

# Prevention Professionals of Northern Middlesex



October 9, 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/>

## October 10<sup>th</sup> is World Mental Health Day!

<https://www.who.int/campaigns/world-mental-health-day>



World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues

around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

## Pledge to be Stigma Free!

<https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree>



Let others know that there is hope and understanding. You can change the way the world sees mental health. Stigma harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence and

prevents them from seeking help. Take the STIGMAFREE quiz and help change the world.

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

**Chelmsford**—Amanda Glaser  
[aglaser@townofchelmsford.us](mailto:aglaser@townofchelmsford.us)

**Dracut**—Maria Ruggiero  
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**Lowell**—Lainnie Emond  
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**Tewksbury**—Maria Ruggiero  
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**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)

## The Science of Drug Use!

<https://teens.drugabuse.gov/teachers/lessonplans?sort=created:desc>



Whether teens are learning in person or online, supporting educators, parents, and caregivers is important. Educators can use NIDA's Lesson Plan and Activity Finder to access more than 90 free lessons on drug use and misuse, the teen brain, and addiction. The lessons can be easily modified for remote teaching.

## Teens: Drug Use and the Brain!

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

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more! Can you pass the quiz? Take a few moments to take the drug-IQ-Challenge and see what you know.

<https://teens.drugabuse.gov/quiz/national-drug-alcohol-facts-week/take-iq-challenge/2020>

## Teens: Drugs, Brain and Behavior.

[https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface?utm\\_source=social&utm\\_medium=facebook&utm\\_campaign=pub\\_8\\_26\\_20](https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface?utm_source=social&utm_medium=facebook&utm_campaign=pub_8_26_20)

Today, thanks to science, our views and our responses to addiction and the broader spectrum of substance use disorders have changed dramatically. Groundbreaking discoveries about the brain have revolutionized our understanding of compulsive drug use, enabling us to respond effectively to the problem.

## Join us this week for virtual workshops!

The Tewksbury Public Library will be hosting two events sponsored by the Front-Line Initiative based out of the Tewksbury Police Department.

➤ **Health Over Tobacco Industry Profits –Tuesday October 13<sup>th</sup> 5:30 to 6:30 PM**

Have you noticed that cigarette smokers have decreased while people, especially our teens, are vaping more? Register for the informative workshop to learn of the tobacco industry who are using previous marketing tactics to addict a new generation on nicotine.

<https://tewksburypl.assabetinteractive.com/calendar/virtual-program-health-over-tobacco-industry-profits/>

➤ **Toxic Stress and Addiction—Tuesday October 13<sup>th</sup> 7:00 to 8:00 PM**

People who have experienced toxic stress, caused by experiences in a household or in the community, are at much higher risk for problematic substance use and addiction. In this workshop, participants will explore the data on toxic stress and problematic substance use and examine trauma-responsive approaches to prevention. Register for this workshop and learn more.

<https://tewksburypl.assabetinteractive.com/calendar/virtual-program-toxic-stress-addiction/>

## Regional Remembrance and Recovery Virtual Vigil

**October 15, 2020  
5:30 PM**

In an effort to remain COVID responsible and safe we will be holding one virtual vigil. Join us live to help support the families and loved ones who have lost someone to overdose. We do what we do in their memory!

<https://www.facebook.com/WilmingtonCommunityTelevision>  
<http://wctv.org/LIVE/>

Prevention Professionals of Northern  
Middlesex invite you to the VIRTUAL

**Remembrance &  
Recovery Vigil**