

# Prevention Professionals of Northern Middlesex

September 5, 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!

## SAMHSA's 2020 National Recovery Month Webinar Series

[https://www.recoverymonth.gov/?fbclid=IwAR23M4nu9\\_yWwNUkrdXiAz9VILpkNjDQmKvJnOMkDgyBGhtfQeh6ZvDON8Y](https://www.recoverymonth.gov/?fbclid=IwAR23M4nu9_yWwNUkrdXiAz9VILpkNjDQmKvJnOMkDgyBGhtfQeh6ZvDON8Y)



National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services

can enable those with mental and substance use disorders to live healthy and rewarding lives. Now in its 31st year, Recovery Month celebrates the gains made by those living in recovery.

## Promote National Suicide Awareness Month!

<https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/>

We can all help prevent suicide. Every year, the Lifeline and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September, National Suicide Prevention Month.

<https://suicidepreventionlifeline.org/>

## NIDA National Recovery Month!

<https://mailchi.mp/nida/lets-talk-about-recovery?e=12eac8637a>

In acknowledgment of National Recovery Month, the National Institute on Drug Abuse (NIDA) is shining a light on the importance of treatment for substance use disorders and the healthy and rewarding life that recovery can help achieve.

## 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**  
[mhiggins@town.billerica.ma.us](mailto:mhiggins@town.billerica.ma.us)

**Chelmsford—Amanda Glaser**  
[aglaser@townofchelmsford.us](mailto:aglaser@townofchelmsford.us)

**Dracut—Maria Ruggiero**  
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**Lowell—Lainnie Emond**  
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**Tewksbury—Maria Ruggiero**  
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**Tyngsborough—Shaun Woods**  
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**Westford—Jeff Stephens**  
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**Wilmington—Samantha Reif**  
978-447-2296  
[sreif@wpd.org](mailto:sreif@wpd.org)

## Support After a Death by Overdose!

<https://sadod.org/>



SADOD provides resources, information, and assistance to people throughout Massachusetts who have been affected by the death of someone they care about from a substance-use-related cause. Our focus is on increasing the capacity and effectiveness of peer grief support for bereaved people, frontline care providers, and people in recovery or struggling with drug use. We hope you find useful tools here that meet your needs, and we welcome your feedback about how this website can be improved.

## Drugs, Brains, and Behavior: The Science of Addiction.

<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface>

For much of the past century, scientists studying drugs and drug use labored in the shadows of powerful myths and misconceptions about the nature of addiction. When scientists began to study addictive behavior in the 1930s, people with an addiction were thought to be morally flawed and lacking in willpower. Those views shaped society's responses to drug use, treating it as a moral failing rather than a health problem, which led to an emphasis on punishment rather than prevention and treatment.

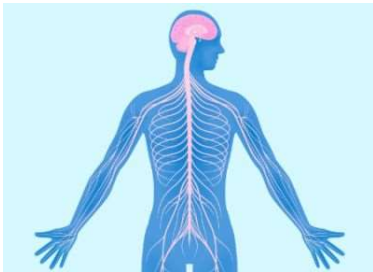
## Resources for Families Coping with Mental and Substance Use Disorders!

[https://www.samhsa.gov/families?fbclid=IwAR3Lk\\_BROtn4QIFRlZSu7SI3SwkEQhbMBjpuyPWYwE4Tbil3iYMMVuNs1V0](https://www.samhsa.gov/families?fbclid=IwAR3Lk_BROtn4QIFRlZSu7SI3SwkEQhbMBjpuyPWYwE4Tbil3iYMMVuNs1V0)

Every family is unique, but all families share a bond that can be used to support one another during trying times. While there is no one-size-fits-all solution for helping a family member who is drinking too much, using drugs, or dealing with a mental illness, research shows that family support can play a major role in helping a loved one with mental and substance use disorders.

## Say What? Neuroscience!

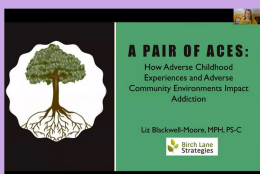
<https://teens.drugabuse.gov/blog/post/say-what-neuroscience>



Neuroscience is the study of the nervous system. Your nervous system helps you think, feel, and act. It also controls things your body does without thinking—really important things, like breathing. The nervous system includes your brain, spinal cord, and all your nerves. Together, your brain and spinal cord are the nervous system's main “processing center.” Visit this teen blog and say what to neuroscience and how our amazing body works.

## 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!