

# Prevention Professionals of Northern Middlesex



July 23, 2021

What is Social Emotional Learning (SEL) and why are we hearing so much about it? As our awareness of how childhood stress and trauma contribute to bullying, suicide, and substance misuse, we continue to work with our communities to bring universal knowledge as well as educational opportunities for our youth and beyond!

## Social Emotional Learning (SEL)

<https://casel.org/>

The Collaborative for Academic, Social, and Emotional Learning defined SEL more than two decades ago. Today, we support states, districts and schools nationwide and convene leading thinkers to ensure SEL is a priority in every school nationwide.

## The CASEL Guide to Schoolwide SEL Essentials

<https://www.samhsa.gov/resource/ebp/casel-guide-schoolwide-sel-essentials>

Developed by the Collaboration for Academic, Social, and Emotional Learning (CASEL), this guide offers an organizational framework for instilling social emotional learning (SEL) principles into education systems. SEL is the process through which children and adults develop the knowledge, attitudes, and skills to manage emotions, achieve positive goals, display empathy for others, build positive relationships, and make responsible decisions.

## SEL: What Are the Core Competence Areas and Where are they Promoted?

<https://casel.org/sel-framework/>

CASEL's SEL framework fosters knowledge, skills, and attitudes across five areas of competence and multiple key settings to establish equitable learning environments that advance students' learning and development.

## WHO ARE WE?

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

Chelmsford—Amanda Glaser  
[aglaser@chelmsfordma.gov](mailto:aglaser@chelmsfordma.gov)

Dracut—Kara Curley  
[kcurley@dracutma.gov](mailto:kcurley@dracutma.gov)

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

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

Westford—Gail Johnson  
[gjohnson@westfordma.gov](mailto:gjohnson@westfordma.gov)

Wilmington—Samantha Reif  
[sreif@wpd.org](mailto:sreif@wpd.org)

# Why Mental Health Disorders Co-Exist With Substance Use

<https://www.verywellmind.com/co-occurring-disorders-mental-health-and-addiction-4158280>

Nearly 9 million people have a co-occurring disorder according to the Substance Abuse and Mental Health Services Administration. Yet, only 7 percent of these individuals get treatment for both conditions. And nearly 60 percent receive no treatment at all.

## COMMUNITY PARTNER SPOTLIGHT!

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### Front Line Initiative

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A regional police mental health collaborative that includes 5 local police departments (Billerica, Chelmsford, Dracut, Tewksbury and Tyngsborough) and community behavioral health partners. They focus on prevention, crisis intervention, and recovery, through education, services, & peer support. Located out of the Tewksbury Police Department, they have two mental health clinicians and a recovery support clinician that specializes in substance abuse driven issues.

Provide direct connection to behavioral health and substance use services in a whole-person, trauma-informed way. Our focus is on supporting you the community; Our approach to this is three tiered: prevention, crisis response, and recovery. Our programming in these key areas provide access to clinical staff, peer support, and educational opportunities to all members of the communities we serve regardless of insurance, socioeconomic status, gender identity, sexual preference, age, race, and there is not a requirement that you are police involved.

- Cheryl (CK) Knowles/ Mental Health Clinician for the communities of Billerica and Tewksbury. 978-215-9642
- Rachel Beers/Mental Health Clinician for the communities of Chelmsford, Dracut and Tyngsborough 978-957-2123
- Niko Simao/Substance Misuse Clinician for all communities 978-640-4385 ext 509

Additional on-line resources <https://frontline.crediblemind.com/> Social media @FrontLinePMHC or visit the web page of the lead agency, the Tewksbury Police Department page at:

<https://www.tewksbury-ma.gov/police-department/pages/behavioral-health-assistance>

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## Carrying Narcan saves lives!

Reach out for your FREE (2) 4mg doses of Narcan

Call Maria Ruggiero 978-640-4385 Ext 352.

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

