

# Prevention Professionals of Northern Middlesex

November 6, 2020

Visit our regional web page for our virtual library for new resources and updated information.

<https://drugfreegreaterlowell.org/about-drug-free-greater-lowell/>

Visit us on Facebook @MAPPNM

## The Real Cost of Vaping!

<https://www.scholastic.com/youthvapingrisks/index.html>

We have all become educators to some level as we strive to help our youth navigate through a virtual world. As an educator, you can play an active role in

fighting the teen vaping epidemic. FDA research suggests that when teachers talk about the health consequences of e-cigarettes and schools enforce anti-vaping policies, students may be less likely to vape. Use these resources to start an honest conversation with your class and help to change social norms at your school.



## Want to Quit Smoking or Vaping?

<https://www.nomentholknowwhy.org/quitting>

### Use menthol tobacco products and want to quit?

Call 1-800-QUIT-NOW or visit [MakeSmokingHistory.org](http://MakeSmokingHistory.org) to get help.

You'll receive:

- Free coaching calls
- Free patches, gums, or lozenge
- Up to \$50 in gift cards to support your quit journey



## 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  
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## Stress and Coping

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

## Helping Children Cope!

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html> Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

## Mental Health and Coping During the Pandemic

<https://www.hhs.gov/coronavirus/mental-health-and-coping/index.html>

Everyone reacts differently to stressful situations such as an infectious disease outbreak. It is normal to experience a wide range of emotions. This page lists resources and tools to help you or someone you know deal with stress, cope with grief, speak to children about COVID-19, and support older adults or veterans stay healthy during the pandemic. Many of these resources are available in multiple languages.

## Taking Care of Ourselves During Infectious Disease Outbreaks!

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>



Infectious disease outbreaks, such as the novel coronavirus (COVID-19), create significant distress for the public and strain health care systems tasked with caring for affected individuals and containing the disease. Fear and uncertainty heavily influence public behaviors (1). Concerns focus on personal and family safety, inability to distinguish the new disease from more established and benign illnesses, potential for isolation and quarantine, effectiveness of treatments being used, and trust in institutions responsible for managing the response.

## Find a Source of Comfort on Thanksgiving!

<https://sadod.org/2020/11/02/thanksgiving2020/>

The Consoling Partners and Nathan's Circle peer grief support groups will have a special meeting on Zoom on Thanksgiving Day from 5:00 p.m. to 6:00 p.m. for anyone who is grieving a death from substance use.

