

Substance Abuse Prevention Collaborative

June 20, 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.

You Are Not Alone...

<https://www.nami.org/Personal-Stories/Being-a-Suicide-Loss-Survivor-During-this-Pandemic>

Throughout COVID-19 and associated quarantining and self-isolation recommendations, other aspects of life have not equally been “put on hold”. Unfortunately, just one example of this, is that suicide rates have not decreased and in fact mental health rates have increased during this time of isolation. As a suicide loss survivor, the pandemic has brought it’s own set of complications and having to grieve or re-live challenging memories alone. But you’re not alone. There is a community for you and online resources so that you don’t have to feel alone or that you’re the only one experiencing loss and grief associated with a loved one completing suicide.

Mental Health Support for People of Color

<https://www.mcleanhospital.org/news/how-can-we-break-mental-health-barriers-communities-color>

With current conversations around race and equality, it is important that we provide resources and educational opportunities for individuals of color so that everyone is able to access fair and just support for any variety of concerns or complex needs of themselves or their loved ones. Check out these links to learn more and find resources in your community!

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>



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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How can COVID be transmitted?

<https://www.youtube.com/watch?v=axmRl6P6xyw>

A recent study by the National Institutes of Health (NIH) shows that small saliva droplets generated by loud speech can remain airborne in an enclosed space for more than 10 minutes at a time.

COVID-19: Potential Implications for Individuals with Substance Use Disorders

<https://www.drugabuse.gov/about-nida/noras-blog/2020/04/covid-19-potential-implications-individuals-substance-use-disorders>

Co-occurring conditions including COPD, cardiovascular disease, and other respiratory diseases have been found to worsen prognosis in patients with other coronaviruses that affect the respiratory system,

Get The Facts!

Every week a new segment that will provide you with facts on a variety of substances and important topics. 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!



What are Opioids?

<https://www.youtube.com/watch?v=ks5wG1UbUMY&feature=youtu.be>

Prescription opioids are in the same class as heroin. Although they can be a critical aspect of wellness during times of severe pain, they are also very addictive and can lead to illegal drug use.

Tips for Teens—Heroin

<https://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Heroin/PEP18-02>

HEROIN AFFECTS YOUR BRAIN. Heroin, an illicit opioid, enters the brain quickly. It slows down the way you think, reaction time, and memory. Over the long term, heroin can change the brain in ways that lead to addiction. Experimentation is not so simple and can lead to addiction. It can happen to everyone!

What do we know about Marijuana?

<https://www.samhsa.gov/marijuana>

"Approximately 1 in 10 people who use marijuana will become addicted. When they start before age 18, the rate of addiction rises to 1 in 6." Learn more to learn how to reduce addiction.

Know someone who needs help, do you need help?

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

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Tewksbury—Maria Ruggiero at 978-382-4989 or mruggiero@tewksbury-ma.gov