

Substance Abuse Prevention Collaborative



January 8, 2021

Welcome to 2021! A new year filled with hope and possibilities. As we strive to continue our COVID response as a nation, we hope that everyone will take a moment to reach and/or maintain a healthy state of mental health. This means free from addiction and mental health challenges that we all can face. Here we come 2021 ready or not!

What are the Signs of Having a Drug Problem?

<https://teens.drugabuse.gov/blog/post/what-are-signs-having-problem-drugs>

Addiction can happen at any age, but it usually starts when a person is young. It's the result of changes in the brain that can come from drug use. Addiction affects how people think and what they do. But what exactly are the signs?

Changes in the brain

<https://teens.drugabuse.gov/drug-facts/brain-and-addiction>

Drugs and Your Brain Blogs

<https://teens.drugabuse.gov/blog/category/drugs-and-your-brain>

Anyone Can be Addicted to Drugs

<https://teens.drugabuse.gov/blog/post/anyone-can-become-addicted-drugs>

The Reward Circuit of the Brain

<https://www.youtube.com/watch?app=desktop&v=DMcMrP-BWGk>

Investigating Drug Abuse: Brain Imaging

<https://www.youtube.com/watch?v=DaifOWSKjdA>

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
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Chelmsford—Amanda Glaser
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Let's look at one well known product that leads to addiction, nicotine. With multiple delivery systems, cigarettes are not the only way for us to become addicted to nicotine.

Smoking, Tobacco, Vaping and Nicotine Information from CDC

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

<https://www.cdc.gov/tobacco/index.htm>

Two links that discuss how nicotine is finding its way into our youth's life, why it is harmful and more ideas for what to do about it and become part of the solution.

Fast Facts!

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/index.htm?s_cid=osh-stu-home-spotlight-001

Other tobacco products containing nicotine

<https://www.drugabuse.gov/publications/research-reports/tobacco-nicotine-e-cigarettes/other-tobacco-products>

Vaping Stories: Become Part of the Solution!

<https://docs.google.com/forms/d/e/1FAIpQLSemH5fGka-PNnNOExXeNPcjYGZpB7NRmE4ZMIMlqASomsVqgw/viewform>

Do you wish you had known something about vapes before you tried them? Have you quit or tried to quit? We want to hear from you! We'd like to share your experience and tips with other young people in Massachusetts. Are you a young person (or know one) who has vaped previously, or currently still does?

Making Smoking History

<http://makesmokinghistory.org/?fbclid=IwAR3kKqyHsvOu4BMzaoh8586iI4WRANic9M02HIoXC TwNrRnvyaugz2qvxSo>

More than 8,000 Massachusetts residents die each year from smoking, and many more face tobacco-related illnesses that cause disability and pain: cancers of the lung, larynx, throat, esophagus and mouth; heart disease and stroke; and emphysema and other respiratory illnesses. These are expensive diseases that incur high medical bills and add personal financial troubles to already stressed and grieving families. The MA Smokers' Helpline is offering MA residents who use #menthol tobacco products up to \$50 in gift cards to participate in coaching services. Call 1-800-QUIT-NOW to get started.



Join members of the Front Line and PPNM communities every Thursday night at 7:00PM to explore recovery and what it really means. Recovery is different for everyone!

Zoom: <https://us02web.zoom.us/j/399172107>

Phone: (301)715- 8592 –or– (312)-626-6799