

Substance Abuse Prevention Collaborative

May 29, 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 10!

Marijuana – What should we know?

https://www.samhsa.gov/marijuana?fbclid=IwAR0vaxMBNqFbmBaRm2VgkFGtEJCPotoe5ko9zoGqa_DuvTclIs72pGLrbYQ

As marijuana dispensaries are opening/re-opening we are in a unique position to utilize our knowledge to help prevent addiction and dependence. It doesn't matter how we feel about using marijuana as adults, but it does matter to and for our youth. Delaying use until at least age 21 will go a long way for their health. Learn more and make your own informed decision. Take a look at build a brain too:

<https://www.youtube.com/watch?v=HLYIDpJxxqs&feature=youtu.be>



Resources to help you quit smoking & vaping

<https://smokefree.gov/>

Starting June 1, 2020 menthol cigarettes and all other flavored tobacco and flavored vaping products will no longer be widely available in Massachusetts. Is it time to quit? Visit the link above for a multitude of resources to help you do just that.

CDC and Face Coverings

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

As we start to re-open there are ways we can keep ourselves and the people we love safe. CDC recommends wearing cloth face coverings in public settings, why is it important? Get the facts! A piece of fabric goes a long way.



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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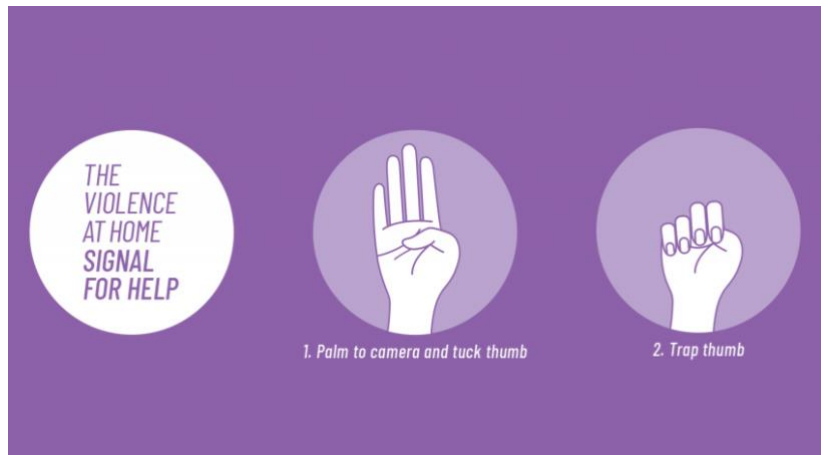
Westford—Jeff Stephens
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Wilmington—Samantha Reif
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Violence at Home – Universal Signals

<https://www.thehotline.org/>

During the COVID-19 pandemic, local law enforcement and other emergency services have noticed an increase of interpersonal partner violence and other domestic violence. The Canadian Women's Foundation picked up on these trends and created a universal signal that individuals in unsafe situations can sign during virtual video calls or telehealth appointments to silently alert someone on the call that they need help. This sign allows the individual to safely disclose concerns of safety and violence without any text or call history which an offender may see and become mad over. If you're in need make sure to learn the sign, and if you're on virtual calls/meetings learn the sign in case someone needs to reach out for help with it.



Check-in on your own Mental Health

<http://www.mhascreening.org/>

As we wrap-up Mental Health Awareness Month, we want to encourage everyone to make sure you're consistently checking-in on your own mental health, mood, emotions, and feelings. Not only may our mental health be different than normal with the current pandemic, but it is also good practice to incorporate into our routines to do self-checks and take private screenings to make sure additional professional help couldn't be of an assistance to you. By each of us taking care of our own mental health and being more in touch with ourselves, we can work together to reduce stigma of mental health and further reduce the fears and stigmatization which can occur when someone needs to receive additional behavioral health supports and treatments. The link above not only has common mental health screens but also general screens for parents, youth, caregivers, employees, and anxiety, along with a Spanish language screening for both anxiety and depression.

Referral Services & Treatment Finders

Find help today via one of these free resources to find a therapist:

- INTERFACE Referral Service @ 888-244-6843 (Monday-Friday, 9a-5p)
- Social Work Therapy Referral Service @ 800-242-9794
- www.psychologytoday.com/
- Massachusetts Psychological Association @ 781-263-0080

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