

Substance Abuse Prevention Collaborative

May 2, 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 6!

Project Here

<https://projectherema.org>



Project Here is dedicated to keeping young people safe by raising awareness about the risks and consequences of substance use, destigmatizing the disease of addiction, and promoting healthy decision making. Multiple curriculums, games, and resources available for everyone!

COVID-19

<https://www.cdc.gov/coronavirus/>

<https://www.mass.gov/info-details/covid-19-updates-and-information>

Stay informed with the **facts** from the Centers for Disease Control and Prevention. These are the most up to date and accurate information



150 YEARS
OF ADVANCING
PUBLIC
HEALTH

available at any given time about the current research, health suggestions/requirements, and data. On a Massachusetts's specific level, please refer to the MA Department of Public Health for real-time data and

events/regulations in Massachusetts and your local city/town Board of Health for city/town specific regulations at this time, as all are continuing to revolve frequently.

American Foundation for Suicide Prevention

<https://suicidepreventionlifeline.org/>

Right now, reaching out to a friend can make a big difference for someone who may be feeling especially vulnerable and isolated. Whether that's through a call, text, GIF, emoji or another way! One small gesture can go a long way. If you're feeling like you need additional supports or feeling unsafe or suicidal please call 1-800-273-8255 at any time of day or night for support.



**American
Foundation
for Suicide
Prevention**

<https://www.facebook.com/27817332304/posts/101581288122305/>

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
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Chelmsford—Amanda Glaser
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Middlesex District Attorney's Office Launches Non-Emergency Text Line for Victims of...

<https://www.middlesexda.com/press-releases/news/middlesex-district-attorney%E2%80%99s-office-launches-non-emergency-text-line-victims>

Text Line: 781-281-4066

This texting line provides the opportunity for victims in non-emergency situations to have live interaction with an advocate in the District Attorney's Office without having to say a verbal word. The Non-Emergency Victim Resource line is focused on assisting with the following:

- Guide those impacted by crime through the criminal justice system as the COVID-19 process continues to evolve;
- Ensure that victims of crimes understand their rights;
- Help victims of stalking and harassment file Harassment Prevention Orders;
- Provide assistance to victims of domestic violence; and
- Provide referrals to community resources and connect people to trained sexual assault and domestic violence advocates who can provide free and confidential services regarding safety, options and resources.

Home Base Services for Veterans

www.homebase.org

Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, is dedicated to healing the invisible wounds for Veterans of all eras, Service Members, Military Families, and Families of the Fallen through world-class clinical care, wellness, education, and research.



Guns, Safety, Kids, and COVID-19

<https://giffords.org/blog/2020/03/the-importance-of-safe-gun-storage-during-the-covid-19-pandemic-blog/>

One thing to consider, is that with so many kids at home, gun safety should be at the top of conversations. Although the above article is a couple years dated, it speaks to the importance of firearms safety and open dialogue – especially important while we're all closed up in tight quarters and inquisitive kids are getting stir crazy. Make sure you're having safety conversations with your children if there are guns in the home and establish education, expectations, and rules around gun safety. Additional safety and prevention can be found in the VA's Firearm Safety Toolkit:

<https://www.blogs.va.gov/VAntage/73736/va-releases-safe-firearm-storage-toolkit-suicide-prevention-effort/>

Next Week Look For:

Stay tuned for future topics on how to cope with Coronavirus, social isolation, and dual-diagnosis.

We will be hosting upcoming virtual speaking events. Interested in a specific, topic let us know!

- Maria (Tewksbury): 978-382-4989
- Samantha (Wilmington): 978-447-2296