

Substance Abuse Prevention Collaborative

June 5, 2020

Hello everyone, we are here to support you in any way we can during these challenging times. This newsletter is designed to provide your family with a variety of educational links, activities, and resources on overall wellness and substance abuse, on a weekly basis. Welcome to Week 11!

NIDA's Mind Matters Series

<https://teens.drugabuse.gov/teachers/mind-matters>

NIDA's "Mind Matters" series explores the ways that different drugs affect your brain, body, and life. Wealth of information for parents, teachers, and anyone who wishes to become educated on brain anatomy and the specific dangers to our youth.

<https://www.youtube-nocookie.com/embed/0-8PvNOdByc>

A Message to Parents

<https://www.youtube-nocookie.com/embed/hD03TpByqQA>

In the times we find ourselves, there are more "reasons" that our youth will experiment with or use alcohol and/or drugs to escape. Take a moment to view this video and learn how to protect your teen.

How to Get Help

https://teens.drugabuse.gov/blog/post/how-get-help-if-you-or-someone-you-know-suicidal?utm_source=social&utm_medium=facebook&utm_campaign=nidateens_05_26_20

There is so much uncertainty in our lives today. If you or someone you know needs help, you can find it at the Crisis Text Line and the National Suicide Prevention Lifeline. They're free and available 24/7:

- Text "HELLO" to the Crisis Text Line at 741741
- Call the Lifeline at 1-800-273-8255

WHO ARE WE?

SAPC

SAPC is a coalition of eight communities working together to help reduce substance abuse with specific intentions for youth below the age of 18.

Communities include:

Billerica—Mike Higgins
mhiggins@town.billerica.ma.us

Chelmsford—Amanda Glaser
aglaser@townofchelmsford.us

Dracut—Dave Ouellette
douellette@dracutma.gov

Lowell—Lainie Emond
lemond@lowellma.gov

Tewksbury—Maria Ruggiero
978-382-4989
mruggiero@tewksbury-ma.gov

Tyngsborough—Shaun Woods
swoods@tyngsboroughma.gov

Westford—Jeff Stephens
jstephens@westfordma.gov

Wilmington—Samantha Reif
978-447-2296
sreif@wpd.org