

Prevention Professionals of Northern Middlesex



October 23, 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/>

What is Marijuana?

<https://www.drugabuse.gov/publications/research-reports/marijuana/what-marijuana>

Since becoming legal in Massachusetts, we are seeing a lot of marijuana use within our communities. What is it, is it safe and how about our kids?

Marijuana Effects on Lung Health.

https://www.drugabuse.gov/publications/research-reports/marijuana/what-are-marijuanas-effects-lung-health?utm_source=social&utm_medium=facebook&utm_campaign=r_10_15_20 Like tobacco smoke, marijuana smoke is an irritant to the throat and lungs and can cause a heavy cough during use. It also contains levels of volatile chemicals and tar that are similar to tobacco smoke, raising concerns about risk for cancer and lung disease

Second Hand Marijuana Smoke.

https://teens.drugabuse.gov/blog/post/secondhand-marijuana-smoke-update?utm_source=facebook&utm_medium=social&utm_campaign=nidateens

People often worry how breathing someone else's **marijuana** smoke could affect them. Let's look at some common questions about this, and the answers that science has found.

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:

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Talking with Your Teen About Marijuana.

<https://www.samhsa.gov/sites/default/files/TTHY-Marijuana-Broch-2020.pdf>

Marijuana has three times the concentration of THC compared to 25 years ago, increasing the impact on the brain. Make sure you know the risks of marijuana use and are prepared to talk with your teen about them.

Avoid Using Marijuana and Alcohol as a way to Cope With COVID!

<https://www.healthline.com/health-news/resisting-using-pot-alcohol-to-ease-stress-during-the-covid-19-outbreak>

What seems like viable coping skills now can turn into the nightmare of addiction tomorrow. Although it is not possible to have evidence based information due to the short time frame, research is starting to show that people are coping with COVID in unhealthy ways. Please take a moment to think about your coping skills and habits. It could save you and your family a lot of heartache tomorrow.

Isaac's Story!

<https://www.mass.gov/isaacs-story>

Different Kinds of Hurt: Isaac's Story, an animated film and graphic novel for elementary and middle school-aged children, shows how an honest conversation about "different kinds of hurting" between two classmates can have a lifelong effect.

Focus on Mental Health!

https://brand-studio.fortune.com/optum/the-importance-of-preventive-care-for-mental-health/?prx_t=uBYGAAAAAofEQA&fbclid=IwAR0ebBAmAaVC0QA_5eUwfhJuWSOIFfCRvR0zItS-n1z2Y4K1pY9rnAqpUow

People know that preventive care helps them stay in good physical condition. Annual checkups and routine screenings, as well as participation in company-sponsored wellness programs, are common ways that people take care of their health. But they may not realize that preventive care is just as important for their mental health

Parental Perspectives on Supporting Teen Mental Health.

<http://familyaware.org/parent-event/> Three chances to participate October 25th to 27th.

During this free virtual event, Parent Speakers discuss how they recognized that their teen was having mental health problems, what they did to help, mistakes they made, and advice for parents in similar situations. Attendees will have the opportunity to listen, ask questions, and engage in dialogue with panelists. .

DA Marian T. Ryan has provided Narcan for communities.
Reach out to find the closest location to you.

Carry Narcan, It CAN SAVE a LIFE! Contact Maria Ruggiero
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