

# Substance Abuse Prevention Collaborative

June 12, 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 12!

## Need to Talk?

<https://samaritanshope.org/our-services/247-crisis-services/>

We are over twelve weeks into COVID-19 updates, research, continued uncertainties, and safety precautions. Remember that everyone is experiencing this pandemic differently and if you find yourself needing extra support for the first time or the 20<sup>th</sup> time, that's okay, and there are people who want to support you and listen. Call Samaritan's 24/7



## Reducing Risk-Factors Associated with Isolation during COVID-19 Pandemic

<https://www.endsocialisolation.org/covid19>

With a COVID-19 specific hashtag of #farfromalone, the Coalition to End Social Isolation & Loneliness has been providing education and supportive strategies to individuals experiencing isolation.

Social isolation compared to obesity has a 29% increased risk of mortality. Therefore, it is imperative that youth, adults, elders, students, parents, grandparents, co-workers, and everyone else continues to support efforts to engage in creative ways to ensure individuals do not experience as extreme of isolation cases to protect well-being and mental health.

## 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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**Chelmsford—Amanda Glaser**  
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**Wilmington—Samantha Reif**  
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[sreif@wpd.org](mailto:sreif@wpd.org)

# Get The Facts!

Every week a new segment that will provide you with facts on a variety of substances and related topics. We are hoping providing solid facts will help everyone to make healthier choices when it comes to finding ways to cope with “our new normal”. Knowledge is power and with this knowledge we can help reduce addiction and substance misuse within our youth and ourselves!

**The National Institute on Drug Abuse - NIDA**

<https://www.drugabuse.gov/>



## Fentanyl

[https://www.drugabuse.gov/publications/drugfacts/fentanyl?utm\\_source=social&utm\\_medium=facebook&utm\\_campaign=df\\_6\\_08\\_20](https://www.drugabuse.gov/publications/drugfacts/fentanyl?utm_source=social&utm_medium=facebook&utm_campaign=df_6_08_20)

Fentanyl is a powerful synthetic opioid analgesic that is similar to morphine but is 50 to 100 times more potent? It is also important to understand that many “street” drugs are laced with fentanyl. This means that someone who is actively using or experimenting may be exposed to this powerful drug without knowing it.

## Tobacco

<https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products>

Tobacco is a plant grown for its leaves, which are dried and fermented before being put in tobacco products. Tobacco contains nicotine, an ingredient that can lead to addiction, which is why so many people who use tobacco find it difficult to quit.

## MDMA (Ecstasy or Molly)

<https://www.drugabuse.gov/publications/drugfacts/mdma-ecstasy-molly>

3,4-Methylenedioxy-Methamphetamine (MDMA) is a synthetic drug that alters mood and perception (awareness of surrounding objects and conditions). It is chemically similar to both stimulants and hallucinogens, producing feelings of increased energy, pleasure, emotional warmth, and distorted sensory and time perception. MDMA was initially popular in the nightclub scene and at all-night dance parties (“raves”), but the drug now affects a broader range of people.

## Comorbidity

<https://www.drugabuse.gov/publications/drugfacts/comorbidity-substance-use-disorders-other-mental-illnesses>

Comorbidity describes two or more disorders or illnesses occurring in the same person. They can occur at the same time or one after the other. Comorbidity also implies interactions between the illnesses that can worsen the course of both. Why is this important when we are talking about substance misuse? Take a moment to learn the facts!

## Know someone who needs help now?

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

Wilmington — Samantha Reif at 978-447-2296 or [sreif@wpd.org](mailto:sreif@wpd.org)

Tewksbury — Maria Ruggiero at 978-382-4989 or [mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov)