

Prevention Professionals of Northern Middlesex

September 24, 2020

September is National Recovery as well as National Suicide Prevention Month. We will spotlight both for the month of September. We wish to celebrate people who have found their path to recovery, and to bring awareness to people who continue to struggle. Recovery is possible!



Join the Voices for Recovery:
Celebrating Connections



Recovery is Possible!

<https://facesandvoicesofrecovery.org/>

Recovery is possible with millions of people living in active recovery every day. There are a variety of services to help you and your loved ones experience the wonder of recovery.

Learn to Cope: <https://www.learn2cope.org/>

A non-profit support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs.

Al-Anon: <https://al-anon.org/>

Al-Anon members are people, just like you, who are worried about someone with a drinking problem.



Alcoholics Anonymous: <https://www.aa.org/>

International fellowship of men and women who have had a drinking problem. Membership is open to anyone who wants to do something about his or her drinking problem.

Narcotics Anonymous: <https://www.na.org/>

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem.

Narcan: <https://www.narcan.com>

Narcan can temporarily reverse an opioid overdose giving the opportunity to reach **medical** help. We provide training and free Narcan. Contact Maria Ruggiero at Cell 978-382-4989

WHO ARE WE?

PPNM is a coalition of eight communities working together to bring awareness to substance abuse prevention. Members include law enforcement, emergency responders, public health and a variety of substance abuse and mental health professionals.

Communities include:

Billerica—Mike Higgins
mhiggins@town.billerica.ma.us

Chelmsford—Amanda Glaser
aglaser@townofchelmsford.us

Dracut—Maria Ruggiero
mruggiero@tewksbury-ma.gov

Lowell—Lainnie Emond
lemond@lowellma.gov

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

Tyngsborough—Shaun Woods
swoods@tyngsboroughma.gov

Westford—Jeff Stephens
jstephens@westfordma.gov

Wilmington—Samantha Reif
978-447-2296
sreif@wpd.org

Teen Brain Development!

<https://www.youtube.com/watch?v=EpfnDijz2d8&t=12s>

NIDA explores in this video the intriguing similarities between the processes of brain development and computer programming. The analogy helps us understand why toxic environmental factors like drugs, bullying, or lack of sleep can have such a long-lasting impact on a teenager's life and can be used to empower your children or students with information they need make better decisions.

New Help to Quit Menthol Tobacco Products!

<http://makesmokinghistory.org/> .

Gift Cards Totaling \$50 Can Motivate Smokers and Vapers to Quit
Smoking and vaping may put people at higher risk of complications from COVID-19, especially because they can weaken the immune system and damage the lungs. So, this is an especially good time for those who smoke or vape to try to quit.



In addition, as a result of a new law, menthol tobacco products have been removed from regular stores in Massachusetts. With menthol tobacco products unavailable and COVID-19 risks continuing, the Massachusetts Department of Public Health has found a new way to help people quit. The Massachusetts Smokers' Helpline is now offering up to three gift cards totaling \$50 to people who use menthol tobacco products and the Helpline's free coaching services. Residents can call the Helpline at 1-800-QUIT NOW ([1-800-784-8669](tel:1-800-784-8669)) about the program and for free coaching and support 24 hours each day, seven days a week. They can also enroll online.

Helping people who use menthol products quit is especially important because the tobacco industry has strategically and successfully targeted Black, Latinx and LGBTQ+ people with menthol products. As a result of aggressive marketing practices and pressures related to discrimination and daily stressors, menthol tobacco use is high in these communities.

Massachusetts residents who use menthol tobacco products who speak with the Helpline's supportive coaches can receive a \$10 gift card after completing the first coaching call, a \$15 gift card after the second and a \$25 gift card after the third coaching call. In addition, up to 8 weeks of FREE nicotine patches, gum or lozenges are also available to residents who speak with a coach (with medical eligibility).

Quitting smoking or vaping improves one's health right away; lungs start to heal and the body starts to repair its ability to fight infection. For more information contact Ashley Hall at the Northeast Tobacco-Free Community Partnership (978) 722-2864 or ashley.hall@qlfhc.org

We are holding a **virtual vigil** in October. Would you like your loved ones name read during this virtual event? Contact Maria Ruggiero at 978-382-4989 or mruggiero@tewksbury-ma.gov or your community representative for more information.

