

# Prevention Professionals of Northern Middlesex

Formally the Substance Abuse Prevention Collaborative

August 28, 2020

We have formally merged with the Massachusetts Opioid Abuse Prevention Collaborative (based out of the Lowell Health Department) as well as multiple partners across the region, and have rebranded our coalition to the Prevention Professionals of Northern Middlesex (PPNM)!

## Resources for At Home Learning!



*Evidence-Based Prevention Programs for Schools, Families, and Communities*

As we all adjust to an ever-changing set of circumstances both personally and professionally, LST is needed now more than ever. They are dedicated to supporting your implementation of LST this fall no matter what it may look like—whether it's **in-person**, **remote**, or a combination of both (**hybrid**).

Evidence based social emotional learning (SEL) curriculum currently being taught in several of our

**Botvin Life Skills** <https://www.lifeskillstraining.com/>  
**Middle School** <https://www.lifeskillstraining.com/msweb/>  
**High School** <https://www.lifeskillstraining.com/hsweb/>

## Ask Listen and Learn!

<https://asklistenlearn.org/>

In 2003, Responsibility.org, alongside a team of educators and organizations specializing in elementary- and middle schoolers, developed *Ask, Listen, Learn: Kids and Alcohol Don't Mix*. *Ask, Listen, Learn* is a completely **FREE** digital underage drinking prevention program for kids ages 9-13 (grades 4-7) and their parents and educators with the goal to reduce underage drinking. This is a unique way to help children understand the importance of at the very least holding off on drinking alcohol.

## WHO ARE WE?

*PPNM*

PPNM is a coalition of eight communities working together to help reduce substance abuse. Members include public health, law enforcement, EMS, substance abuse and mental health professionals, educators and more. **Community Contacts:**

**Billerica—Mike Higgins**  
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NIDA for teens is a trusted source providing science based information on alcohol and drug use and its effects on teens. Multiple resources for parents, teachers and teens to help navigate the 2020 school year while keeping substance use prevention front and center.

<https://teens.drugabuse.gov/>

## National Drugs & Alcohol IQ Challenge!

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week/national-drugs-alcohol-iq-challenge>

What do we know about our teens and drugs and alcohol? What do our teens know and understand? Take this teen challenge together so we can begin at a common starting point!

## Teens—Drug Use and the Brain!

<https://teens.drugabuse.gov/teens>

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!

## Parents—Facts on Teen Alcohol and Drug Use!

<https://teens.drugabuse.gov/parents>

Get information to help you talk with your teens about drugs, and their effects, and learn where to go to get help.

## Teachers—Classroom Resources

<https://teens.drugabuse.gov/teachers>

Lessons, activities, and drug facts to educate teens about the effects and consequences of

## Myths of the Adolescent Brain - Dr. Dan Siegel



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!

<https://vimeo.com/191398666>

Monday August 31<sup>st</sup> is National Overdose Awareness Day.

Take a moment to remember the beautiful souls lost and the families they have left behind.

## 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@tewsbury-ma.gov](mailto:mruggiero@tewsbury-ma.gov) or call 978-851-7373 Ext 352

