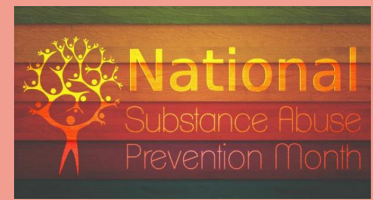


Prevention Professionals of Northern Middlesex

@MAPPNM



October 2, 2020

October is National Substance Abuse Prevention Month and we are here with a variety of resources for you from prevention to harm reduction. Check out our new Facebook Page @MAPPNM and visit the Drug Free Greater Lowell Web page for more resources and links.

<https://drugfreegreaterlowell.org/virtual-learning/>

NEW from Ask, Listen and Learn!

<https://asklistenlearn.org/>

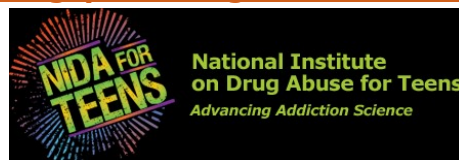
Just in time for our virtual learning experience. Take a moment to look and see what is new and how you can incorporate substance abuse prevention into your little ones day. It is never too early to teach age appropriate prevention and skills!



Living with an Adult who has a Substance Use Disorder.

<https://teens.drugabuse.gov/blog/post/living-adult-who-has-substance-use-problem>

Did you know that about **one out of every eight children in the United States age 17 or younger** (about 8.7 million



young people) live in households with at least one parent or caregiver who is coping with a substance use problem? This blog will provide insight to help them cope and keep themselves from developing a substance use problem themselves.

Red Ribbon Week! Oct 23rd to 31st!

<https://www.redribbon.org/theme>

Do you kids look forward to red ribbon week each year? Many of our schools hold contests and events during this time to bring awareness to the littlest of our community members. No reason our remote learning should stop it. Sign up today.

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@tewbksbury-ma.gov

Lowell—Lainnie Emond
lemond@lowellma.gov

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

Tyngsborough—Shaun Woods
swoods@tyngsboroughma.gov

Westford—Jeff Stephens
jstephens@westfordma.gov

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

2019 National Survey of Drug Use and Health Releases

<https://www.samhsa.gov/data/release/2019-national-survey-drug-use-and-health-nsduh-releases>



The latest annual report focuses on substance use and mental health in the United States based on NSDUH data from 2019 and earlier years. The annual report presents estimates that meet the criteria for statistical precision and facilitate stable examination of trends over time to study changes in society and emerging issues.

Drug Topics!

<https://www.drugabuse.gov/drug-topics>

Learn the facts about the most commonly used drugs with an overview, street and clinical names, the effects of the drug on the brain and body, statistics and trends plus much, much more!



Random Acts of Kindness October Calendar!

https://www.randomactsofkindness.org/printables?fbclid=IwAR1M1N19VWImwhQN_sIbvO0CrAYROopv8w4B3MyDZRp9rjjqldES855aKMY

The mission of The Random Acts of Kindness Foundation is to **make kindness the norm**™ in our schools, workplaces, homes & communities. We work toward that goal by creating free content that promotes kindness toward others & teaches important social emotional learning skills to kids. Why not take a break from all the COVID stress and play along!

OCTOBER 2020

RANDOM ACTS OF KINDNESS FOUNDATION

www.randomactsofkindness.org

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<p>SEPTEMBER</p> <table style="font-size: 0.7em; margin: 0 auto;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				<p>NOVEMBER</p> <table style="font-size: 0.7em; margin: 0 auto;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						<p>29</p>	<p>30</p> <p>WORLD VEGETARIAN DAY</p> <p>Try a meatless meal today.</p>	<p>1</p> <p>WORLD SMILE DAY</p> <p>Smile! ALL. DAY. LONG!</p>	<p>2</p> <p>FREE DAY! Do something meaningful today.</p>	<p>3</p>
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<p>4</p> <p>WORLD ANIMAL DAY</p> <p>Find an animal cause you care about and ways you can offer support.</p>	<p>5</p> <p>WORLD HABITAT DAY</p> <p>Become a conscious consumer.</p>	<p>6</p> <p>Mentor someone this month and share your expertise.</p>	<p>7</p> <p>Join a local group that shares your interests.</p>	<p>8</p> <p>Treat your partner to a small treat with a note of appreciation for them.</p>	<p>9</p> <p>Frame an inspiring quote as a gift.</p>	<p>10</p> <p>Make first aid kits for homeless shelters.</p>																																																																																				
<p>11</p> <p>Leave an inspiring poem, or painting somewhere in the community for someone to randomly discover.</p>	<p>12</p> <p>Start a meeting with a round table of celebrations and gratitude.</p>	<p>13</p> <p>Attend a veteran or homeless person's funeral who does not have family.</p>	<p>14</p> <p>Participate in the cleanup of a local river, pond, or lake.</p>	<p>15</p> <p>Compliment a parent on their child's good behavior.</p>	<p>16</p> <p>Start a butterfly garden in your community.</p>	<p>17</p> <p>Listen to an inspirational TED talk.</p>																																																																																				
<p>18</p> <p>Bring your partner breakfast in bed.</p>	<p>19</p> <p>Leave uncarved pumpkins on a family's doorstep along with kid friendly tools for carving.</p>	<p>20</p> <p>Send a family photo to your parents or grandparents.</p>	<p>21</p> <p>Share your favorite Fall recipe with friends.</p>	<p>22</p> <p>Surprise someone with a thoughtful, inexpensive gift.</p>	<p>23</p> <p>Leave a \$5 bill on a Red Box with a note "some snacks on me" for the next person who rents a video or game.</p>	<p>24</p> <p>Buy a round of drinks at the bar.</p>																																																																																				
<p>25</p> <p>Plan a spontaneous date with your partner, doing things you both love.</p>	<p>26</p> <p>Leave a basket of food for a family who is struggling financially.</p>	<p>27</p> <p>Purchase from the free service, igive.com, to have a small donation made to your favorite charity.</p>	<p>28</p> <p>When you see a flustered parent in a coffee or ice cream shop, purchase their order and turn their day around.</p>	<p>29</p> <p>Publicly praise someone for their valued work.</p>	<p>30</p> <p>Bring workers out in the cold or the homeless some hand warmers.</p>	<p>31</p> <p>Share treats with whoever you spend today with.</p>																																																																																				