

# Substance Abuse Prevention Collaborative

June 27, 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.

## Network of Care Massachusetts!

<https://massachusetts.networkofcare.org/mh/content.aspx?cid=9261>



Network of Care Massachusetts' COVID-19 Behavioral Health Information Hub is here to help. They have compiled information and resources to help people across the Commonwealth preserve and protect their mental health and well-being during COVID-19. Keep informed with updates from state agencies, new guidance from Governor Baker, and other sources of care and support. Information is accurate and comprehensive as possible.

## Maintaining Mental Health During Corona!

<https://seizetheawkward.org/>

Seize the awkward by Ad Council, understands that dealing with the stress and anxiety during coronavirus may feel overwhelming. You may not have the same feelings as your classmates, coworkers, neighbors, family members, or others in your community — and that's okay because everyone reacts differently to stressful situations. You don't have to be there to be there! Find creative ways to reach out and stay connected with friends and family regularly. The Ad Council is where creativity and causes converge. We bring together the most creative minds in advertising, media, technology and marketing to address many of the nation's most important causes. We've created many of the most iconic campaigns in advertising history in order to raise awareness, inspire action and save lives.



## Are you wearing a mask?

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



My mask protects you...your mask protects me.  
Please wear your mask and help slow the spread of the virus.

## 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](mailto:mhiggins@town.billerica.ma.us)

**Chelmsford—Amanda Glaser**  
[aglaser@townofchelmsford.us](mailto:aglaser@townofchelmsford.us)

**Dracut—Dave Ouellette**  
[douellette@dracutma.gov](mailto:douellette@dracutma.gov)

**Lowell—Lainnie Emond**  
[lemond@lowellma.gov](mailto:lemond@lowellma.gov)

**Tewksbury—Maria Ruggiero**  
978-382-4989  
[mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)

**Tyngsborough—Shaun Woods**  
[swoods@tyngsboroughma.gov](mailto:swoods@tyngsboroughma.gov)

**Westford—Jeff Stephens**  
[jstephens@westfordma.gov](mailto:jstephens@westfordma.gov)

**Wilmington—Samantha Reif**  
978-447-2296  
[sreif@wpd.org](mailto:sreif@wpd.org)

## Get The Facts!

Every week a new segment that will provide you with facts on a variety of substances and important topics. We are hoping providing easy to understand facts will help everyone to make healthier choices when it comes to finding ways to cope with “our new normal”. Knowledge is power!



## Tips for Teens—Methamphetamine.

<https://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Methamphetamine/PEP18-03>

This factsheet for teens provides facts about methamphetamine. It describes short- and long-term effects and lists signs of methamphetamine use. The factsheet helps to dispel common myths about methamphetamine.

## Drugs of Abuse—DEA Resource Guide.

<https://www.dea.gov/documents/2017/06/15/drugs-abuse>

Drugs of Abuse-delivers clear, scientific information about drugs in a factual, straightforward way. With the information in this guide, parents and caregivers can help their children make smart choices and avoid the consequences of drug abuse. This publication covers topics including the Controlled Substances Act and introduces drug classes including narcotics, stimulants, marijuana/cannabis, inhalants, steroids, and more. "Drugs of Abuse" also provides information about drugs of concern and designer drugs, including synthetic opioids and “bath salts.”



## Drugs of Concern—DEA Resource Guide.

<https://www.dea.gov/taxonomy/term/311>

Even though some substances are not currently controlled by the Controlled Substances Act, they pose risks to individuals who abuse them. The following section describes these drugs of concern and their associated risks.

## What is Toxic Stress?

<https://developingchild.harvard.edu/resources/toxic-stress-derails-healthy-development/>

We all deal with toxic stress but did you know that it can derail healthy development? Each week we will begin to look at the research and facts provided to us by The Center of the Developing Child from Harvard University



## Adverse Childhood Experiences (ACEs)

<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). How do we determine if our child Adverse Childhood Experiences (ACEs) have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. Working together, we can help create neighborhoods, communities, and a world in which every child can thrive. Look for more on this topic in the coming weeks.

## Know someone who needs help, do you need help?

Reach out to one of us confidentially to determine the most effective services available to you. In an emergency CALL 911!

Wilmington—Samantha Reif at 978-447-2296 or [sreif@wpd.org](mailto:sreif@wpd.org)

Tewksbury—Maria Ruggiero at 978-382-4989 or [mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)