

Substance Abuse Prevention Collaborative

August 14, 2020

Hello everyone, with the start of new season right around the corner, our newsletter will get a new look and move to monthly publications. Over the next couple of weeks the weekly version will continue to get a new look. Let us know if there is anything you would like to see!

Talk with your Kids!

https://www.samhsa.gov/underage-drinking/parent-resources/impaired-driving?fbclid=IwAR0j5UuFlghvI4PZUA_pqYOtPXk2I5uMQIItTKLnR1BryttWnnWhCJzMgIE

More from “Talk They Hear You” Impaired driving remains an issue that affects Americans every day. Use the following tips when talking with your kids about drunk and drug-impaired driving.

Alcohol and Underage Drinking!

https://drugfree.org/article/how-to-address-alcohol-and-underage-drinking/?gclid=EAlaIqobChMIvft45Wb6wIVptSzCh1A2weVEAAYAAEqJJXvD_BwE

Alcohol is the most widely used substance among America’s teens and young adults, posing substantial health and safety risks. Teens try alcohol for a variety of reasons – to exert independence, to feel more carefree or escape from stress, peer pressure and even boredom. Many tend to do so without fully recognizing alcohol’s negative effects or health risks.

Is There a Cure for Addiction?

https://teens.drugabuse.gov/blog/post/teens-ask-there-cure-addiction?utm_source=facebook&utm_medium=social&utm_campaign=ndateens

Although there is not a “cure” for addiction, there are services that can help people manage his or her addiction and live healthy and happy lives.

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—Maria Ruggiero
mruggiero@tewksbury-ma.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

Alcohol Use Disorder!



<https://teens.drugabuse.gov/drug-facts/alcohol>

Alcohol use disorder (AUD) is a chronic relapsing brain disorder characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. AUD ranges from mild to severe.

Myths of the Adolescent Brain - Dr. Dan Siegel

<https://vimeo.com/191398666>



The adolescent brain is a remarkable thing and it grows and develops long lasting connections. Why is it important to delay alcohol use in teens? How do we create the connections that allow us to function on a daily basis? This video covers our fascinating brain and how we can protect our teens from addiction and help create a healthy adulthood!

Front Line Initiative

<https://www.tewksbury-ma.gov/police-department/pages/behavioral-health-assistance>



During this time the Front Line Initiative: a collaboration between Tewksbury, Billerica, Dracut, Chelmsford, and Tyngsborough Police Departments want to be sure to provide members of our communities with important access to services around substance abuse and mental health challenges. Reach our Clinical Support Team at our Community Line: **(978)-215-9642** Our Community Line is accessible **24/7** Leave a message and a team member will return your call promptly

For Mental Health Emergencies Call: The Lowell Crisis Team 1230 Bridge Street Lowell, MA (978)-455-3397 Available by Phone 24/7 Office Open: 8am-8pm For General Information Call: 211 for 24/7 access to referrals and information <https://www.facebook.com/FrontLinePMHC>

Learn2Cope!

<https://www.facebook.com/LTCHope/posts/3720715954611784>



Learn to Cope is a peer support group for families struggling with the struggles of addiction. Visit links for support from a group of people who have been where you may find yourself at this very moment. <https://www.learn2cope.org/>

Need Narcan?

Narcan can temporarily reverse an opioid overdose giving the opportunity to reach **medical** help. We provide training and free Narcan.

Contact Maria Ruggiero at mruggiero@tewksbury-ma.gov or call 978-851-7373 Ext 352

