

Prevention Professionals of Northern Middlesex



February 5, 2021

COMMUNITY ADVISORY

The Lowell Police Department would like to make the communities aware that there have been incidents in the region where marijuana has been LACED with opiates from illegal dealers.

Mental Health First Aid

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

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. #bethedifference

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

Youth Mental Health First Aid.

<https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn/>

What is considered natural aspects of teens aging versus a possible mental health challenge? What are signs that we should watch out for when it comes to our youth's mental health? What are the differences between a crisis and a non-crisis situation?

Coming FREE to the region. See what you will learn and watch for future announcements here and on our Facebook page #Regionalppnm

Lady Gaga Born This Way!

<https://www.youtube.com/watch?v=-nXw1I-F-38>

Reducing stigma and creating a person-first approach are central tenets of Mental Health First Aid (MHFA). Abiding by them will help guide honest, non-stigmatizing conversations with members of the lesbian, gay, bisexual, transgender, queer/questioning, intersex (LGBTQI) or sexual orientation and gender identity communities in our region and the United States.

WHO ARE WE?

PPNM

PPNM 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—Kara Curley
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Lowell—Lainnie Emond
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Tewksbury—Maria Ruggiero
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Tyngsborough—Shaun Woods
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Westford—Jeff Stephens
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Wilmington—Samantha Reif
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The National Institute of Mental Health

<https://www.nimh.nih.gov/>

The lead federal agency for mental health research providing a variety of information centering on mental health. Substance use prevention has to start with mental health awareness.

Adverse Childhood Experiences (ACEs)

<https://www.cdc.gov/violenceprevention/aces/index.html>

Adverse Childhood Experiences (ACEs) have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. Working together, we can help create neighborhoods, communities, and a world in which every child can thrive.

Learn more about preventing ACEs in your community by assuring safe, stable, nurturing relationships and environments.

Substance Abuse and Mental Health Services

<https://www.samhsa.gov/>

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

Just Think Twice

<https://www.justthinktwice.gov/>

Page created in collaboration with the DEA with a variety of information on drugs. The more we understand the better chance we have to make social change and healthier communities. The Drug Enforcement Administration (DEA) is the lead Federal agency in enforcing narcotics and controlled substances laws and regulations. DEA enforces the provisions of the controlled substances and chemical diversion and trafficking laws and regulations of the United States, and operates on a worldwide basis

Stimulants: <https://www.justthinktwice.gov/videos/watch-learn-about-stimulants>

Steroids: <https://www.justthinktwice.gov/facts/watch-learn-about-steroids>

Marijuana: <https://www.justthinktwice.gov/videos/watch-learn-about-marijuana>

Inhalants: <https://www.justthinktwice.gov/facts/watch-learn-about-inhalants>

Hallucinogens: <https://www.justthinktwice.gov/facts/watch-learn-about-hallucinogens>

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

