

Substance Abuse Prevention Collaborative

April 24, 2020

Hello everyone, we are here to support you in any way we can during these challenging times. This newsletter is designed to provide your family with a variety of educational links, activities, and resources on overall wellness and substance abuse, on a weekly basis. Welcome to Week 5!

SAMSHA Mobil Apps Free to Download

<https://store.samhsa.gov/?f%5B0%5D=format%3A5035>

SAMSHA has a variety of free mobile apps to keep youth substance misuse and possible consequences of depression in the conversation. Prevention is key so take a look!



Coping with COVID-19 & Beyond

<https://www.williamjames.edu/community/resource-hub/public-events-calendar.cfm>

William James College has provided some valuable free courses. Visit their resource hub today and take a course!



Long Creations

[facebook.com/LongCreations/photos/a.380909268722303/2236619956484549/?type=3&source=57](https://www.facebook.com/LongCreations/photos/a.380909268722303/2236619956484549/?type=3&source=57)



Our lives today will be talked about many years to come. We are making history! Long Creations has provided a free download "time capsule" for your family. Take a look and create a small piece of your own history!

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
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Dracut—Dave Ouellette
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Lowell—Lainnie Emond
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Tewksbury—Maria Ruggiero
978-382-4989
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Tyngsborough—Shaun Woods
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Westford—Jeff Stephens
jstephens@westfordma.gov

Wilmington—Samantha Reif
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Community Partner Spotlights

Learn to Cope – Begun in 2004 to address opioid addiction, a peer-led support group network for families dealing with addiction and recovery. For a list of on-line meetings and immediate support contact Kathy Day at 508-245-1050 or kday@learn2cope.org. Calls are confidential and provided by people who have been exactly where you may find yourself now. You are not alone!

Personal Protective Equipment

GLILA is an interfaith based organization based out of Lowell which is currently collecting and distributing Personal Protective Equipment (PPE) to local nursing homes. PPE includes masks and gloves. If you'd like to contribute or know a nursing home in need please contact Frank Baskin at frankbaskin.gerisocialworker@yahoo.com

Family Breaks and Activities

Here are some of our favorite activities we've started or dedicated time to doing during breaks or down time with the family. Great for all ages, what can be fun for a child can also be a great coping skill or stress reliever for a teenager and adult.

- Start a garden
- Sports contests (hula-hooping, hop scotch, soccer in the yard, basketball in the driveway)
- Cleaning up the yard (contest to see who can rake the most, pick up the most acorns, etc.)
- Clean out clothes and toys and have kids donate them
- Eat dinner as a family, cooking together too! (there are a lot of child-proof cooking tools – www.thekitchn.com/3-types-of-knives-for-tiny-chefs-238319)
- Glow in the dark dance party (attach glow sticks to kid's body and put on some good tunes)
- Grab some new books or re-read a classic and have extra reading time
- Visit Pinterest or other crafty-idea websites and pull out the pants and craft bins
- Bake some cookies and deliver them to neighbor's front porches (ring the door bell and leave a note)

Next Week Look For:

Stay tuned for future topics on how to cope with Coronavirus, social isolation, and dual-diagnosis.

We will be hosting upcoming virtual speaking events. Interested in a specific, topic let us know!

- Maria (Tewksbury): 978-382-4989
- Samantha (Wilmington): 978-447-2296