

# Substance Abuse Prevention Collaborative

April 3, 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 2!

## Botvin LifeSkills – High School

<http://www.lifeskillstraining.com/hsweb/>

This week we share the high school web links for parents and teens to participate at home. Although like the middle school web link, meant to be an addition to classroom curriculum, these are different and unique times. The link provides multiple curriculum and activities to learn and strengthen social emotional learning at a time when healthy coping skills are of utmost importance. Take a look!



## COVID-19 Video Contest

<https://mahealthcouncil.org/page/VideoContestFlyer>



The Massachusetts Health Council was founded one-hundred years ago to work collaboratively on the tuberculosis epidemic and to assist soldiers returning home from WWI. We're in this together and right now, MHC's focus on prevention feels more important than ever. To help make activities interesting, MHC has created a video contest to help educate and spread the word, not the virus. Videos should be designed with a focus on COVID-19 information. Visit link above and enter the contest to win \$500. Good luck!

## 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  
[mhiggins@town.billerica.ma.us](mailto:mhiggins@town.billerica.ma.us)

Chelmsford—Amanda Glaser  
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Dracut—Dave Ouellette  
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Lowell—Lainnie Emond  
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Tewksbury—Maria Ruggiero  
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Tyngsborough—Shaun Woods  
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Wilmington—Samantha Reif  
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# The New Look of NICOTINE ADDICTION

## The New Look of Nicotine Addiction: An Education Session for Parents

Tuesday April 7, 2020

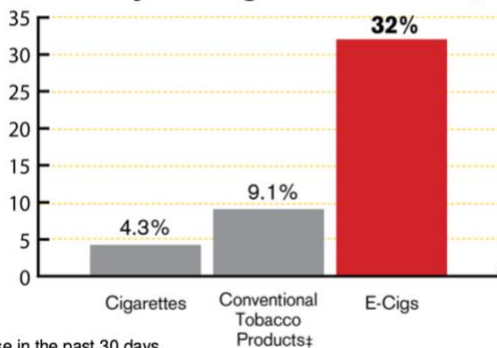
4:30pm-5:30pm

*Presentation will be on Zoom!*

- Click link to join: <https://zoom.us/j/446295884>
- If you don't have a computer, tablet, or smartphone, dial (646)-558-8656 and enter Meeting ID: 446 295 884
- Vapes and e-cigarettes are not harmless. Yet in 2019 more than half of high school students in MA reported ever using vape products.
- What are these products? How can you protect your kids? What does the new tobacco law in MA do? – Join this presentation to get the answers!

**Presenter: Ashley Hall, MS, Program Manager of the Northeast Tobacco Free Community Partnership**

Current<sup>†</sup> Use of Tobacco and Vaping Products by MA High School Youth, 2019



<sup>†</sup> Use in the past 30 days

<sup>‡</sup> Conventional tobacco defined as cigarettes, cigars (including little cigars and cigarillos), and smokeless tobacco (chewing tobacco, snuff, dip)  
Source: 2019 MA Youth Health Survey. Data are provisional.

## Contact

For or questions about the presentation contact Maria Ruggiero at [mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov) or 978-382-4989

This presentation is sponsored by FOCUS of Tewksbury and Wilmington, a sub-group of the Prevention Professionals of Northern Middlesex

**GET OUTRAGED!**

Get the facts at [GetOutraged.org](http://GetOutraged.org)

## 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