

# Prevention Professionals of Northern Middlesex

October 30, 2020

Visit our regional web page for our virtual library for new resources and updated information.

<https://drugfreegreaterlowell.org/about-drug-free-greater-lowell/>

Visit us on Facebook @MAPPNM

## What is Binge Drinking?

<https://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>

While some teens may look fully grown, their brains are not yet functioning as an adult brain would. Teens are guided more by their emotions, led by a brain region called the amygdala. They have not yet gained full control of reasoning and executive planning. We see this in the later stages of development as the frontal cortex region matures. Binge drinking that occurs in this period can affect the sensitive development of the frontal cortex and lead to social, memory, and attention dysfunction, among other challenges. Binge drinking can even disrupt gene regulation and promote anxiety and excessive drinking behaviors later in life



## Genetics: Blueprint of Health and Disease.

<https://www.drugabuse.gov/publications/drugfacts/genetics-epigenetics-addiction>

Why do some people become addicted while others don't? Family studies that include identical twins, fraternal twins, adoptees, and siblings suggest that as much as half of a person's risk of becoming addicted to nicotine, alcohol, or other drugs depends on his or her genetic makeup.

## 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:

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## COVID and the Holidays!

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

The holidays will look a bit different this year with this fact causing a lot of anxiety. As many people in the United States begin to plan for fall and winter holiday celebrations, CDC offers the following considerations to help protect individuals and their families, friends, and communities from COVID-19. We hope the more we understand and plan the less anxiety we have giving us the ability to enjoy the holidays no matter how they look.

## Alcohol and Substance Abuse!

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/alcohol-use.html> Increased stress can lead to increases in alcohol and substance use. If you or someone you care about is starting to use alcohol or other substances, or is increasing their use during the COVID-19 pandemic, here are a few suggestions that may help:

## The Truth about Holiday Spirits!

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/truth-about-holiday-spirits>

Many of us look forward to celebrations during the holidays, yet it is also a time when some people are more likely to drink beyond their limits than at other times of the year. Some will suffer adverse consequences that range from fights to falls to traffic crashes. Sadly, we often put ourselves and others at risk because we don't understand how alcohol affects us during an evening of celebratory drinking.

## Caregiving from a Distance During the Holidays! Free Webinar!

<https://platform.cinchcast.com/ses/7RKtFX0Z-o1PsNhyg2LOKQ~~>

Whether across the country or, in the time of COVID-19, the next town over, caregiving for a loved one living with depression who is not in your household carries special challenges. How can you gauge their wellbeing? Is it possible to provide constructive support from far away, to help them work toward wellness? Are there effective ways to communicate your concerns? The good news is that, yes, you can be a partner in care even when your loved one is physically distant from you.

## Alcohol Facts and Statistics.

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics>

Take a look at the 2018 data before COVID hit. After COVID these numbers could be so much higher and we are here to help in an effort to prevent future major health and wellness issues.

# Happy Halloween

