery Month

National Recovery Month (Recovery Month) is an annual observance held in September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

The 2018 Recovery Month theme, “Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community,” explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders.

Connecticut Clearinghouse has a number of materials and resources to inform and educate on the subject of recovery. 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 at Connecticut Clearinghouse. Please see samples of our materials below.

- About Recovery from Alcohol or Other Drug Addiction
- Addiction and Change: How Addictions Develop and Addicted People Recover
- The Addiction Recovery Skills Workbook
- Guiding Principles of Recovery
- Opioid Addiction: What everyone Should Know About Treatment and Recovery
- Recovery Basics: How to Start Strong and Keep Going
- Recovery from Trauma, Addiction, or Both
- Substance Use Issues & Mental Health Issues: On the Road to Recovery



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.





New FREE Training!

Adolescent SBIRT: Adolescent Girls and Opioids

Thursday, October 18, 2018

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*



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

"Developing Cultural Competency: Working with American Muslim Communities"

A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM



Thursday, September 20
1:00 PM - 5:00 PM
Connecticut Clearinghouse Conference Room
334 Farmington Ave. Plainville, CT 06062

Presented by

Aida Mansoor

President of the Muslim Coalition of Connecticut
Board member of the Connecticut Council for Interreligious Understanding
Committee Advisor of St. Francis Hospital Pastoral Services Committee

Maliha Malik

Clinician for Community Residence Inc. Family Community Ties Program

Learning Objectives:

- Enhancing cultural competency skills that improve care for Muslim clients.
- Increased understanding of Muslim traditions and practices and their implications for healthcare/other delivery.
- Increased healthcare provider capacity for addressing diversity, persistent disparities and the promotion of health equity.
- More culturally appropriate responses to the needs of Muslim clients based on understanding of and respect for their cultural and ethnic background.

****This Presentation is approved for 4 contact hours
by the CT Certification Board.**

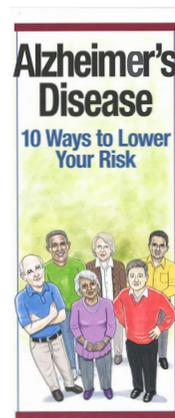
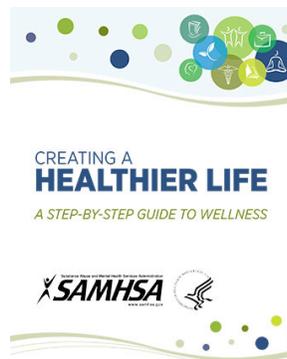
[CLICK HERE](#) to Register

NEW PAMPHLETS

Alzheimer's Disease:
10 Ways To Lower Your Risk

Creating A Healthier Life:
A Step-By-Step Guide To Wellness

Women And Opioids



NEW POSTER

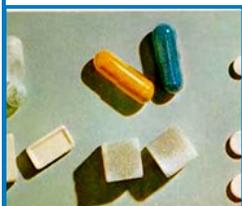
Molly: Cause & Effect

NEW FACT SHEETS

Drug Facts: LSD

(Click below to view)

Drugs Facts: LSD



What is LSD?

LSD is a potent hallucinogen that has a high potential for abuse and currently has no accepted medical use in treatment in the United States.

What is its origin?

LSD is produced in clandestine laboratories in the United States.

What are common street names?

Common names for LSD include:

Acid, Blotter Acid, Dots, Mellow Yellow, and Window Pane

What does it look like?

LSD is sold on the street in tablets, capsules, and occasionally in liquid form. It is an odorless and colorless substance with a slightly bitter taste. LSD is often added to absorbent paper, such as blotter paper, and divided into small decorated squares, with each square representing one dose.

How is it abused?

LSD is abused orally.

What is its effect on the mind?

During the first hour after ingestion, users may experience visual changes with extreme changes in mood. While hallucinating, the user may suffer impaired depth and time perception accompanied by distorted perception of the shape and size of objects, movements, colors, sound, touch and the user's own body image.

The ability to make sound judgments and see common dangers is impaired, making the user susceptible to personal injury. It is possible for users to suffer acute anxiety and depression after an LSD "trip" and flashbacks have been reported days, and even months, after taking the last dose.

- LSD is a potent hallucinogen.
- LSD is sold on the street in tablets, capsules, and occasionally in liquid form.
- During the first hour after ingestion, users may experience changes in mood and impaired judgment.
- Flashbacks have been reported days, and even months, after taking the last dose.



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CONNECTICUT Clearinghouse
a program of the Connecticut Center for Prevention, Wellness and Recovery

800.232.4424 (phone)
860.793.9813 (fax)
www.ctclearinghouse.org

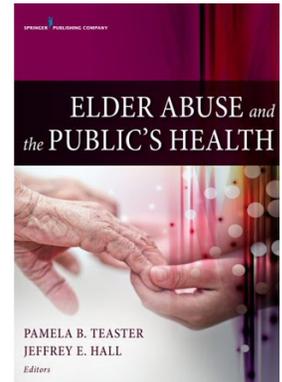
A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

NEW BOOKS & CURRICULA

Elder Abuse and the Public's Health

Pamela B. Teaster & Jeffrey E. Hall

Grounded in science and clinical experience, this treatment planner provides essential tools for conducting cognitive-behavioral therapy (CBT) with justice-involved clients in a wide range of settings. Guidelines are presented for assessment, case formulation, and intervention to alter criminogenic thinking and destructive lifestyle patterns. With a focus on reducing recidivism, the book demonstrates ways to enhance clients' motivation for change and elicit prosocial values and life priorities. Practitioner-friendly features include case examples, recommended assessment instruments, over 35 sample scripts, and 27 reproducible forms and worksheets; the large-size format facilitates photocopying.



Grief Counseling and Grief Therapy 5th Edition

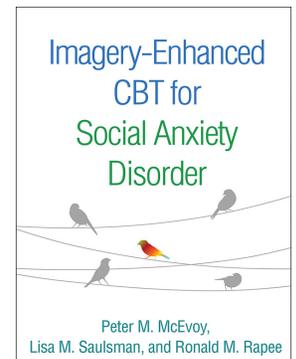
J. William Worden

Healing the Fragmented Selves of Trauma Survivors integrates a neurobiologically informed understanding of trauma, dissociation, and attachment with a practical approach to treatment, all communicated in straightforward language accessible to both client and therapist. Readers will be exposed to a model that emphasizes "resolution" -- a transformation in the relationship to one's self, replacing shame, self-loathing, and assumptions of guilt with compassionate acceptance. Its unique interventions have been adapted from a number of cutting-edge therapeutic approaches, including Sensorimotor Psychotherapy, Internal Family Systems, mindfulness-based therapies, and clinical hypnosis.

Imagery - Enhanced CBT for Social Anxiety Disorder

Peter M. McEvoy, Lisa M. Saulsman & Ronald M. Rapee

This Second Edition of Mastering Your Adult ADHD is thoroughly updated to present the most current, empirically supported treatment strategies in cognitive behavioral therapy (CBT) for coping with symptoms of adult ADHD. 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. The program has been updated to include the optional use of technology and smart phones to improve organization and planning.



Practicing Cognitive Behavioral Therapy with Children and Adolescents

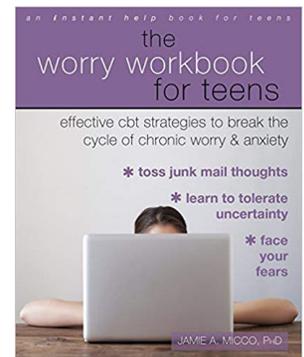
David J. Palmiter Jr.

This practice-enhancing volume assembles the latest innovative thinking on working with clients who have both mental health diagnoses and substance use disorders. New Directions in Treatment, Education, and Outreach for Mental Health and Addiction equips health and clinical psychologists, social workers, and addiction counselors and educators with a well-rounded understanding of a growing population, and a wealth of perspectives on effective new interventions.

The Worry Workbook for Teens

Muniys S. Khanna, PHD & Deborah Roth Ledley, PHD

Overcoming Opioid Addiction provides a comprehensive medical guide for opioid use disorder (OUD) sufferers, their loved ones, clinicians, and other professionals. Here is expertly presented, urgently needed information and guidance, including: Why treating OUD is unlike treating any other form of drug dependency, the science that underlies addiction to opioids, and the different stages and effective methods of treatment, including detoxification vs. maintenance medications, as well as behavioral therapies.

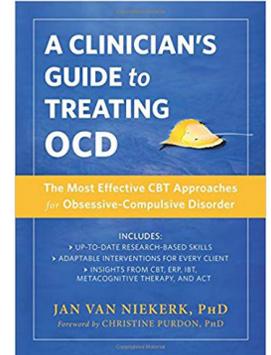


NEW E-BOOKS

A Clinician's Guide to Treating OCD : The Most Effective CBT Approaches for Obsessive-Compulsive Disorder

Jan van Niekirk

A Clinician's Guide to Treating OCD combines powerful, evidence-based therapies to help you create a concise and customizable treatment plan. The methods including cognitive behavioral therapy (CBT), exposure and response prevention therapy (ERP), inference-based therapy (IBT), metacognitive therapy (MCT) and acceptance and commitment therapy (ACT), are presented in an easy-to-follow format, incorporate the newest research, and offer a wide range of skills for helping OCD clients. The standalone treatment protocols outlined in each chapter represent a specific model and procedure for addressing the mechanisms underlying the OCD. In addition, you'll find worksheets and online resources to help you create individualized treatment programs to best suit your clients' needs.



Medical Risks of Marijuana

American Academy of Pediatrics

High-impact collection topics include:

- Health risk behaviors with synthetic cannabinoids Versus Marijuana
- Risky behaviors associated with synthetic cannabinoid use
- Longitudinal predictors of adolescent synthetic cannabinoid use
- AAP policy opposing marijuana use and clinical, research and legal updates to impact of marijuana policies on youth
- Counseling parents and teens about marijuana use
- Strategies for reducing youth recreational marijuana use
- Alcohol and marijuana use among medically vulnerable youth
- Neurologic effects on newborn exposed to marijuana in pregnancy
- Clinical presentation of synthetic cannabinoids intoxication
- Prolonged atrial fibrillation precipitated by new-onset seizures after marijuana abuse

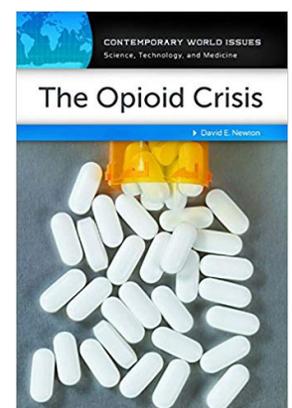


The Opioid Crisis: A Reference Handbook

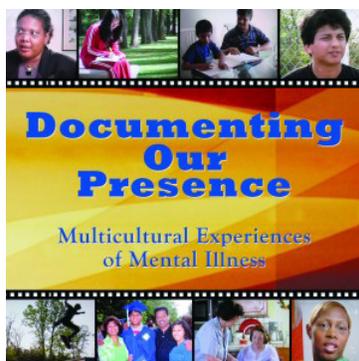
David E. Newton

A comprehensive overview of opioid use throughout human history, current problems surrounding opioid abuse, and suggested approaches to solving these problems.

- Provides a complete historical overview of opioid use in human societies
- Contextualizes the crisis with a chronology of important events in the history of opioid use
- Offers a strong collection of reference materials for use in further research on the topic
- Discusses the synthetic and neurological chemistry of opioids and how different types have been used throughout history

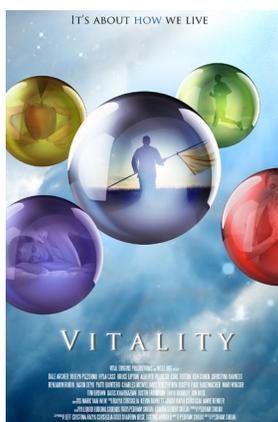


NEW DVDs



Documenting Our Presence: Multicultural Experience of Mental Illness

A compassionate, hopeful look at the experiences of people of diverse backgrounds, affected by serious mental illness. The documentary traces their lives through a cultural lens, focusing on the onset of mental illness, the process of coping and acceptance, and finally, their journey to recovery. All these stories, diverse as their backgrounds, are linked together in segments that flow naturally through the video and bookmark the various stages along the journey towards wellness and recovery. [CLICK HERE](#) for trailer.



Vitality

A journey into the world of health-care in our modern world. The current medical system is failing due to an emphasis on the treatment of disease instead of prevention. Dr. Pedram Shojai interviews some of the top names in the health and wellness arena discussing how people can learn to heal themselves and exploring the basic lifestyle practices that enhance health and increase Vitality. Vitality is something that emerges from within and once we learn how to tap into it, we step out of the trap of the broken medical system. [CLICK HERE](#) for trailer.

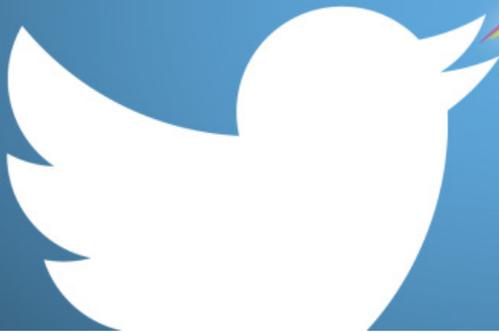


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SEPTEMBER OBSERVANCES

September 9-15, 2018

National Suicide Prevention Week 

Take a Minute: Save a Life


AMERICAN ASSOCIATION
OF
SUICIDOLOGY
www.suicidology.org

Suicide Prevention Lifeline
1.800.273.TALK (8255)

 **1 WORD VOICE LIFE**
NATIONAL SUICIDE PREVENTION CENTER
PREVENTSUICIDE.ORG

United Way
2-1-1

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

National Suicide Prevention Week

[Link to Flyer](#)

World Suicide Prevention Day

[Link to Flyer](#)

National Wellness Week

[Link to Flyer](#)

National HIV/AIDS and Aging

Awareness Day

[Link to Flyer](#)

National Recovery Month

Prevention Works * Treatment is Effective * People Recover

SEPTEMBER 2018



Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community

www.recoverymonth.gov

For Information and Resources contact:
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National Recovery Month

[Link to Flyer](#)

Healthy Aging Month

[Link to Flyer](#)

National Preparedness Month

[Link to Flyer](#)

Fetal Alcohol Spectrum Disorders

Awareness Month

[Link to Flyer](#)

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The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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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