

# Prevention Professionals of Northern Middlesex



February 19, 2021

February is Black History Month, an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S History.

Learn more at: <https://www.history.com/topics/black-history/black-history-month>

## Register for the State of Black Health Conference!

<https://www.stateofblackhealth.com/home> You can register for The Center's virtual State of Black Health Biennial Conference on March 2 and 3, 2021. This year's conference will tackle COVID-19, gun violence, mental health and more. By attending, public health professionals and community advocates can develop actionable policy plans for improving black health in their region. COVID vaccine information can be found at <https://centerforblackhealth.org/covid-19-toolkit>

## Black Body Health Podcast!

<https://centerforblackhealth.org/blackbodyhealthpodcast/>  
A variety of information centering on the specific needs of the black community and health. Filled with information and resources. Get to know The Center for Black Health & Equity and their many resources (including the Black Body Health Podcast) that support Black health and fight for social justice. They are a leading source of education and advocacy for tobacco, cancer and other health inequities affecting African Americans.

## African Americans and Alcohol!

<https://www.hsph.harvard.edu/news/press-releases/blacks-may-not-receive-same-health-benefits-from-moderate-alcohol-drinking-as-whites/>

African-Americans are reported to drink less than their Caucasian counterparts. However, alcohol impacts the African-American community differently and can have extremely damaging and long-lasting effects and may not have the same health benefits from moderate alcohol drinking.

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

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

Dracut—Maria Ruggiero  
[mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)

Lowell—Lainnie Emond  
[lemond@lowellma.gov](mailto:lemond@lowellma.gov)

Tewksbury—Maria Ruggiero  
978-382-4989  
[mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)

Tyngsborough—Shaun Woods  
[swoods@tyngsboroughma.gov](mailto:swoods@tyngsboroughma.gov)

Westford—Jeff Stephens  
[jstephens@westfordma.gov](mailto:jstephens@westfordma.gov)

Wilmington—Samantha Reif  
978-447-2296  
[sreif@wpd.org](mailto:sreif@wpd.org)

# Black/African American Behavioral Health Equity!

<https://www.samhsa.gov/behavioral-health-equity/black-african-american>

A variety of information talking about substances and behavior health issues facing our African American populations and communities.

## Race and Recovery!

<https://dualdiagnosis.org/race-recovery/>

Skin color plays no role in the way in which drugs are absorbed. Intoxicating substances deliver their effects in much the same way, regardless of a person's race or ethnicity. But the rates of drug use do vary from one race to another, as do the rates of recovery from addiction. Experts aren't quite sure how to resolve these problems at the moment, but the consensus is that these differences are very real and very important. **ALL recovery programs are inclusive of everyone no matter race, gender or sexual identity. Although some programs may have group specific meetings, all are listed in the links below.**

## Alcoholic Anonymous (AA).

<https://www.aa.org/>

A variety of information related to this 12-step program to support recovery from addiction to alcohol. All are welcome. A VIRTUAL Meeting guide located here [https://www.aa.org/pages/en\\_US/meeting-guide](https://www.aa.org/pages/en_US/meeting-guide)

## Narcotics Anonymous (NA).

<https://na.org/>

A variety of information on this 12-step program to help people recover from addiction to opiats using AA as a guiding program. A VIRTUAL Meeting guide located here <https://www.na.org/meetingsearch/>

## Dharma Recovery

<https://recoverydharma.org/> A peer-led movement and community that is unified by trust in the potential of each other to recover and find freedom from the suffering of addiction. They believe that recovery means empowerment, and support each other as partners walking the path of recovery together

## SMART Recovery

<https://www.smartrecovery.org/community/>

Different from a 12-step program this provides mutual support meetings for all addictions and are free and open to anyone seeking science-based, self-empowered addiction recovery. Sign up and find online meetings here <https://www.smartrecovery.org/community/forums/167-Pandemic-isolation-anxiety-fears-and-Recovery>

**Carrying Narcan can save a life!**

**Call for your free Narcan and a quick and easy training.**

**Maria Ruggiero 978-640-4385 Ext 352.**

**Cell 978-382-4989**

[muggiero@teWKsbury-ma.gov](mailto:muggiero@teWKsbury-ma.gov)