

Substance Abuse Prevention Collaborative

July 17, 2020

Our newsletter will continue over the summer to help provide education and wellness information on a variety of behavioral health topics. Stay well, reach out if you or someone you know needs help and enjoy the summer! We can do this together!

Corona Virus & Daily Life—Online Survey

<https://www.facebook.com/325566473570/posts/10158480429873571/>



The National Institute on Drug Abuse is seeking individuals for an online research study examining how physical distancing during the coronavirus pandemic impacts daily life and health. Learn more about this study and help shape our future solutions and efforts

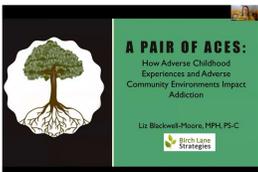
Taking Care of Your Behavioral Health!

https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak/PEP20-01-01-007?fbclid=IwAR2LU5c8hTbaDMXUNngG1FVQVcsGgbEvM3s60OyOsH8TirZCsQMLbcfGtpU&utm_campaign=covid19&utm_medium=social-media&utm_source=facebook

Here are some tips for social distancing, quarantine, and isolation during an infectious disease outbreak. This fact sheet explains social distancing, quarantine, and isolation in the event of an infectious disease outbreak. It discusses feelings and thoughts that may arise during this time and suggests ways to cope and support oneself during such an experience.

A Pair of ACEs Video! Learn more!

<https://apafdn.org/media/APA/content-images/Impact/Justice/What-are-ACEs-Infographic.pdf>



The American Psychiatric Association Foundation states that 2 out of 3 children experience 1 or more traumatic events **before the age of 16**. Think about the times we are living in now with COVID. How will that impact our society as a whole!

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—Lainnie 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

Get The Facts!

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!



Youth Drug Use Can Be a Family Choice!

https://teens.drugabuse.gov/blog/post/avoiding-drug-use-can-be-family-choice?fbclid=IwAR2BXja59qyb4TvN-Zkd4HZrOzSUtG8NqThZjl1xzdjladZ_p8_bH8ns4tU#utm_source=facebook&utm_medium=social&utm_campaign=nidateens



A lot of things can increase the risk that a teen will have a problem with drugs. These *risk factors* include difficulties in school, problems making friends, even the person’s biology. Another risk factor is living with a parent who uses drugs. A recent study offers a reminder that avoiding drug use is an

important choice for the entire family.



More about Marijuana— Know the Laws!

<https://moreaboutmj.org/know-the-laws>

Adult-use of marijuana, or cannabis, is legal in Massachusetts for people ages 21 and older. Read through the laws and policies and stay informed. For more information visit the cannabis control committee web page.

<https://mass-cannabis-control.com/the-laws/>

What is Dabbing?

https://www.drugabuse.gov/publications/drugfacts/marijuana?utm_source=social&utm_medium=facebook&utm_campaign=df_7_15_20

Dabbing isn't just a dance move—it also refers to smoking THC-rich resins extracted from the marijuana plant. This can deliver large amounts of THC to the body, and has sent people to the emergency room.

Understanding Drug Use and Drug Addiction!

https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction?utm_source=social&utm_medium=facebook&utm_campaign=df_7_03_20#FridayFacts

Many people don't understand why or how others become addicted. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their drug use simply by choosing to. In reality, drug addiction is a complex disease, and quitting usually takes more than good intentions or a strong will. Drugs change the brain in ways that make quitting hard, even for those who want to. Researchers’ know more than ever about how drugs affect the brain and have found treatments that can help people recover from drug addiction and lead productive lives.

NARCAN

DA Marian T. Ryan has provided us with a limited supply of NARCAN. Contact us for free training and 4MG Narcan Kits. By appointment only and please wear a mask.

Maria Ruggiero

mruggiero@tewksbury-ma.gov

978-851-7373 X 352

