



Contact Connecticut Clearinghouse at:

www.ctclearinghouse.org

info@ctclearinghouse.org

1.800.232.4424

Aisha Hamid – Program Manager

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Visit:

334 Farmington Avenue (Route 10)
Plainville, CT 06062

Hours: Monday-Friday,
8:30 AM – 5:00 PM



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

Connecticut's Library and Resource Center for Information on:

- Substance Misuse
- Mental Health
- Prevention, Harm Reduction and Health Promotion
- Treatment and Recovery
- Wellness and Related Topics

A Program of Wheeler Clinic, Funded by the Connecticut Department of Mental Health and Addiction Services





ESTABLISHED IN 1988

What Was Going On?

AIDS Epidemic:
46,000+ Deaths (CDC)

Era of “Just Say No”

Crack Cocaine Epidemic
Anti-Drug Act (mandatory
minimum sentencing)
Myth of “crack babies”
Drug Use=Crime

Scared Straight
Programs





Services

167,071
individuals were
impacted by
Connecticut
Clearinghouse
services in 2024.

Lending Library Offering Books,
Curricula, eBooks, DVDs,
Streaming & Interlibrary Loan +
Reference Services

Resource Center Offering
Pamphlets, Fact Sheets, Posters
and Promotional Items

Prevention Listserv : Monthly
Newsletter, Statewide Trainings &
Events, Employment
Opportunities, RFPs & More

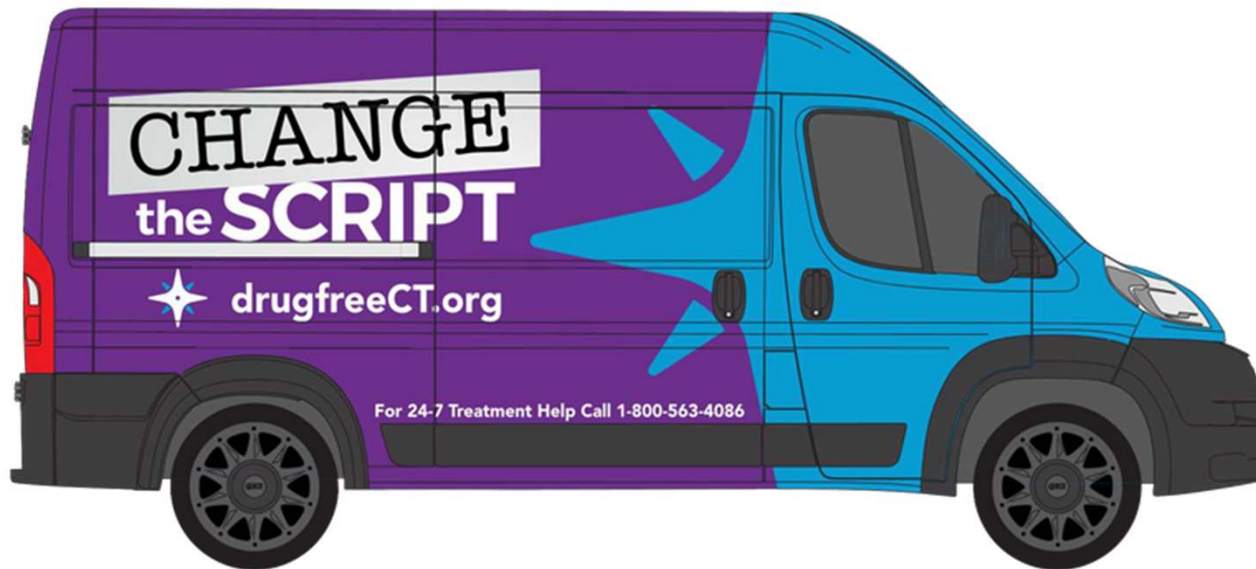
Free Trainings – Monthly virtual
and in-person Educational Forums
- Continuing Education Offered
through CT Certification Board

Change the Script Resource Van –
Educational Resources,
Medication Disposal Bags,
Fentanyl and Xylazine Test Strips,
Lock Bags & Lock Boxes



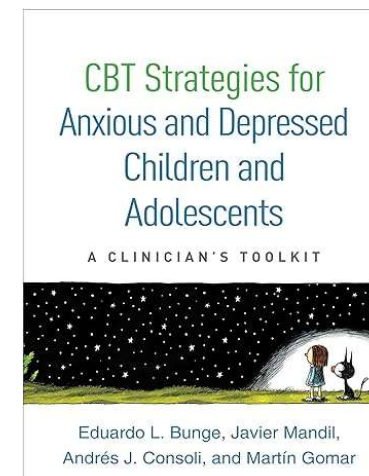
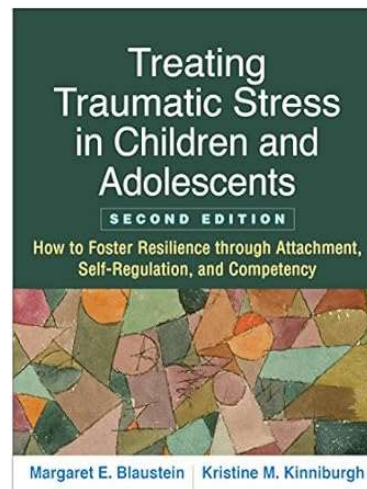
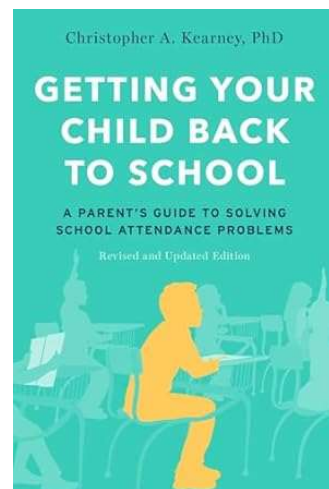
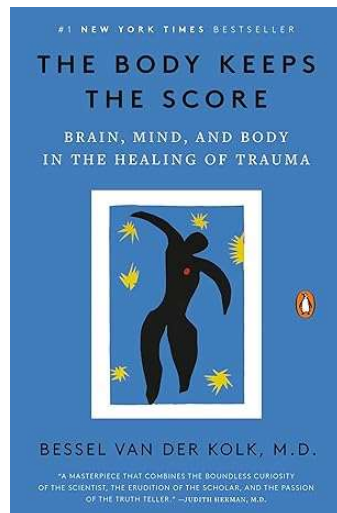
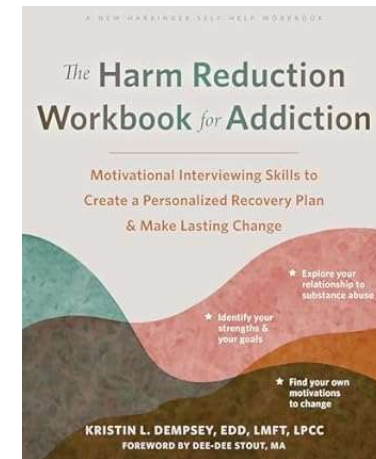
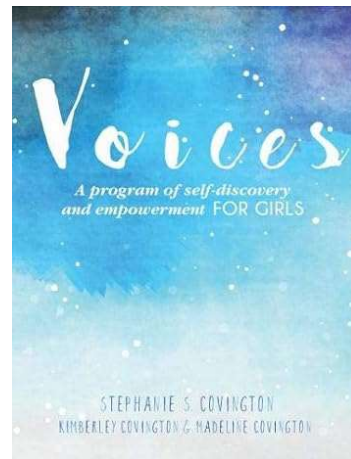
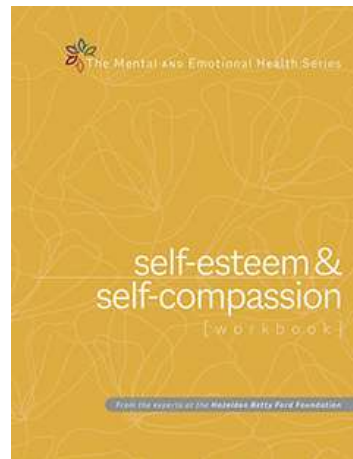
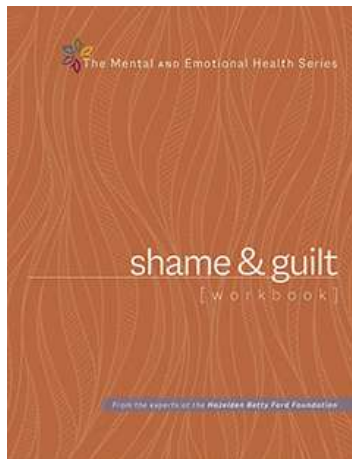
Change the Script Resource Van

Book online at www.drugfreect.org



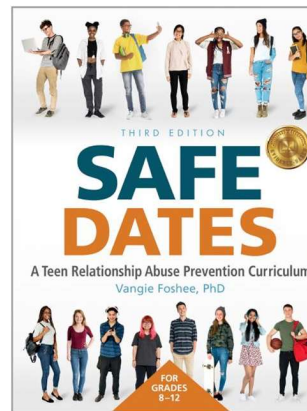
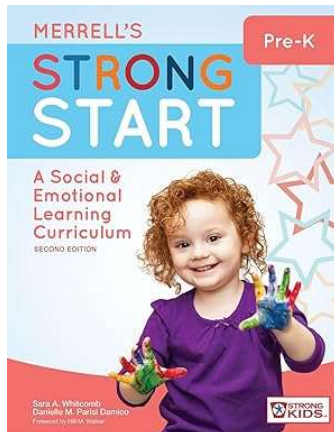
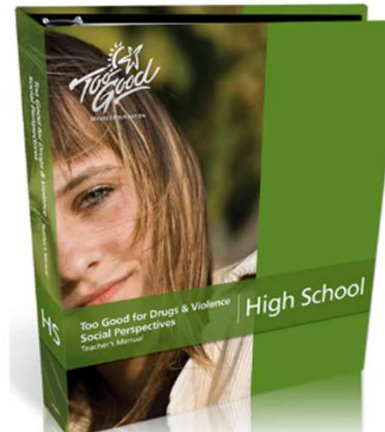
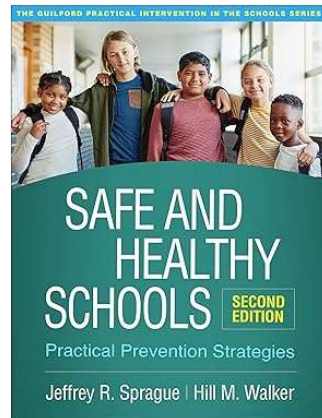
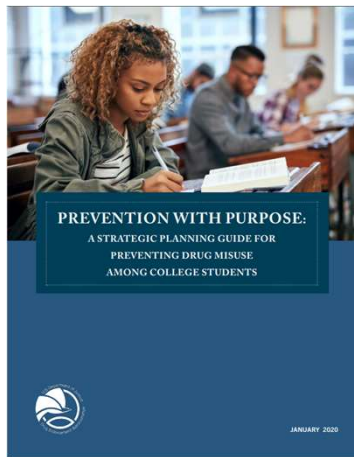


Most Popular Titles in 2024



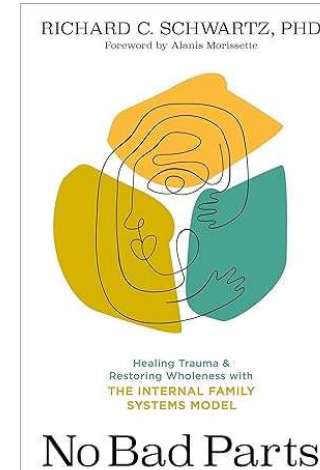
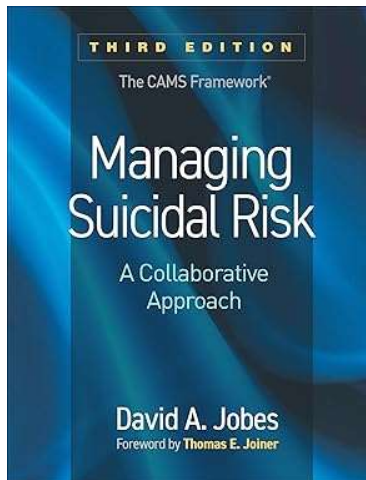
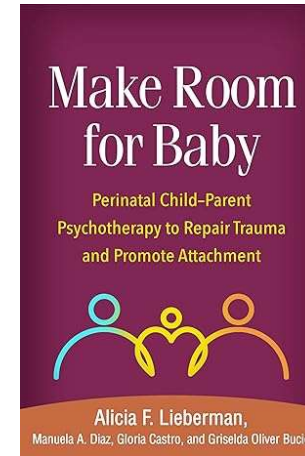
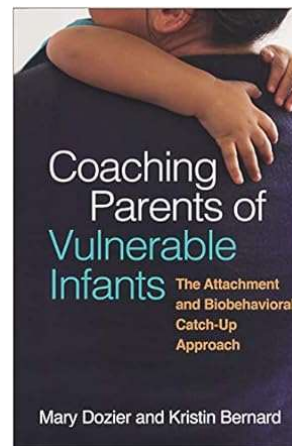
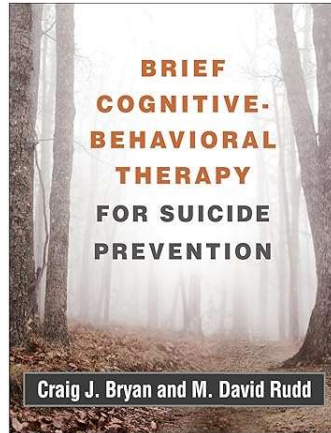
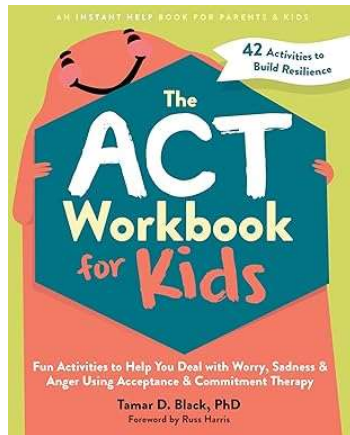


Prevention Resources





Evidence-Based Approaches





Collection Development Resources

REPUTABLE PUBLISHERS

- University presses
- APA
- Guilford
- New Harbinger

CREDENTIALLED AUTHORS

- Who's qualified?
- Practitioners
- Researchers

REGISTRIES

- California Evidence-Based Clearinghouse
- OJJDP Model Programs
- CASEL
- SPRC

REVIEW SOURCES

- Choice
- Doody's
- ABCT Self-Help Book Recommendations
- Youth Services Book Review (MA librarians)





How To Access Materials



MEMBERSHIP IS FREE!
VISIT THE RESOURCES
PAGE ONLINE



BROWSE THE LIBRARY
CATALOG



VIEW THE PAMPHLET
DIRECTORY



PICK UP / BORROW
RESOURCES IN-
PERSON



USE INTERLIBRARY LOAN



ORDER ONLINE



CALL & SPEAK WITH A
HUMAN!

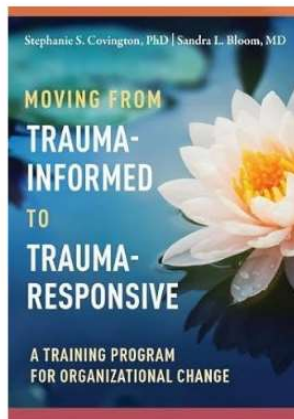
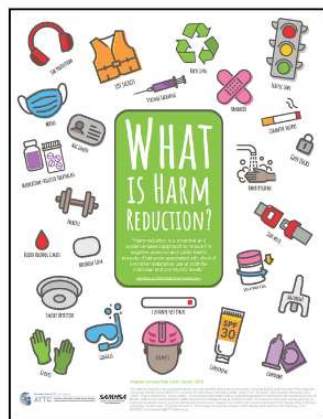


OPTION TO MAIL
PAMPHLET & POSTER
ORDERS





Evolution of Approaches Reflected in Resources



Inclusive, person-centered language



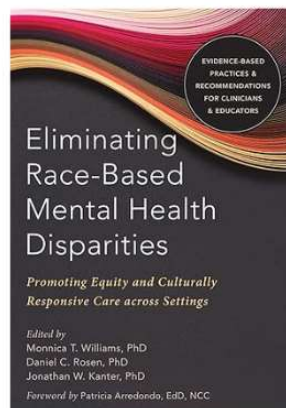
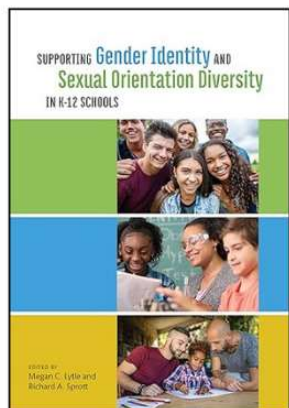
Harm reduction as effective, evidence-based approaches



Trauma-responsive resources



Culturally responsive resources





Pamphlets

Request pamphlets or posters at
www.ctclearinghouse.org/pamphlet-poster-directory/

Download fact sheets at
www.ctclearinghouse.org/topics/fact-sheets/

Factsheets

Cannabis and Pregnancy



Cannabis (also known as marijuana) is a psychoactive drug containing the compounds Tetrahydrocannabinol (THC) and Cannabidiol (CBD). Cannabis remains illegal at the federal level, even as some states have legalized it for adults to use medicinally and recreationally.

It is the most widely used illegal drug by pregnant women in the United States. There is a growing number of women who believe that it is safe to use while pregnant. They believe that it is a natural way to treat nausea and vomiting, or "morning sickness" and to manage anxiety or stress.

This is not true. The use of cannabis during pregnancy is not safe, and can have serious, potentially deadly consequences. The American College of Obstetricians and Gynecologists (ACOG) discourages doctors from prescribing or recommending the use of cannabis during pre-conception, pregnancy and lactation.

How is Cannabis Passed From Mother to Baby?

No matter how the drug is consumed by the pregnant person - whether by smoking, vaping, eating or drinking, THC will reach their baby in three ways:

- Through the bloodstream and into the placenta.
- Through secondhand smoke that enters the baby's lungs.
- Through breast milk. "Pumping and dumping" does not work. THC is stored in fat cells and is slowly released over several weeks, which means it remains in the breast milk.

What Are the Potential Health Effects of Cannabis Use During Pregnancy?

The use of cannabis during pregnancy may be harmful to a baby's health and cause a variety of problems, including:

- Fetal growth restriction.
- Low birth weight.
- Preterm birth (being born before 37 weeks of gestation).
- Long term brain development issues affecting memory, learning and behavior.
- A greater risk of stillbirth.

The potential health effects of CBD use during pregnancy remain unknown. However, given the understanding of CBD's general effects on the body, there is significant cause for concern. It is expected that some CBD may transfer to the baby, which could pose risks during pregnancy.

Wheeler Connecticut Clearinghouse
A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness
800.232.4424 (phone)
www.ctclearinghouse.org

Fetal Alcohol Spectrum Disorders (FASD)



What is it?
Fetal Alcohol Spectrum Disorders (FASD) refer to physical, behavioral, and cognitive impairments that occur in a fetus exposed to alcohol before birth. These conditions can affect each person in a variety of different ways, and vary in severity. They may appear at any time during childhood.

What Causes FASDs to Develop?
FASDs develop due to **prenatal alcohol exposure**. This occurs when a person consumes alcohol during their pregnancy. The alcohol enters the mother's bloodstream and is passed to the fetus through the umbilical cord. Alcohol can disrupt fetal development at any stage, even before the woman is aware of her pregnancy.

Research shows that heavy drinking by the mother places the developing fetus at a higher risk for developing a severe impairment. However, even smaller quantities of alcohol can cause harm to the fetus. All types of alcohol are harmful, including wine and beer.

There is no known safe amount of alcohol consumption during a pregnancy or while trying to become pregnant.

What Can Be Done To Prevent FASDs?
FASDs are entirely preventable. Women who are pregnant, attempting to conceive, or who suspect they may be pregnant should avoid drinking any amount of alcohol. This is because a woman can become pregnant and not know for up to 4-6 weeks.

It is never too late to stop drinking alcohol during pregnancy. The brain develops throughout the entire pregnancy, and stopping alcohol use will improve the fetus's health and well-being.

Signs and Symptoms of FASDs

A person with an FASD might have:

Behavioral Issues	Learning Challenges	Physical Problems
• Hyperactive behavior • Difficulty with attention • Poor reasoning and judgment skills • Difficulty controlling emotions and impulsivity • Symptoms of depression and anxiety	• Poor memory • Learning disabilities • Speech and language delays • Intellectual disability or low IQ • Difficulty in school, especially with math • Understanding and following directions	• Low body weight • Poor coordination • Problems with the heart, kidneys, or bones • Shorter than average height • Vision or hearing problems • Sleep and eating problems as a baby • Distinctive facial features

Wheeler Connecticut Clearinghouse
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Posters

A Parent's Handbook
Your Child's Social and Emotional Development
Birth to Age 6

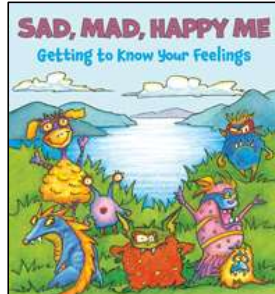


A Parent's Handbook
Loving Discipline for Children
Ages 1 through 5



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SAD, MAD, HAPPY ME
Getting to Know Your Feelings



Naloxona
Lo que debe saber



The Risks of Benzos
What Everyone Should Know



Digital Stress
(What It Is and How to Deal with It)



Xylazine
What You Need to Know



Pronouns Matter!

They/Them	He/They	Ze/Zir	He/Him
Per/Per	Ze/Zir	She/Her	They/Them
Ze/Xem	She/Her	He/Him	She/They

ALL
Are Welcome Here



Icons: Wheelchair, Transgender symbol, Male symbol, Female symbol, Interlocked male and female symbols, Genderqueer symbol.





Prevention Listserv

Sign up at:

www.ctclearinghouse.org/email-signup/

Send requests (with flyers in pdf, png, jpg) to:
info@ctclearinghouse.org

Newsletters & Monthly Resource Toolkits

Information about new resources, monthly observances, upcoming trainings, and more.

Find archived Newsletters & Toolkits at
www.ctclearinghouse.org/about/newsletter/toolkit/



COLLEGE CAMPUS GAMBLING PREVENTION INITIATIVE



INFORMATION SESSION



**MONDAY JULY 14TH, 2025
12:30 - 1:00 PM**

REVIEW THE APPLICATION PROCESS & HEAR
HIGHLIGHTS FROM THE PROGRAM

*PLEASE SHARE OR FORWARD THIS TO ANYONE ON YOUR CAMPUS
THAT MAY BE INTERESTED

[CLICK HERE TO REGISTER](#)

Call for PROPOSALS 2025 Annual Conference



Proposals Accepted for Workshop Sessions *Youth Participation Strongly Encouraged* Potential Topics:

- Youth Mental Health
- Positive Youth Development
- Social Media, Cell Phones and Youth Mental Health
- Truancy and FWSN Referrals
- Innovative Youth Programs
- Working with LGBTQ+ Youth
- Diversity, Equity, and Inclusion
- Artificial Intelligence
- Substance Use Prevention (Marijuana, Vaping, Opioids)
- Trauma & Resiliency
- Cultivating Youth Leadership
- YSB Best Practices



CONNECT-TO-CARE SERIES: URGENT CRISIS CENTERS

Join us for this virtual Connect-to-Care meeting series, designed to support Connecticut's Community Based Urgent Crisis Centers (UCCs) by fostering collaborative relationships to improve behavioral health system throughput for youth.

This **virtual** series will empower participants to:

- deepen their understanding of UCC operations and benefits
- share their own programs and resources
- strengthen collaborative relationships
- ask questions and engage in meaningful discussion



Scan to register

Additionally, resources from Carelon Behavioral Health Connecticut's Child and Family Division will be presented, offering further tools to support your efforts. Be part of a transformative initiative to take community-based crisis care to the next level for our youth! The dates, times, and registration for each meeting are detailed below.

Wellmore Behavioral Health

Wednesday, July 16, 2025
12:00 - 1:15 pm

[REGISTER
HERE](#)

The Village for Families and Children

Monday, July 21, 2025
12:00 - 1:15 pm

[REGISTER
HERE](#)

Child & Family Agency of Southeastern CT

Tuesday, July 22, 2025
12:00 - 1:15 pm

[REGISTER
HERE](#)



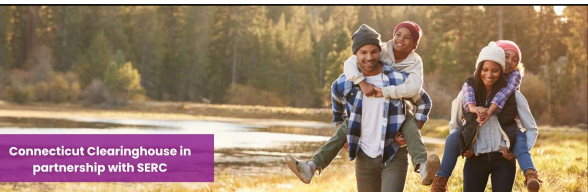
Please contact jackie.cook@carelon.com with any questions.





Educational Forums and Trainings

Register for trainings at:
www.ctclearinghouse.org/registration



Connecticut Clearinghouse in partnership with SERC

Connecting the Dots Between Wellness, Family and Education

August 7, 2025
2:00 to 4:30 pm

CONNECTICUT CLEARINGHOUSE
334 FARMINGTON AVENUE
PLAINVILLE, CT 06062

Visit ctclearinghouse.org/registration

OR
SCAN TO REGISTER



Explore the powerful intersection of student well-being, family engagement, and school support systems.

Join us for:

- A presentation
- Library tours
- Light refreshments

SERC STATE EDUCATION RESOURCE CENTER
EQUITY | EXCELLENCE | EDUCATION

School-Based Center for Prevention, Education and Advocacy

Wheeler

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



Practice self-care with trained sound healer, yoga teacher, and reiki master, Taylor Milton.

WELLNESS
WEDNESDAY

SOUND HEALING

AUGUST 13, 2025
3:00 PM - 4:00 PM
CONNECTICUT CLEARINGHOUSE
334 FARMINGTON AVENUE
PLAINVILLE, CT 06062

SCAN TO REGISTER



Or visit www.ctclearinghouse.org/registration



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

Mental Health First Aid for Older Adults

AUGUST 22, 2025
8:30 AM - 5:00 PM
IN PERSON AT CT CLEARINGHOUSE

Improve quality of life and learn how to assist and support older adults who may be experiencing a mental health or substance use challenge by getting certified in an evidence-based, early intervention training program.



SCAN THE QR CODE

LEARN HOW TO RESPOND WITH THE MENTAL HEALTH FIRST AID ACTION PLAN (ALGEE):

- Assess** for risk of suicide or harm.
- Listen** nonjudgmentally.
- Give** reassurance and information.
- Encourage** appropriate professional help.
- Encourage** self-help and other support strategies

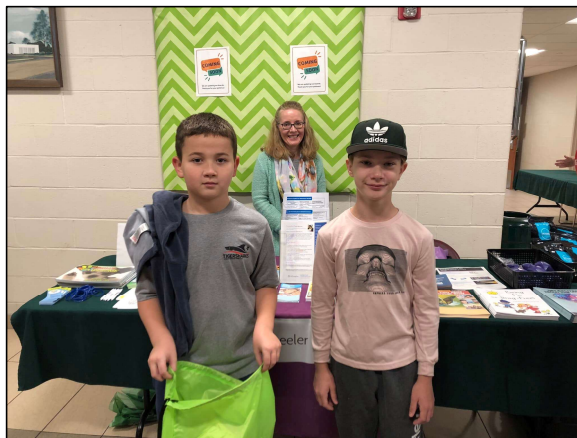
Or register online at www.ctclearinghouse.org/registration





Tabling Events

- Conferences & Conventions
- Health Fairs
- University Campus Events
- Employee Wellness Fairs
- Public School Functions & More

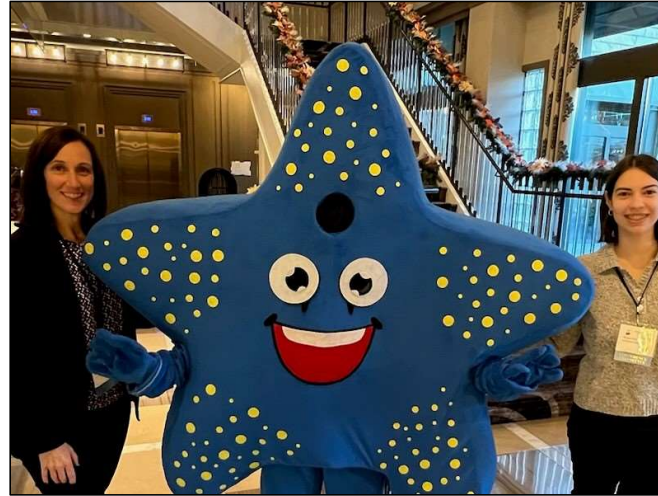




National Prevention Week



Prevention Summit



STATEWIDE PREVENTION CELEBRATION!
Prevention is for Everyone

Join us for an educational, entertaining and fun-filled day to celebrate prevention efforts happening around Connecticut!

NATIONAL PREVENTION WEEK
A CELEBRATION OF POSSIBILITY

Activities Include:

- Mascot Appearances
- Therapy Animals
- Clown
- Prevention Themed Games
- Face Painting
- Photobooth
- Storybook Reading
- Juggling Performance
- DJ
- Balloon Animals

WHEN: May 17, 2025
TIME: 11 AM - 6 PM
WHERE: Danbury Fair

#PreventionHappensHereCT

Sponsored by the Connecticut Department of Mental Health and Addiction Services





Trainings

Talk Saves Lives: An Introduction to Suicide Prevention

QPR: Question Persuade Refer Suicide Prevention Gatekeeper Training

ASIST: Applied Suicide Intervention Skills Training

Mental Health First Aid

Youth Mental Health First Aid

SMART Recovery





American
Foundation
for Suicide
Prevention



An
Introduction
to Suicide
Prevention



Ask A Question,
Save A Life.

QUESTION. PERSUADE. REFER.



Applied Suicide Intervention Skills Training





 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

**MENTAL HEALTH FIRST AID
FOR HIGHER EDUCATION**



 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

**MENTAL HEALTH
FIRST AID**



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

**YOUTH MENTAL
HEALTH FIRST AID**



 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

**MENTAL HEALTH FIRST AID
FOR OLDER ADULTS**



 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

**MENTAL HEALTH FIRST AID
FOR PUBLIC SAFETY**







Thank you!

General inquiries:

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