

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

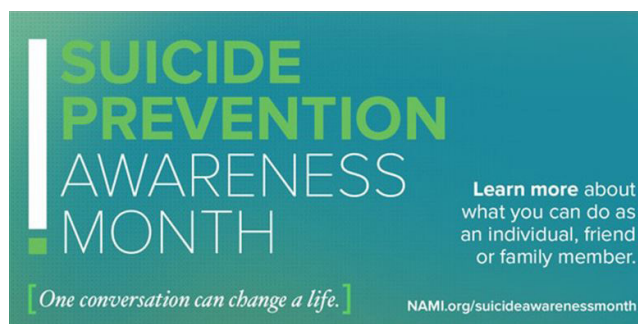


Wheeler

CONNECTICUT  
Clearinghouse

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

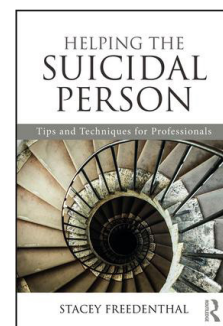
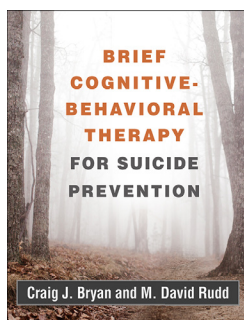
September 2019



In 2017, more than 47,173 individuals died by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left feeling alone in their grief. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly important topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

Connecticut Clearinghouse has a wide variety of materials and resources to inform and educate on the subject of suicide prevention. 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 [ctclearinghouse.org](http://ctclearinghouse.org) to become a member of Connecticut Clearinghouse.



## Crisis Resources

- If you or someone you know is in an emergency, call 911 immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Prevention Lifeline at 1-800-273 TALK (8255) or dial 211 from anywhere in Connecticut.
- If you're uncomfortable talking on the phone, you can also text CT to 741741 to be connected to a free, trained crisis counselor on the Crisis Text Line.
- You can also visit [preventsuicidect.org](http://preventsuicidect.org) for a great list of resources that are Connecticut specific.



*New FREE Training!*

# Adolescent SBIRT: Adolescent Girls and Opioids

Thursday, September 12, 2019

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*



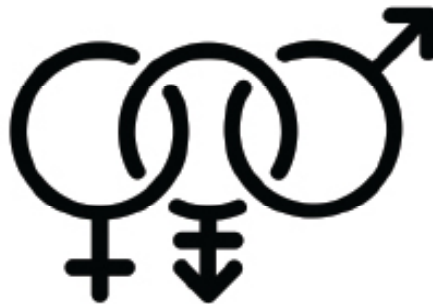
**Register NOW at [www.ctclearinghouse.org/registration](http://www.ctclearinghouse.org/registration)**  
Call 800.232.4424 for additional information

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

## Living in a Post-binary World: A Conversation About Genders

*A CONNECTICUT CLEARINGHOUSE EDUCATIONAL FORUM*



Thursday, September 26, 2019  
2:00 PM - 4:00 PM  
Connecticut Clearinghouse Conference Room  
334 Farmington Ave. Plainville, CT 06062

### **Presented by**

**Robin P. McHaelen, MSW**  
Executive Director  
True Colors, Inc.

### Learning Objectives:

- Differentiate between sex, gender identity, gender expression and sexual orientation
- Understand some of the unique concerns and experiences of transgender and non-binary people
- Learn tools that enable you to act as allies in school, family, community and other settings

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

**[CLICK HERE](#)** to Register



# NEW PAMPHLETS

Alcohol: Straight Facts

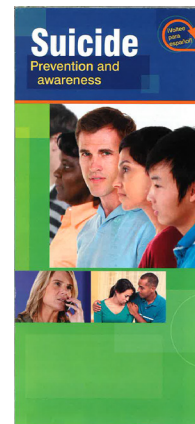
Suicide: Prevention and Awareness

Wellness: Good Health for Life

# NEW POSTERS

Change the Script: Teen Control

Change the Script: Talk to Your Doctor

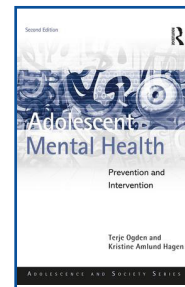


# NEW BOOKS & CURRICULA

## Adolescent Mental Health: Prevention and Intervention

Terje Ogden and Kristine Amlund

Adolescent Mental Health: Prevention and Intervention is a concise and accessible overview of our current knowledge on effective treatment and prevention programs for young people with mental health problems. While addressing some of the most common mental health issues among young people, such as behavioral problems and drug-related difficulties, it also offers a fuller understanding of the evidence-based treatment and prevention programs that are built upon what we know about how these behavioral and emotional problems develop and are sustained.



## Chill, Chat, Challenge

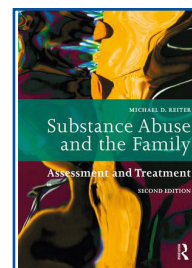
Family conversation starter game. Create a culture of trust and understanding with questions addressed to teens and adults. Share funny stories, secrets, views and dreams in a fun and playful atmosphere. Create a culture of trust and understanding within the family and get to know each other! This game is Great for family dinners, road trips, holiday gatherings, cottage weekends, family vacations! Great tool for schools and therapists. Used by many teachers, school counsellors, therapists and small group settings. Game has been known to improve many relationships and build self-esteem. Valuable addition to counselor supplies.



## Substance Abuse and the Family

Michael D. Reifer

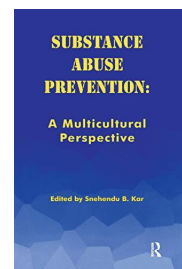
Chapters are organized around two sections: Assessment and Treatment. Examining how the family system organizes around substance use and abuse, the first section includes contributions on the neurobiology and genetics of addiction, as well as chapters on family diversity, issues in substance-using families,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



## Substance Abuse Prevention: A Multicultural Perspective

Snehendu B. Kar

In thirteen chapters, twenty-four authors share their analyses, concerns, and conclusions in several domains including the: meaning and dynamics of multiculturalism affecting prevention intervention, relative risks and knowledge gaps across ethnic groups, social trends affecting health risks and substance abuse, lessons learned from substance abuse research and prevention, role of the media, promises and limits of the new public health paradigm for assessment, policy development, assurance of preventive services, and social action and empowerment for prevention in partnership with the public.

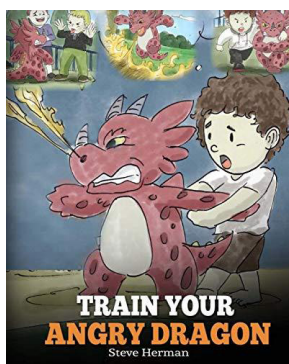


## Train Your Angry Dragon

Steve Herman

Having a pet dragon is very fun, but what do you do if he gets angry or upset? What do you do when your dragon lost his cool and wants to burn everything to the ground? Get this book and learn how to train your angry dragon!

A must have book for children and parents to teach kids about emotions and anger management. Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids how to handle when things don't go their way.

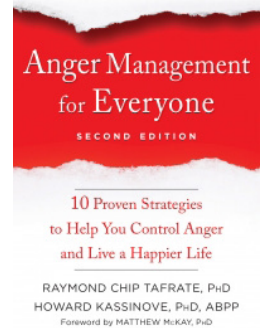


# NEW E-Books

## Anger Management for Everyone

Raymond Chip Tafrate and Howard Kassinove

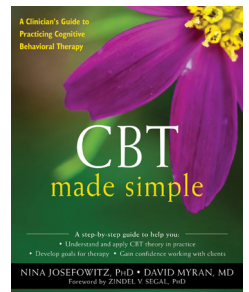
Written by two clinical psychologists with decades of experience using cognitive behavioral interventions to treat anger, Anger Management for Everyone provides a comprehensive, research-based program to keep anger in its place. This revised and updated second edition includes new information on the environmental effects on anger, such as hunger and sleep; new progressive muscle relaxation and mindfulness exercises; and new strategies and tips for improving social and interpersonal skills.



## CBT Made Simple

Nina Josefowitz

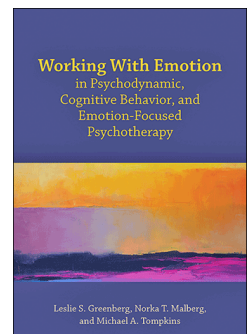
CBT Made Simple provides a user-friendly, practical approach to learning CBT using up-to-the-minute teaching methods and learning tools—in particular, the “effective adult learning model,” which promotes interactive learning, experiential learning, and self-reflection. Each chapter presents key elements of CBT in clear, accessible language, and includes client dialogues—including explanations of the therapist’s thinking process in relation to various interventions—and clinical examples. Practical exercises are incorporated throughout, enabling you to practice and consolidate your learning. In addition, each chapter mimics the structure of an actual CBT session.



## Working With Emotion in Psychodynamic, Cognitive Behavior, and Emotion-Focused Psychotherapy

Leslie S. Greenberg

In this volume, Leslie S. Greenberg, Norka T. Malberg, and Michael A. Tompkins investigate the role of emotion in the development and maintenance of psychological problems, and in effecting psychological change. They examine emotion as it is conceptualized and used in three of the most widely practiced approaches today — psychodynamic, cognitive behavior, and emotion-focused psychotherapy.



Click here to  
Contact us with  
questions  
about eBooks





## Dying in Vein: The Opiate Generation

Dying in Vein is a deeply personal exploration of opiate and heroin addiction through a cinéma vérité style that drops you directly into the lives of a person in recovery, a couple trying to stop using, a family grieving the loss of their son, and an Emergency Room Physician trying to save one patient at time. Through these stories, the film explores the contemporary belief of 'living life pain free', and the shame and blame that exists around addiction. The film looks at the impact of socioeconomic class on our broken treatment system, and how a group of emergency care physicians are working to save their patients.

**CLICK HERE** For Trailer



CLICK  
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& MORE

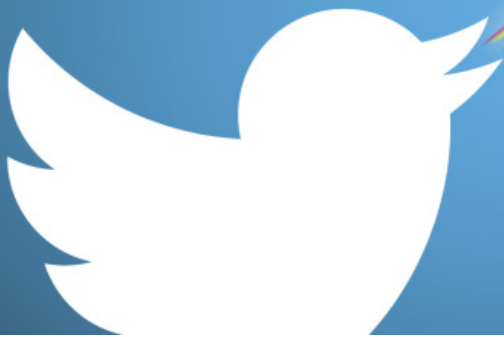


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# SEPTEMBER OBSERVANCES

September 2019

**FASD**  
**Fetal Alcohol Spectrum Disorders**  
**Awareness Month**



**Alcohol and Pregnancy**  
*No safe amount, No safe time, No safe alcohol. Period.*



[www.nofas.org/fasdmonth](http://www.nofas.org/fasdmonth)

For Information and Resources contact:  
Connecticut Clearinghouse  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org) or call 800.232.4424



**Fetal Alcohol Spectrum Disorders Month**  
[nofas.org](http://nofas.org)


**Healthy Aging Month**  
[healthyaging.net](http://healthyaging.net)

**National HIV/AIDS and Aging**  
**Awareness Day**  
[hiv.gov](http://hiv.gov)


**National**  
*Recovery Month*

Prevention Works \* Treatment is Effective \* People Recover


SEPTEMBER 2019



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



For Information and Resources contact:  
Connecticut Clearinghouse  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org) or call 800.232.4424



**National Recovery Month**  
[recoverymonth.gov](http://recoverymonth.gov)

**National Suicide Prevention Week**  
[afsp.org](http://afsp.org)

**World Suicide Prevention Day**  
[iasp.info](http://iasp.info)

## Courier Online

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

334 Farmington Avenue • Plainville, CT 06062  
800.232.4424 or 860.793.9791

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[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

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the Connecticut Department of Mental Health and Addiction Services