

Substance Abuse Prevention Collaborative

July 10, 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!

Dealing with Trauma.

https://newsinhealth.nih.gov/2018/06/dealing-trauma?utm_source=ndafweblast&utm_medium=email&utm_content=nf&utm_term=NPnp&utm_campaign=ndafw-NDAFW2021

It's natural to be afraid after something scary or dangerous happens. When you feel you're in danger, your body responds with a rush of chemicals that make you more alert. This is called the "flight or fight" response. It helps us survive life-threatening events. But the brain's response to frightening events can also lead to chronic problems. This can include trouble sleeping; feeling on edge frequently; being very easily startled, anxious, or jumpy; having flashbacks; or avoiding things that remind you of the event. Often we have no idea this is happening. Take a moment to determine if you or someone you love is having a negative response.



7 Self-Care Tips for First Responders

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/alcohol-use.html>

During these trying times, first responders are faced with coronavirus- fueled anxieties, both from patients and from themselves. "In our society, first responders have an extra burden to keep us all safe. It's especially challenging in the era of COVID-19 for first responders to do their job. However, two things are clear: they continue to do their jobs despite personal, physical risk and COVID-19 has created more stress for them. As a result, we've seen an increase in substance abuse. "First responders need specialized treatment now more than ever".



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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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!



More about Marijuana— Know the Laws!

<https://moreaboutmj.org/know-the-laws>

Adult-use of marijuana, or cannabis, is legal in Massachusetts for people ages 21 and older. Read through the laws and policies and stay informed.

For more information visit the cannabis control committee web page.

<https://mass-cannabis-control.com/the-laws/>

Talk! They Hear You!

[https://www.samhsa.gov/underage-](https://www.samhsa.gov/underage-drinking?fbclid=IwAR2NImwQ1nhjRmy2fSZzhABTx6F59Ewpy08JcsiHSyltahnc07RvQORVTZM)

[drinking?fbclid=IwAR2NImwQ1nhjRmy2fSZzhABTx6F59Ewpy08JcsiHSyltahnc07RvQORVTZM](https://www.samhsa.gov/underage-drinking?fbclid=IwAR2NImwQ1nhjRmy2fSZzhABTx6F59Ewpy08JcsiHSyltahnc07RvQORVTZM)

More kids start drinking alcohol in the summer than any other time of year. PARENTS: This summer it'll be especially important to talk with your kids about the dangers of underage drinking. SAMHSA's substance use prevention campaign helps parents and caregivers start talking to their children early about the dangers of alcohol and other drugs



Recognizing and Treating Child Traumatic Stress

<https://www.samhsa.gov/child-trauma/recognizing-and-treating-child-traumatic-stress#signs>

Learn about the signs of traumatic stress, its impact on children, treatment options, and how families and caregivers can help.

What are Adverse Childhood Experiences or ACEs?

<https://apafdn.org/impact/justice/judges-and-psychiatrists-leadership-initiative/infographic-what-are-aces>

Adverse Childhood Experiences (ACEs)

ACEs are disruptions to the promotion of safe, stable, and nurturing family relationships and are characterized by stressful or traumatic events that occur during an individual's first 18 years of life.

Learn more about ACEs and how they affect health outcomes into adulthood [Infographic](#)

The American Psychiatric Association Foundation states that 2 out of 3 children experience 1 or more traumatic events ***before the age of 16***. Think about the times we are living in now with COVID. How will that impact our society as a whole! While as adults we often have the capacity for vocalizing the impact of current events on our mental health, youth often lack the skills or abilities to do this. This can increase the severity of trauma in youth which can lead to substance misuse and mental health challenges. Coming soon an educational summer series to help us understand steps we can take now to help our youth grow into healthy adults!

Do you or someone you know need help or support?

Reach out confidentially to determine the most effective services available to you.

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