

# Substance Abuse Prevention Collaborative

July 24, 2020

Our newsletter will continue over the summer to help provide education and wellness information on a variety of behavioral health topics. Stay well, reach out if you or someone you know needs help and enjoy the summer! We can do this together!

## NIDA Seeks Public Input for Strategic Plan!

[https://www.drugabuse.gov/about-nida/noras-blog/2020/07/nida-seeks-public-input-our-2021-2025-strategic-plan?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=nb202000715](https://www.drugabuse.gov/about-nida/noras-blog/2020/07/nida-seeks-public-input-our-2021-2025-strategic-plan?utm_source=facebook&utm_medium=social&utm_campaign=nb202000715)



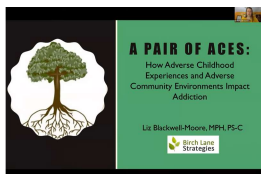
Twice each decade, NIDA (like other NIH Institutes and NIH as a whole) drafts a strategic plan to guide its research and funding decisions. NIDA's strategic plan is meant to be a high-level articulation of our principles and priorities over the next five years, and how we intend to apply them to capitalize on exciting opportunities or break down research barriers. NIDA has begun drafting its strategic plan for 2021-2025, and to best inform that process, we are seeking input from the public and the scientific community

## Emotional Well-Being During COVID!

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/?fbclid=IwAR0ZWkyC47kIn-BkWS5osLzgsBLraH7EmkLPkeyRzRjWchgWS0hFoS7HIo>

People that are feeling emotional distress related to **#COVID19** can take actions to help support themselves and others. Check out "Emotional Well-being During the COVID-19 Outbreak" page for additional resources to help you during this time

## A Pair of ACEs Video! <https://youtu.be/qdtPTAsN6Ak>



Adverse childhood experiences, or ACEs, are traumatic events that occur in childhood (0-17 years), and are linked to adult chronic health problems, mental illness, and substance misuse.

## 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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**Dracut—Dave Ouellette**  
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## Get The Facts!

We are hoping providing easy to understand facts will help everyone to make healthier choices when it comes to finding ways to cope with “our new normal”. Knowledge is power!



## Helping a Brain in Pain!

[https://teens.drugabuse.gov/blog/post/helping-brain-pain#utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=nidateens](https://teens.drugabuse.gov/blog/post/helping-brain-pain#utm_source=facebook&utm_medium=social&utm_campaign=nidateens)



When people are in pain, they sometimes experience more than just physical suffering. They can also feel stressed, anxious, or depressed. Sometimes, these negative emotions lead a person to take more prescription pain medicine than they need, or to use her kinds of drugs, to feel better. But that can actually make things much worse. Misusing

opioids (including taking a larger dose, or amount, than their doctor prescribed) can lead to serious problems, like overdose.

## The Brain and Addiction!

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

Our brain plays a critical role in addiction. Visit this web site for a variety of resources to include drug facts, videos and games, blog posts and more and a section specific to teacher.

## Substance Use in Older Adults!

<https://www.drugabuse.gov/publications/substance-use-in-older-adults-drugfacts>



While illicit drug use typically declines after young adulthood, nearly 1 million adults aged 65 and older live with a substance use disorder (SUD), as reported in 2018 data. While the total number of SUD admissions to treatment facilities between 2000 and 2012 differed slightly, the proportion of admissions of older adults increased from 3.4% to 7.0% during this time.

## Vaping Devices-- Most Commonly Used Form of Nicotine for Youth!

[https://www.drugabuse.gov/publications/drugfacts/vaping-devices-electronic-cigarettes?utm\\_source=social&utm\\_medium=facebook&utm\\_campaign=quiz\\_7\\_22\\_20](https://www.drugabuse.gov/publications/drugfacts/vaping-devices-electronic-cigarettes?utm_source=social&utm_medium=facebook&utm_campaign=quiz_7_22_20)

Vaping devices are popular among teens and are now the most commonly used form of nicotine among youth in the United States. Some research shows that many teens do not even realize that vaping cartridges contain nicotine, and assume the pods contain only flavoring. The easy availability of these devices, alluring advertisements, various e-liquid flavors, and the belief that they're safer than cigarettes have helped make them appealing to this age group.

## NARCAN

DA Marian T. Ryan has provided us with a limited supply of NARCAN. Contact us for free training and 4MG Narcan Kits. By appointment only and please wear a mask.

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