

Prevention Professionals of Northern Middlesex



February 26, 2021

This is the last week of Black History Month. How nice would it be if we celebrated each other all year long? Would a kinder world lead to less substance use disorders and mental health challenges?

Black History Month!

Learn more at:

<https://www.history.com/topics/black-history/black-history-month> As this month comes to a close please take the time to visit this web page if you have not done so already. As a year mark approaches for our COVID response, it is important to learn all the facts so you can make an informed healthy decision.

<https://centerforblackhealth.org/covid-19-toolkit>

Did You Know?

<https://www.census.gov/newsroom/facts-for-features/2021/black-history-month.html>

The celebration began as the second week in February and continued to be set aside for the event until 1976 when, as part of the nation's bicentennial, it was expanded to a month. Since then, U.S. presidents have proclaimed February as National African American History Month. The following facts are made possible by the invaluable responses to the U.S. Census Bureau's surveys. We appreciate the public's cooperation as we continuously measure America's people, places and economy.

Substance Abuse Addiction (SUD) in the African American Community!

<https://www.apa.org/pi/oema/resources/ethnicity-health/african-american/substance-abuse>

While addiction is a medical disease, it remains a stigmatized disease, which affects substance dependence research, prevention, treatment services and legal policy in the United States.

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

Chelmsford—Amanda Glaser
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Dracut—Maria Ruggiero
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Lowell—Lainnie Emond
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Black History Month!

https://mhanational.org/black-history-month?fbclid=IwAR2YUDuemgZQ_KVNXxNuRAZqzNLnOL6toVrfqfxBj6saEI50SwYYBk_KUYs

Our partners at the Nan Project shared NAMI highlighting Black and African American contributions to the mental health movement because they are oftentimes overlooked. Without recognizing the lack of representation of Black and African American people in the mental health movement, we do a disservice and continue to inflict harm.

Writing This Gives me Anxiety!

https://www.nami.org/Blogs/NAMI-Blog/February-2021/Black-History-Month-Writing-This-Triggers-My-Anxiety?fbclid=IwAR0otUVb5MtZm3W8-LqkHvqe4tZBBnCrwle2nQ0dxHRw487UzlmXlsVb_d0

Brooke Johnson is an actor, model and Miss Alaska USA 2018. She holds her B.A. in Digital Cinema Arts from Lindenwood University and serves as a national ambassador for NAMI. Brooke traded in her Xtratuf boots for flip flops and is currently living in Los Angeles continuing to pursue all of her aspirations.

Understanding Drug Use and Addiction.

https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction?utm_source=facebook&utm_medium=social&utm_campaign=df_11_25_20

Many people don't understand why or how other people become addicted to drugs. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their drug use simply by choosing to. In reality, drug addiction is a complex disease, and quitting usually takes more than good intentions or a strong will. Drugs change the brain in ways that make quitting hard, even for those who want to. Fortunately, researchers know more than ever about how drugs affect the brain and have found treatments that can help people recover from drug addiction and lead productive lives.

New Evidence on Substance Use Disorder (SUD) and Covid-19.

https://www.drugabuse.gov/about-nida/noras-blog/2020/10/new-evidence-substance-use-disorders-covid-19-susceptibility?utm_source=facebook&utm_medium=social&utm_campaign=spanish_1_14_21&fbclid=IwAR112TZ_OyEJujcUq5vtWgY9YQ9fdHDK6I-Gs9ac3gABg1pXNhLSMhevXDJc

Dr. Nora Volkow talked about SUD and COVID risk and found... *"It was clear from our analysis that people with SUDs are indeed at higher risk of contracting and suffering worse consequences from COVID-19. This was especially true for African Americans."* More to come in future newsletters.

We are seeing increased overdoses in our communities. Fentanyl is showing up in other drugs with the user having NO idea they are using fentanyl. We provide two free 4mg doses with a quick and easy training. Carrying Narcan saves lives! Call Maria Ruggiero 978-640-4385 Ext 352.

mruggiero@tewksbury-ma.gov Cell 978-382-4989

