

Substance Abuse Prevention Collaborative

July 31, 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. Let us know if you have any suggestions!

Alcohol and Isolation.

<https://onlinelibrary.wiley.com/doi/10.1002/adaw.32670>

Are people drinking more now that they are locked in a house with their nearest and dearest, facing job loss or having lost a job, bored and stressed? Probably. Is drinking a healthy way of coping? Although alcohol may seem to reduce stress temporarily, in the long run using it to deal with stress can be very unhealthy. What have we learned from traumatic events such as 9/11?

Make a Difference: Talk to Your Child About Alcohol

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol>

With so many drugs available to young people these days, you may wonder, “Why develop a booklet about helping kids avoid alcohol?” Alcohol is a drug, as surely as cocaine and marijuana are. It’s also illegal to drink under the age of 21. And it’s dangerous. Kids who drink are more likely to:

- Be victims of violent crime.
- Have serious problems in school.
- Be involved in drinking-related traffic crashes.

This guide is geared to parents and guardians of young people ages 10 to 14. Keep in mind that the suggestions on the following pages are just that—suggestions. **Trust your instincts.** Choose ideas you are comfortable with, and use your own style in carrying out the approaches you find useful.

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:

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Easy-to-Use Resources for Learning About Drugs and Addiction

https://teens.drugabuse.gov/blog/post/easy-use-resources-learning-about-drugs-and-addiction?utm_source=social&utm_medium=facebook&utm_campaign=nidateens 7 21 20

Whether you're a teen who wants to learn the scientific facts about drugs, or a parent or teacher who wants to help teens learn those facts, NIDA has plenty of *free resources* you can use right now, while staying at home. It is so important to help guide our youth into healthy coping skills. The actions we take today will determine their future. With so many struggles as we navigate our way through this Covid response, it is our responsibility to protect our kids from future alcohol and drug addiction struggles. We have the power.



Alcohol and your Health!

<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

What is a standard drink? What are the consequences of drinking too much alcohol? Take a moment to look over this fact sheet.

Resources for Families Coping with Mental and Substance Use Disorders.

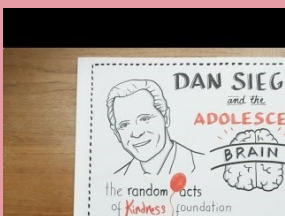
<https://www.samhsa.gov/families?fbclid=IwAR3qKB2IDiD81pGRH2Dn2HKrjnXCSeRahxLrEIVIQt5LYzyYyIGPmM8-mT4>



Every family is unique, but all families share a bond that can be used to support one another during trying times. While there is no one-size-fits-all solution for helping a family member who is drinking too much, using drugs, or dealing with a mental illness, research shows that family support can play a major role in helping a loved one with mental and substance use disorders. When a family member is experiencing a mental or substance use disorder, it can affect more than just the person in need of recovery.

Myths of the adolescent brain - Dr. Dan Siegel

<https://vimeo.com/191398666>



The adolescent brain is a remarkable thing and it grows and develops long lasting connections. Why is it important to delay alcohol use in teens? How do we create the connections that allow us to function on a daily basis?