

# Prevention Professionals of Northern Middlesex



September 11, 2020

September is National Recovery as well as National Suicide Prevention Month. We will spotlight both for the month of September. We wish to celebrate people who have found their path to recovery, and to bring awareness to people who continue to struggle. Recovery is possible!

## Helping Someone in Emotional Pain.

<https://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain/index.shtml>

What do you do to help someone who is struggling emotionally? What do you tell your child if they ask that very same question? Here are 5 tips suggested by NIDA—Teens.

## Get Help if Someone is Suicidal.

[https://teens.drugabuse.gov/blog/post/how-get-help-if-you-or-someone-you-know-suicidal?utm\\_source=social&utm\\_medium=facebook&utm\\_campaign=nidateens\\_9\\_8\\_20](https://teens.drugabuse.gov/blog/post/how-get-help-if-you-or-someone-you-know-suicidal?utm_source=social&utm_medium=facebook&utm_campaign=nidateens_9_8_20)

Sometimes local services are not enough or people are not comfortable reaching out to them. **If you or someone you know needs help today**, you can find help at the Crisis Text Line and the National Suicide Prevention Lifeline. **If you or your friend needs help right now**, call 911 or go to the closest emergency room. They're free and available 24/7:

\* Text "HELLO" to the Crisis Text Line at 741741.

\* Call the Lifeline at 1-800-273-8255.

## Free NAMI Classes!

<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Basics>

Looking for a free, flexible online class to help you understand your child's mental health condition? NAMI Basics On Demand was created to help caregivers like you get the resources and information you need.



## WHO ARE WE?

PPNM is a coalition of eight communities working together to bring awareness to substance abuse prevention. Members include law enforcement, emergency responders, public health and a variety of substance abuse and mental health professionals.

Communities include:

Billerica—Mike Higgins  
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## Alcohol and COVID-19.

<https://www.niaaa.nih.gov/alcohol-and-covid-19>

The COVID-19 pandemic is affecting every family across the country and will likely have a long-lasting impact on public health and well-being. Alcohol misuse is already a public health concern in the United States, and alcohol has the potential to further complicate the COVID-19 pandemic in multiple ways. Here are links to important resources for the public, clinicians, and researchers from NIAAA.

## COVID Pandemic Brings New Concerns About Alcohol.

<https://www.heart.org/en/news/2020/07/01/covid-19-pandemic-brings-new-concerns-about-excessive-drinking>



American Heart Association®

Covid-19-pandemic-brings-new-concerns-about-excessive-drinking Unwinding with a glass of wine or a "quarantini" might seem like a good way to cope with the stress of the COVID-19 pandemic. But for some people, too much alcohol is making the ongoing health crisis worse. Using a simple glass of wine can become a coping mechanism that continues long after COVID is over.

## Mayo Clinic Minute! How COVID-19 Has Changed Alcohol Use.

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-how-covid-19-has-changed-alcohol-use/>

Life has changed dramatically since March, when communities began enacting stay-at-home orders to help slow the spread of the virus that causes COVID-19. As many restaurants and bars closed, at-home alcohol sales went up, according to data compiled by Nielsen.

## How to Explain Alcohol to a Child.

<https://www.talkitoutnc.org/underage-drinking/explain-alcohol-child/>

Talking to kids about alcohol and drinking may seem like something that can wait until they're in high school, but experts say that time frame may be too late. A report from [The American Academy of Pediatrics](#) suggests parents should start talking to their children about alcohol as early as age nine. It may seem scary, but figuring out how to explain alcohol to a child is less difficult with expert tips to start the conversation and [prevent underage drinking](#).



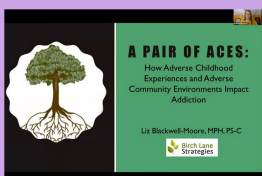
## Facts About Alcohol and the Teenage Brain.

<https://www.talkitoutnc.org/alcohol-developing-brain/>

Alcohol affects the adolescent brain differently than it affects the adult brain — because the human brain isn't fully developed until about age 25. Across the US we are becoming more aware of the damage alcohol can cause on the developing brain.

## A Pair of ACEs Video!

<https://youtu.be/qdtPTAsN6Ak>



Adverse childhood experiences, or ACEs, are traumatic events that occur in childhood (0-17 years), and are linked to adult chronic health problems, mental illness, and substance misuse. Learn more about how these traumatic events can lead us to use substances and struggle with mental health challenges. We can help each other!