

# Prevention Professionals of Northern Middlesex



March 26, 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>

## Talk—They Hear You!

<https://www.samhsa.gov/underage-drinking/mobile-application?fbclid=IwAR2e1JlOfio0EydRowRZTPcSWxuQ7Wkg24dBowiKWb7eyk3-bcTlOwcG8Tk> Link to a mobile app to help you get started in talking to your kids about drugs and alcohol.

[https://www.youtube.com/embed/BBM-hy5Yt6w?fbclid=IwAR3M2Nfl-LelzmFGhbEngGXeWVXeLhCPKtanOGcbq0e2NAs1osci\\_BTeEDs](https://www.youtube.com/embed/BBM-hy5Yt6w?fbclid=IwAR3M2Nfl-LelzmFGhbEngGXeWVXeLhCPKtanOGcbq0e2NAs1osci_BTeEDs)

It may be a bit simpler than we think. Ask questions, provide guidance and be honest.

## What is Addiction?

<https://teens.drugabuse.gov/videos/what-addiction-0?fbclid=IwAR3QOC5IGAKhpfYhaw7as40KBIRI8YzevZhpMhYcYeE4XfMjgYXHQJGSbj0>

Addiction is a brain disease that results from repeated use of a substance. This causes changes in the reward circuitry of the brain and makes the inhibitory circuitry of the prefrontal cortex less strong. This leads to compulsive use of the drug despite the negative impact that that compulsive drug use has on a person's life.

## Social Emotional Learning (SEL).

[https://www.panoramaed.com/blog/social-emotional-learning-sel?fbclid=IwAR1sQs1YomGpCSExlxZJzsa8s7CY\\_TSTuRXAnTOXp2s682\\_0FlrSewoeYGo](https://www.panoramaed.com/blog/social-emotional-learning-sel?fbclid=IwAR1sQs1YomGpCSExlxZJzsa8s7CY_TSTuRXAnTOXp2s682_0FlrSewoeYGo)

Social emotional learning (SEL) has become critical in substance abuse prevention we have to look at coping skills and the reasons behind why people use substances knowing they can be dangerous. SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments that help provide stronger more effective coping skills.

## 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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## Start a Conversation—10 Questions Teens Ask About Drugs and Health!

<https://teens.drugabuse.gov/drug-facts/start-conversation-10-questions-teens-ask-about-drugs-and-health>

For the past decade, researchers at NIDA have set aside a Chat Day each year during National Drug and Alcohol Facts Week® to answer questions teens have about drugs and health. Here is a compiled list of teens' 10 frequently asked questions from more than 118,000 queries received to help you start a conversation about drugs and health. It's okay if some of this information is news to you—lots of other people are asking, too!

## Brain and Addiction!

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

Teens wanted to understand how their brain works and how it is affected by alcohol, drugs, and addiction. How does the brain communicate, what are risk factors that contribute to addiction, and how to look for help among some of the topics discussed.

## Mental Health—Co-occurring Disorders?

<https://teens.drugabuse.gov/drug-facts/mental-health>

Co-occurring disorders is the term used to describe two or more disorders or illnesses that occur in the same person. They can exist at the same time, or one after the other. It is sometimes referred to as comorbidity. What is the link between substance use and mental health, is addiction a mental illness and how do you know if you have a co-occurring disorder are some of the topics covered.

## Drug Use and Your Mouth!

<https://teens.drugabuse.gov/drug-facts/drug-use-and-your-mouth>

When dentists say, “open wide,” they can see a treasure trove of information about your overall health. Your mouth can give the dentist clues about your eating habits, oral hygiene, and other behaviors such as smoking and drug use. What are the effects of drugs on your mouth, how do opioids play a role, and what questions to ask your dentist to help prevent opioid addiction are topics discussed. Drug overdoses in youth facts can be found here. <https://teens.drugabuse.gov/drug-facts/drug-overdoses-youth>

## Viral Infections and Drug Use.

<https://teens.drugabuse.gov/drug-facts/viral-infections-hiv-hepatitis-and-drug-use>

What is the link between drug use and viral infections like HIV and hepatitis? **Drug use can lead to risky behaviors, what is hepatitis and HIV, how do you catch and prevent these viruses are topics discussed.**

**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](mailto:mruggiero@tewksbury-ma.gov) Cell 978-382-4989**

