

Prevention Professionals of Northern Middlesex



March 19, 2021

We are looking for youth between the ages of 12 and 24 to fill out this quick survey to help us create effective messaging. Can you help by filling this out or passing it on to someone within that age group?

<https://www.surveymonkey.com/r/K8WL3KP>

Safely Dispose of Prescription Medicine!

https://teens.drugabuse.gov/parents/safely-dispose-your-prescription-medicines?utm_source=facebook&utm_medium=social&utm_campaign=nidateens_04_21_20 All of our communities' police stations have drop boxes for pills but may have different plans during to meet COVID restrictions so please call. We are working on methods of disposal for other types of medications so please stay tuned!

Opioid Facts Parents Need to Know

<https://www.drugabuse.gov/publications/opioids-facts-parents-need-to-know/letter-to-parents>

You have probably heard a lot about the opioid crisis in the news lately. But what are opioids, and what do they have to do with you as the parent of a teenager?

Emerging Trends in Youth Drug Use!

<https://www.drugabuse.gov/drug-topics/emerging-trends-alerts>

Drug use and its resulting health effects can change as new trends and drug formulations emerge and become more widely used. NIDA's National Drug Early Warning System (NDEWS)(link is external) reports on emerging trends and patterns in many metropolitan areas and 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
aglaser@townofchelmsford.us

Dracut—Maria Ruggiero
mruggiero@tewksbury-ma.gov

Lowell—Lainnie Emond
lemond@lowellma.gov

Tewksbury—Maria Ruggiero
978-382-4989
mruggiero@tewksbury-ma.gov

Tyngsborough—Shaun Woods
swoods@tyngsboroughma.gov

Westford—Jeff Stephens
jstephens@westfordma.gov

Wilmington—Samantha Reif
978-447-2296
sreif@wpd.org



National Drug and Alcohol Facts Week!

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

Join NIDA for NDAFW and help share facts about drugs, alcohol, and addiction in your community. Sign up for emails from NDAFW for the latest news, planning tips, and free resources to support your NDAFW activities and other efforts.

https://us02web.zoom.us/webinar/register/9116149768868/WN_11M7rploSH2nWUObIIRUqQ

National Drug and Alcohol Facts Week® (NDAFW) is a great time to start a dialogue with the young people in your life on the topic of substance use and provide science-based facts. Join NIDA and CVS Health on **March 23 at 11:00 am ET** during NDAFW for a conversation about the science of substance misuse. The discussion participants include Dr. Brenda Curtis, a NIDA scientist; Terra Jones, a CVS Health pharmacist; and Palmer Williams, a first-year college student at Georgia State University.

NIDA Drug Topics!

<https://www.drugabuse.gov/drug-topics>

Learn the facts about the most commonly used drugs. Each drug page includes a brief overview, street and clinical names, the effects of the drug on the brain and body, statistics and trends, and relevant publications and articles written by NIDA researchers and scientists.

Drug and Alcohol IQ Challenge.

<https://teens.drugabuse.gov/quiz/national-drug-alcohol-facts-week/take-iq-challenge/2020>

Test your knowledge by taking the interactive National Drug & Alcohol IQ Challenge quiz! There are 11 questions and 2 Brainiac questions. Quiz will take approximately 10 minutes.

2021 National Drugs and Alcohol Chat Day

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week/chat-with-scientists>

As we continue to adapt our programming due to the pandemic, we focusing efforts on offering new virtual content for **National Drug and Alcohol Facts Week®** (NDAFW), which will be held Monday, March 22, through Sunday, March 28. You will be able to access these materials at your convenience, and we hope you will find ways to integrate them into your in-person or remote learning environment. After more than a decade of conducting Chat Day, we know there are some questions that are always on students' minds, and we will continue to connect teens with the latest science through this new virtual approach for 2021.

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

