

# Substance Abuse Prevention Collaborative

April 10, 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 3!

## Financial Based Anxiety

<https://www.apa.org/research/action/speaking-of-psychology/financial-anxiety-covid-19>

Statistics are showing that a rising number of individuals and families are experiencing financial burdens and stress due to COVID19, however, prior to this pandemic, the United States was in one of the best financial situations it's seen in decades, setting individuals up for the ability to be more successful during a crisis such as this.

Brad Klontz, PsyD CFP, a financial psychiatrist, guest speaks on this above linked podcast hosted by the American Psychological Association, where he highlights how individuals can cope with their financial situation and how to remain optimistic with practical practices.

## Curriculum for Home Use

<https://asklistenlearn.org/>

Free classroom resources for at home learning! Videos, lesson plans, activity sheets, and more, all at the click of a button.



Today our homes are our classrooms; here are multiple resources to help teach our kids to say “yes” to a healthy lifestyle and “no” to alcohol and other drug use/experimentation. We have a unique opportunity to talk to our kids and other children in our lives and help them cope with the stressful times we find ourselves in.

## 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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**Wilmington—Samantha Reif**  
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# Practicing Adaptability

<https://home.mcleanhospital.org/covid-19-resources>

Dr. Chris Palmer of McLean's Hospital offers several clinically driven but practical suggestions to remembering our sense of meaning and purpose during the uncertainties of COVID-19, proving the impact of overall health, physically and mentally, to combat the easy trap of falling pray to learned helplessness. During this time, it is important to adapt to the new physical, financial, and familial environments rather than becoming overwhelmed with fears, anxiety, and panic.

By using practical tools, Dr. Palmer suggests that we can each positively adapt to the current situations in order to give us higher day-to-day mean, structure, and purpose. In this time of uncertainty, we need to remind ourselves of our own personal reasons to be alive (what do you love doing; what are you passionate about), to thrive and remain committed (whom depends on you and why; whom do you depend on and why; how do you help other people in the community), and how to take care of ourselves. No one can control what is currently occurring, and therefore as a global body we must show acceptance to the things we cannot change and put our time and efforts into areas we can change and impact.

Suggestions to try:

1. Reach out to people, send mail, send pictures of memories, call people (even if you're multitasking)
2. Create a new budget
3. Learn a new skill (personal or professional)
4. Network with other people (they might know of job opportunities; ask for advice; be real with others)

## Community Online Resources

### *Staying Connected*

#### **Tewksbury CARES Facebook**

[https://www.facebook.com/TewksburyCARES/?ref=py\\_c](https://www.facebook.com/TewksburyCARES/?ref=py_c)

#### **Wilmington Substance Abuse Coalition**

<https://www.facebook.com/WSAC01887/>

#### **Lowell General Hospital Well Connected**

<https://www.lowellgeneral.org/news-and-media/news/wellconnected-website-helps-share-local-community-resources>

#### **Drug Free Greater Lowell**

<https://drugfreegreaterlowell.org/>

#### **Greater Lowell Health Alliance—for virtual meeting links please contact us**

<https://www.greaterlowellhealthalliance.org/>

#### **Crisis Call, Chat & Text Services**

<http://namimass.org/wp-content/uploads/crisisservices.phf>

#### **Emergency Service Programs (ESP) by Area**

<https://namimass.org/wp-conent/uploads/esps.pdf>

## 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!

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- Samantha (Wilmington): 978-447-2296