

# Substance Abuse Prevention Collaborative

August 7, 2020

Hello everyone, with the start of new season right around the corner, our newsletter will get a new look and move to monthly publications. Over the next couple of weeks the weekly version will continue to get a new look. Let us know if there is anything you would like to see!

## Teens and Alcohol!

<https://teens.drugabuse.gov/node/40999>

Alcohol is the most commonly used substance by teens. However, teens' alcohol use continues to drop. In 2019, rates of past-year alcohol use by students in 10th and 12th grades were at a 5-year low. We are concerned that with so many people relying on alcohol as a stress reliever during these stressful times these numbers will begin to increase again. Here are some data points for you!

## Parents: Prevent Teen Drug Use!

<https://teens.drugabuse.gov/parents/preventing-teen-drug-use>



Empowering Teens: NIDA Toolkit for Out of School Time. Tool kit to help you prevent your teen from starting or continuing drug use. If your teen has experimented and already tried drugs or alcohol, that does not mean they have to continue. In prevention we call that the “boiling point”. This

toolkit offers science-based activities and resources on drug use and addiction for educating teens while they are out of school.

## Monitoring the Future Survey!

<https://www.drugabuse.gov/drug-topics/trends-statistics/monitoring-future>

Take a look at the monitoring the future school survey for 2019. Traditionally our school surveys are analyzed and compared nationwide.

## 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  
[aglaser@townofchelmsford.us](mailto:aglaser@townofchelmsford.us)

Dracut—Dave Ouellette  
[douellette@dracutma.gov](mailto:douellette@dracutma.gov)

Lowell—Lainie Emond  
[lemond@lowellma.gov](mailto:lemond@lowellma.gov)

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

Tyngsborough—Shaun Woods  
[swoods@tyngsboroughma.gov](mailto:swoods@tyngsboroughma.gov)

Westford—Jeff Stephens  
[jstephens@westfordma.gov](mailto:jstephens@westfordma.gov)

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

# What is the Real Cost of Tobacco?

[https://therealcost.betobaccofree.hhs.gov/?gclid=EAlaIqobChMlrLG7ppTr6qIVwgilCR00qAISEAAYASAAEqKDPD\\_BwE&gclidsrc=aw.ds](https://therealcost.betobaccofree.hhs.gov/?gclid=EAlaIqobChMlrLG7ppTr6qIVwgilCR00qAISEAAYASAAEqKDPD_BwE&gclidsrc=aw.ds)

Tobacco companies are in the money business. With the number of adults giving up nicotine they needed to find ways to attract the next generation, our kids. What is the real cost and how does it look today?

# Alcohol and the Teens Brain.

<https://store.samhsa.gov/product/alcoholfx?fbclid=IwAR0PtXJs0IGI38hRd9RBr1h82WLi8gjfGS80o6ITwBsYYe9UNbaZY5zmJU>

PARENTS & TEACHERS: Looking for an innovative and fun way to help your students and kids learn about the risks of underage drinking?

SAMHSA's AlcoholFX is an interactive, science-based app for children ages 10-12 that teaches them about alcohol's negative impact on the brain

# Emotional Wellbeing During Covid!

[https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/?fbclid=IwAR32XB3PJchpU9-KfhkTiePgm04M83x8gDFEKqgfcfKX\\_CzMm6IPmHlrGQ](https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/?fbclid=IwAR32XB3PJchpU9-KfhkTiePgm04M83x8gDFEKqgfcfKX_CzMm6IPmHlrGQ)

People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others. Infectious disease outbreaks such as COVID-19, as well as other public health events, can cause emotional distress and anxiety. Feeling anxious, confused, overwhelmed or powerless is common during an infectious disease outbreak, especially in the face of a virus with which the general public may be unfamiliar. These feelings of distress and anxiety can occur even if you are not at high risk of getting sick.

# National Suicide Prevention Lifeline!

<https://suicidepreventionlifeline.org/>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. 1-800-273-TALK (8255)

# Myths of the Adolescent Brain - Dr. Dan Siegel

<https://vimeo.com/191398666>



The adolescent brain is a remarkable thing and it grows and develops long lasting connections. Why is it important to delay alcohol use in teens? How do we create the connections that allow us to function on a daily basis? This video covers our fascinating brain and how we can protect our teens from addiction and help create a healthy adulthood!

# Need Narcan?

Narcan can temporarily reverse an opioid overdose giving the opportunity to reach **medical** help. We provide training and free Narcan.

Contact Maria Ruggiero at [mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov) or call 978-851-7373 Ext 352

